



Nippers Handbook

2019/20 Season

Tacking Point Surf Life Saving Club
Lighthouse Beach, Port Macquarie NSW

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Welcome Nippers



Welcome to the 2019/20 nippers season at Tacking Point Surf Life Saving Club (TPSLSC).

For returning nippers and their parents/carers, it's great to have you back.

For new nippers and members, welcome to our club! We pride ourselves on being a fun and friendly club where everyone is valued and supported regardless of skill level or experience on the beach.

With around 170,000 members and 313 affiliated Surf Life Savings clubs, Surf Life Saving Australia represents the largest volunteer movement of its kind in the world. Surf Life Saving exists to save lives, create great Australians and build better communities.

As such, **the primary aim of our Nippers Program at TPSLSC is to train young lifesavers of the future.**

Your child will learn many skills throughout the program, including surf awareness, how to perform a surf rescue, first aid, CPR, decision-making, problem solving, leadership and teamwork. Plus, they'll have lots of fun and make some great friends.

We'd love you to join in

Nippers is held each Sunday morning from 8.30-10.30am with the help of our many volunteers.

As with all programs involving young people, it's the parents and carers that make it a success, so we'd love you to join in. A helping hand with beach set-up and pack-up or nipper activities on the beach ensures the morning runs smoothly for everyone.

What's more, many of our parents and carers obtain their Surf Rescue Certificate (SRC) and Bronze Medallion qualifications so they can provide support and encouragement in the water with their kids. We need enough Water Safety Crew for our water events to go ahead, plus the kids love having their Mum, Dad or carer out there with them. SRC and Bronze Medallion courses are held throughout the season. If you're interested in gaining these qualifications, please contact me or one of the other Junior Activities Committee members.

Finally, I'd love to hear your feedback throughout the season, particularly ways to improve the nippers experience for you and your child. If I'm unavailable, please feel free to speak with your child's Age Manager or one of the committee members.

See you on the beach ☺

Sandra Slattery

Chairperson

Junior Activities Committee (JAC)

Ph: 0419 379 534



Lighthouse Beach



Lighthouse Beach (NSW171) stretches from Tacking Point Lighthouse to Lake Cathie – a distance of approximately 10km. The entire beach is a well-developed double bar system, with an attached inner bar and outer bar. Permanent rock based structures include Club Rock and Watonga Rock. The Australian Beach Safety and Management Program has assigned a beach safety rating of 6/10 (Moderately Hazardous) to Lighthouse Beach (the same safety rating as Flynns Beach)

(www.beachsafe.org.au).



Your Club

Established in 1974, Tacking Point Surf Life Saving Club is one of two surf life saving clubs in Port Macquarie. As one of the newer life saving clubs in NSW, our Club was formed to patrol Lighthouse Beach due to the area's growing population and the beach's increasing popularity with swimmers.

The late Alderman Norm Matesich played a major role in the foundation of the Club and his family are still active members of the Club to this day. When the Club first opened, there were 30 members, some of whom moved across from Port Macquarie SLSC.

The Tacking Point SLSC name is derived from the Tacking Point headland, which features the iconic Tacking Point Lighthouse. Built in 1879, Tacking Point Lighthouse is the third oldest lighthouse in NSW and was converted to automatic in 1919.

Tacking Point SLSC operates a licensed bar with light meals available. Open on Fridays from 4pm and Sundays from 3pm, the deck overlooking Lighthouse Beach is a great place to relax with friends and watch the whales and dolphins swim by as you support your Club.

There's also a café downstairs where you can enjoy a coffee, breakfast or lunch by the beach.

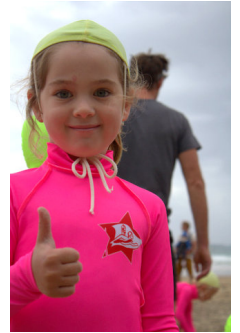


Our Mission

Nippers is not about teaching your child to swim.

We instead focus on survival and rescue skills that are so valuable to children when enjoying time at the beach. This means ensuring that our nippers have the decision-making skills to appropriately assess the safety of various aquatic environments for the rest of their lives.

We also encourage the children to develop an awareness and responsibility for those around them.



Why Join Nippers?

With around 170,000 members and 313 affiliated Surf Life Savings clubs, Surf Life Saving Australia represents the largest volunteer movement of its kind in the world.

Surf Life Saving exists to save lives, create great Australians and build better communities.

Nippers involves learning valuable skills and knowledge about the beach in a safe, stimulating and fun environment. Additional outcomes of the nipper program include:

- Contributing to the local community
- Developing leadership skills
- Developing decision-making and problem solving skills
- Interacting with a wide variety of people
- Participating in an active and healthy lifestyle
- Developing the knowledge and skills to interact safely with the ocean



Any child can join nippers once they turn 5 years of age. Please note that as part of Surf Life Saving Australia requirements, a copy of your child's birth certificate is required for registration. Joining instructions can be found on the Tacking Point SLSC website <http://www.tpslsc.com.au>.

Child Protection Policy

All Age Managers at Tacking Point SLSC have completed a Working with Children Check (WWC). This reflects our commitment to comply with the relevant legislation that affects the well-being and health and safety of our workplace and those in our care.

Junior Activities Committee (JAC)

Role	Name
Chairperson	Sandra Slattery (Ph: 0419 379 534)
Deputy Chairperson	Steve Manning (Ph: 0410 455 076)
Secretary	Nicole Chilcott
Registrar	Helen Thompson
Recorder	Renee Goldie
Age Manager Coordinator	Michael Rohr
Water Superintendent	Scott Strahorn
Beach Coordinator	Dave Moore
Equipment Coordinator	Dave Moore
Uniform Coordinator	Denise Moore
Carnival Team Managers	Jen McCullough, Keiran Robinson
Sponsorship Coordinator	Jen McCullough (Ph: 0421 108 748)
Communications	Jacquie McAllister, Steve Manning
Social Committee Chairperson	Nicole Mace



Age Managers

Age Managers and Age Manager Assistants for 2019/20 are listed below. Thanks to all those who volunteer their time for this important role – it's very much appreciated!

We encourage parents to get involved wherever possible throughout the season. Whether it's as an Age Manager, helping run beach activities or assisting with water safety, the more parent helpers we have, the better the experience for everyone.

Please feel free to offer constructive feedback and assistance to the Junior Activities Committee, Age Managers or the Social Committee at any time, plus keep an eye out on our Facebook page for further calls for assistance throughout the season.

IMPORTANT

Your child must have at least one carer on the beach at all times. If you must leave your child's age group to watch another sibling, please inform the Age Manager. Please also advise your Age Manager if your child has any medical or behavioural requirements that may require attention.

Age Manager Coordinator – Michael Rohr

Age Group	Age Manager	Age Manager Assistants
U6		Alyssa Slattery
U7	Pete Lamond	Daniel Hearn, Anthony Hilkemeijer
U8	Derek Hollins	Tony Judge
U9	Michael Rohr	Todd Goldie, Dave Rickwood
U10	Luke Morris	Tom Laundry
U11	Jane Robinson	Bec Gillespie, Niccole Mace, Kat Soeylend
U12	Deb Bartlett	Renee Goldie
U13	Kellie Strahorn	Brett Green, Andrew Thrower
U14	Scott McAllister	Nicole Chilcott



Age Groups

Your child's age group is determined by their age at midnight on the 30th September 2019.

Born between	Age group
1st October 2005 – 30th September 2006	Under 14
1st October 2006 – 30th September 2007	Under 13
1st October 2007 – 30th September 2008	Under 12
1st October 2008 – 30th September 2009	Under 11
1st October 2009 – 30th September 2010	Under 10
1st October 2010 – 30th September 2011	Under 9
1st October 2011 – 30th September 2012	Under 8
1st October 2012 – 30th September 2013	Under 7
1st October 2013 – 30th September 2014	Under 6

Under 12s, 13s and 14s undertake training towards becoming a qualified Surf Life Saver. Once the Resuscitation Certificate has been completed, these nippers will then work towards the Surf Rescue Certificate (SRC) and ultimately, the Bronze Medallion.

Proficiencies and Education

Your child's safety is our number one priority. To ensure your child has the skills to participate safely in the ocean, they must complete a preliminary skills evaluation. Setting achievable aquatic goals for your child is an important part of our nipper program at Tacking Point SLSC.

Each child is required to demonstrate a certain level of confidence and ability in the water before they can participate in open water events. Below is Surf Life Saving NSW's and our Club's requirement for the pool and open water swims.

Awards, Education and Qualifications

Age Group	Preliminary Skills Evaluation (Pool)	Competition Skills Evaluation (Ocean)	Award
Under 6	In waist deep water, front glide and recover to stand. Back or front float holding a buoyant aid and recover to stand.	Nil	Surf Play One
Under 7	In waist deep water, front glide, kick for 3 metres and recover to stand. Back or front float for 3 seconds and recover to stand.	Nil	Surf Play Two
Under 8	50m (no time limit), plus 1 minute survival float	Nil	Surf Aware One
Under 9	200m in less than 6 minutes, plus 1.5 minutes survival float	Minimum 150m in open water	Surf Aware Two
Under 10	200m in less than 6 minutes, plus 1.5 minutes survival float	Minimum 150m in open water	Surf Safe One
Under 11	200m in less than 5 minutes, plus 3 minutes survival float	Minimum 288m in open water	Surf Safe Two Resuscitation Certificate
Under 12	200m in less than 5 minutes, plus 3 minutes survival float	Minimum 288m in open water	Surf Smart One Resuscitation Proficiency
Under 13	200m in less than 5 minutes, plus 3 minutes survival float	Minimum 288m in open water	Surf Smart Two
Under 14	200m in less than 5 minutes, plus 3 minutes survival float	Minimum 288m in open water	Surf Rescue Certificate (SRC)
Please note:		Nippers competing in carnivals must have completed both the Preliminary Skills and Competition Skills Evaluation.	Our aim is to complete Junior Development Education by 31 December each year.

Training Sessions

We strongly recommend that your child participate in regular pool swimming in order to maintain a reasonable level of swimming fitness. Port Macquarie Swimming Pool offers swimming squads for nippers each season. Please contact the pool for more details on **(02) 6583 1635**.

Sunday Mornings

Nippers line up in their age groups for an **8.30am** start each Sunday morning. If your age group is rostered on for beach set-up, we ask that you be there at **7.30am**.

If you arrive late, please make sure the Age Manager records your child's attendance. Nippers must also inform their Age Manager before leaving or to continue swimming at the beach.



Please note: A carer must remain on the beach at all times with their child during nippers.

Nipper caps and pink rash vests must be worn for all water activities during nippers.

This is a strict Surf Life Saving Australia (SLSA) requirement to ensure the safety of the kids.

We encourage everyone to help bring equipment up from the beach after nippers has finished. Each item should be rinsed before storing away to ensure equipment remains in good condition. Many hands make light work!

We do our best to adhere to a time schedule on Sunday mornings, however surf and weather conditions do have an affect sometimes. If surf or weather conditions are poor, we organise alternative activities such as sand events or surf education, or even cancel nippers for that day.

Changes will be posted to our Facebook page and/or an SMS text message will be sent out. Please like our Facebook page and ensure that your contact details are up-to-date.

Club Uniforms and Merchandise

All Nippers must wear a Tacking Point SLSC cap and high visibility pink rash shirt when participating in nippers. Our uniform shop underneath the Clubhouse is open on nipper days and stocks both long sleeve pink rash shirts and pink rash singlets.

New nippers to the club will also receive a FREE Tacking Point SLSC sun safe long sleeve shirt, which is to be worn when representing the club at external carnivals and community events such as the town Christmas parade.



Water Safety



Before nippers begins each Sunday, the Patrol Captain and Water Superintendent conduct a beach risk assessment to determine the safest areas on the beach for nippers to enter the water.

SLSA's Water Safety Policy requires a ratio of one water safety person for every five nippers as a minimum. Water Safety Crew must wear high

visibility orange/yellow rash shirts and caps while assisting in this role.

Water Safety Crew must hold a current Surf Rescue Certificate (SRC). SRC and Bronze Medallion courses are available for parents or carers wishing to assist with Water Safety. We always need more Water Safety Crew so please contact us for more details.

We ask that parents and carers without the necessary Water Safety qualifications do not swim with their child during nippers. If you'd like to be in the water with your child, please remove their nipper cap and pink rash vest to avoid confusion and swim between the red and yellow flags.

Club Points and Attendance

Regular attendance is crucial in acquiring the necessary skills to become a competent and confident nipper. End of season points awards are for nippers that earn the most points through attending specified club days and carnivals, as well as competing and placing in certain events.

Points are awarded as follows:

Club Day: 2 points for attending

Club and Branch Championships (individual events only): 2 points for attending, plus the following points for places:

1st place = 6 points	2nd place = 5 points	3rd place = 4 points
4th place = 3 points	5th place = 2 points	6th place = 1 point

Points for places are not awarded for Country or State Championships, however they do count as an attendance day in lieu of the club day on the same weekend.

In relation to club days:

- If a club day is cancelled prior to the start of activities on the day, points will be awarded for that day and will count toward attendance.
- If a club championship day has commenced and water events have to be postponed and completed on another day, a nipper who was not in attendance on the original day cannot be eligible for the club championship. The nipper would also be ineligible for 100% attendance, even if they attend on a specified make-up day.

The Nippers Program



At Tacking Point SLSC, we support and promote the delivery of the Nippers Program for all age groups. The objectives of this program are:

- To provide the best possible surf life saving experience for all juniors with the view to encouraging long-term active participation.
- To enable nippers to participate and enjoy life saving and competition in an aquatic environment by offering a wide variety of activities suited to the skill and maturation levels of all juniors.
- To ensure the safety of nippers on the beach through the provision of surf education programs.
- To develop a team based philosophy encompassing leadership, camaraderie, teamwork and fun.
- To promote social, emotional and physical growth and development in a healthy and safe environment.

The nipper program is based on participatory evaluations rather than competence and is comprised of two outcomes. The first set of outcomes (skills and knowledge) are well set out in the lesson structure and sequencing within the educational resources. The second set of outcomes (self-confidence, self-respect and trust) is developed as a result of the supportive and nurturing environments in which the nipper programs are delivered.

An example of the topics covered with the Under 9 age group would be:

Introduction to Surf Life Saving; Personal Safety; Ecosurf; Physical Health & Well-being; Surf Conditions & Hazards; Surf Safety; First Aid; Signs & Signals; Board Paddling Techniques; Body Surfing; Sprinting Techniques; Diving for the Baton.

Each age group builds on the knowledge and skills gained in the previous season. Each of our nippers will complete the program with their Age Manager and Junior Education Coordinator.

Carnivals

Throughout the season, various carnivals are held to enable nippers to compete and represent our Club. Nippers from U8s up can compete in intra-club, inter-club and branch carnivals, whilst nippers from U9s up can also compete in State Championships. To compete at any carnival, nippers must have completed their preliminary and competition evaluations (pool and open water swim proficiencies).



Tacking Point SLSC belongs to the Mid North Coast branch of SLSA. Our branch includes Camden Haven, Wauchope Bonny Hills, Tacking Point, Port Macquarie, Kempsey Crescent Head, Hat Head, South West Rocks and Macksville Scott's Head. There are three branch carnivals each year.

Carnivals are a great way for nippers to test their skills and learn how to respect the rules and regulations of healthy competition. However, at Tacking Point SLSC, we understand that not every nipper is interested in competing, which is why our main focus is on fun and surf education. Talk to your child about their interest in competing – they may only want to join in a team's event (e.g. the sand sprint relay), or they may choose to participate in the Junior March Past Team, or perhaps not at all. **There is no pressure placed on any nipper to compete.**

Age Managers or Team Managers make decisions regarding selections for team events. There are many factors taken into account when making up a team, including willingness to participate, availability to compete, attendance, commitment to training, Club Championships results, Club training day results, and surf conditions.

Branch and Country carnivals allow mixed gender teams, however State carnivals do not. Swim teams consist of two competitors at branch carnivals and four competitors at State carnivals. Nippers may compete in teams that are one age group up only if there are insufficient numbers in that older age group to make up a team. For the Junior March Past team, priority is given to the U14s first, then the U13s and so on. The March Past Team Coordinator will select the team based on ability and commitment.

For Country and State Carnivals, Age Managers will make team recommendations to the Team Selection Panel consisting of the JAC, Club Coaches, Water Superintendent and Age Managers. Notice of the teams will be circulated 1-2 weeks prior to the carnival.

Please note: The Club pays 100% of the entry costs for Branch Carnivals. The Club also pays 50% of the entry costs for SLSNSW Country Championships, with parents/carers asked to pay the remaining 50%. Members are responsible for 100% of the entry costs associated with State and National Championships, as well as Youth Development Camps.

Code of Conduct

In order to maintain a high standard of behaviour and sportsmanship, our Club has a two warnings system. If an Age Manager or official deems either a nipper's or adult's behaviour inappropriate, including verbal or physical abuse, an official written warning will be recorded. Two such warnings will be investigated and exclusion from the Club and/or competitions may be enforced.

Please remember that Club officials and managers are volunteers. We ask that you treat all members with respect and courtesy. For more information, please refer to the Surf Life Saving Australia Member Protection Policy at www.slsa.asn.au

Parents Code of Conduct

- Children are involved in sport for their enjoyment
- Encourage children to play by the rules
- Encourage the effort that your child makes – it's as important as the result
- Congratulate other children's efforts
- Work towards improving skills and sportsmanship
- Do not yell or abuse a child for making a mistake
- Recognise the efforts of club volunteers – they have given up their time to assist your child
- Oversee activities and take responsibility for your child's location at all times

Participants Code of Conduct

- Participate to enjoy yourself
- Play by the rules
- Do not question the decisions or argue with officials
- Treat other participants how you would like to be treated
- Listen to your age manager and follow their instructions



Spectators Code of Conduct

- Never use offensive language or yell at participants, officials or coaches
- Encourage and reward good performance by ALL participants
- Do not criticise officials and their decisions

Reference: Australian Sports Commission.

Club Equipment



Boards

U9s and U10s: foam boards

U11s, U12s, U13s: fibreglass boards

U14s: long boards

Transport: The board should be transported in a board cover. Tie it down firmly making sure that the strap buckles don't rub against the board. Never use rope or ockie straps, as they will leave pressure dings. Never leave a board in or on a car on a hot day.

Dings: Can include dents, fractures or gashes. If this happens to your board, tell your age manager and/or the equipment coordinator as soon as possible. Take the board out of the water and dry it in the sun so that it doesn't get water logged. Only use fibre tape on your board as a last resort for emergency repairs. Handles and fins deteriorate over time and should be checked periodically.

General: Don't drag your board in the sand unless you're starting a race. Dragging causes dings and fractures in the end of the board. Always wash your board after use with fresh water. This not only removes the salt but is also a good time to check for dings and fractures. Board bags can also be hosed out occasionally and allowed to dry unzipped.

All club equipment must be treated with care.

If accidental damage occurs, please inform your Age Manager or the Equipment Coordinator as soon as possible. The user will pay for non-accidental damage.

Board Levy

Tacking Point SLSC has a board levy to help cover the ongoing costs of board repair and replacement. If you would like to borrow a board for the nipper season, you'll be required to pay a board levy of \$100.

It's then your responsibility to bring the board each Sunday to nippers. You'll also be able to use the board at other times to improve your skills, including mid-week nippers training.

The board levy of \$100 can be paid online at www.pay.slsa.com.au. Please print your receipt and show it to the equipment coordinator when picking up your board.

All boards must be returned by the last day of the nippers season.

Sponsorship and Fundraising

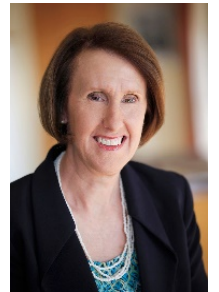
Surf Life Saving is a volunteer movement that relies on sponsorship and fundraising, which is why Tacking Point SLSC is grateful for the support of all our sponsors.

In addition to the generous support of our sponsors and the fees generated through registrations, Tacking Point SLSC nippers conduct fundraising activities each year to raise money for equipment.

Our costs continue to rise so we're always keen to hear from anyone who would like to present a sponsorship opportunity. **Please contact our Sponsorship Coordinator, Jennifer McCullough, on 0421 108 748** regarding any contribution your organisation may like to make.

Club Patron

We're priveleged to have the Honourable Leslie Williams MP as our Club Patron.



Surf Life Saving in Australia

Australia's first official surf lifesaving club - the first in the world - was founded at Bondi Beach (or Bronte, as not everyone agrees with this), in Sydney, in 1906. There was little need for surf lifesaving clubs much before this time as it was illegal to swim in the surf during daylight hours before 1902. It was seen as immoral, and men and women could only 'bathe' in the early morning and late evening, and never at the same time!

In September 1902 at Manly Beach, William Gocher openly defied the law and entered the water at midday. Despite being arrested, no charges were laid. From then on, the sport of 'surf bathing' quickly grew.

As the sport became more popular, the dangers of the surf became apparent. It was then that groups of experienced surfers began to establish surf life saving clubs to help protect the less proficient swimmers from the dangers of the ocean. It is a surprising fact that surf lifesaving clubs were formed before surfboard riding was introduced to Australia. It was not until the summer of 1915 that Duke Kahanamoku landed in Sydney from Hawaii. At Freshwater Beach he rode a board made out of local timber and amazed the crowd with his display. He then took a woman out with him to ride tandem. She was Elizabeth Latham and she became Australia's first surfboard rider.

Sunday 6 February 1938 - 'Black Sunday', was a shocking reminder of the value of our surf life savers. A series of freak waves hit Bondi Beach and hundreds of people were swept out to sea. Many of the life savers had to be saved themselves, as desperate swimmers grabbed onto rescue lines and dragged them underwater. But thanks to the dedication and bravery of the surf lifesavers 300 people were eventually rescued.

The New South Wales Surf Bathing Association was founded in 1907. The association was seen as vital for the growing number of surf lifesaving clubs to have a 'common voice' in their efforts to raise funds and obtain assistance from local councils and the state government. The name of the association was later changed to the Surf Life Saving Association of Australia, which came to represent surf clubs nationwide. In 1991 the association changed again to Surf Life Saving Australia (SLSA), its present name. Since its formation SLSA has been helping to protect and save the lives of the nation's beach-goers, with over 440,000 people rescued. Today SLSA is Australia's largest volunteer water safety organisation.

Australian surf lifesavers have rescued more than 500,000 people in the 80 years since records have been kept, with the number of rescues each season in recent years fluctuating between 8,000 and 10,000.

An independent economic study conducted for Surf Life Saving Australia in 2005 concluded that if not for the presence of surf lifesavers, 485 people would drown each year and 313 would be permanently incapacitated as a result of accidents in the surf.

History of Nippers

In response to a declining membership lists and deteriorating club life in the mid and late 1960's many clubs launched recruitment campaigns aimed at a new category of member, pre-adolescents known as 'Nippers'.

Clubs believed that Nippers would graduate into active members, and with more sporting experience, improve their competitive profiles. Youth sections actually have a long history in the movement – Cottesloe in Western Australia recruited sub-junior (juveniles) in the 1930's and a number of clubs followed suit in the 1950's but the Nipper program in the 1960's was far more extensive and actively encouraged by senior SLS officials.

These days' junior activities continue to grow at such a rate that some clubs have even had to cap their numbers to be able to cope. The focus of juniors has changed over the last decade from what was a more competitive focus to more of a balance between lifesaving and competition.

The SLS Uniform

Lifesavers wear the colours red and yellow, these colours were founded from the international code of naval signals in which a red and yellow divided square signaled 'man overboard' and is now an international life saving standard.

The Bronze Medallion

Since 1767, successful rescuers in Amsterdam were awarded with a medallion of bronze, silver or gold. The medal represents Charity leaning over a drowning victim and warding off Death as he wields his scythe.

