



**TORQUAY**

**NIPPERS**

**2018**

TSLSC EST. 1945

**HANDBOOK**

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**Welcome** to the TSLSC Nippers 2017/ 2018 season. This is a particularly important season for the club as it is the 50th anniversary of our Nipper program. This makes us the original and oldest program in Victoria and we are very proud of what we have been able to achieve during the past 50 years.

The program is designed for children aged 5-14 and aims to teach them to be aware of important beach hazards (such as rips), as well as helping them to develop surf swimming and boarding skills. It also provides a terrific opportunity for physical activity, social interaction with peers and to improve awareness regarding environmental issues affecting our beaches & waterways. As Nippers move through the program they also acquire basic first aid & resuscitation skills.

We are once again running the Nipper Summer Holiday Program over two weeks from Boxing Day. Nippers are also invited to be involved in the Winter Training sessions (commencing in Term 4) and competition training following the Summer Holiday Program for those nippers wishing to compete in the various carnivals leading up to the State Lifesaving Championships in March 2018.

We will be holding an Open Day on **Sunday 5 November from 11am till 2pm** at the Torquay Surf Lifesaving Club for Summer Holiday Program registration and of course for you to seek assistance or clarification regarding any of our activities for the coming season.

We look forward to seeing you at the Open Day, but if you are unable to attend or have any additional questions at any time, please do not hesitate to contact me via email- [nippers.tslsc@gmail.com](mailto:nippers.tslsc@gmail.com)

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## TSLSLSC Nippers Calendar of Events

Competition Training (pre SHP) Wednesday sessions commences	11 October, 2017
Competition Training (pre SHP) Sunday sessions commences	15 October, 2017
Torquay SLSC Open Day	5 November, 2017
Lorne Nipper Camp	15-17 November, 2017
State Junior Carnival No. 1 at Altona	16 December, 2017
SHP Registration / Welcome event	26 December, 2017
SHP Session 1 9:00am – 11:00am	27 December, 2017
SHP Session 2 9:00am – 11:00am	28 December, 2017
SHP Session 3 4.00pm – 6.00pm	29 December, 2017
SHP Session 4 9:00am – 11:00am	30 December, 2017
SHP Session 5 9:00am – 11:00pm	2 January, 2018
SHP Session 6 9:00am – 11:00pm	3 January, 2018
SHP Session 7 9:00am – 11:00pm	4 January, 2018
State Junior Carnival #2 Cosy Corner	5 January, 2018
Torquay Nippers 50 <sup>th</sup> anniversary eveing function	6 January, 2018
Session 8 / Presentation 9:00am – 11:00am / 4:00pm – 6:00pm	7 January, 2018
Competition Training (post SHP) Wednesday sessions commences	10 January, 2018
Competition Training (post SHP) Sunday sessions commences	14 January, 2018
State Junior Carnival No. 3 – Chelsea LSC	21 January, 2018
State Junior Carnival No. 4 – TBC	27 January, 2018
State Junior Carnival No. 5 – South Melbourne LSC	11 February, 2018
State Junior Carnival No. 6 – Mordialloc LSC	17 February, 2018
State Junior Carnival No. 7 – Lorne LSC	25 February, 2018
State Junior Championships	10/11, March, 2018

*SHP = Summer Holiday Program*

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## Introducing Torquay Nippers

The Surf Life Saving Junior Activities Program (or “Nippers”) has become one of the most successful children’s development and sporting program in Australia. It encourages children to learn new skills and promotes active involvement of parents, creating a learning environment from which both children and parent can both benefit from, which may someday save someone’s life. This information booklet is designed as a general guide to the Torquay Nipper program we will be conducting this season.

Torquay SLSC (TSLSC) shares the Surf Life Saving Australia (SLSA) objectives in relation to Junior Development:

- To provide the best possible lifesaving experience for all juniors with the view to encouraging long- term active participation.
- To provide opportunities for juniors to participate in and enjoy lifesaving 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 juniors are safe on Australia’s beaches through the provision of surf safety 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.

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## Getting involved

It takes a significant number of volunteers to run our junior program. The program is offered under the guidance of the Nippers Director and Nipper Sub-Committee with designated roles and responsibilities. In addition to these roles, we also need qualified water safety officers to supervise Nippers in the water; as well as members to act as officials at carnivals, to co-ordinate and run bbqs and fundraising activities, and assisting with administration.

### **THERE ARE ROLES FOR EVERYONE.**

We would like a parent/guardian from each family to be involved in some aspect throughout the coming season. Key roles include:

- Water Safety - complete a parent bronze course which is free of charge for TSLSC members.
- Carnival Official - undertake a one day course to become an official at a carnival
- Inflatable Rescue Boat (IRB) - become a crewman and/or driver of an IRB
- Age Manager - become an Age Manager and complete a one day course accreditation
- Age Manager Helper - join in with an age group to assist the Age Manager
- Fundraising - help at TSLSC fundraising events and tin rattles
- Set-up/Pack-up - help packing trailers, setting up carnival tents, assist TSLSC and Life Saving Victoria (LSV) in set up
- Transportation - drive the gear trailer to carnivals
- BBQ - assist our BBQ chef in cooking/selling
- Summer Holiday Program Set-up - assist in setting up the beach for the Summer Holiday Program
- Social Activities - assist the Nipper sub-committee to arrange and run social activities.

### **Age Managers**

Age Managers are a vital part of the Nipper section. Without them, we can't operate in a way that allows the Nippers to be educated in surf safety and lifesaving skills. Age Managers undertake a day course with a qualified instructor or can undertake a day course run by LSV at LSV head offices in Port Melbourne. During this course, all Age Managers receive information and training in all aspects of the Nipper training process and how to deal with children in a group environment.

At TSLSC, each age group has the support of two Age Managers to ensure a comprehensive approach to junior development throughout the entire competition and summer holiday programs. This also ensures adequate attention can be paid to administration duties, general running of the sessions and liaison with parents.

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Age Managers receive clear guidance surrounding TSLSC expectations across the key areas:

- Training programs and techniques
- Carnival strategies and team selection criteria
- Team management
- Parent liaison
- Conflict management

Each Age Manager will be issued with a list of all their age groups contact details for ease of communication throughout the season. Any questions parents have at any time relating to training or general information can be directed to your Age Manager. The Age Managers are there to assist and ensure all Nippers get the most out of the season.

Should any parent or parents wish to assist in their age group please let the Age Manager or the Nipper Director know.

### **Water Safety**

As a requirement of SLSA & LSV (our governing bodies) we MUST have adequate Water Safety at ALL sanctioned TSLSC training and competition events throughout the season. We request that all parents and members who hold a current Bronze Medallion Award are available for as many training sessions as possible throughout the season. Without adequate water safety for each session, we will be forced to restrict the numbers of Nippers in the water at any point in time.

This is a non-negotiable SLSA, LSV & TSLSC safety requirement that will be strictly adhered to – always! **Your children are our priority, their safety is paramount.**

All qualified water safety officers are to wear orange water safety tops during the session. This is a high visibility colour that gives our children a clear understanding of where help is. The more members in orange we have the safer our children are.

The ratio for water safety to Nippers varies depending on the conditions of the ocean and the weather. The conditions are assessed by the Nipper Director, Club Captain (when available) and the water safety coordinator prior to the commencement of each session. If the conditions are not deemed suitable, training will be altered, the location may be moved (from TSLSC to Cosy Corner) or the session cancelled.

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We take the decision to change locations and the running order of sessions very seriously and these decisions are always made with your children's safety as the number one priority. Changes to program venues are always communicated via Team App, TSLSC public and members Facebook pages and the closed Facebook group.

### **Member Behaviour and Expectations**

The TSLSC is an all-inclusive family club that strives to uphold the ideals and good values of sportsmanship and inclusion for all. If at any time these values are not being upheld by any member, please bring this to the attention of the Nipper Director. We take this very seriously and will thoroughly explore any issue.

At TSLSC we encourage all our Nippers and Senior Members. We do not discriminate; we respect each other, their efforts and their achievements irrespective of the result.

We are all parents; we all want our children to be successful in every aspect of their lives which at times can be difficult for parents to control. We ask that all members approach their children's varying levels of success in a positive and encouraging manner. Not every child will succeed, win or make a team but EVERY child is successful for having a go, sometimes well beyond their comfort level.

Surf Lifesaving is one of the most difficult and demanding of sports. The level of physical activity required to train and compete is incredible. At times, we are asking children as young as 8 years old to swim two to three times over 150m in the ocean with currents and waves. They may back this up with boarding over longer distances of up to 300m, again two to three times. Keeping this in mind it is no surprise our children get tired, emotional, frustrated and even angry!

When these things happen, our Age Managers will take care of your children. We ask that, as parents, you respect the mindset of the Nippers as sometimes, enough is enough for them. If they wish to pull out of an event or sit out of a training session that's fine. If their Age Manager wants them to sit out, take a break and recover then that is what will happen.

If you feel there is an issue with the Age Manager's decisions or approach, please bring this to the attention of the Nipper Director who will then assess the situation and respond accordingly.

The role of parents is critical to the young person's wellbeing and ongoing involvement. Supportive parents provide essential care, education and enthusiasm. Age Managers are encouraged to provide a full briefing to parents during the season outlining the Age Managers' expectations in relation to supporting the children and assisting with activities.

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It is important that a parent or carer of an TSLSC Nipper will:

- Remember that their child participates in surf life saving for their own enjoyment
- Focus on their child's efforts and performance rather than winning and losing
- Show appreciation for good performances by all participants
- Never ridicule or yell at their child or other children for making a mistake
- Respect official's decisions and teach their children to do likewise
- Not physically or verbally abuse or harass anyone associated with the activities (e.g. coach, official, Age Manager, etc.)
- Be a positive role model for others.

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## Nippers Program

### Competition Training

The Torquay Nippers Program begins in October and goes through to State Championships held over the Labour Day long weekend in March.

#### *Competition Training U9 – U14 (before Summer Holiday Program)*

Sunday sessions: Every Sunday 9am – 10.30am from 15<sup>th</sup> October  
Location: TSLSC

Wednesday sessions: Every Wednesday 5:30pm – 6:30pm from 11<sup>th</sup> October  
Location: Front Beach (opposite Growler's)

#### *Competition Training (after Summer Holiday Program)*

Sunday sessions: Every Sunday 9am – 10.30am from 14<sup>th</sup> January (until State Championships)  
Location: TSLSC

Wednesday sessions: Every Wednesday 5:30pm – 6:30pm from 10<sup>th</sup> January (until State Championships)  
Location: Front Beach (opposite Growler's)

**Nipper session variations due to weather conditions will be posted on the Facebook closed Facebook page, the TSLSC public page and the TSLSC members page, and through Team App (see Communications).**

*(Sunday morning training session begins with a run. Nippers should be ready to go in running gear, shorts, tops and shoes as not all running will be on the beach. Following the run, Nippers will quickly change into wetsuits/bathers and commence beach/water activities. This takes approximately the first 20 minutes of the session.)*

### Summer Holiday Program (SHP)

In addition to training sessions, we also offer a Summer Holiday Program (SHP) which is a specific program made up of 8 sessions offered over a 2-3 week period from 27<sup>th</sup> December. This gives holiday makers an opportunity to participate and includes some fun social activities for the whole family to enjoy.

Our Summer Holiday Nipper program caters for children 5 to 13 and provides a great opportunity to gain surf-safety information and skills, with a total family approach. Many

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families make lifelong friends from their involvement in Nippers and enjoy the social activities provided. There is also a competition focus for those interested in continued training.

Through the Summer Holiday Program, TSLSC aims to deliver a National program that is structured specifically to children between the ages of 5 and 13. This program teaches children basic lifesaving skills required to be safe around an aquatic environment as well as developing their skills to compete in surf sports. The Program includes lessons that are tailored to each of the junior member age groups. The program is based on participatory evaluation and not assessed on competence. At the end of this program Nippers will be awarded with the relevant Surf Education Award. During this Summer Holiday Program, participants will be broken into age groups based on age and will be assigned Age Manager(s) who will be responsible for the delivery of the relevant award program. One of the main aims of Nippers is to teach its members surf safety, surf awareness and lifesaving development. (see Appendices for a summary of the SHP)

SHP dates (program is subject to change, check the club website for current details)

Registration / Welcome event	Tuesday, 26 December	4.00pm
Session 1	Wednesday, 27 December	9:00 – 11:00am
Session 2	Thursday, 28 December	9:00 – 11:00am
Session 3	Friday, 29 December (Evening)	4:00 – 6:00pm
Session4	Saturday, 30 December	9:00 – 11:00am
Session 5	Tuesday, 2 January	9:00 – 11:00am
Session 6	Wednesday, 3 January	9:00 – 11:00am
Session 7	Thursday, 4 January	9:00 – 11:00am
State Junior Carnival #2 Cosy Corner	Friday, 5 January	7.45am
Session 8	Sunday, 7 January	9:00 – 11:00am
Presentation	Sunday, 7 January	4:00 – 6:00pm

### **Junior Preliminary Skills Evaluation**

Many activities that will be completed by children as part of the Nippers program will be conducted in the water. To ensure that all children have a suitable swimming ability to enable them to participate in these activities, SLSA requires a Junior Preliminary Skills Evaluation for each age group.

Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken. It includes a swim and a float which is progressively increased by age group.

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Normally this would occur at the very first training session but if not this must be completed before any water activity is undertaken.

The intent of this is to conduct an evaluation of each junior member's own swimming and water survival ability for the information of the member, parent and Age Manager.

Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities. These children must remain in shallow water and based on a 1:1 ratio until the child is deemed competent in relation to the preliminary skills evaluation guidelines.

**Depending on resources available individual parents may be required to be in the water with their children.**

Any child that does complete the preliminary skills evaluation competently can progress to water based junior activities under the regular water safety 5:1 ratio.

This assessment will be performed at the club, or the relevant competency level can be signed off by an accredited swimming teacher. Forms for swimming teacher sign off can be obtained through Age Managers or the Nipper Director.

Age group requirements are as follows:

- Under 7 Nil (shallow water activities only)
- Under 8 25 metre swim, (any stroke) 1 minute survival float
- Under 9 25 metre swim, (any stroke) 1 minute survival float
- Under 10 25 metre swim, (freestyle) 1 1/2 minute survival float
- Under 11 50 metre swim, (freestyle) 2 minute survival float
- Under 12 100 metre swim, (freestyle) 2 minute survival float
- Under 13 150 metre swim, (freestyle) 3 minute survival float
- Under 14 200 metre swim, (freestyle, in less than 5 minutes) 3 minute survival float

### **Signing in and out**

All children must be signed in and out of any Nippers sessions by a responsible parent or guardian. This parent/guardian is required to be on hand for the duration of all sessions in the case of medical or other emergencies or to assist with the need to attend the toilet or change of clothing etc. Age Managers will have an attendance sheet for this purpose. If your child is not on the attendance sheet you will need to check with the office to ensure your child is properly registered. Children are not to leave the Clubhouse or its surrounds until collected by the adult responsible for them. Colour coded caps will be issued to nippers at signing in and must be returned to the age manager when signing out.

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## **Nippers equipment and apparel**

All club members participating in the Torquay Nippers Program receive a pink rash vest as part of their season membership. These rash vests are MANDATORY at all Nippers sessions. This colour has been chosen by Surf Life Saving Australia as the one most highly visible underwater and is being introduced as a safety measure. The one colour will apply regardless of gender. (Parents are strongly urged to label all items of club apparel.). Depending on weather conditions, Nippers may elect to wear wet suits for their water activities (refer Age Managers for guidelines in U13 and above).

Up until the U10 age group, Nippers use foam boards for various activities, while U11 and above **can** use fiberglass surf craft. It is not essential for each Nipper to buy these boards, as these are available through the club.

In the 2017/18 Nippers season the TSLSC will be implementing a club board hire policy, which will see Nipper families securing boards via a bond, which is then returned at the end of the season based on an inspection report. For further details, refer TSLSC Surf Craft Hire Agreement.

In addition, the TSLSC has a variety of swimwear and general club wear which may be purchased from the uniform shop.

## **November Lorne Nipper Camp**

A Nipper training camp has been planned for November 17 – 19 in Lorne. The majority of the Nipper families are camping for this weekend at Lorne Foreshore Camping Ground. The training camp includes a program of Nipper based activities combined with team bonding and, most importantly, lots of fun for kids and adults alike! This camp is a great opportunity to meet other club members and learn some new skills from some experienced coaches.

## **Nipper Captains**

Nipper captains will be appointed from the U14 age group and will be presented at the commencement of the SHP.

Nominations will be sought from the U14 age group in November/December 2017 with the nominated Nippers written submissions to be returned to the Nipper director by Sunday December 10<sup>th</sup> 2017. The successful applicants will be selected and voted on at the Nipper Subcommittee meeting prior to the SHP commencement.

Successful applicants will be selected based on their response to the following:

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- Year joined Nipper program:
  - Year of first LSV carnival participation:
  - Please answer the following questions from your perspective as fully as you feel is required.
    1. Finish this sentence: If I was to be appointed club captain the first thing I would like to achieve would be .....
    2. Describe the key things that you believe you have learned during your time with Nippers
    3. What does the role of club captain mean to you?
    4. Imagine you meet a new family on the beach how would you describe the Torquay Nipper program?
    5. Explain why the subcommittee should appoint you as Nipper club captain for this year.

Additional considerations to selection will include:

- Character of applicant
- Years within the club
- Leadership qualities
- Demeanor
- Relationship and interaction skills with others within the Nipper section
- Training and club participation.

Nipper captains will be expected to undertake several roles throughout the SHP and Competition Season. This level of commitment will be addressed and confirmed but namely;

- Give a verbal presentation to the SHP Nippers at the first session
- Assist in each age group for 1 session during the SHP
- Assist in the development of Nippers where required by Nipper director and Age Managers
- Represent the TSLSC at the Torquay Anzac Day Dawn Service and lay the TSLSC wreath
- Assist at carnivals with the warm-ups of the competition team and offer support/motivation
- Give an end of season verbal presentation to the Competition group at States

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## **Nipper Competitions**

### **Junior Carnivals**

The Nipper Competition Carnivals begin in December and there are seven carnivals spread over December, January & February, prior to the State Championships. Carnivals are for U8-U14 age groups, there are no carnival competitions for the U7 age group. The Junior State Championships are for U9-U14 age groups only.

The carnival schedule has been released and is listed below. These are still to be 100% confirmed once all council permits are in place.

- State Junior Carnival No. 1: December 16, 2017 - Altona
- State Junior Carnival No. 2: January 5, 2018 – Cosy Corner
- State Junior Carnival No. 3: January 21, 2018 – Chelsea LSC
- State Junior Carnival No. 4: January 27, 2018 - TBC
- State Junior Carnival No. 5: February 11, 2018 – South Melbourne LSC
- State Junior Carnival No. 6: February 17, 2018 – Mordialloc LSC
- State Junior Carnival No. 7: February 25, 2018 – Lorne LSC

### **Surf Badge (S Badge)**

From the age of 8 (Under 9 age group) Nippers can begin to compete in water events at Nipper Carnivals. To ensure that all Nippers that wish to compete have the ability, strength and fitness to complete the course they must be able to complete the junior competition evaluation for their age group.

The junior competition evaluation is based on the swim distances as set out in the Surf Sports Manual for that age group and is a minimum standard guideline in the form of an open water swim.

Competition Skills Evaluation (S-badge) requirements are as follows:

- Under 7 Nil (do not compete at Nippers Carnivals)
- Under 8 Nil (no water competition at Nipper Carnivals, except for wade which takes place in waist deep water)
- Under 9 Minimum 150m open water swim (competition course) within 12 minutes

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- Under 10 Minimum 150m open water swim (competition course) within 11 minutes
  - Under 11 Minimum 288m open water swim (competition course) within 12 minutes
  - Under 12 Minimum 288m open water swim (competition course) within 10 minutes
  - Under 13 Minimum 288m open water swim (competition course) within 9 minutes
  - Under 14 Minimum 288m open water swim (competition course) within 9 minutes

**This is a minimum standard water proficiency requirement. No child is allowed to compete at any Nippers Carnival without this competition evaluation.**

An S-Badge is valid for 12 months. Depending on water temperature, assessments will be conducted during November Training Camp, Competition training program and throughout the SHP.

The priority is to accredit new Nippers and under 9 Nippers in readiness for the competition season.

Age Managers will be able to provide more information on when assessments are scheduled and discuss your child's readiness for the swim.

### **Surf Rescue Certificate (SRC)**

All U14 age competitors and members wishing to compete in any carnival need to complete their SRC certificate. This is a non-residential camp of one week duration at the Torquay Surf Lifesaving Club.

Cost of camp for each attending member: TBC

Date of SRC camp: Monday 12<sup>th</sup> December 2017 until Sunday 18<sup>th</sup> December 2017

### **Regional Qualification Carnival**

In previous seasons, the Regional Qualification Carnival has been held at a local venue(s) where any Nipper intending to compete at the State Championships must attend this carnival and qualify to compete in selected events at states.

For example, qualification may be to finish in the top 10, 15, 20 or a nominated bracket depending on the number of competitors and the required start list at States. These qualification numbers will be issued to the clubs prior to the carnival. Age Managers will have all this information prior to qualifications to fully inform the age group of the requirements.

Once LSV confirms the qualification process for this season's state titles we will inform the Nipper section.

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## **State Junior Championships**

This year the State Championships will be hosted by and held at Warrnambool LSC

- Saturday 10th March 2018: Day 1, Individual Day (some team events subject to LSV)
- Sunday 11th March 2018: Day 2, Team Competition Day

Accommodation will need to be arranged by Nipper families. There are a range of camp grounds, motels, hotels and homes available via the usual websites.

Practically, Age Managers and parents collaborate and communicate during the season on these arrangements to try and ensure that age groups and TSLSC families are together as much as possible. The sooner arrangements are made the better, so if you think your child would like to participate at the States let your Age Manager know.

## **Carnival Entries**

Information will be provided to all Nipper members early in the season and prior to carnivals advising how to pay for and the costs associated with each carnival. Carnival entry costs are separate to membership fees and are payable in advance of the carnival through the member portal system.

The easiest way to pay any membership or carnival entry fees is via Team App. Team App has a link on the bottom left of the home screen "SLSA PAYMENT GATEWAY" access. Click the link and you will be directed to enter information allowing you to easily pay as necessary.

A list of the carnivals dates and costs will be issued to all members as soon as possible so members will have the opportunity to select the carnivals they want to compete in and pay in advance. This is the easiest way to ensure your children are entered the carnival. Some carnivals require the Nippers to select their events; this will be communicated to all members in advance of the carnivals.

Generally, Nippers enter all events in all carnivals as it's a great way to keep active and ensure you are not sitting around on the beach all day for one or two events. Most carnivals also have team events which are a great way to get involved and compete for your club and with your mates.

## **Carnival Day**

Before each carnival, we will be putting together a list of what needs to be done and will be calling for parents to volunteer to assist with these activities. If you hold a bronze medallion qualification or carnival official qualification, we are relying on you to be available to assist.

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Wherever possible, we will place these water safety and carnival officials into the age group where your children are competing.

Surf Lifesaving Carnivals can be a long day. Generally, carnivals require all clubs to be at the beach and ready for team and official briefings from 8:15am on the day of the carnival. From there, we will have a team meeting to give everyone a run down on the order of events and where each age group will be competing. Competition and marshalling for the first event is usually around 8:45 to 9:00am. LSV are likely to change running orders, starts times and events due to many factors, so we ask that all Nippers stay with their age group and always listen to their Age Managers and helpers.

It is important to follow the age group flag at all times during the carnival; this will make sure you don't miss any events or presentations!

Age Managers throughout the carnival will receive updates on programs from the relevant area referees and duly inform the age group. Having Age Manager parent helpers is critical as boys and girls may be competing in different events at the same time in different places. For example, boys could be doing flags on the beach and girls could be doing board in the ocean. Age Managers need assistance organizing teams and making sure the Nippers are marshalled in time, with hats and tops required. If we don't marshal correctly and on time we won't be allowed to compete!

Most carnivals program run with boys and girl's events following each other but strange things can happen with LSV carnivals – so expect and be prepared for anything and you won't be surprised!

We ask that all items required for the day are packed into a bag including all food and drink, as once the tent is left at the commencement of the day, it is unlikely that Nippers will return unless there is a large break in the carnival.

All age groups will have a bucket that is used to carry water bottles and hats/short sleeved tops. This bucket will be carried by a parent to each event site so it is readily available for the Nippers. (This bucket will normally serve as the "home base" identifier so our team stays together throughout the day).

Marshalling for events is a critical time for the competition. When marshalling for an event, all Nippers must have on a broad brimmed hat and their short sleeved pink rash vest. Nippers can marshal in long sleeved tops also if it is cold or for more sun protection. Marshalling in the correct attire i.e. a broad brimmed hat and sleeved top (which covers shoulders) protects Nippers from sun exposure. Nippers can be in the sun in the sun all day so when not competing, we need all Nippers and parents to be sun smart and protect themselves at all times.

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Sun screen is one of the most vital things to remember to bring. Age Managers will have sunscreen with them but Nippers should have some in their own bag also, particularly if they have specific brand requirements for sensitive skin or eyes.

Consistent with our club training, all LSV carnivals operate using the colored age group flags which are carried to and located at each event site. These flags are the same as ours, color based with the age group clearly printed on them. At all times, parents and Nippers alike should know where the flag is as this indicates where you should be. Always follow the flag!

### **What to take to Carnivals**

Carnivals held in the Victorian summer are unpredictable! As we all know, 4 seasons in one day is highly likely! As such, we have put together a list of things we think you should bring with you to help make the day enjoyable and comfortable for your Nippers.

- Water bottles with fresh water
- Sunscreen and Zinc
- Competition cap (can be purchased from TSLSC)
- Food for the duration of the day including healthy energy foods and snacks (limit any chocolates with a preference for glucose based sweets)
- Bathers
- A broad brimmed hat for marshalling. (Competition “T” caps can be purchased from the club for supportive parents)
- Goggles, two pairs if possible, sometimes they break or can get lost at sea
- Towels, always a minimum of two, towels get wet, kids get cold. Towels are great wind breaks
- Waterproof jackets, a great way to keep children dry and protected from the cold winds
- Rug, if the weather looks nasty for the carnival consider packing a rug or old sleeping bag, this will keep your child warm, warm kids are happy kids!
- Nipper board (if you have one)
- Change of clothes for the end of competition to travel home in

Please pack any item that is specific to your children’s needs i.e. asthma inhalers, medical items, specific dietary requirements etc.



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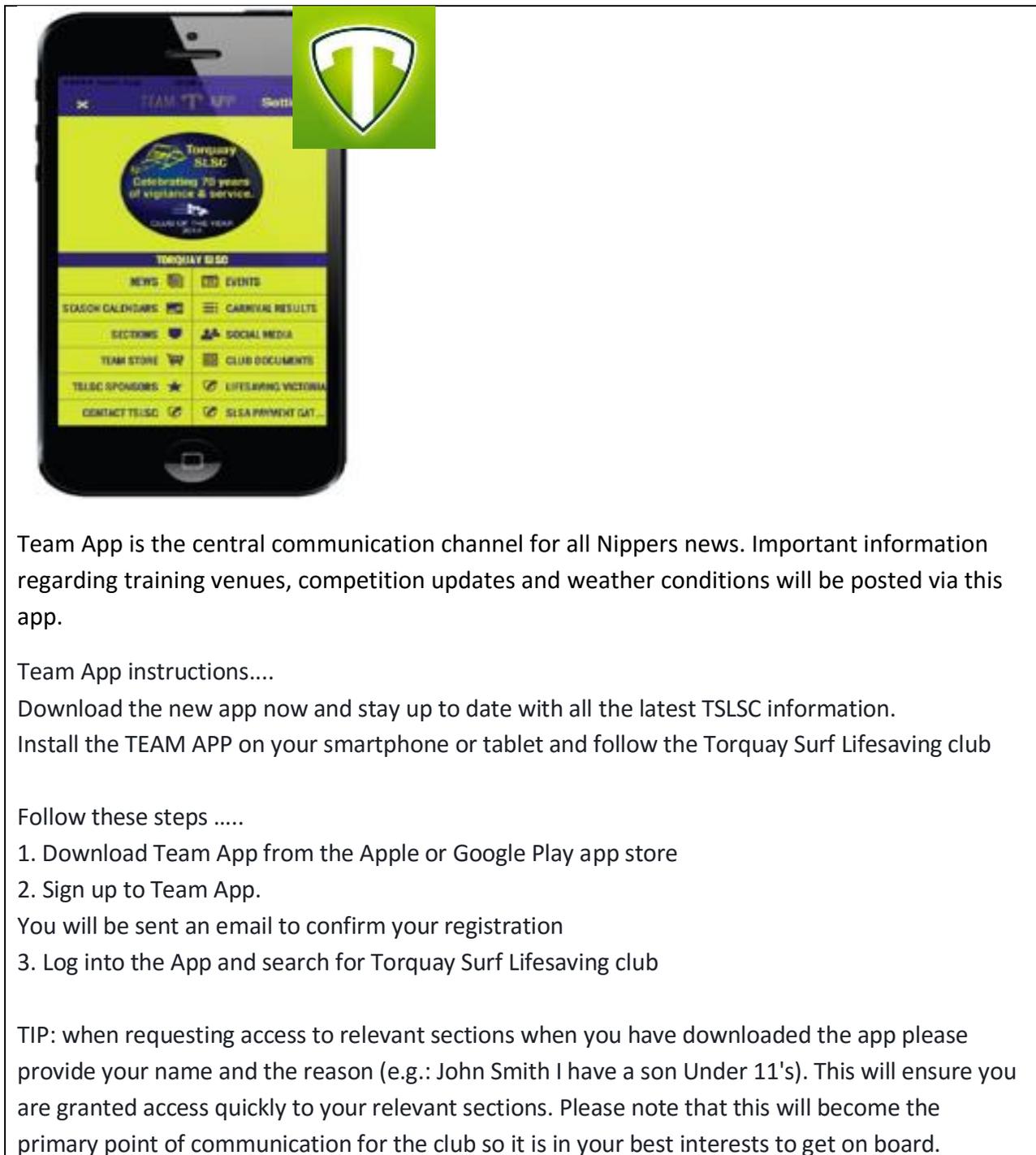
Maximum points for an event would be possibly 12, participation in an event, participating in a final and winning that final i.e.  $3+1 + 2 + 6 = 12$ .

Age Managers will be calling on a parent helper to assist with recording at each carnival, with score sheets submitted to the Program Co-ordinator within 24 hours of the completion of a competition carnival.

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## Communications

Your Nippers Age Manager is your primary contact for any questions or issues or alternatively contact the Nipper Director. Age Managers may set up their own communication methods with their age group parents. TSLSC and the Nipper Director will issue regular communications via **Team App, Facebook and email.**



Team App is the central communication channel for all Nippers news. Important information regarding training venues, competition updates and weather conditions will be posted via this app.

Team App instructions....

Download the new app now and stay up to date with all the latest TSLSC information.

Install the TEAM APP on your smartphone or tablet and follow the Torquay Surf Lifesaving club

Follow these steps .....

1. Download Team App from the Apple or Google Play app store

2. Sign up to Team App.

You will be sent an email to confirm your registration

3. Log into the App and search for Torquay Surf Lifesaving club

TIP: when requesting access to relevant sections when you have downloaded the app please provide your name and the reason (e.g.: John Smith I have a son Under 11's). This will ensure you are granted access quickly to your relevant sections. Please note that this will become the primary point of communication for the club so it is in your best interests to get on board.



### Torquay Nippers on Facebook

1. Search for and follow **Torquay SLSC**, the official Facebook page of TSLSC designed to support engagement with the local community. Information will be posted on events, courses, photos, stats and more.
2. Search for and join the *closed group* **Nippers Torquay SLSC** created for Torquay SLSC Nipper families to share information, ask questions, get to know each other and keep up to date. Team App and club posts will often be replicated here, but make sure you follow the official channels.



Important information will be issued via email to members of TSLSC from time to time as required.

### Information resources

Torquay SLSC <http://www.torquayslsc.com.au/>

Life Saving Victoria <http://lsv.com.au/>

Surf Life Saving Australia <https://sls.com.au/>

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## Appendices

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Nippers Sub-committee and volunteers

Nippers Sub Committee	
Nipper Director	Scott McCardel
Program Co-ordinator	Jodie Gervasoni
Age Manager Team Leader	Matt Henderson
Communications	Sarah O'Dwyer

Nipper Volunteers	
Gear Stewart	Jay Muir
Carnival Registrar	Jodie Gervasoni
Water Safety	Troy Harris / Peter Quinlan
Summer Holiday Program Co-ordinator	Nova Hunter
Social Co-ordinator	
Fundraising Co-ordinator	Louise Tracey
Merchandise Manager	
U7 Age Managers	
U8 Age Managers	
U9 Age Managers	
U10 Age Managers	
U11 Age Managers	
U12 Age Managers	
U13 Age Managers	
U14 Age Managers	

## Summer Holiday Program – award structure

Age Group	Award	Summary
Under 7	Surf Play 2	<p>The focus is on play, participation and fun. Activities and games will be the majority of the sessions with a number of simple beach safety and awareness lessons.</p> <ul style="list-style-type: none"> <li>▪ Beach activities to emphasise games and group participation</li> <li>▪ Water activities that are limited to shallow water near the water's edge</li> <li>▪ Limited competition other than that involved in fun games.</li> </ul>
Under 8	Surf Aware 1	<p>The focus is on understanding, identifying and demonstrating sunsmart guidelines and dangers that relate to themselves, as well as what it means to feel safe. Participants learn to recognise whether they are, or someone else, is in an emergency situation and how to get help.</p>
Under 9	Surf Aware 2	<p>Personal Safety Networks are introduced so participants are comfortable asking for help; Ecosurf discusses the impact surf lifesavers can have on the beach. Introduction of safety tips and the ability to identify hazardous surf conditions.</p>
Under 10	Surf Safe 1	<p>Ecosurf focuses on water conservation and discusses the consequences of skin damage. Participants learn about rips, recognising unsafe behaviours and relating these areas to preventative actions. Resuscitation is introduced for the first time with an opportunity to experience CPR on a manikin. Rescue techniques are also introduced for the first time as participants learn to use body boards to assist distressed swimmers and experience rescue tubes.</p>
Under 11	Surf Safe 2	<p>There is a strong focus on recognising 'at risk' people, and managing patients suffering from a range of basic first aid cases. Participants can learn how to perform CPR and there is an opportunity to work towards a Resuscitation Certificate. There is also a strong section on communication through beach signage.</p>
Under 12	Surf Smart 1	<p>Participants begin to learn about their rights and responsibilities</p>

		as a member of SLS. The Ecosurf lesson looks at how weather impacts on the beach environment. Personal health & wellbeing and sun safety – skin cancer is a focus. Participants can work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate).
Under 13	Surf Smart 2	Surf Smart 2 looks to wrap up the skills and knowledge learnt in all the previous awards. Participants learn about what the SLS Member Safety and Wellbeing Policy is, and in Ecosurf they tackle the issues of Global Warming and Climate Change and its impact on surf lifesaving. Communication focuses on the importance of communicating with beach users. Participants can work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate).
Under 14	Surf Rescue Certificate (SRC)	<ul style="list-style-type: none"> <li>▪ Apply surf awareness information · Provide emergency care</li> <li>▪ Operate communications systems &amp; equipment</li> <li>▪ Work in a team</li> <li>▪ Communicate in the beach environment · Has completed run-swim-run</li> <li>▪ Participate in an aquatic rescue operation ·</li> <li>▪ Demonstrates resuscitation skill</li> </ul> <p>This SRC award is compulsory if members wish to compete at this age and beyond the Senior Club and to fulfil their patrol obligations.</p>

## How parents can help with the Nippers Program

For your child	<ul style="list-style-type: none"> <li>▪ Be around for support</li> <li>▪ Offer encouraging words</li> <li>▪ Be available with to help with trips to the toilet, getting wetsuits on and off, towels, sunscreen, hat &amp; goggles etc.</li> </ul>
For your Age Manager	<ul style="list-style-type: none"> <li>▪ Help them out with setting up an activity if they need it – e.g. setting up flags, organising Nippers into groups, recording results</li> <li>▪ Let them know if they are doing a good job</li> <li>▪ If your child is disrupting the group please step in and assist the age group manager/coach where required</li> <li>▪ Tell them about any fears or special needs your child may have</li> </ul>
At Nipper sessions	<ul style="list-style-type: none"> <li>▪ Help take boards, cones, hoses etc. down to the beach and back up to the club</li> <li>▪ Help in the kitchen or barbeque with food preparation, cooking or sales</li> <li>▪ Help in the uniform shop or kiosk</li> <li>▪ Be the first aid person at a session</li> <li>▪ Put your wetsuit on and help in the shallows</li> <li>▪ Help the coach with any activities</li> </ul>
At carnivals	<ul style="list-style-type: none"> <li>▪ Assist at carnivals by helping to look after an age group</li> <li>▪ Become an official (courses available)</li> <li>▪ Assist with transporting equipment</li> </ul>
For the club	<ul style="list-style-type: none"> <li>▪ Help out at fundraising activities</li> <li>▪ Join the Committee</li> <li>▪ Provide sponsorship from your company</li> <li>▪ Help organise a social activities</li> </ul>
Skills development	<ol style="list-style-type: none"> <li>1. Obtain your Bronze qualification</li> </ol>

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## Nipper activities summary

Some events are restricted to age groups based on recommended safety guidelines as advised by LSV and SLSA. Typically, U7 and U8 will have limited or restricted water based activities.

Beach Flags	U7 – 14	Nippers lie down in the sand, facing away from the flags. At the signal they get to their feet, turn and sprint to a flag (piece of hose) placed in the sand. There are always less flags than participants. Anyone who fails to gain a flag is eliminated until there are only two Nippers left. The Nipper, who wins the last flag, wins.
Beach Sprint	U7 – 14	The beach sprint course is usually set over 70m. Starting when the whistle is sounded the Nipper sprints across the soft sand through the finish line. The first Nippers' chest across the finish line is deemed the winner.
Beach Relay	U7 – 14	The beach relay consists of a team of four Nippers and a baton (rubber hose). Members 1 and 3 are stationed at one end of the course whilst members 2 and 4 are at the other. The object is to successfully complete the race without dropping the baton and exchanging within the set boundaries. The first across the line wins.
Wade Race	U7 – 10	Athletes have to wade, dive or swim their way through waist depth water around the three Water Safety Markers from left to right, and then make their way back up the beach through the finish line.
Wade Relay	U7 – 10	This relay race consists of 4 Nippers. The first member runs and wades around the water safety markers, back to the beach where they tag the second member who does the same. They tag the third and finally fourth and final member who runs through the finish line
Board Race	U9 – 14	This race is done using a board to negotiate the break, follow a set course of buoys and return to shore surfing the waves back to the beach. Board requirements for the U9-

		10s are on 2m long foam boards; U11-13s are 2m long fibreglass boards and U14s use a Malibu fibreglass board, 3.2m in length
Board Relay	U9 – 14	A board relay team consists of three Nippers all with their own board. The first team member paddles out around the buoys then heads back towards the shore and tags with the second team member who does the same. The final team member has to complete the same course and then run through the finish line. The first team to successfully pass all the buoys and cross the finish line will be declared the winner.
Board Rescue	U11 – 14	Consisting of 2 Nippers, a swimmer and a board paddler. The swimmer enters the water, swims to their coloured buoy and signals to the board paddler, who paddles out, around the buoy, picks up the swimmer and both competitors paddle to the beach, both carrying the board over the line.
Surf Race	U9 – 14	Involves swimming around a course of buoys placed out in the ocean. Getting through the shore break can be tough, as well as the return to the beach negotiating the waves, but then to be a lifesaver you must be tough. The distances for the U9-U10 are approx. 200m and 300m for the U11-U14.
Surf Teams	U9 – 14	Consisting of four members, all Nippers swim in the same race, around the buoys and back to the beach. Each placing is given a certain amount of points e.g. First = 1 point, tenth = 10 points. The team with the least amount of points win or in the case of a draw, the team who crossed the line first, wins.
Ironman/woman	U11 – 14	In the Nipper age groups the ironman/ironwoman race involves three legs including the board and the swim sections with a run in between each of these. This is a tough event which requires endurance, strength and plenty

		of skills.
Aqua-Cameron	U10 – 14	Involves 4 members, a swimmer, a board paddler, a wader and a runner. The swimmer completes a swim race, and tags the runner near the shore who runs along the beach and tags the board paddler who completes a board race before tagging the wader. The wader tags the last runner who sprints towards the finish line.
R&R	U11 – 14	2 and 5 person R & & teams compete in a precise drill that simulates rescue and resuscitation. Points are given for incorrect procedures. The team with the least amount of points wins.
March Past	U7 – 14	Teams of 12 are judged on their ability to march correctly to a predetermined drill around the carnival arena. Points are given for incorrect procedures. The team with the least amount of points wins.

Team events are single sex (all male or all female) with the exception of the March Past.

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## Use of Craft - Boards Do's and Don'ts

Club craft such as boards are provided for the use of members during the Summer Holiday Program and for club sanctioned training. Members are expected to treat this equipment with the appropriate level of respect to ensure that it remains in a condition suitable for ongoing instruction.



The infographic is divided into two main sections: 'Do's' (marked with a green checkmark) and 'Don'ts' (marked with a red prohibition sign). The 'Do's' section includes: carrying the board (solo or with a friend), placing the board handle side down on a cover on hard surfaces, and hosing off sand after use. The 'Don'ts' section includes: dragging the board behind you, sitting or standing on the board, standing the board on its end or fin on hard surfaces, throwing the board on the sand, and tying the board too firmly to roof racks.

**Do's:**

- Always carry your board. If you cannot carry it on your own, carry it with a friend.
- Place your board handle side down preferably on a cover when on a hard surface ie. the road, footpaths etc.
- When you have finished using a board always hose off all the sand before returning it to the cage.

**Don'ts:**

- Do not drag your board behind you - it must be carried at all times.
- Do not sit or stand on your board.
- Do not stand your board on its end or fin down on any hard surfaces.
- Boards are not to be thrown down on the sand.
- Do not tie softpro boards too firmly to your roof racks as this causes damage.

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## Surf Safety Tips

- “Never swim at a beach that isn’t patrolled by surf life savers. Never swim alone.”

1. Swim between the red and yellow flags;
2. Always swim at a beach patrolled by surf life savers;
3. Read and obey all warning signs;
4. If you are unsure of the conditions ask someone on the beach for advice. If you are still unsure, don’t go in the water;
5. Never swim alone;
6. If you get into difficulty, stay calm, float and raise one arm until help arrives;
7. Never run and dive into the water, even if you check conditions earlier. Wave and tide conditions can change quickly;
8. Use 30+ sunscreen, wear a long-sleeve shirt and a broad brimmed hat;
9. Learn how to spot a rip and keep clear of it; and
10. Don’t swim under the influence of alcohol or drugs.

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## How to identify a Rip

- Discoloured water due to sand being stirred off the bottom
- Deeper water close into shore where waves do not tend to break
- Foam on the surface extending beyond the break
- Waves breaking further out on both sides of the rip
- Debris floating seawards
- A rippled appearance, where the surrounding water is generally calm

## What to do in a rip or if caught in a rip

- Relax
- Don't panic.
- Stay calm, breathe in a regular and controlled manner, even if you are exhausted or suffering from the cramp.
- If you are tired or not an experienced swimmer, try to float out with the current
- Float on your back and raise one arm to signal for help. Waving both arms makes it difficult to keep your head above the water
- Float and wait for a lifesaver to rescue you.
- If not a patrolled beach, swim parallel with the shore towards the breaking waves and use the wave to assist you in getting to shore.