



Foundation Member of the Surf Life Saving Association
Founded 1907

**“NIPPERS” INFORMATION BOOKLET
2010/2011 SEASON**

Foundation Member of the Surf Life Saving Association – Founded 1907

“NIPPERS’ INFORMATION BOOKLET 2010/11 SEASON

Table Of Contents

Introduction	3
Registration	3
“Nippers”	4
- Age Groups	4
- Age Managers	4
- Activities	5
- Special Days	6
Supervision of Children	6
Surf Education	6
Training	7
Water Proficiency	7
Carnivals	8
How North Steyne Nippers is Run	8
- Committee	9
- Volunteers	10
- Club Captains	10
Funds	10
Shop	10
Club Clothing	11
Shop List	11
Equipment	11
- Nipper Boards	11
- Care of Nipper Boards	12
Social Events	12
Communication	12
Contacts	12

Introduction

- Welcome to North Steyne Nippers, the Junior Activities section of the North Steyne Surf Club.
- North Steyne Surf Club is affiliated with Surf Lifesaving Australia. Nipper members (from U8 to U14) are 'capitated' (registered and counted) through the Board of Youth of the Sydney Northern Beaches Branch of Surf Life Saving New South Wales.
- One purpose of the North Steyne Surf Club is to provide volunteer surf lifesavers to guard our beach, allowing visitors to enjoy themselves as safely as possible. In addition, they provide training for future lifesavers and competitors in a range of surf related disciplines. The Nipper movement is often the source for future surf lifesavers. It also provides a valuable educational service in helping children to understand the dangers of the beach and how to look after themselves in this environment.

Registration

- Each member must register each year. This covers membership to the club, branch capitation, insurance cover (under the WorkCover Authority) and it enables participation in club and interclub activities. Children join as Junior Activity Members, known as "Nippers". Parents can join as associate members – essential for insurance cover if you help run Sunday activities. Parents prepared to undertake the Bronze Medallion examination qualify for "active" membership and will be eligible for volunteer Patrol Duty at North Steyne.
- For legal reasons a child cannot participate on any Nipper activity until after he/she has registered.
- Birth Certificates for Nippers need to be sighted on initial registration only.
- Partially completed re-registration forms are sent to existing members at the beginning of the season.
- The Committee determines registration fees annually. The fees for the 2010/11 season are:
 - \$80.00 First family member (Child or Adult)
 - \$60.00 Second family member
 - \$35.00 Third family member
 - \$160.00 Family of 4 (with at least 1 adult)
 - \$25.00 Extra family memberFees include GST

“Nippers”

- 2010/11 Season begins on Sunday 3 October 2010 and finishes in March 2011
- “Nippers” begins promptly at 9.30am and finishes at about 11.15am on Sundays
- Families must be on the beach in front of the clubhouse at 9.15am for short announcements. Nippers are then split into their age groups and move off with their Age Managers for the morning’s activities.
- Parents are encouraged to assist Age Managers in running the activities and supervising the children.

Age Groups

- Children remain in their appropriate age groups for Nippers activities.
- Each age group is mixed gender.
- Age groups range from Under 6’s to Under 14’s.
- When children turn 5 they are allowed to participate in activities for the Under 6 age group but younger children are not (however, they are always welcome around the club under the supervision of their parents).
- Age groups are determined as follows
 - Under 6 1st October 2004 and 30th September 2005
 - Under 7 1st October 2003 and 30th September 2004
 - Under 8 1st October 2002 and 30th September 2003
 - Under 9 1st October 2001 and 30th September 2002
 - Under 10 1st October 2000 and 30th September 2001
 - Under 11 1st October 1999 and 30th September 2000
 - Under 12 1st October 1998 and 30th September 1999
 - Under 13 1st October 1997 and 30th September 1998
 - Under 14 1st October 1996 and 30th September 1997

Age Managers

- There are at least 2 Age Managers per age group (although we need more as our numbers swell) see Volunteers on Page 10
- Our Age Managers and Helpers are male and female parents, older siblings and older ex-Nippers
- No qualifications or special surf skills are required (so please volunteer if you are interested)

- New Age Managers and Helpers are given support and assistance to ease them into their new roles
- Anyone can be an Age Manager or Helper – so give it a go!
- For Age Manager and Age Manager Helper enquiries, phone Chris Dooley 9949 5881 or David Cowell 0401 147 556

Activities

- Each age group is guided through its own program of activities every Sunday by its Age Managers.
- Each program includes age appropriate beach and water activities designed to promote fun, fitness and skill development.
- Each program also incorporates age appropriate lessons to develop knowledge and skills in sun safety, surf awareness, surf safety and surf rescue techniques (Nippers gain Surf Education Certificates on completion of educational programs).
- Emphasis is on fun and “having a go” rather than competition.
- No activity is compulsory for any child, although participation is encouraged.

Typical beach activities include:

- Sprints, running relays, “flags”, tug-of-war, slalom relays, poison ball, beach soccer, beach volley ball

Typical water activities for Under 6’s & 7’s include:

- Bucket relays, beach wades, boogie board bash

Typical water activities for Under 8’s & over (who have gained their water proficiency) may include:

- Beach wades, boogie board bash, water flags, nipper board paddling and catching waves, dolphin diving, ocean swimming, body surfing, board rescue, tube rescue.

NB: All water activities are supervised by qualified water safety officers.

Other activities may include:

- Meeting/talks by qualified life savers, tour of lifeguard’s operation centre, rescue equipment demonstration, videos, specific training sessions by life savers, first aid officers and beach and water skills coaches, March Past training, participation in local community events.

Special Days

- We also have several “special” days at Nippers throughout the season eg. Christmas Party and Presentation Day. All events are listing on our website www.northsteyneslsc.com.au

Supervision of Children

- Age Managers are responsible for supervising and guiding the children in their age group safely through each Sunday's program. All care is taken.
- Child Protection legislation requirements are met.
- Age Managers often have large groups of children and work in a crowded beach environment. Also, participation of children is encouraged but not compulsory – and some children choose not to participate.
- Parents are principally responsible for their own children while they are at Nippers and so are encouraged to be actively involved in following the activities of their children, or better still, assisting Age Managers in running activities.
- **Nippers is NOT a babysitting service!!**

Surf Education

- The “Surf Ed” program is a series of graded lessons and activities for each age group, which introduce children to the surf environment and then build on that knowledge each year.
- Children are guided through their Surf Ed lessons by their Age Managers
- Children receive certificates at the end of the season on completion of requisite Surf Ed lessons
- Surf Ed requirements by age groups are as follows:
 - U6 Surf Play One
 - U7 Surf Play Two
 - U8 Surf Awareness 1
 - U9 Surf Awareness 2
 - U10 Surf Safety 1
 - U11 Surf Safety 2
 - U12 Surf Smart 1
 - U13 Surf Smart 2
 - U14 Surf Rescue Certificate

Training

- Age Managers train Nippers in general surf skills, safety and awareness.
- Senior Club Life Savers conduct more specialised training in surf rescue and resuscitation techniques.
- Beach, water and March Past Coaches provide specialised training for skill development during Nippers and sometimes at extra training sessions for those who are interested.
- Senior Club Life Savers also run training squads for members over 15 years of age, including interested parents who wish to gain a Bronze Medallion.

Water Proficiency

- For safety, Nippers from Under 8's to Under 14's need to be assessed as proficient in the water before they can participate in any water activities run at the club.
- This process involves completing a Junior Participation Proficiency. NB: it is not necessary to complete the Junior Participation proficiency if the Timed Pool Swim is successfully completed.

- Water proficiency requirements are as follows:

Age Group

Junior Participation Proficiency

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)	1.5 minute survival float
Under 11	50 metre swim (freestyle)	2 minute survival float
Under 12	100 metre swim (freestyle)	3 minute survival float
Under 13	150 metre swim (freestyle)	3 minute survival float
Under 14	200 metre swim (freestyle)	3 minute survival float

(under 5 mins)

- Water proficiency is assessed in the first few weeks of the season each year usually in a heated pool.
- Nippers can be marked as proficient if documentary evidence of the required swimming proficiencies, signed by a qualified swimming coach is provided.
- Nippers competing in carnivals must complete the Junior Competition Qualification, comprising timed pool swim and run-swim-run requirements, prior to entering.

- See table below for Timed Pool Swim and Run-Swim-Run requirements.
- Each child has to be assessed for proficiency each season.

Age Group	Timed Pool Swim	Run	Swim	Run
Under 8	N/A	N/A		
Under 9	200 metres in 6 minutes	50m	50m	50m
Under 10	200 metres in 6 minutes	50m	50m	50m
Under 11	200 metres in 5 minutes	50m	50m	50m
Under 12	200 metres in 5 minutes	50m	100m	50m
Under 13	200 metres in 5 minutes	100m	100m	100m
Under 14	200 metres in 5 minutes	100m	100m	100m

Carnivals

- Throughout the season there are various carnivals (inter-club, Branch, State) where clubs compete in beach and water events.
- Participation in carnivals is encouraged and supported, but optional
- To participate in carnivals, Nippers must be registered club members, wear designated club clothing (tie –down cap and costume) and must have fulfilled proficiency requirements.
- Children wishing to attend a carnival must notify their Age Manager. This is especially important if they wish to be considered for team events. We also have a Competition Director to help this process.
- Carnivals usually start around 7.30 or 8.00am and depending on numbers and conditions, may not finish until mid afternoon.
- Where possible, we always try and run normal Nippers on our own beach for those not attending a carnival. This may be a reduced program and relies heavily on parental help.
- Carnival entry fees are NOT included in registration.

How North Steyne Nippers is Run

Volunteers from the Nipper parent body do everything that gets done – both on Sundays and behind the scenes.

Committee

- A Chairperson and committee members are elected at the AGM each year.
- The committee members for the 2010/11 season are as follows:

Chairman

Chris Dooley chrisdooley@bigpond.com 0433 648615

Secretary/Registrar

Tracey Hare-Boyd traceyhb@bigpond.com 0416 042465

Treasurer

Tony Falzarano tonyfalz@gmail.com 0431 277773

Asst Treasurer

Sarah Falzarano sfalzarano@mva.org.au 0408 605550

Competition Co-Coordinator

Beth McDonald bethmcdonald@bigpond.com 0411 643107

Asst Competition Co-Ordinator

Christine Gibb-Stewart chrisgibstew@hotmail.com 0409 031645

Shop Steward

Janell Cowell janellcowell@optusnet.com.au 0408 066195

Water Safety

Rob Owen rsowen@optusnet.com.au 0424 021471

Gear Steward

Andrew Toll tollyatsurf@yahoo.com 0420 663737

Beach Co-Coordinator

Jo Cooper jo.broadconcepts@gmail.com 0418 475400

Age Manager Co-Ordinator

David Cowell davidcowell@optusnet.com.au 0401 147556

Social Secretary

Michelle Sas mischsas@aol.com 0412 743345

Committee

Pat Duggan paddyd@three.com.au 0414 451256

- The Committee meets monthly throughout the year
- Committee responsibilities include: ensuring the club runs efficiently and smoothly, attending to all Nipper business, ensuring all legal requirements are met, managing club finances, gear and clothing, as well as planning, decision-making and problem solving on behalf of the club.
- Feel free to make suggestions or discuss issues with any committee member

On Sundays, volunteers are required to help:

- Set up the beach before Nippers
- Erect sponsor's banners and tents

- Organise the activity programs
- Work as Age Managers
- Work as Water Safety Officers
- Pack up the equipment after Nippers
- Run the shop
- Run the BBQ's, etc, etc ...

Volunteers Help !!

As North Steyne grows, more volunteers are needed to help run the club and the Sunday activities for our children. There is much to be gained by becoming involved – becoming part of a friendly, supportive, active group, learning new things, supporting your children in their involvement and personal development, increasing your own knowledge and skills, satisfaction in working for good purpose and knowledge that your efforts are greatly appreciated and really do make a difference. So, don't be shy!

Nipper Club Captains

The Nipper Club Captains are senior Nipper members. The Club Captains for 2010/11 season are Rory Tredinnick and Van Stewart (Under 14 age group).

Funds

- North Steyne Nippers is principally reliant on the generous donations from sponsors for its financial wellbeing. Money from sponsors enables the club to function and purchase essential equipment for the Nippers. Please support our sponsors all of whom are listed on our website.
- Another source of income is from our own fundraising efforts (eg raffles, social functions etc) which rely upon the support of all members.
- Funds are also raised through shop sales and registration fees.

Shop

- The Nippers "Shop" is open Sunday mornings throughout the season and sells a full range of club clothing.
- The shop is located upstairs in the clubhouse. No credit will be given, all goods must be paid for by cash, eftpos or cheque (please make cheques payable to: North Steyne JSLSC)

- Goods can be purchased by pre-paid orders
- See attached list of items available through the shop.

Club Clothing

- Club colours are black and gold.
- For safety reasons, it is compulsory for Nippers who participate in water activities to wear tie-down caps.
- All other club clothing is optional at “Nippers”
- Carnival competitors must wear club tie-down cap and club costume
- Club clothing can be purchased through the club shop

Shop List

Rash Vests - Various sizes
Costume – Boys sizes 6 – 14
Costume – Girls sizes 6 – 14
Costume – Mens sizes 14 – 26
Costume – Ladies sizes 10 – 14
Tie-down Caps – Various sizes
Sun Hats – Various sizes
Board Shorts – Various sizes

Equipment

- Equipment for Nippers is purchased with funds raised through sponsorship and club fundraising activities.
- Costs incurred through losses, breakages and damage to equipment are generally met by the club.
- As our funds are limited and hard-earned, it is essential that all equipment is used and cared for properly.
- At the conclusion of Nippers sessions, all equipment needs to be collected from the beach, rinsed and put away properly in the gear cage.
- Each age group is required to pack up the equipment it used on its last activity of the morning.

Nipper Boards

- We have two types of boards: “foamies” and “fibreglass” racing boards.

- Children generally learn board skills on foamies and then progress to fibreglass boards.
- Foam and fibreglass boards can both be used for competition in Carnivals
- Boards that are to be used in Carnivals must be weighted and certified annually.

Care of Nipper Boards

- Boards must be handled carefully at all times.
- Boards must be carried not dragged.
- Children are not to sit on boards on the sand as the fins get bent or broken
- After use, each board needs to be hosed down with fresh water before being carefully put away in the gear cage.

Social Events

- Social events are organised throughout the season and upcoming events will be announced in emails, newsletters and at morning muster.
- Examples of social events are: kid's disco, Black and Gold Ball, combined senior/junior club disco, Age Managers and Helpers dinner.
- Family club BBQ's are held upstairs in the club as often as possible after Nippers.

Communication

- Nipper Information Booklet is given to each family at registration.
- Regular newsletters produced and emailed out to each family.
- Announcements made at morning muster
- Noticeboard
- Phone contact with committee members
- Suggestion box on the gear cage.
- Club website www.northsteyneslsc.com.au

Enjoy the Season ☺

Contacts

For more information or any enquiries, contact:

Chris Dooley	02 9949 5881 or 0433 648615
Tracey Hare-Boyd	0416 042465