Ocean Beach Surf Life Saving Club
Junior Activities

NIPPERS
INFORMATION BOOK
2018/2019 SEASON

Ocean Beach
SLSC Juniors

@oceanbeachslsc
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“Remember Nippers is not only about competition but also about enjoying yourselves, having fun and making friends”
## Season Calendar

### 2018/2019 OCEAN BEACH - NIPPERS CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Where</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday, 7 October 2018</td>
<td>845am</td>
<td>Ocean Beach</td>
<td></td>
</tr>
<tr>
<td>Sunday, 14 October 2018</td>
<td>845am</td>
<td>Ocean Beach</td>
<td></td>
</tr>
<tr>
<td>Sunday, 21 October 2018</td>
<td>845am</td>
<td>Ocean Beach</td>
<td></td>
</tr>
<tr>
<td>Saturday, 27 October 2018</td>
<td>845am</td>
<td>North Avoca</td>
<td>U12-open carnival - beach</td>
</tr>
<tr>
<td>Sunday, 28 October 2018</td>
<td></td>
<td>Terrigal</td>
<td>U12-Open Carnival</td>
</tr>
<tr>
<td>Sunday, 28 October 2018</td>
<td>845am</td>
<td>Ocean Beach</td>
<td></td>
</tr>
<tr>
<td>Sunday, 4 November 2018</td>
<td>845am</td>
<td>Ocean Beach</td>
<td>U6/U7 only</td>
</tr>
<tr>
<td>Sunday, 11 November 2018</td>
<td>245pm</td>
<td>Ocean Beach</td>
<td></td>
</tr>
<tr>
<td>Sunday, 18 November 2018</td>
<td>845am</td>
<td>Ocean Beach</td>
<td></td>
</tr>
<tr>
<td>Saturday, 24 November 2018</td>
<td></td>
<td>TBA</td>
<td>NP Jnr Ironperson R1</td>
</tr>
<tr>
<td>Sunday, 25 November 2018</td>
<td>845am</td>
<td>Ocean Beach</td>
<td></td>
</tr>
<tr>
<td>Sunday, 2 December 2018</td>
<td></td>
<td>Terrigal</td>
<td>NP U8-U15 Carnival</td>
</tr>
<tr>
<td>Sunday, 2 December 2018</td>
<td>845am</td>
<td>Ocean Beach</td>
<td>U6/U7 only</td>
</tr>
<tr>
<td>Sunday, 9 December 2018</td>
<td>845am</td>
<td>Ocean Beach</td>
<td></td>
</tr>
<tr>
<td>Saturday, 15 December 2018</td>
<td></td>
<td>Soldiers Beach</td>
<td>NP Jnr Ironperson R2</td>
</tr>
<tr>
<td>Sunday, 16 December 2018</td>
<td>845am</td>
<td>Ocean Beach</td>
<td>Christmas Party/Santa Visit</td>
</tr>
<tr>
<td>Sunday, 23 December 2018</td>
<td></td>
<td>no nippers</td>
<td></td>
</tr>
<tr>
<td>Wednesday, 26 December 2018</td>
<td></td>
<td>Terrigal</td>
<td>Terrigal Twilight Carnival U14-masters</td>
</tr>
<tr>
<td>Sunday, 30 December 2018</td>
<td></td>
<td>no nippers</td>
<td>no nippers</td>
</tr>
<tr>
<td>Saturday, 5 January 2019</td>
<td></td>
<td>Wamberal</td>
<td>Gardiner Ironperson</td>
</tr>
<tr>
<td>Sunday, 6 January 2019</td>
<td>845am</td>
<td>Ocean Beach</td>
<td></td>
</tr>
<tr>
<td>Sunday, 13 January 2019</td>
<td>845am</td>
<td>Ocean Beach</td>
<td></td>
</tr>
<tr>
<td>Saturday, 19 January 2019</td>
<td></td>
<td>TBA</td>
<td>NP Jnr Ironperson R3</td>
</tr>
<tr>
<td>Sunday, 20 January 2019</td>
<td></td>
<td>Toowoon Bay</td>
<td>NP U8-U15 Carnival</td>
</tr>
<tr>
<td>Sunday, 20 January 2019</td>
<td>845am</td>
<td>Ocean Beach</td>
<td>U6/U7 only</td>
</tr>
<tr>
<td>Sunday, 27 January 2019</td>
<td>845am</td>
<td>Ocean Beach</td>
<td></td>
</tr>
<tr>
<td>Sunday, 3 February 2019</td>
<td></td>
<td>Soldiers Beach</td>
<td>NP Jnr Branch Carnival</td>
</tr>
<tr>
<td>Sunday, 3 February 2019</td>
<td>845am</td>
<td>Ocean Beach</td>
<td>U6/U7 only</td>
</tr>
<tr>
<td>Sunday, 10 February 2019</td>
<td>845am</td>
<td>Ocean Beach</td>
<td></td>
</tr>
<tr>
<td>Sunday, 17 February 2019</td>
<td>845am</td>
<td>Ocean Beach</td>
<td></td>
</tr>
<tr>
<td>Sunday, 24 February 2019</td>
<td>845am</td>
<td>Ocean Beach</td>
<td>Last nippers of the season!!</td>
</tr>
<tr>
<td>Friday, 1 March 2019</td>
<td></td>
<td>Swansea-Belmont</td>
<td>SLSNSW Age Championships</td>
</tr>
<tr>
<td>Saturday, 2 March 2019</td>
<td></td>
<td>Swansea-Belmont</td>
<td>SLSNSW Age Championships</td>
</tr>
<tr>
<td>Sunday, 3 March 2019</td>
<td></td>
<td>Swansea-Belmont</td>
<td>SLSNSW Age Championships</td>
</tr>
<tr>
<td>Sunday, 7 April 2019</td>
<td>1pm</td>
<td>Ocean Beach</td>
<td>U6-U7 Presentation</td>
</tr>
<tr>
<td>Sunday, 7 April 2019</td>
<td>3pm</td>
<td>Ocean Beach</td>
<td>U8-U14 Presentation</td>
</tr>
</tbody>
</table>
Welcome to Ocean Beach Nippers

Welcome to all nippers both new members and those continuing from last year on behalf of the Junior Activities Co-ordinator, Age Managers and the Ocean Beach Life Saving Club. For those returning to nippers please take the time to read the handbook as there are important changes to water safety apparel and competition contained within the handbook.

Over the past few years our club has continued to expand its numbers, be a leader in surf education, and enhance its competitive performance.

The position the club is in comes on the back of the extraordinary effort put in by parents; coaches and helpers throughout our great club. Like all years we need the assistance of all families and parents. I applaud all those parents that have expanded their own boundaries by stepping up to complete SLSA awards (Bronze/silver/gold medallion, Officials, IRB, coaching etc)

All the committee members, age managers, and our coaches volunteer their own time. Like any voluntary organisation, Ocean Beach Nippers relies heavily on the active involvement of parents. As is often the case year after year a lot of the work is left to the same few individuals who devote their time tirelessly to keep the junior activities program functioning. Many hands make light work and it would be tremendous assistance if you could contact your age manager with an expression of interest to assist in one of the numerous roles essential for the on-going operation of the junior program.

We invite you to read this book which provides useful information about Nippers and our Club. Your Age Manager will be happy to help you should you require further information. Their contact details are available within this book.

Our vision is to provide a safe, friendly and welcoming environment where both Nippers and Parents can interact and enjoy the benefits of a healthy outdoor activity. The clubhouse and facilities are there for all members to use.

What we are about is surf life saving, with a focus on having fun, teaching and enhancing skills, and emphasising community awareness. Our Nipper Program provides competition, training, recreation and interaction with others who share a common interest.

I hope we can instil a sense of pride and tradition within our nippers and have all children confident that they are part of something they can be proud of.
Ocean Beach Surf Lifesaving Club

Following their return from active service in the Great War, a group of Woy Woy residents who commuted by steam train from Sydney, decided that due to its popularity, it was necessary to have a surf club operational at Ocean Beach. While the club had been operating informally for a couple of years, on Sunday 29 January 1922, a meeting was convened at Wal Dawson’s residence to "officially" establish Ocean Beach Woy Woy Surf Life Saving Club.

In October 1921, amenities blocks were erected at Trafalgar and Sydney Avenues. In 1956, the required block of land was allocated but it wasn’t until 1961 that the first clubhouse was built. In 1968 with much support from Rotary the club was able to complete the 30-foot extension applied for in 1962-63.

On January 23, 1966, a meeting was convened to form a Juvenile (or Nipper) club. The women in the club then formed the Ocean Beach Mermaids for all the girls. The two bodies joined together and became the Junior Activities. Many a fine competitor and club member has come through the ranks of the Nippers and Nipperettes or what are now known as Junior Activities.

On a competitive level, there have been many Branch Titles, State, Australian and World Titles coming back to the Ocean Beach Surf Club. Any visitor to the clubhouse can see these and other members who have been successful. Their pictures adorn the walls of the upstairs part of the clubhouse.

From a community service perspective, Ocean Beach SLSC boasts 96 years of no lives lost between the flags. An impressive result considering the beach had in excess of 71,000 visitors last year alone.
Code of Conduct & Fair Play Code

At Ocean Beach SLSC our volunteers are our greatest asset.

Because fulfilling our mission depends on the united efforts of many, we believe in working together collaboratively, respecting each other’s contribution and importance. The volunteers assisting at the club on the weekend (and sometimes during the week) are volunteering their time as well. Whilst we may not always agree on decisions made or actions taken, please remember that your fellow volunteers are doing their best for the club. If you have a great idea or suggestions on ways to make our club better - we would love to hear from you and have you join the team. Let’s make Ocean Beach the best beach!

Code of Conduct

Ocean Beach SLSC endorses the following Code of Conduct for SLSA members. As an SLSA member you should meet the following requirements in regard to your conduct during any SLSA sanctioned activity.

i. Respect the rights, dignity and worth of others.
ii. Be fair, considerate and honest in all dealings with others.
iii. Make a commitment to providing quality service.
iv. Be aware of, and maintain an uncompromising adhesion to, SLSA standards, rules, regulations and policies.
v. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age;
vi. Contribute to the provision of a safe environment for the conduct of all activities within surf lifesaving;
vii. Abide by the relevant role specific codes of conduct outlines in Annexure 2 of SLSA’s Policy 6.5 (Policy Statement member Safety and Wellbeing)

Ocean Beach SLSC expects all members, supporters, advisors and associates of SLSA to abide by a Code of Conduct which upholds the principles and values of the organisation and this Member Safety and Wellbeing Policy. Members should recognise that at all times they have a responsibility to a duty of care to all members of SLSA. Specifically:

Members have the right:

i. To be safe;
ii. To be listened to;
iii. To be respected;
iv. To privacy:
v. A protective environment;
vi. To be referred to professional help if needed;
vii. To be protected from abuse, discrimination or harassment by other members or outside sources.
Members are responsible for:

i. Showing respect to other members;
ii. Keeping themselves safe;
iii. Complying with all other requirement of the member safety & wellbeing policy;
iv. Making themselves aware of the policy and complying with the standards of conduct outlined in the member safety & wellbeing policy;
v. Consenting to a national policy check if the individual holds or applied for a role that involves working with people under the age of 18 years;
vi. Cooperating in providing a discrimination, child abuse and harassment free SLSA environment;

vii. Understanding the possible consequences of breaching the member safety & wellbeing policy;

Risk Minimisation Measures

Do not engage, or allow others to engage, in any of the following:

i. abusive initiation ceremonies
ii. inappropriate undressing/dressing in front of youths
iii. invading the privacy of youths while showering or toileting
iv. photographing youths while undressing/dressing, showering or toileting
v. sleeping in closed quarters with youths without a second adult representative (eg parent)
vi. aggressive, physically distressing or sexually provocative activities
vii. sexually suggestive comments about or to a youth
viii. inappropriate or intrusive touching of a youth
ix. joking about, ridiculeing, rejecting, isolating, or belittling a youth member (or any other member)

While many of the above points may not be legally actionable, they are against the principles and value of SLSA and guarded against in the Code of Conduct.

Ocean Beach SLSC aims to foster teamwork and group cohesion between leaders allowing for the ability to point out inappropriate attitudes and behaviour by members of the team. Ocean Beach SLSC does not tolerate abusive or inappropriate behaviour. In the event that you witness, hear about, or are the victim of abuse you are bound by the Code of Conduct to report the incident the Member Protection Officer immediately.

NB: For complete and updated copies of all of SLSA’s policies visit; www.slsa.asn.au
**Social Media**

The use of social media is an amazing way to engage with our members and provide updates on activities around the club or show off our achievements. We must all keep in mind that we leave a digital footprint whenever we hit that “post” button.

When using social media, and this can include, but not limited to facebook, Instagram, twitter, Youtube, (etc) please be respectful of not only yourself, but your club and club mates. Posting of defamatory or insulting remarks relating to the club, club members or their families will not be tolerated.

Social Media should not be used to publicize any grievances you may have, nor is it to be used as a forum to display inappropriate images of any club members, especially those under 18 years of age.

Examples of good use of social media:

- information regarding carnivals and training dates/times
- posts congratulating your team members on an amazing achievement
- respecting other peoples opinions regardless of your own opinion

Examples of inappropriate use of social media:

- Criticize club mates or their families, including but not limited to club officers and subcommittee officers
- Post personal opinions that may cause harm to others
- Display images that may be deemed inappropriate

For further information regarding the use of social media, please refer to Surf Lifesaving Australia Policy 6.20 - Social Media which can be found by clicking on the following link:

[SLS Australia Social Media Policy](#)
The Nipper Program

There are over 52,000 junior surf lifesavers (nippers) in Australia. Nippers learn about surf awareness and safety through the Surf Life Saving Surf Education Program (Surf Ed). They are also able to participate in board paddling, surfing, swimming, running, wading and other fun activities and games.

We do not teach children how to swim, however we will teach them surf skills and educate them about the beach environment. Given the activities are conducted in a marine environment; Nippers are encouraged to undertake regular swim training through a local club or pool.

Practising these skills allow children to compete in Club, Regional and State surf life saving carnivals representing their clubs. Ocean Beach Surf Life Saving Club offers a program of surf awareness, skills coaching and competition at various levels, similar to the events that Australia’s Surf Life Savers participate in.

While competition is an important element, the surf awareness and education aspect is a primary aim. Children are taught from a young age how to respect the surf read the surf and use the surf to their advantage.

This is done in an environment of fun, healthy lifestyle and camaraderie which is unique to surf life saving.

Who can join Nippers?

Any child, boy or girl, may join Nippers once they have turned 5 years old. They do NOT have to be super competitors or super athletes! One of the best features of Nippers is seeing young children overcome their fear of the water. Children who are afraid of the water can develop through encouragement, education and training to be confident in the surf.

Age Groups

Once a child turns 5 years of age, they are able to join the club as a nipper. The club is unable to accept membership of a child less than 5 years of age to comply with insurance requirements.

Children can join nippers from an age of Under 6 (5 years) as educational members, then from Under 8 (7 years) to Under 14 as full members. Age is determined as at 30 September each year.

Regrettably, participation outside a child’s own age group is against SLSA regulations.

Listed on the next page is the age group a nipper will be included in based on their birthdate.
<table>
<thead>
<tr>
<th>Date of Birth</th>
<th>Age Group 2018/2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st October 2012 - 30th September 2013</td>
<td>U6</td>
</tr>
<tr>
<td>1st October 2011 - 30th September 2012</td>
<td>U7</td>
</tr>
<tr>
<td>1st October 2010 - 30th September 2011</td>
<td>U8</td>
</tr>
<tr>
<td>1st October 2009 - 30th September 2010</td>
<td>U9</td>
</tr>
<tr>
<td>1st October 2008 - 30th September 2009</td>
<td>U10</td>
</tr>
<tr>
<td>1st October 2007 - 30th September 2008</td>
<td>U11</td>
</tr>
<tr>
<td>1st October 2006 - 30th September 2007</td>
<td>U12</td>
</tr>
<tr>
<td>1st October 2005 - 30th September 2006</td>
<td>U13</td>
</tr>
<tr>
<td>1st October 2004 - 30th September 2005</td>
<td>U14</td>
</tr>
</tbody>
</table>

All new nippers are required to have their birth certificate sighted at registration.
Proficiencies and Surf Education

All U8-U14 nippers are required to complete a proficiency assessment, as set by SLSA to ensure they are minimally competent to compete in nipper activities and carnivals.

A preliminary evaluation is undertaken at Peninsula Leisure Centre (PLC) shortly before the nipper season commences. (Please refer to the calendar attached for dates and times).

These requirements are based on your child’s age group and will involve a swim and survival float.

A competition evaluation will be completed in the first weeks of nippers and will involve an ocean swim, with the distance based on the age group of your child.

Without both the preliminary and competition evaluation completed, children will be unable to compete in any carnival events.

This season, we are hosting education nights for nippers in which they will learn valuable skills which are counted towards their relevant education awards.

Please refer to the table on the next page for further information.
### SLSA Junior Evaluations and Education National Guidelines.

<table>
<thead>
<tr>
<th></th>
<th>Preliminary Evaluation</th>
<th>Competition Evaluation</th>
<th>Surf Education Awards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 6 Surf Play 1</td>
<td>From a standing position in waist deep water perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.</td>
<td>Surf Play 1</td>
<td></td>
</tr>
<tr>
<td>Under 7 Surf Play 2</td>
<td>From a standing position in waist deep water perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position.</td>
<td>Surf Play 2</td>
<td></td>
</tr>
<tr>
<td>Under 8 Surf Aware 1</td>
<td>25 metre swim (any stroke) 1 minute survival float</td>
<td>Nil (no water competition, except for wade which takes place in waist deep water)</td>
<td>Surf Aware 1</td>
</tr>
<tr>
<td>Under 9 Surf Aware 2</td>
<td>25 metre swim (any stroke) 1 minute survival float</td>
<td>Minimum 150m open water swim (competition course as per competition manual)</td>
<td>Surf Aware 2</td>
</tr>
<tr>
<td>Under 10 Surf Safe 1</td>
<td>25 metre swim (freestyle) 1 1/2 minutes survival float</td>
<td>Minimum 150m open water swim (competition course as per competition manual)</td>
<td>Surf Safe 1</td>
</tr>
<tr>
<td>Under 11 Surf Safe 2</td>
<td>50 metre swim (freestyle) 2 minutes survival float</td>
<td>Minimum 288m open water swim (competition course as per competition manual)</td>
<td>Surf Safe 2</td>
</tr>
<tr>
<td>Under 12 Surf Smart 1</td>
<td>100 metre swim (freestyle) 2 minutes survival float</td>
<td>Minimum 288m open water swim (competition course as per competition manual)</td>
<td>Surf Smart 1</td>
</tr>
<tr>
<td>Under 13 Surf Smart 2</td>
<td>150 metre swim (freestyle) 3 minutes survival float</td>
<td>Minimum 288m open water swim (competition course as per competition manual)</td>
<td>Surf Smart 2</td>
</tr>
<tr>
<td>Under 14 SRC</td>
<td>200 metre swim (freestyle, in less than 5 minutes) 3 minutes survival float</td>
<td>Minimum 288m open water swim (competition course as per competition manual)</td>
<td>Surf Rescue Certificate</td>
</tr>
</tbody>
</table>

**Notes**

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. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities at the discretion of the club.

The competition evaluation must be achieved before any members are eligible to compete.

Every junior member should achieve the relevant Surf Education Award appropriate to their age group.
Sunday Nippers

ALL NIPPERS

Nippers arrive at Ocean Beach at 8.45am.

Please have your name marked off the attendance register at the table located near the first aid room. (Note: If you arrive late, you will still need to have your name marked off with your Age Manager). Your age manager will also keep their own record of attendance.

It is important to have your name recorded as it counts towards attendance records as well as for insurance purposes.

Flags for each age group will be displayed before each nippers session - please meet your age manager at this point.

Listen to announcements which are made before heading to the beach. These announcements contain important information regarding the days activities as well as upcoming events.

Take direction from your age manager before heading to the beach.

Nippers are rarely cancelled due to inclement weather. If in doubt, please check the Ocean Beach Juniors facebook page.

Under 6’s & Under 7’s

During this time surf lifesaving activities and education will be conducted by the children’s Age Managers, coaches, mentors etc. The aim is to teach surf education whilst in their appropriate age groups and a non-competitive environment. We see this as training for our future patrolling members and surf safe kids!

WHAT TO BRING:
Please ensure your child has the following:

- Blue/Green cap
- Blue/Green rash vest
- Adequate sun protection applied, ie, sunscreen & hat
- Towel, googles and water bottle

WHERE ON THE BEACH?
Typically the 6 and 7’s are located to the RIGHT of the tower.

CAPS AND RASH SHIRT:
Under 6 and Under 7 members wear coloured rash vest and caps to nipper training. These are initially purchased at the time of registration. This season Under 6s will wear a blue cap and rash vest and Under 7s a green cap and rash vest. These colours assist in identifying these age groups easily and, for safety reasons, much be worn during all training.
You will use this cap and rash vest for 2 seasons/until Under 8s

Please ensure your child's name is clearly written on the cap.

Once your training session is completed, please ensure the cap is removed if you are staying on the beach.

**FINISH TIME**
Approximately 10-1030am

**CARNIVAL DAYS**
This age group does not compete in Carnivals. On Carnival days the activities continue at Ocean Beach.

**PARENT HELPERS**
Are always encouraged and greatly appreciated. Please speak to your Age Manager if you are able to offer assistance where you feel comfortable.

**Under 8's - Under 14's**

**WHAT TO BRING:**
Please ensure your child has the following:

- Ocean Beach club competition cap
- Pink hi-vis rash vest (no rash vest = no water activities)
- Adequate sun protection applied, ie, sunscreen & hat
- Towel, goggles and water bottle
- U9-U15 board wax (if required)

**WHERE ON THE BEACH?**
Typically the 8 to 14’S are located to the LEFT of the tower.

**CLUB COMPETITION CAPS:**
Each child will be required to wear a club competition cap during Sunday nipper training, point score and at carnivals.

No cap = no participation.

Additional or replacement caps can be purchased through the club clothing store and on registration days.

Please ensure your child's name is clearly written on the cap.

Once your training session is completed, please ensure that the cap is removed if you are staying on the beach.

**FINISH TIME:**
We aim to finish before 11am. Please advise your age manager when you are leaving the group.

**CARNIVAL DAYS**
There is no training for Under 8’s - Under 14’s at our beach on carnival days. We encourage all members to attend carnivals for the enjoyment of competing with your club mates.
BEACH SET UP & PACK UP

A roster system has been developed for beach set up and pack up. Please refer to your age manager for your turn to assist. Generally, you will be required approx 1 hour prior to the start of nippers for set up and pack up will take approx ½ hour.

What Happens On Training Days?

Each age group will participate in the following activities:

<table>
<thead>
<tr>
<th>Surf Swim</th>
<th>Depending on water conditions on the day, the children are coached in surf skills, and aim at completing a swim at these distances:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 8</td>
<td>50m wade</td>
</tr>
<tr>
<td>Under 9 to 10</td>
<td>150m surf swim</td>
</tr>
<tr>
<td>Under 11 to 14</td>
<td>288m surf swim</td>
</tr>
</tbody>
</table>

| Board     | Coaching in skills required for paddling a 'nipper' board in surf, negotiating waves, catching waves and rounding buoys. |

| Beach Sprint | The skill of running on sand is taught, as are the starting and finishing techniques. Relay running is also included. |

| Beach Flags  | Techniques used for starting quickly and diving for the flags are taught. |

Participation is not mandatory. By encouragement, children are supported to participate to their potential and to improve their confidence.

Whilst 'Surf Ed' is compulsory, competition is not. No child is forced to compete in any event which they are not trained for, not capable of doing, or if the surf conditions are inappropriate.

Overall, the emphasis in Nippers is to have fun.

Equipment

Our Club supplies most of the equipment needed for Sunday activities and Carnivals. Equipment includes nipper boards. This equipment is available for the use by all registered Nippers.

The Age Managers may allocate equipment for Sunday activities. We ALL need to look after our equipment.

Training and competition equipment is expensive both to purchase and maintain. It is important that these items and all other gear and equipment is handled and cared for correctly. If you use it, then it's your responsibility to take it back to the Clubhouse, wash it and return to the store. Equipment is only to be used for Sunday activities unless permission is given by the Committee.

Damaged equipment must be reported immediately to the Age Manager.
Training/Coaching

Normally Sunday Nippers is focused on developing skills in Surf Lifesaving and other important motor skills. These sessions are generally not intended as fitness training days (although they will help). Training for fitness and skill development is provided to Ocean Beach nippers by Club Members (voluntary) and by various coaches as follows;

Water Training  U9 – U14
To be confirmed - please see website and facebook page

Beach Training  U8 – U14
To be confirmed - please see website and facebook page

R & R Training
To be confirmed - please see website and facebook page

The objective of all training sessions is to create a fun training environment that will help to improve the confidence and skill levels of all Nippers and allow them to perform to the best of their ability. For beginners the objective is to improve their basic surf skills to the point where they can feel confident in the surf whilst enjoying themselves at the same time.

Children are not taught to swim at Nippers. We strongly recommend that children attend regular swimming lessons until at least squad level. Pool swimming is essential to develop the strength, fitness and confidence that nippers require to negotiate surf conditions. Surf swim training focuses on negotiating waves, rips and sweep and using them to the swimmers advantage. Children who swim regularly prove to be the most capable in the surf and ultimately gain the most from participating in a nippers program.

The time and venue of training sessions may be subject to change due to conditions - notifications of changes will be posted on the Ocean Beach SLSC Juniors facebook page.
Rescue and Resuscitation (R&R) Training

R & R is another traditional surf life saving event with a proud tradition. The event simulates a rescue and resuscitation of a "patient" and teams are assessed on areas such as marching, uniformity and following correct resuscitation procedure. These events are usually conducted at the start of the carnival preceding the March Past which is the traditional opening ceremony. The R&R events are as close to real lifesaving as you can get. Again this is a great way for nippers to get involved with the friends and build a close team and be part of the wonderful carnival atmosphere.

TWO PERSON R & R is for members from under 10/Under 11 and Under12 /Under 13. One team member will draw as patient and the other performs the rescue. The competition is on the water's edge and does not require swimming to the "patient".

FIVE PERSON R & R is for Under 12 to Under 14 and it is based on the traditional method of performing rescues with the reel, line and belt. The team members fill the role as patient, belt man, reel man and linesmen who simulate a rescue, carry the patient from the water and resuscitate them. The rescue is done only in waste deep water.

Both events provide the members with excellent resuscitation skills and teamwork. Please do not hesitate to contact Peter on 0423 346 311 or by email: pwlam@hotmail.co.uk if you require any further information or have any questions.
March Past

The March Past event is traditionally one of the first events held at a Nippers carnival and other competition is stopped where necessary to allow members to participate. It is the ultimate team event with 12 members to a team who march around a rectangle and are judged on such things as arm swing, leg action, body carriage and the team’s ability to hold their formation throughout the march. All the team works together with the winning team scoring the lowest number of errors.

The March Past is open to all members from under 9 to under 14 and we are one of the few clubs who always enters a team – sometimes 2 teams. Every year we need to recruit new marchers from all age groups to replace the members of the team moving into the U/15’s. Nippers from U8 – U14 is eligible to take part and it is a great way for nippers that are not necessarily interested in competing (although plenty of highly competitive nippers love being part of the March Past Team) to be part of a surf carnival with their friends. Anyone who wants to try the event is most welcome to come to a training session and try it out.
Parents Run Nippers!

It is our experience that the more YOU get involved, the more your child will enjoy nippers and the more rewarding it is for parents.

The Club operates entirely from volunteer help. There are many jobs, so you do not need to have had surf life saving experience! The Club values the contribution from parents - it makes our Club.

Parents will also leave the Club as their children finish Nippers and move to the Senior Club. The Junior Life Saving Club will therefore always be in need of fresh ideas, new office bearers and volunteers.

Appointments that parents can volunteer for include:

- **Age Managers**
- **Assistant Age Managers**
- **Setting up the beach at 7.45 a.m. each Sunday and putting equipment away**
- **Water Safety (must hold Bronze Medallion or SRC)**
- **Carnival Officials**
- **Setting up & pulling down equipment at Carnivals**
- **Carnival assistance**
- **Judging**
- **Fundraising**
- **Any other help and ideas.**

Please note that at least one parent/guardian/carer of each nipper must be a Parent Member or an Active Member of Ocean Beach SLSC.

Those parents and/or siblings providing water safety must hold a valid SRC or Bronze Medallion.

This is an open invitation to all parents to be directly involved and participate in Ocean Beach Nippers.
Opportunities for parents & members

During the season, there are opportunities available to parents and other interested members to obtain their Bronze Medallion, Surf Rescue Certificate (SRC), First Aid Certificate etc.

Many parents completed their Bronze Medallion and in doing so enjoy the learning experience and getting a greater understanding of surf life saving.

Further information about the Bronze Medallion and other courses can be obtained from Age Managers or by contacting the office.

The Club must meet the water safety requirements listed by SLSA. It is therefore essential that as many parents as possible obtain their Bronze Medallion or SRC and assist with water safety. If we do not have the required number of Water Safety Officers then an activity cannot be conducted.

A ‘Carnival Officials’ course is also available online through the members portal for parents or other interested members who would like to get involved at our Competition Carnivals that we will attend each season. This is the chance to get a ringside seat at the action! Please speak to your age manager or contact the office for course details.

At carnivals each club is required to provide a minimum number of water safety and carnival officials. Please volunteer to ensure the carnival is a success.

Again, a parent or guardian MUST be at the beach with your child at all times during junior activities.
Safety - Always Our First Priority

Safety is our first priority in all activities conducted by the Ocean Beach Life Saving Club. Safety extends to safety on the beach, in the water and gives consideration to the protection of all children.

Safety in the Water

The JAC will liaise with the water safety captain and the beach Patrol Captain each Sunday. The Patrol Captains will decide if the surf conditions are suitable to conduct activities. The Patrol Captain, water safety captain or JAC may cease activities if conditions become unsafe.

The guidelines for water safety are laid down by Surf Life Saving Australia and must be adhered to by all. The IRB (Inshore Rescue Boat) or ‘Rubber Duckie’ is present during all water events and it is imperative that as many qualified parents as possible are in the water to accompany children in water activities. No race or activity will commence unless there is the correct number of water safety personnel.

Ocean Beach Nippers has made it COMPLUSORY for any nipper (U8-U14) undertaking any water activities (at training or at nippers on Sunday) to wear a pink hi-visibility singlet. No pink singlet = no participation. ABSOLUTELY NO EXCEPTIONS.

Water Safety Officers must be suitably qualified (Bronze Medallion or SRC), and a minimum ratio of Water Safety Officers to Nippers applies, otherwise activities must be restricted to waist deep water.

Water Safety Officers must wear orange rash vests and caps during water activities. Bronze Medallion & SRC Water Safety Officers must sign into the Water Safety Log Book, and these hours count towards their patrol hour obligations.

Any questions regarding water safety must be directed to the water safety captain, the beach patrol captain or JAC.

Prohibited Persons Declaration/Child Protection Officers
Every assistant of the Club over the age of 18 who is in direct contact with children is required to complete a Prohibited Persons Declaration Form. The Forms are available from the Club. This is a mandatory requirement that is legislated by NSW law to ensure the protection of all children.
Carnivals

Carnivals and Championships

Central Coast Branch conducts Junior Carnivals during the season for nippers in the U8-U14 age groups.

Carnivals are held as competition between nippers of different surf clubs, culminating with the Branch Junior Championships to be held this Season at Soldiers Beach, followed by the NSWAGE State Championships at Swansea/Belmont SLSC.

To compete at a carnival, you must ensure that an you advise the office of your entry one week prior to the carnival. Entries can be submitted via email (office@oceanbeachslsc.com) or by completing paper entry form and leaving in the box located outside the office. Payment can be made by cash, direct funds transfer or EFT.

Other Carnivals and events are also held in which Ocean Beach Nippers may compete in. Local carnivals are listed in the nipper calendar.

Individual & Relay Competition Events for Carnivals include:

U8: Individual Sprint, Beach Flags, Wade Race, Sprint Relay & Wade relay.
U9 & U10: Sprint, Beach Flags, Sprint Relay, Surf Swim, Board Race, Swim Teams, Board relay.
U/11 – U14: Sprint, Beach Flags, Sprint Relay, Surf Swim, Board Race, Swim teams, Board Relay, Board Rescue & Iron Man.

There is also Surf Board riding for all competitors aged 12 years to 14 years at some carnivals.

Club Competition (Team) Events for Carnivals include:

- Cameron Relay
- Brace Relay
- March Past
- R & R.
- All Age Sprint Relay
- All Age Board Relay.

At all carnivals the Ocean Beach Club Cap must be worn as well as your pink hi vis rash vest for water events.

The Carnival program will be available prior to each carnival (and will be available to print from the Ocean Beach Surf Club juniors facebook page) and whilst the carnival organisers aim to run as per the timetable, occasionally, event orders are changed so it is important to listen to the marshalling announcements and check with your age manager.
Participation

Not all children wish to compete in carnivals and being a good lifesaver does not depend on carnival participation, however for the majority of children, participation can be an enjoyable and rewarding experience.

We encourage all Nippers to represent our Club. We also take pride in our teams and enter as many teams as possible to represent OBSLSC

Carnival Officials and Water Safety

There is a requirement that the club supply a minimum of 1 Carnival Official per 9 competitors at a junior carnival, plus water safety officials.

If in the event there are insufficient officials, Ocean Beach SLSC may be withdrawn from the Carnival and/or fined.

Parents or siblings of Nippers competing at Carnivals (U8 - U14) are expected to assist with Water Safety (must hold SRC or Bronze Medallion) or Officiating.

Courses to become an Official are available online through the members portal.

Carnival days

Competitors must arrive no later than 30 minutes prior to the start of marshalling for the first event on the program.

Nippers should be well rested (i.e., an early night prior to the carnival).

Club cap must be worn at all times during competition and pink hi vis rashies are compulsory for all water events.

If you are taking a club board for use at a carnival, it is your responsibility to arrange this beforehand with your age manager, arrange transport for it to the carnival and finally return it to the clubhouse in good, clean condition.

On arrival, the competitor should register (usually requires a stamp on your arm), then check-in with the Age Manager.

During the Carnival Nippers should stay around the OBSLSC tents in their area and keep in contact with the Age Manager. When an event is called, the Age Manager will advise the relevant Nippers and arrange for them to proceed to the Marshalling Area.

Please note that Age Managers have the right to substitute team members if an athlete is not within the Competition Area when their event is marshalled.
During the day, Nippers should have plenty of fluids, high energy food, keep in the shade and reapply sun-block regularly.

At the conclusion of a race, Nippers should remain at the finish (wearing their club cap), until further direction is advised by the carnival officials.

It is important to keep in mind our code of conduct and fair play code whilst at carnivals. Remember it is **never** ok to argue with, degrade or speak unkindly to **anyone** at a carnival including your own child, a competitor or carnival official. If you feel that a decision, which has been made, is not correct, there is a process which needs to be followed. Please speak to your Age Manager or Team Manager about the situation.

At the conclusion of a carnival, parents are requested to assist packing up tents and equipment; return boards to OBSLSC or the OBSLSC trailer; and ensure the area is left clean.

A presentation for medallist will be held back at the Ocean Beach SLSC - normally starting at 6.00pm.

*All family and friends are welcome*
Age Championships

Attendance

70% attendance is required to be eligible for Point Score Trophies, Achievement Awards, Long Service Awards, or any other awards presented at the JAC Presentation Day - not including Surf Education Awards.

Point Score Day

Point Score Days are as per the calendar. This day is for competition for children in Under 8’s to Under 14’s.

Children will compete in the following events.

Under 8  Sprint, Flags and Wade
Under 9 - 10  Sprint, Flags, Surf and Board
Under 11 - 14  Sprint, Flags, Surf, Board and Iron Person

To be eligible to compete for points in events, a competitor must be:

1. A financial member
2. Have participated in and completed the Surf Education Program by 31 December

Finally

Remember, Nippers are children and their enjoyment is our first priority.

Good results are nice but sportsmanship takes precedence over winning. Unsportsmanlike behaviour will not be tolerated.
# Junior Activities Committee Members

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
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<tbody>
<tr>
<td>Kylie Falconer</td>
<td>Director of Junior Activities</td>
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<tr>
<td>Kylie Edwards</td>
<td>U6 Age Manager</td>
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<tr>
<td>Jenn Couper</td>
<td>U7 Age Manager</td>
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<tr>
<td>Nigel Fitzgibbon</td>
<td>U8 Age Manager</td>
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<tr>
<td>Katie Dixon, Aaron Camp &amp; Jason Smith</td>
<td>U9 Age Manager</td>
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<tr>
<td>Gavin Falconer &amp; Liam Drake</td>
<td>U10 Age Manager</td>
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<tr>
<td>Natalie Tucker</td>
<td>U11 Age Manager</td>
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<tr>
<td>Matthew Smithers</td>
<td>U12 Age Manager</td>
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<tr>
<td>Tim Tucker &amp; Scott Conners</td>
<td>U13 Age Manager</td>
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<tr>
<td>Brett Newton</td>
<td>U14 Age Manager</td>
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<tr>
<td>Jason Smith</td>
<td>Rookie Co-Coordinator</td>
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<tr>
<td>Natalie Tucker</td>
<td>Youth Liaison Officer</td>
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<td>Barbara Barnett</td>
<td>Recorder</td>
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<tr>
<td>Lorraine Scott</td>
<td>Recorder</td>
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<tr>
<td>Brad Doyle</td>
<td>Water Safety Patrol Captain</td>
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