



# CLOVELLY NIPPERS

## – lifesavers of tomorrow

Parents/Carers Handbook  
2018/19 Season



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## 2018/2019 Major Sponsors

We would like to express our sincere thanks to our major Sponsors for their commitment and generous contribution to Clovelly Nippers for the 2018/2019 season:



**PLEASE SUPPORT THE SPONSORS WHO SUPPORT OUR CLUB!**

If you, your firm or your employer are interested in sponsoring Clovelly Nippers or advertising on our Website, please contact a Committee member or [admin@clovellysurfclub.com.au](mailto:admin@clovellysurfclub.com.au)

# 1. Welcome to Clovelly Nippers – lifesavers of tomorrow

On behalf of all members of Clovelly SLSC, we would like to extend a very warm welcome to all Nippers and their families as we plan yet another terrific season at Clovelly.

At Clovelly, we aim to create an outstanding Nippers experience that turns today's kids into tomorrow's lifesavers.

Like most things in life, the more you give, the more you receive. We strongly encourage you to get involved in helping to provide the best experience for all of our children. It is mandatory that everyone does their bit for the Sunday BBQ and generally helping out, but we also want you to volunteer for other activities to make Clovelly Nippers the best it can be. There are plenty of opportunities from being an Age Manager, to Water Safety, to being an Official at Carnivals, to helping organise some of our social events.

Please note it is compulsory for at least one parent/carer to become a General Member of the Club for insurance purposes. In doing so, you will be able to assist in the fun of Nippers activities and you can enjoy the hospitality of the *Tom Caddy* room on a Sunday. However, we strongly encourage every parent to become a General Member and enjoy being a part of the Clovelly experience.

Everything you need to know about Nippers is contained in this booklet and on the Clovelly Nippers TeamApp. Please keep it handy as a reference guide. If you require any further information, please feel free to contact your Age Manager.

On behalf of the Committee, I would like to extend a massive thanks to all those who make Sunday mornings down at Clovelly a special time and long may it continue.

Bryce Wilde  
Director Junior Activities, Clovelly Surf Life Saving Club

<b>Key Dates – See Calendar on the Clovelly Nippers TeamApp for full dates</b>	
Swim Proficiencies	Sunday 9 September Coogee Diggers 2-4pm Sunday 16 September Clovelly pool 2-4pm
New parents induction	Sunday 16 September 4pm
Nippers Starts	Sunday 14 October 8.15am U11-U14 9am U6-U10
Nippers Social Event	Saturday 10 November
Christmas/New Year Break (No Nippers)	Sunday 23 December 2018 – 13 January 2019
Twilight nippers	Saturday 23 February
Final Nippers & rescue demonstrations	Sunday 10 March 2019
Presentation Day	Sunday 24 March 2019

## 2. What is Nippers?

Nippers is a fun activity-based program to develop lifesavers of tomorrow.

The Clovelly Nippers is the junior activities division of the Clovelly Surf Life Saving Club, which is a not-for-profit organisation that succeeds on the goodwill and hard work of our volunteers.

Clovelly SLSC runs Nippers activities on Sundays, starting from typically early October through to March with a break over Christmas/New Year.

For U6-10, starts at 9am.  
For U11-14 starts at 8.15am.

Nippers can start once a child turns 5 years old. The first two years of Nippers are spent in the Under 6s and 7s Age Groups, where the focus is on *fun* and *games* on the beach to teach children basic skills and awareness of where to swim and what help is available from lifesavers. There is a mix of activities on the beach, some education and assisted board paddling and wading in shallow water. U6s-U7s do not compete in external carnivals.

Under 8s to 14s participate in a structured program that includes skill development activities in both the beach and water environment and an integrated education program that develops basic resuscitation, first aid, rescue skills and understanding of the beach and surf. Activities include rescues, board paddling, swimming, running, relays and education to be a lifesaver. The focus is on education and teamwork more than competition.

Nippers runs each Sunday for about 90 minutes depending on weather, conditions, program, helpers, etc. Our Nippers participate in a progressive SLSA Surf Education program (Surf Ed) providing them with the skills and knowledge of beach safety rules and basic first aid.

We conclude Nippers with a BBQ where food and drinks are available for sale. Parents/Carers are required to assist with BBQ cooking and selling on a rotation roster per Age Group.

### 3. Parental Expectations

To enable Nippers to run smoothly on Sundays please take note of the following:

- Be Prompt! U6s-U10s start **9am**. U11s-U14s start **8:15am** (in water from 8:30am).
- Supervise your child at all times. We are not a babysitting service. If your child has to leave the designated area at any time during the Nippers session they are required to obtain permission from their Age Manager and may only leave with a designated Parent/Carer. This procedure is to ensure the safety of your child at all times.
- Nippers is not a 'learn to swim' program. Children are expected to be able to confidently swim the required distance for their Age Group (see section 11) before they are able to compete in any water events.
- Nippers must wear their Age Nipper caps (with their names marked clearly).
- Nippers participating in water activities must wear their pink vests.
- Rashies are recommended for sun protection but are not compulsory.
- Children are to carry a water bottle and should have sunscreen applied prior to the commencement and throughout the morning of Nippers.
- All children must compete in their appropriate Age Groups.
- Nippers must complete the surf swim to be eligible to compete in the board race.
- At conclusion of activities, have your child marked off the roll and remove the nippers cap.
- Assist your child's Age Manager, eg. place judges, helping with wade, flags, etc.
- Volunteer and you will enjoy your time more!
- Listen to instructions from Officials and be a role model as a good sport at all times.
- Stay on top of events through TeamApp.

**NO NIPPER CAP – NO NIPPER ACTIVITIES**  
**NO PINK VEST – NO WATER ACTIVITIES**  
**BE SUN SMART**

#### IMPORTANT NOTE:

**WATER SAFETY** is of paramount importance and the more parents that are willing to assist and be involved in helping the children to become comfortable and competent in the surf, the more they will benefit. The Water Safety personnel are all qualified and can be identified by their **ORANGE CAPS** and **ORANGE WATER SAFETY VESTS**.

## 4. Nippers Culture

### Our Vision

To create an outstanding Nippers experience that turns today's kids into tomorrow's lifesavers.

### Our Goals

1. To create future surf lifesavers.
2. To teach important beach and surf lifesaving skills in a fun, safe environment.
3. To encourage a fit and healthy lifestyle.
4. To promote teamwork, being a good sport and participating in surf competitions.
5. To provide opportunities for families and friends to connect with each other and the Clovelly community.

### Our Values:

**PARTICIPATION | ENJOYMENT | LEARNING | SAFETY**

## 5. Key Success Factors

### Overall KPIs (2017/18 results)

1. Increase in proportion of Nippers retained in each age group (achieved).
2. Increase in the number of U14s who complete their SRC (achieved 100% in 2017/18!!).
3. Increase in proportion of Parent/Carers who Volunteer in each Age Group (eg, Bronze, Water Safety, BBQ, Officials) (achieved).

### Secondary KPIs

#### *Surf Sports:*

4. Increase in number of voluntary skilled competitors at Branch and State Carnivals (achieved).
5. Increase in numbers of Competitors getting to a Final at Branch Carnivals (achieved).

#### *Education:*

6. Increased numbers in gaining Education Certificates (achieved).

#### *Training:*

7. Increase in number of Training Participants (achieved).
8. Number of Training Sessions at other surf beaches (achieved).

## 6. Safety

The safety of the kids is absolutely paramount. Any aquatic activities pose a risk that we need to diligently manage. Surf Life Saving Australia (SLSA) and Clovelly SLSC take our responsibilities for public safety seriously.

All officials and at least one parent must be general members of the club for insurance purposes. There are no exceptions. General Members of the club are not patrolling members but do have access to the *Tom Caddy* Room for coffee/drinks on a Sunday. Each General Member will be issued with a Clovelly Nippers Membership Card.

A **formal roll call** must be completed before Nippers can start and marked in a register. We have a staggered start:

**U11s-U14s will start at 8.15am**

**U6s-U10s will start at 9am**

There will be a **formal “ending” at the finish** where the responsibility of the Nipper(s) passes to their parent/carer when the Nipper cap is no longer worn. Parents cannot remove a nipper early from a session without notifying their Age Manager and having the child marked off the register.

It is absolutely mandatory that a parent/carer is on the beach at all times. Coloured Nipper caps must be worn at all times during Sunday Nipper activities. There is a **NO START** policy for Nippers not wearing their coloured Nipper cap and a high-visibility pink vest.

All Age Managers and Directors must complete a Member Protection Form.

All volunteers who are not parents must obtain a Working With Children Check - [www.kidsguardian.nsw.gov.au](http://www.kidsguardian.nsw.gov.au) - as well as, Member Protection Form. (Form at the back of booklet).

The Director Junior Activities must also obtain a Working with Children Check.

The Member Protection Officer is a good source of information if you have any concerns about any issues.



## 7. Post Nippers Board use on a Sunday

Once Nippers is concluded, it is the responsibility of Nippers and parent/carers to assist in returning beach equipment, including boards to the shed. Depending upon conditions and safety concerns at the discretion of the Committee, Nippers may be allowed to use boards in the bay for an additional 30 minutes after Nippers concludes.

This use of the equipment is discretionary, it is NOT a formal Nippers activity and is at the risk of the Nippers and family involved. Nippers at all times are to obey the instructions of the Council Lifeguards, Clovelly Surf Lifesavers as well as Clovelly Water Safety, Age Managers and Committee Members.

## 8. Wet Weather Policy

Nippers will be run in wet weather. Some activities for some Age Groups in wet weather may occur indoors.

However, it will be cancelled in the event of thunder and lightning storms. If there is a cancellation, it will be posted on TeamApp by a member of the Committee.

Nippers will be on in all other conditions.

## 9. Registration

### 9.1 New Nippers

New Nippers can request an Application Form by emailing [clovellyrego@gmail.com](mailto:clovellyrego@gmail.com) Renewal for Existing Nipper Families is now open. Membership is not guaranteed for renewals and payments made after 20 August 2018.

Please email [clovellyrego@gmail.com](mailto:clovellyrego@gmail.com), if you have any other queries.

### 9.2 Registration priorities

In accordance with our registration policy, membership is by invitation and offered to New Nippers as followed:

- 1st priority: Family has a sibling already registered in an older age group at Clovelly Nippers.
- 2nd priority: Parent/Carer is a Senior Active, Active Reserve, Veteran or Long Service member of the Club.
- 3rd priority: Parent/Carer volunteers to assist in a role that is necessary for 2018-2019 season (eg. Assistant Registrar, General Administration, Beach Set-Up,

Carnival Official, Volunteer Coordinator, Bronze Medallion, SRC Water Safety training).

Nippers could not operate without the support of Parent/Carers who volunteer each Sunday and behind the scene.

Subject to pre-approval New Members can join during September each year.

Each child has to meet the preliminary proficiency requirements set out in section 11 to be fully registered. If the child has not met the preliminary proficiency requirements before a pre-determined date before the start of each season without an accepted extenuating reason (eg. sickness, injury or disability) as assessed by the Committee in their absolute discretion, they will have their registration revoked and monies reimbursed.

### 9.3 Renewals

Only Online Registrations and Renewals are accepted at Clovelly SLSC.

New Members (including new Parent/Carer General Members) must first join by visiting <https://sls.com.au/join/> and answer a few questions.

The SLSC Members Portal is designed to assist members manage their online renewals and payments. To create an account or login, please visit <https://portal.sls.com.au>.

SLSC has introduced Family Groups to link all related individuals into one Family Group, making it easier for renew and pay for everyone in one-go! Please note that only an adult's login can register the whole family.

### 9.4 Transfers between SLSCs

To organise a transfer to or from Clovelly SLSC, please email the Administrator at Clovelly SLSC - [admin@clovellysurfclub.com.au](mailto:admin@clovellysurfclub.com.au).

A Nipper transfer from another SLSC to Clovelly SLSC is not guaranteed and subject to availability. Please registered your interest by emailing the Registrar – [clovellyrego@gmail.com](mailto:clovellyrego@gmail.com).

### 9.5 2018/19 Season fees

One Nipper	\$140
Two Nippers	\$220
Three of more Nippers	\$290
Compulsory Parent/Carer (General Member)	\$20
Compulsory Parent/Carer (Active/Patrolling Member)	\$0
Additional Parent/Carer General Member	\$20

## 10. Parent/Carer General Member

All Nipper Parents/Carers are strongly encouraged to become general members of the club for only \$20 for the following reasons:

- You can't assist in activities unless you are registered, for example judging races, help with wades, setting flags, etc.
- In case of injury at Nippers, you will be covered by insurance.
- You will receive a Membership card that allows you to enjoy a refreshing drink on Sundays at the upstairs *Tom Caddy Bar*.
- Most of all – you won't get as much fun out of Sundays unless you're helping out.

It is compulsory for at least **ONE** Parent/Carer to register as a General Member and complete the Member Protection Form, but it's so much more fun and safer if all Parents/Carers register.

Any enquiries, please contact Clovelly Nippers Registrar, [clovellyreg@gmail.com](mailto:clovellyreg@gmail.com).

## 11. Preliminary Proficiencies

We encourage every parent to get their children into swimming lessons and squads. Just a reminder, Nippers is not there to teach kids how to swim. We are there to teach kids surf awareness and surf lifesaving skills.

Surf Lifesaving Australia sets minimum distance requirements for swimming proficiencies. Several clubs in Sydney Branch have added time limits to these distances and Clovelly SLSC has agreed to do the same.

Quite simply, we are serious about creating a pipeline of SRCs in the U14s to become Junior Lifesavers. To achieve this, SRCs must be able to *run 100m, swim 100m, run 100m* in less than 5 minutes. Working back from there we have set time limits to prepare Nippers to be on track to meet this goal. In setting the times, we have looked at what other clubs do. These times are for instance 30 seconds more generous than another club in our region.

Each Age Group from the U8s to U14s will need to meet set times as per below to be able to join Nippers. Any child who does not meet the proficiencies will not be able to join in Nipper activities.

If the child has not met the preliminary proficiency requirements before a pre-determined date before the start of each season, without an accepted extenuating reason (eg. sickness, injury or disability) as determined by the Committee in their absolute discretion, they will have their registration revoked and monies reimbursed.

To demonstrate proficiency, you must attend one of Nippers' pre-season pool swim proficiency days.

In addition to the Preliminary Skills Evaluation (which is required to be completed before registration takes place), we also have the Competition Skills Evaluation for any Nippers who wish to participate in competition. Competition Skills Evaluations will be undertaken during Nippers.

### Proficiency Requirements for Clovelly Nippers 2018-2019 Season

Age Group	Date of Birth	Swim Distance & Time	Survival Float
Under 6	1 Oct 2012 – 30 Sep 2013	Not Required	Not Required
Under 7	1 Oct 2011 – 30 Sep 2012	Not Required	Not Required
Under 8	1 Oct 2010 – 30 Sep 2011	50m swim (in less than 3 minutes)	1 minute
Under 9	1 Oct 2009 – 30 Sep 2010	100m swim (in less than 4.5 mins)	1 minute
Under 10	1 Oct 2008 – 30 Sep 2009	150m swim (in less than 5 mins)	1.5 minutes
Under 11	1 Oct 2007 – 30 Sep 2008	200m swim (in less than 6 mins)	2 minutes
Under 12	1 Oct 2006 – 30 Sep 2007	200m swim (in less than 5.5 mins)	2 minutes
Under 13	1 Oct 2005 – 30 Sep 2006	200m swim (in less than 5 mins)	3 minutes
Under 14	1 Oct 2004 – 30 Sep 2005	200m swim (in less than 5 mins)	3 minutes

NB: Proficiency Swim can be completed in the Nippers choice of stroke

## 12. Uniforms

### 12.1 Compulsory Uniforms

Nipper Caps with Age Group Colour (name clearly marked) must be worn with straps fastened at all times.

Age Group	Cap Colour
Under 6	Red
Under 7	Green
Under 8	Blue
Under 9	Yellow
Under 10	Red
Under 11	Green
Under 12	Yellow
Under 13	Blue
Under 14	Red

High Visibility Pink Nippers Vest must be worn by Nippers participating in water activities.

### 12.2 Other Uniforms

Clovelly SLSC swimwear is highly recommended but is not compulsory.

Rashies are strongly recommended for sun protection but are not compulsory.

Wetsuits are allowable outside of competition events.

## 13. Training

Clovelly is not a surf beach and we need to get our kids exposed to the surf as a principle of water safety. To complete the Surf Rescue Certificate (the graduation of Nippers to becoming a surf lifesaver) in the U14s you must be able to complete both a board and tube rescue in a surf environment (ie not Clovelly).

Training will be conducted throughout the season. Training is primarily focused on board paddling but it also includes surf swims, ironperson, sand events and overall fitness.

If you wish to compete at branch and state titles, involvement in training is a prerequisite.

Please ensure you arrive at the training sessions at least 10 minutes before the scheduled start time to sign on and grab a board. Your Nippers cap and pink vest must be worn at all Club training sessions.

There will be a minimum of two training sessions per week:

### 13.1 Clovelly still water training

Training will be every Friday at 6:00am - 7:00am at Clovelly Beach. This is open to all Nippers U8s-U14s.

### 13.2 Surf Training

Every Thursday at 4.30pm - 5:30pm, there will be training at Bondi Beach, meet at the Bondi SLSC board shed near the playground. These sessions depending upon surf conditions can be more demanding than Clovelly.

More information on training will be available through the Team App or by contacting Clovelly Nippers Training Director [clovellynipperstraining@gmail.com](mailto:clovellynipperstraining@gmail.com).

We have also set a pretty aggressive goal for this year to start teams in all team events between the Age Groups of U9s - U14s at the Randwick Shield, Branch Championships and State Championships. We don't care if the kids don't win, as long as we get them on the start line, they have fun, learn new surf skills and feel more confident in the surf.

## 14. Surf Education

As part of the Nipper activities at Clovelly SLSC, our Nippers will be guided through an age-appropriate Surf Education program (developed by Surf Life Saving Australia). The Surf Education program has been developed to enable children and young adults to recognise and enjoy a safe beach or aquatic environment. Surf Education was created in response to the demand for information and strategies to address aquatic safety, management and education.

The Club's Education Director will oversee this program with the assistance of our Club's Trainers and Age Managers. The Surf Education program will take place in the first 11 weeks of the Nipper season. All Nippers that participate and complete the Surf Education program with a **minimum of 70% attendance** during the 11 weeks (eg attend 8 sessions out of the 11), will receive a certificate at the end of the Nipper season for the relevant age program.

Please note – all children that wish to compete at Surf Life Saving Carnivals must obtain their age appropriate Surf Education Award.

### 14.1 Surf Play 1 & 2 (U6 & U7)

Surf Play is the program designed for the most junior members. There is no award for Surf Play – the focus is on play, participation and fun. Activities and games will be the focus of the sessions with a number of simple beach safety and awareness lessons available such as: basic safety practices during beach activities, what makes up a beach environment, sun-smart guidelines, the importance of having an adult with them at the beach, what a lifesaver is and what they do, wading, beach sprinting and beach flags. At

Clovelly in the right conditions, we can also in the wade area help U6-7 be introduced to a board.

### **14.2 Surf Aware 1 (U8)**

Surf Aware 1 is the first of the junior development awards. The focus is on understanding, identifying and demonstrating sun-smart guidelines and dangers that relate to themselves, as well as what it means to feel safe. They learn to recognise whether they are, or someone else is, in an emergency situation and how to get help. Ecosurf discusses the beach environment and communities surf lifesavers operate in. Surf sports skills focus on body boarding, wading, dolphin-diving, beach sprint starts and beach flags starts. As an U8, they can begin to use a Nipper board unassisted, so basic board positioning and paddling is introduced.

### **14.3 Surf Aware 2 (U9)**

Surf Aware 2 builds on Surf Aware. Personal Safety Networks are introduced so participants are comfortable asking for help; Ecosurf talks about the impact surf lifesavers can have on the beach. Safety of self steps up a gear by introducing safety tips and the ability to identify hazardous surf conditions. Other surf sports skills focus on body surfing, sand running technique and diving for a beach flag.

### **14.4 Surf Safe 1 (U10)**

The first of the Surf Safe awards Surf Safe 1 begins to get more specific introducing a number of new topics. Participants will identify adults at the surf clubs they can ask to help them, in Ecosurf they focus on water conservation and in sun safety the spotlight is on the consequences of skin damage. They learn about rips, recognising unsafe behaviours and relating these areas to preventative actions. Resuscitation is introduced with an opportunity to experience CPR on a manikin. Rescue techniques are also introduced as participants learn to use body boards to assist distressed swimmers and experience rescue tubes. Surf sports skills focus on entering and negotiating the surf on a board and beach relay baton changes.

### **14.5 Surf Safe 2 (Under 11)**

Surf Safe 2 takes a significant step up in the level of content. As U11's they have the ability to learn more technical aspects of lifesaving and are able to be more physical in surf sports skills. Participants are encouraged to persist when needing help skills in each skill set and includes rolling under a wave on a board, diving under large waves, beach sprint arm and leg drive and beach flags race strategies.

### **14.6 Surf Smart 1 (Under 12)**

Surf Smart 1 continues similar to Surf Safe 2. Participants begin to learn about their rights and responsibilities as a member of SLSA, the Ecosurf lesson looks at how weather impacts on the beach environment. Personal health & wellbeing and sun safety is focused on skin cancer and staying fit and healthy respectively. The role of patrols is first introduced to this award as is the managing rips and using them to assist in rescues. As

an 11 year old, participants can work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate).

This certificate comprises of lessons in the human body, complete basic first aid and resuscitation. Some more signals are introduced that complement the first set previously learnt. Previous board skills come into play as participants learn how to conduct a board rescue. The focus of surf sports skills is to complete all the skills in each skill set and includes; rolling under a wave on a board, diving under large waves, beach sprint arm and leg drive and beach flags race strategies.

### **14.7 Surf Smart 2 (Under 13)**

The last of the junior development awards, Surf Smart 2 looks to wrap up the skills and knowledge learnt in all the previous awards. Participants learn about what the SLSA Member Safety and Wellbeing Policy is, and in Ecosurf they tackle the issues of Global Warming and Climate Change and how they will impact on surf lifesaving. Surf Safety is wrapped up into the 10 Surf Safety Tips. Communication focuses on the importance of communicating with beach users, patrols identifies other professional emergency services and participants will experience performing a tube rescue. Participants can work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate).

This certificate comprises of lessons in the human body, complete basic first aid and resuscitation. The focus of surf sports skills is on bringing all the skills learnt in previous awards together to participate in an event for each of the disciplines: board race, board rescue, surf race, run-swim-run, beach sprint, beach relay, beach flags, ironperson and cameron relay.

### **14.8 Under 14s**

Under 14 age group is the most important age group for juniors. It is the last year of structured junior activities and the first where the junior can start to participate in regular surf lifesaving activities on patrols.

A number of skills and knowledge lessons are provided through the structured junior development program that pathway towards the Surf Rescue Certificate (SRC). The SRC is the introductory award for patrolling surf lifesavers and allows the recipient to take part in beach patrols.

A member must be 13 years of age to sit the examination for this award. Completion of this award is a minimum requirement for participation in surf sports competition as an Under 15 (and in some instances as an Under 14).



## 15. Water Safety

Wanted to help out on Sundays but couldn't commit to do senior club patrols or being an Age Manager?

Depending upon the risk assessment, Nippers are not allowed in the water unless we have a minimum of 1 water safety volunteer for every 5 Nippers, although on calm days inside the bay it can be 1 volunteer for every 10 Nippers. So for instance if we have 60 Nippers in the Bay we may need 12 water safety volunteers. The more water safety we have, the more water activities we can offer at Clovelly, Gordons Bay and at other beaches.

SLSC offers a specialised training course for Nipper Parents/Carers who want to do water safety. The course will be run in a condensed format specific for nipper parents. It is not as intense or lengthy as normal bronze medal training. It will equip you to do water safety for Nippers only. You will not be required to do senior club patrols.

If after doing this course you wish to go on and do your full bronze and be on patrol with your children (which is hugely rewarding) that will be another course.

## 16. Age Managers

We have a fantastic group of Age Managers who provide Nippers with an outstanding experience every Sunday morning.

One of the most important (and rewarding) roles for our Nippers is that of the Age Manager. Our age managers volunteer their time to help make your child's age group an enjoyable experience and mentor the next generation of lifesavers. Please respect their decisions and trust that they have your child's best interest at heart. Many are Surf Lifesavers themselves. At a minimum every age group has one Bronze medal holder.

We like to have one female and one male age group supervisor for each age group but encourage as many people to be involved to allow rotation of supervisors. Supervisors must complete the Age Manager Course and then complete their Surf Rescue Certificate. Like all sporting clubs we rely on volunteers to help it run smoothly. Even if you are unable to do the course please assist the Age Managers on the day as it makes the kids day more enjoyable and you get to meet more people and have fun in a family activity.

At a minimum there's one Age Manager per 20 nippers, but ideally the ratio is less than that – especially with the younger groups where we like to have 1:10 ratio.

## 17. Nippers Committee

A new committee has been formed to build on the good foundations at Clovelly. Please feel free to contact any of the members if your Age Managers cannot help you in the first instance. Remember your Age Managers are your best contacts! We are always willing to help.

## 18. Parental Involvement

The more you get involved, the more your child and you will enjoy Nippers. Overall, the emphasis in Nippers is to have fun. The Club operates entirely from volunteer help. There are many jobs you can help with, and you do not need to have had surf lifesaving experience or be a lifesaver. The Club values any and all contributions from parents – it makes our Club.

Any parent who would like to help out should speak to their Age Manager or a Committee member about how to get involved. Volunteer Form can be found at the end of this booklet.

Ways of getting involved:

- Age Managers, Helpers
- Water Safety, IRB crew/driver
- Competition Officials
- BBQ
- Registration and administration
- Assisting Age Managers as Race Judges
- Coordinating beach set up and pack up
- Assisting in setting up of beach and carrying down equipment
- Washing off boards or helping pack up the beach equipment at the end of nippers
- Store and Supplies
- Social Events
- Gear steward
- Website Coordinator
- Fund raising, and much much more!

## 19. Code of Conduct

It's simple really – we expect our Nippers and parents to act responsibly on the beach, respect all beach users and remember that we are sharing a public space.

We all have a responsibility to provide a supportive and safe environment for our kids to learn and build confidence. Set the right example and be a good sport. Applaud the efforts of all. Be positive and encouraging.

All children have the right to grow up protected from harm. The protection of children is everybody's responsibility. Clovelly SLSC has a zero tolerance of any form of child abuse and abides by SLSA NSW Member Protection policy and Code of Conduct.

If you are in any doubt as to the conduct of a junior member, parent, carer, volunteer or bystander, please report it immediately to the nearest Age Manager or Committee member. All grievances are to be referred to the Director of Junior Lifesaving Activities (Bryce Wilde) for prompt resolution. If in doubt on what to do, please speak with the Member Protection Officer.

Members of any age that cannot conduct themselves appropriately may be subject to club disciplinary action.

More detailed behaviour expectations are set out below.

### **Parent's code of behaviour**

- Remember that children participate in sport for their enjoyment, not yours.
- Be positive, encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.
- Encourage children always to play according to the rules and to settle disagreements amicably.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

### **Nipper's code of behaviour**

- Listen to your Age Manager and other Officials.
- Be a good sport. Applaud all good performances whether they are given by your team or others.
- Cooperate with your age manager, team mates and competitors.
- Participate for your own enjoyment and benefit, not just to please parents or others.
- Compete within the rules.
- Respect the decision of Officials. If you disagree, have your Age Manager approach the official during a break or after the competition.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

### **Officials' code of behaviour**

- Place the safety and welfare of the participants above all else.

- Be a good sport yourself. Actions speak louder than words.
- Compliment and encourage all participants.
- Emphasize the spirit of the game rather than the errors.
- Modify rules and regulations to match the skill levels and needs of young people.
- Give all young people a 'fair go' regardless of their gender, ability, cultural background or religion.
- Be consistent, objective and courteous when making decisions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Encourage and promote rule changes which will make participation more enjoyable.
- Keep up to date with the latest trends in officiating and the principles of growth and development of young people.
- Remember, you set an example. Your behaviour and comments should be positive and supportive.

## 20. Social Events

This year we want to have fun off the beach just as much as on the beach with a range of social events.

We are in early planning for a parents' only social event on Sat 10 November upstairs in the Clovelly *Tom Caddy Bar*. This will be in addition to twilight nippers which are always good fun. We are also looking to have the occasional BBQ after Nippers upstairs to encourage all Nipper parents/carers to enjoy the Club's bar.

Each parent/carer who is a General Member receives a Nippers Membership Card.

## 21. Recognition and Presentation

At Clovelly we like to encourage and reward nippers and volunteers throughout the season. Here are some of the ways we do it:

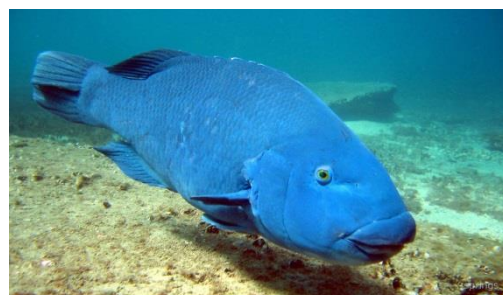
### A). Weekly recognition by Age Managers

Vouchers for a free sausage & soft drink at the BBQ.

### B). Nippers End of Season Presentation

#### **Bluey Award** (one per boy/girl)

- Nipper demonstrating most potential as a junior lifesaver and future patrol captain. Not necessarily the child who is the most competitive, but reflects our values of participation, enjoyment, learning and safety. U14 winner is awarded the Giles Gym Award.



Other awards include:

- Medals for U6s and U7

- Surf Awards for everyone who completes Education
- Most Improved
- Age Champion and runners up (points are totalled for Ironperson and two championship days)
- Handicap

### **C). Nippers Captains**

Each year U13 Age Managers to appoint a male and a female nipper club captains (maximum of 4 per year). These club captains are to showcase our values, mentor younger age groups and be spokespeople for Clovelly Nippers.

### **D) Development Camps**

Most promising future patrol captains in U13s and U11s have opportunity to go on SLSA Sydney branch organised Development Camps.

### **E) Clovelly SLSC Presentation**

This is an awards night for Clovelly SLSC as a whole. Being one club, we have the opportunity to integrate some recognition of nippers volunteers with the seniors.

- **Nippers Age Group of the Year award** (perpetual team award and individual medals):  
Provided to age managers and registrar collectively for the overall performance of their age group. This award is informed by our KPIs:
- **Nippers Life Members**  
Awarded to current or past volunteers who have had the most outstanding service and overall contribution to the growth, reputation and success of Clovelly SLSC Nippers. The number of years of service provided shall only be a consideration and shall not be determinative in assessing a candidate's eligibility.
- **Nippers Volunteer of the Year Award**  
Provided to the volunteer who in one season has had the most positive impact in assisting achieving our vision. May be up to three nominees each year who are also invited to the Presentation night and whose achievements are recognised.

## **22. Communication**

### **22.1 Clovelly Nippers on TeamApp**

The main form of communication will be Clovelly Nippers on TeamApp, which will be updated regularly.

Clovelly Nippers TeamApp includes the following groups:

- Individual age groups (eg Under 6s)
- Training

- Age Managers
- Committee

Requests join a group is subject to approval of the Administrator of each group.

Within each group, you can “chat” with other members and view the most up-to-date information and events for your group. The Committee will also post news and events relevant to all Nippers.

## CLOVELLY NIPPERS NOW HAS ITS OWN APP



Download our awesome new app now and stay up to date with all the latest information!

Install the Clovelly Nippers App on your smartphone or tablet now!

#### 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 "Clovelly Nippers".
4. Choose your applicable access group(s).
5. If you don't have a smartphone go to [clovellynippers.teamapp.com](http://clovellynippers.teamapp.com) to sign up and view this App online.



#### Need help?

Contact: Leanne Bergan  
Email: [leanne.bergan@gmail.com](mailto:leanne.bergan@gmail.com)

## **22.2 Clovelly SLSC website**

Clovelly SLSC has a website [www.clovellysurfclub.com.au](http://www.clovellysurfclub.com.au). We encourage you to bookmark this as it is updated with information and events. We may also SMS and email you so please when you join up your kids include an email and mobile phone number. If you do not supply these we cannot contact you.

## **23. Photos**

As part of your membership application you provide consent to us to take appropriate images of your children in an individual or group situation that may be used for official purposes which may include display on Clovelly SLSC web page, Clovelly Nippers on TeamApp or in a Newsletter, Annual Report or another piece of correspondence for Clovelly SLSC.

## **24. Complaints and feedback**

If you have positive feedback, shout it loud and proud to everyone.

If you have constructive feedback please raise it with the person responsible for the issue.

If you have a formal grievance, please raise it with the Director Junior Activities Bryce Wilde.

If you receive a grievance, please redirect to the Director Junior Activities.

If you wish to get more information on club policies and procedures, please speak with the Member Protection Officer.

## **25. Lost property**

Items of lost property will be placed in a basket in the Nippers board shed. Please ensure all clothing, towels, goggles, caps and other items are labelled.

## **26. Carnivals**

Competitors will be under the control of the Team Manager, assisted by the Age Managers. All competitors are to report to their age manager on arrival at the carnival and must remain with the tent area, unless permission from the age manager to leave the area is approved. Many events, including team events, have been missed as a result of competitors wandering from the area.

Nippers in the U8s to U14s Age Groups can compete in local carnivals several times during the season and we encourage children to do so (to test their skills in a new beach environment and enjoy representing their team) but it is not compulsory.

Carnivals include events which are not regularly conducted as part of our Sunday competition. The following is an outline of these events.

Events are either Open (Boys and Girls competing), Boys Only or Girls Only.

## 26.1 Beach Events

### Sprint

Boys and Girls

Ages: Under 8 to Under 14 age groups

Open Ages: Under 8 to Under 14

### Relay

Open Ages: Under 8, 9 and Under 10

Boys: Under 11 to Under 14

Girls Under 11 to Under 14

\*4 competitors to a team

### All Age Relay

1 competitor from each age group - 7 competitors to a team

### Beach Flags

Boys and girls

Ages: Under 8 to Under 14

### Race Distances

All Age relay

Under 8s to Under 10s

Under 10s to Under 14s

### Relay

70 metres

70 metres

70 metres

### Sprint

70 metres

70 metres

### Flags

15 metres

15 metres

### 1 km beach run

Boys and girls (U9-13)

### 2 km beach run

Boys and girls (U14)

### March Past

12 competitors to a team: 1 standard bearer, 1 belt person, 6 reel squad, 4 rear tank

### 2 Person Rescue and Resuscitation

Open Ages: Under 10 to Under 13

\*2 competitors to a team: 1 rescuer, 1 patient (positions decided by draw)

### 5 Person Rescue and Resuscitation

Open Ages: Under 12 to Under 14

\*5 competitors to a team: 1 rescuer, 1 reel person, 1 cardiac operator, 1 resuscitator & 1 patient



## **26.2 Water Events**

Wade and water events will be decided on the day according to water conditions.

### Wade

Boys and Girls

Under 8 Age group

### Wade Relay

Open

Under 8 age group - 4 competitors to a team

### Surf Swim

Boys and girls

Under 9 to Under 14 age groups

### Surf Teams Race

Open

Ages: Under 9 to Under 14 (in age groups)

### Board Race

Boys and girls

Ages: Under 9 to Under 14 (in age groups)

### Board Relay

Open

Ages: Under 9 to Under 10 (in age groups)

\*3 competitors to a team

### Boys and Girls

Ages: Under 11 to Under 14

\*3 competitors to a team

### Board Rescue

Boys and Girls

JUNIOR: Under 11 and Under 12

SENIOR: Under 13 and Under 14

\*2 competitors to a team: 1 Swimmer (Patient), 1 Board Paddler (Rescuer)

### Cameron Relay

Open

JUNIOR: Under 11 and Under 12

SENIOR: Under 13 and Under 14

\*4 competitors to a team: 1 swimmer, 1 runner, 1 board paddler and 1 runner

### Iron Man

Boys Ages: Under 11 to Under 14 (in age groups)  
Swim, board paddle and run

#### Iron Woman

Girls Ages: Under 11 to Under 14 (in age groups)  
Swim, board paddle and run

#### Board Riding

Boys and Girls

Ages: Under 13 and Under 14 (in age groups)

### **26.3 Qualifying for Events at Carnivals**

Some events at the State Carnivals are only open to competitors who have qualified through gaining a place at the Branch Carnival. These events are:

- 2 Man Rescue and Resuscitation – 3 teams per branch
- All Age Relay – 2 teams per Branch
- Cameron Relay
- Board Rescue
- Board Relay
- Surfboard riding

Events at the Branch Carnival are open to all competitors.

### **26.4 Selection for Carnivals – Beach/Water**

Teams will be selected by the Beach Captain, Training Director and the Age Manager using the following criteria to determine selections:

- Previous results – inter and intra club events
- Run offs
- Attendance and educational completion, attitude and potential improvement
- Must attend training with the team

If in the case of any disputes, the Director Junior Activities will have the final decision.

## **27. Benefits of Becoming a Patrolling Member**

At Clovelly Surf Lifesaving Club you can:

- Achieve your Bronze Medallion
- Achieve your Silver Medallion
- Update your First Aid
- Gain your Surf Life Saving or Resuscitation Certificate
- Tone up in our well-equipped gym
- Enjoy the Clovelly hospitality
- Relax and enjoy the magnificent view from our balcony.

**We look forward to you becoming more involved!!**

# Member Protection Declaration

## MEMBER PROTECTION DECLARATION



SLSA & SLSNSW have a duty of care to all those associated with the organisation and to the individuals and organisations to whom the SLSA Member Protection Policy applies. As a requirement of the Member Protection Policy, SLSA & SLSNSW must enquire into the background of its members.

I ..... born .....  
(Name) (Date of birth)

a worker/volunteer with ..... SLSC/Branch  
(Name of Club / Association / Branch)

of .....  
(Home address)

Sincerely declare:

1. I do not have any criminal charge pending before the courts.
2. I do not have any criminal convictions or findings of guilt for sexual offences, offences related to children or acts of violence.
3. I have not had any disciplinary proceedings brought against me by an employer, sporting organisation or similar body involving child abuse, sexual misconduct or harassment, other forms of harassment or acts of violence.
4. I am not currently serving a sanction for an anti-doping rule violation under an ASADA approved anti-doping Policy applicable to me.
5. I will not participate in, facilitate or encourage any practice prohibited by the World Anti-Doping Agency Code or any other ASADA approved anti-doping Policy applicable to me.
6. To my knowledge there is no other matter that SLSNSW may consider to constitute a risk to its members, employees, volunteers, athletes or reputation by engaging me in a paid or voluntary position.
7. I will notify the President or General Manager or CEO of the organisation(s) engaging me immediately upon becoming aware that any of the matters set out in clauses 1 to 6 above has changed.

Declared in the State of New South Wales on ...../...../..... (date)

Signature.....

Persons signing this form must also show proof of ID.

Administrator to tick box when ID sighted

If the person signing the declaration is under 18 years their parent/guardian must also complete the Consent below

**PARENT / GUARDIAN CONSENT** (To be completed only if declaration is completed by a person under the age of 18 years)

I have read and understood the declaration provided above. I confirm and warrant that the contents of the declaration above as provided by my child or a child under my guardianship are true and correct in every particular.

Name.....

Signature...../...../.....(date)

### WHEN COMPLETED RETURN THIS FORM TO YOUR CLUB

Forms must be returned to the club / branch or state centre that the person completing the form works or volunteers with. This form will be held securely on file by the organisation that the person works or volunteers with.

Surf Life Saving New South Wales

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