



**2016-2017 SEASON**  
**BIRUBI POINT**  
**NIPPERS**  
**INFORMATION**  
**BOOKLET**



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## Welcome

On behalf of the Junior Activities Committee (JAC), I would like to welcome back all our members from last season and also extend a warm welcome to those new members of Birubi Point Surf Club. We are all looking forward to an exciting year of activity, education and, most of all **fun!**

A lot of planning and preparation has been done during the off-season to ensure our Nipper program runs as smoothly as possible. The aim of this booklet is to give you all the information you need about the Nipper program, what to expect during each Nipper session, what clothing and equipment you need to bring to the beach.

It is really important to remember we are here for the benefit of our children. Do not place excessive expectations on your children, but support and encourage them as they progress through the various activities. At Birubi we sometimes have surf conditions that are not suitable for our Nippers, if this happens, we will make use of Shelley Beach (200m east of the Clubhouse) or Boat Harbour. We will not put your children or our Water Safety volunteers at risk so please support our decision when we have to go for a safer surf option.

To operate the club and run the activities effectively, the Club survives on the input and contributions from parents and volunteers to work on the committee or act in some other capacity within the Club. If you are able to assist in some capacity we would dearly love to hear from you.

We look forward to the season and hope all the children and parents have a thoroughly enjoyable experience at Birubi Point Nippers.

Adam Howarth  
Junior Development Officer (JDO)  
[birubinippers@gmail.com](mailto:birubinippers@gmail.com)  
Birubi Point SLSC

## The Nipper Program

Nippers is Surf Life Saving Australia's (SLSA's) junior activities program that introduces children aged 5 to 13 to surf lifesaving. The youth of today are the future of Surf Life Saving and the Nippers pathway teaches lessons and skills which allow young people to continue in lifesaving and sport as they grow older. The program is focused on personal development, education, awareness, competition and sportsmanship.

But it's not all hard work - we like to call it serious fun! Nippers is a great way for children to make new friends, be active and enjoy the beach in a safe environment.

## Nipper Timings

Birubi Point Nippers will be held on Sunday mornings and run from Sunday 16<sup>th</sup> October 2016 until March 2017 (final session tbc). There will be a break during the school Christmas holidays.

**Start time: 9.15am** - children to line up in their age groups behind the marked cones, wearing their Nipper cap and pink safety singlet.

**Finish time: 11.30ish am** - we may over run on occasion if the weather and surf are good and we are able to add extra activities for the children.

## Junior Activities Committee

The Junior Activities Committee (JAC) is a sub-committee of the main Club Committee and has responsibility for conducting the Nipper Program on behalf of the Surf Club. JAC members are financial members who are endorsed by the Club Committee. Any parent and/or Club member may attend the JAC meetings (dates to be publicized on the Club website [www.birubipointslsc.org.au](http://www.birubipointslsc.org.au)). The JAC will always welcome new ideas and suggestions (and of course, volunteers!).

## Junior Activities Committee Contact Details

Position	Name	Mobile	Email
JDO/JAC President	Adam Howarth	0407 222 754	birubinippers@gmail.com
JAC Secretary	Vivienne Rixon	0413 315 280	vivandjase1@gmail.com
JAC Registrar	Wayne Anderson		wmtbanderson@gmail.com
JAC Surf Education	Louise Powers		
Sports Secretary	Norm Barnes		norman.barnes@portstephens.nsw.gov.au
Uniforms	Helen Ratcliffe	0423 116551	birubipublicity@gmail.com

## Membership Fees

- 🟡 Nipper - \$50
- 🟡 Parent - \$25

Nipper membership is **\$50** for the season, per child. Membership includes use of our Club Nipper equipment and changing facilities during Nipper Activities, insurance, attendance awards and presentation trophies.

One parent/guardian per family must also join the Surf Club as a General Member at a cost of **\$25** (unless the parent/guardian is already a registered Patrolling Member of the Surf Club). Please note, unless you join online, the Club accepts cash payments only.

**Please Note:** To ensure that your child is covered by insurance, in case of accident, fees **MUST** be paid before he/she will be permitted to take part in any Nipper activities.

## Clothing & Sun Safety

All participants **must wear their age group cap (U6-U11), Club cap (U12-U14) and pink hi-vis singlet** whilst taking part in water activities during training or at carnivals – this is also SLSA Policy. Parents must also ensure all necessary preventative actions are taken to protect their children from the effects of the sun whilst on the beach.

- ☉ Sunscreen should be applied prior to assembly and reapplied when necessary.
- ☉ Additional protective clothing such as rash shirts etc should be worn while participating in beach events.
- ☉ A supply of sunscreen is available at the start of Nippers and in age group tubs.

The Club offers a full range of swimwear, caps, rash shirts and T-shirts in club colours. Our clothing co-coordinators will be available at the clubhouse at registration days and the first 4 weeks of training. After that, by prior arrangement only (see Contact Details list on page 4).

## Age groups

A member's age as at midnight on 30<sup>th</sup> September 2016 determines the age group to which he/she belongs. For example, if you are 10 years old at midnight on 30/9/2016, you belong to the Under 11 age group. Alternately, you can determine your age group from this table.

Parents are advised and children are encouraged, to be registered in their correct age group.

Born Between	Age Group
1 <sup>st</sup> October 2002 – 30 <sup>th</sup> September 2003	Under 14
1 <sup>st</sup> October 2003 – 30 <sup>th</sup> September 2004	Under 13
1 <sup>st</sup> October 2004 – 30 <sup>th</sup> September 2005	Under 12
1 <sup>st</sup> October 2005 – 30 <sup>th</sup> September 2006	Under 11
1 <sup>st</sup> October 2006 – 30 <sup>th</sup> September 2007	Under 10
1 <sup>st</sup> October 2007 – 30 <sup>th</sup> September 2008	Under 9
1 <sup>st</sup> October 2008 – 30 <sup>th</sup> September 2009	Under 8
1 <sup>st</sup> October 2009 – 30 <sup>th</sup> September 2010	Under 7
1 <sup>st</sup> October 2010 – 30 <sup>th</sup> September 2011	Under 6

**Children younger than 5 years old are not permitted to join Nippers**

## Pool Swim Competency

It is a requirement of the National, State and Branch bodies that children participating in Nippers in all age groups for 8's and over must successfully complete a Junior Participation Proficiency at the beginning of each season. The following table outlines the respective age group requirements. Please note that the swim must be continuous until the distance is completed.

Age Group	Swim Distance	Float time
Under 6	Glide & recover	Aided float & recover
Under 7	3m Glide, kick & rover	Float & recover
Under 8	25 meters – freestyle	1 minute
Under 9	100 meters – freestyle	1 minute
Under 10	100 meters – freestyle	1½ minutes
Under 11	200 meters – freestyle	1½ minutes
Under 12	200 meters – freestyle	2 minutes
Under 13 & 14	200 meters – freestyle	3 minutes

**We are not a learn to swim facility.** Parents are responsible for arranging swimming tuition and training for their children. The Club will teach surf awareness and skills, but does not teach swimming itself. Nippers are encouraged to participate in regular swimming training at their local pool. Surf club activities complement pool training, they don't replace it.

### Parent's Code

- 🟡 Do not make an unwilling child participate in sport.
- 🟡 Children are involved in sport for their enjoyment, not yours.
- 🟡 Encourage children to play by the rules.
- 🟡 Encourage the effort as being as important as the result.
- 🟡 Work towards improving skills and sportsmanship.
- 🟡 Do not yell or abuse a child for making a mistake.
- 🟡 Recognize and encourage good play or efforts.
- 🟡 Do not publicly question an official's decision.
- 🟡 Recognize the efforts of volunteer coaches.
- 🟡 **Take responsibility for your child's location at all times.**

## Participant's Code

- ① Play to enjoy the sport.
- ① Follow the rules.
- ① Do not argue with an official's decision - the team manager can ask any necessary questions.
- ① Control your temper and be a good sport.
- ① Treat other participants as you like to be treated.
- ① Remember it is your aim to have **fun** and improve your ability.
- ① Listen to your coach, team and mates.

## Water Safety

As part of everybody's duty of care, Water Safety is a necessity when our Nippers are training or participating in water events. The Club operates under strict SLSA regulations and if minimum ratios are not met or if the Water Safety Supervisor (WSS), in consultation with the Patrol Captain considers the surf conditions are not safe, water activities will be stopped.

**Without exception all water safety personnel must have obtained their SLSA Bronze Medallion (BM) or Surf Rescue Certificate (SRC) - only BM or SRC qualified Nipper parents may take part in Water Safety.**

The Club always welcomes any parents who wish to undertake their BM or SRC training to qualify and help with water safety, the WSS can refer you to the correct person to discuss course dates.

## BBQ assistance

Nippers cannot take place without the help and support of volunteers – several Club members already donate their time and we always require more helpers to keep things running smoothly. To help with this and encourage Nippers to take on some responsibility and learn a few extra skills along the way, a BBQ has been drawn up for the Nipper season. The rosters will ensure a fair division of duties and hopefully both Nippers and their parents will have fun helping out and assisting the Club. See the Nipper Noticeboard in the main equipment store for the latest Roster on the calendar (and the Club website).



## Junior Competition Qualification

In addition to the passing the Pool Swim Competency, **ALL** nippers wishing to compete in events at the recognized carnivals **whether on the sand or in the surf** are to successfully complete a Junior Competition Proficiency comprising:

- ① A timed pool swim; **and**
- ① A distance ocean (surf) swim - competition course as per SLS NSW Competition Manual.

The criteria are based on the following:

Age Group	Swim Distance	Time
Under 6 & 7	Not permitted to compete	N/A
Under 8	No water competition except for wade	N/A
Under 9 & 10	200 metres – freestyle	Under 6 minutes
	150 metre open water swim	Not timed
Under 11, 12, 13 & 14	200 metres – freestyle	Under 5 minutes
	288 metre open water swim	Not timed

## Competition Fees

Any Nippers who have passed their Pool Swim Competency and Junior Competition Qualification are entitled to enter Carnivals and represent Birubi Point SLSC (provided they are in the Under 8 age group or higher). The first \$10 of Competition entry must be paid by the Nipper's parent/guardian and the Club will cover any additional fee. Failure to turn up on the day and compete will result in the parent/guardian being liable to pay the full Competition Entry Fee.

## Nipper Age Champion Awards.

Age awards will be awarded from U6-U14's with a male and female Age Champion and Runner Up recognized. Only nippers who have attended at least **80%** of nipper sessions (which include SLSA sanctioned events, ie. SRC training or carnivals) during the season will be eligible for Age Champion Awards.

## Care & Use of Club Equipment

Club equipment is for use by club members only. It is the responsibility of all to ensure that the equipment is used in the manner that it is intended. Club equipment is to be used only during Sunday activities or designated training days. Any use of equipment outside of these allotted times will only be permitted with consent from the JAC. Whilst using club equipment a parent must ensure adequate supervision at all times.

## Surf Education

Surf Ed is surf lifesaving's program for Nipper participants. The primary purpose of Surf Ed is to develop a child's ability to recognize a safe beach zone or aquatic environment. This program is generally a 10 week program leading up to the end of December, although this may be extended depending on surf conditions over this period.

While there is no test as such in achieving a Surf Ed Certificate, Nippers should be able to demonstrate the various components applicable to their age group. Surf Ed Certificates are generally presented at the end of season Presentation.

## Working With Children Check – New Check

Whilst child abuse has not been shown to be common in Surf Lifesaving, law and policy has been developed in order to protect young people from harm and those working with them from accusation. The new working with children checks must be completed by **all registering parents**. Please visit <http://www.kidsguardian.nsw.gov.au/Working-with-children/working-with-children-check>

## How to be a Good Junior Lifesaver

- ① Report to your Age Manager before the start of Nippers with a smile and ready to have FUN!
- ① Do not leave the training area without your Age Manager's permission.
- ① NEVER enter the water without permission – it is for your own safety.
- ① You must wear your Club Nipper cap (tied up) before being allowed to take part in Nipper activities – when you wear your cap, we know you belong to our Club.
- ① Club boards and equipment can only be used during Nipper activities and when properly supervised.
- ① Don't drag Nipper boards – it damages them – carry them (ask another Nipper or parent to help you if it is too heavy for you).

- 🟡 You are a member of Birubi Point Surf Club – please help others and treat them as you would like them to treat you.
- 🟡 When Nippers is finished please take your Nipper cap off. U6-U11 hand your age group Nipper cap back to your Age Manager.

## Parental Involvement in Nippers

Nippers (Junior Surf Lifesavers) is about our youth and we deliver SLSA learning outcomes through structured programs, via volunteers.

The Birubi Point Nippers program relies on parental support to survive. Please, become involved and assist wherever you feel most comfortable – more helpers means a division of workload and more time for those helpers to watch their own children taking part.

**PLEASE DO NOT BE AFRAID TO ASK QUESTIONS** – our volunteers and Club Committee members will be happy to answer your questions, or direct you to the person who is best qualified to answer.

Some of the areas we require parents to come forward and help in are:

- 🟡 Junior Committee Members
- 🟡 Age Managers
- 🟡 BBQ helpers
- 🟡 Beach set-up
- 🟡 Water Safety – though you must first qualify as a Bronze or SRC member
- 🟡 Uniform sales
- 🟡 Coaches
- 🟡 Officials
- 🟡 Fundraising – new ideas are always welcome