

# PEREGIAN BEACH SURF LIFE SAVING CLUB

## Junior Activities (Nippers)

### Handbook



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## NIPPERS PROGRAM

Peregian Beach Nippers is the Junior Activities arm of Peregian Beach Surf Life Saving Club; the main aim of which is to provide a fun filled program of surf education for community surf safety and the development of future lifesavers for the club.

**Nippers is for children from 5 years to 13 years of age** and is held on Sundays 7.45am – 10.30am from September till March. Please refer to our website for the Nippers Calendar of dates and other Club events. All age groups are determined by a child's age at 30<sup>th</sup> September.

**Under 6's & 7's** are identified by their fluorescent green cap. Green caps have a short activity program, finishing around 9.30am. Activities are designed for fun and surf education only; water activities are restricted to the shallows and competition is not permitted. Green caps are not permitted to use any nipper equipment other than soft edged bodyboards.

**Under 8's** are identified by a red cap; **Under 9's** wear yellow caps; and **Under 10's**, light blue caps.

**Under 11's, 12's, 13's and 14's** each wear the blue striped club cap.

Children who are 14yrs + can join our Cadet program which is aimed at preparing them for patrol duties.

A typical program begins with sign-on and announcements under the tent on the beach. This is followed by a short session of surf education theory and a warm-up. Then, in rotation by age group, the children participate in variations of flags, sprints, board paddling and swims/wades, all designed to be fun and to development the skills needed to become competent lifesavers. Each activity lasts for 20 - 30 minutes.

The program targets specific activities designed to teach surf safety relative to the needs of each age group and may include some surf sports components in preparation for upcoming carnivals. All training occurs at Peregian Beach however; in the event of bad weather or rough seas Nippers may be relocated, modified or cancelled. Such decisions are announced via email as soon as possible.

Nippers are under the care of Age Managers for the duration of all activities. Each activity has an assigned supervisor or coach who is responsible for running the program and educating the children. Water safety personnel are assigned to all water activities and may help teach your child but are primarily available for safety precautions. All children are expected to respect and obey these volunteers.

Nipper activities are managed by a committee of volunteers, mostly nipper parents, under the guidance of the Main Club. Meetings are held monthly and visitors are always welcome. See our website for more information.

**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 and confidence that nippers require to negotiate surf conditions, particularly at Peregian. 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.

## PARENT PARTICIPATION

Peregian Beach SLSC - Junior Activities is entirely managed and operated by volunteers.

Without parent participation there would be no Nippers.

At least one parent/guardian per family is expected to help with junior activities.

Roles include: water safety officer (SRC or Bronze Medallion required); age manager; activities supervisor; carnival official; committee position; coach (qualifications required).

Some training is required for these positions and is provided free of charge however most training is on the job and simply requires dedication, enthusiasm and a willingness to learn.

All parents are rostered to help at the Club Sausage Sizzle and all members are required to help with any other fundraising efforts. Age managers, coaches, and activity supervisors are exempt from sizzle duties. Under the SLSA screening policy all adults who have any contact with nippers must obtain a Suitability Card (blue card).

## REGISTRATION

**Registration:** Nippers are registered with Surf Life Saving Queensland (SLSQ) as members of Peregian Beach Surf Life Saving Club – Junior Activities.

For insurance purposes, and to ensure all adults who assist our children are blue card holders, parents must also join the lifesaving club.

Check out our website for current fees and registration forms: [www.peregianslsc.com](http://www.peregianslsc.com).

## UNIFORM

Nippers are expected to wear a club uniform and the appropriate age group cap at all training sessions. This not only encourages a sense of belonging in the children but makes identification on a busy beach much easier for all Nippers volunteers. Jewellery, including watches and earrings, should not be worn.

Uniforms are designed in Peregian Beach SLSC colours - navy blue with white trim.

Girls wear a one-piece swimsuit or a bikini and boys wear Speedo style togs. Nippers are also encouraged to wear a club rash shirt.

**All Nippers must wear the blue striped club cap when competing at carnivals.**

Uniforms can be purchased from the Club at our annual sign-on (see our website for dates) and are also available from administration during office hours or by arrangement with the Uniform Convener.

## MEDICAL CONDITIONS

Any junior who suffers from ASTHMA must provide details of medication used.

Please inform your child's coach or age manager of any medical condition which may affect your child's participation in Nippers activities.

## SCREENING POLICY

Surf Life Saving at all levels is committed to the health, safety and well being of all members and is dedicated to providing a safe and enjoyable environment for participants in surf lifesaving activities. The National Council has endorsed a policy relating to the screening of youth leaders for the protection of all junior members. A Suitability Card (blue card) must be obtained by all adults who have any contact with nippers. This policy has been developed after a great deal of consultation with other youth organisations, the police service and legal advisors. It also compliments the SLSA Member Protection Policy. At Peregian Beach Surf Club all adult club members who come into contact with your children have been screened under the policy.

Blue card application forms can be downloaded from our website or contact the Club.

## COMPETENCIES

**Nippers must demonstrate a minimum level of competency before they can participate in any water activities** and children must complete a pool swim before attempting the surf competency. Due to the nature of the surf at Peregian Beach, the minimum level of competency for Peregian Nippers is slightly higher than that set by SLSA. Children who do not achieve the pool competency will be restricted to shallow water activities in the surf until they are competent.

**Surf Education Award:** To be eligible for this award and/or to compete at the Branch Carnival and beyond, nippers must complete the surf ed. program by the date of their Branch Carnival. Training for this award is included in the Nippers program every Sunday.

Age Group	Pool Swim Competency	Surf Competency (Run-Swim-Run)	Surf Education Award
Under 6	Kick on wall, face in water, 30 second float	No test applies	Surf Play 1
Under 7	Torpedo off wall, face in water, 30 second float	No test applies	Surf Play 2
Under 8	25m freestyle, 1 minute survival float	25m run, 25m wade, 25m run	Surf Awareness 1
Under 9	50m freestyle, 1 minute survival float	25m run, 25m swim, 25m run	Surf Awareness 2
Under 10	50m swim freestyle 2 minute survival float	50m run, 50m swim, 50m run	Surf Safety 1
Under 11	200m freestyle, 2 minute survival float	50m run, 100m swim, 50m run	Surf Safety 2
Under 12	200m freestyle, 2 minute survival float	50m run, 100m swim, 50m run	Surf Smart 1
Under 13	200m < 5 minutes freestyle, 3 minute float	100m run, 100m swim, 100m run	Surf Smart 2 Resus. & Basic First Aid
Under 14	200m < 5 minutes freestyle, 3 minute float	100m run, 100m swim, 100m run	Surf Rescue Certificate

## GEAR & EQUIPMENT

**Sunscreen:** It is the parents' responsibility to ensure their children are adequately protected from the sun. We recommend that parents teach their children to apply a water-resistant sunscreen preferably 30 minutes before entering the water and to reapply it frequently.

**Towels & Water Bottles:** Children must supply their own towel and a bottle of drinking water, both clearly named.

**Lost property:** Any gear found after Nippers is held in a lost property box and kept in the storage area of the club.

**Club Equipment:** Training and competition equipment is expensive, both to purchase and maintain. It is therefore very important that all gear and equipment is handled and cared for correctly. Damages and losses must be reported immediately. Children will not be held liable for accidental damage or loss.

Nipper's found causing willful damage to equipment will be banned from using club gear.

## RULES & REGULATIONS

- No parent, no participation - a responsible adult must be present for the duration of Nippers.
- At least one parent must commit to helping with junior activities.
- Parents must sign their child on with their age manager and sign them off at completion of Nippers.
- All nippers must wear Club Uniform.
- Relevant age group caps must be worn until sign off.
- Nippers are responsible for their own uniform, sunscreen, towel, hat & water bottle.
- Nippers must obtain permission to leave the beach from their Age Manager.
- Children are not permitted to use the Clubhouse showers.
- No child may enter the gymnasium without qualified supervision.
- The use of any Club equipment requires prior permission from the Gear Steward.
- Boards should be carried, never dragged and should be laid fin up on the sand.
- All equipment must be cleaned and returned to the nipper compound after use.
- All volunteers must sign-on and off (for insurance purposes).
- All volunteers (18yrs+) must have a current Suitability Card for working with children (blue card).
- Water safety must be proficient with a minimum of a Surf Rescue Certificate.
- All Water Safety personnel must wear an orange rash shirt and cap.
- All Age Managers must wear an Age Manager shirt.
- Aggressive behaviour, either physical or verbal, will not be tolerated under any circumstances.
- Abide by the Codes of Conduct.



## CODES OF CONDUCT

### Competitors & Participants:

- Always play by the Rules.
- Participate for the fun of it not to please your parents or coach.
- Never argue with an Official or supervisors decision. Your Team Manager will handle any carnival disputes (your whole team can be disqualified for this infringement).
- Control your temper – no “mouthing off” or abusing equipment.
- Work equally hard for yourself and your team.
- Be a good sport. Cheer all good efforts whether yours or your opponents.
- Treat everyone as you yourself would like to be treated. Do not bully, interfere with, or take unfair advantage of anyone.
- The goals are to have fun, improve your skills and feel good.
- Co-operate with your coach, managers, team mates and opponents.

### Parents:

- Do not force an unwilling child to participate in competition.
- Remember children are involved in Nippers for their enjoyment not yours.
- Encourage your child to always play by the rules.
- Teach your child that an honest effort is as important as victory so that the result of all competition is accepted without undue disappointment.
- Turn defeat into victory by helping your child work towards skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a competition.
- Remember that children learn best by example. Applaud good performances and sportsmanship by all participants.
- Do not question a supervisors’ or an Officials’ judgment and never their honesty.
- Support all efforts (remove verbal and physical abuse from children’s’ sport).
- Recognise the value and importance of all volunteers involved.
- Remain on the beach and accessible for the duration of nippers should your child need you.

### Spectators:

- Remember that children participate and/or compete for their own fun. They are not there to entertain you and they are not miniature professionals.
- Be on your best behaviour. Do not use profane language or harass participants, coaches or officials.
- Show respect for all competitors. Without them there would be no competition.
- Condemn the use of violence in all forms.
- Respect the supervisors, coaches or Officials decisions.
- Encourage Nippers to always to play by the rules.



## SURF SPORTS COACHING

Peregian Beach SLSC offers coaching in surf sports activities with qualified coaches for nippers who wish to compete at carnivals. These squads meet before or after school and/or on weekends. Check out our website for more information. Please note that some of these sessions attract a moderate fee.

**Competency Requirements:** All nippers wishing to participate in any water based competition coaching must complete an advanced competency prior to joining the squad. This consists of a 200m pool swim in less than 6mins for beginner to intermediate athletes and a 400m pool swim in less than 9mins for advanced athletes.

Nippers who do not achieve the advanced pool competency level may request a reassessment at any time throughout the season. There are no competency requirements for beach training.

**Participant commitment:** All surf sports athletes must be registered with the coach prior to attendance. This is particularly important for water based sessions to ensure sufficient water safety officers are present. Athletes are expected to attend all squad sessions and must contact their coach if they are unable to attend. It is also expected that all athletes supplement their surf training with pool swimming on a regular basis. We recommend pool squad swimming at least twice a week. Parents must be present for the duration of competition training.

## CARNIVAL PARTICIPATION

Most carnivals that our Nippers attend take place between the 15 clubs in the Sunshine Coast Branch but there is also opportunity to attend some carnivals in other Branches if they choose.

U 8 – U10 carnivals are for experience only and results are not recorded.

U11 – U14 carnivals are competitive. Points are awarded to the Clubs of the top five competitors in a final and individual acknowledgement is given to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place finalists.

Carnivals generally take all day to contest. The U11 – U14’s Branch carnival is held over 2 days.

Children do not have to attend Inter-club carnivals but normal Nippers may be cancelled if a carnival is scheduled on a Sunday due to lack of suitable supervision.

**Nominations:** Carnivals are advertised at Nippers on Sundays, in the weekly Nippers News and on the Club website. Nominations forms can be obtain from the Nippers Carnival Convener, our website or Club Administration. Competitors must inform the team manager of their intention to participate as well as ensuring their nomination form is completed and return to the Carnival Convener by the closing date. Late nominations will not be accepted.

**Parent involvement:** Peregian Nipper makes every effort to encourage participation in surf sports carnivals. However without the appropriate support crew our nippers will not be permitted to compete. All clubs are required to provide Water Safety Officers (one for every 15 competitors or part thereof) and Officials (one for every 10 competitors or part thereof) and, in some instances, a trained IRB driver and crew. To avoid the disappointment of missing out, parents of surf sports competitors are expected to fill these support crew roles. Free training is provided.

Please note that all team selections are based on athletic ability and commitment to surf sports training. However, parent involvement may also play a part if necessary.

**Junior State Titles:** This three day event for U11 – U14’s only, is held at the end of the season at a nominated Surf Club in one of the 6 Branches throughout the State. This is the pinnacle of nippers surf sports competition and Peregian Nippers must meet both Branch requirements and Peregian Surf Club selection criteria to participate. This includes a commitment to competition training as well as achieving good results at carnivals throughout the season. Nomination fees, team uniforms, competition training, accommodation and other expenses make the cost to attend State quite considerable.

Nippers who are invited to attend are provided with a state team uniform and the Club pays their nomination fees. Other costs may be supported by fundraising however we recommend budgeting for expenses as soon as possible if your child aspires to be part of the State Team.

## CARNIVAL PROTOCOL

**Attendance:** All nippers who enter a nomination are expected to attend the carnival and participate in their chosen events. Failure to do so will require a medical certificate or result in the nipper being charged for the cost incurred by the Club.

Any changes or cancelations must be done by the due closing date to avoid attracting a fee.

Competitors and support crew are expected to arrive at the carnival site at least half an hour before starting time for a team briefing and everyone is expected to stay for the duration to support their team mates and help with pack up.

**Correct uniform:** Competitors must wear their club uniform and club cap or they will not be permitted to compete. Club caps must remain on and securely tied under the chin to avoid disqualification. Jewellery, watches, etc must not be worn.

**Gear and equipment:** A club tent and water safety equipment will be provided and everyone is expected to lend a hand with the set-up and pack-up. Nippers must have their own board or make arrangements with the gear steward to ensure one is available. Don’t forget hats, sunscreen, towels, water bottles, warm clothes and chairs to sit on.

The host Club generally provides food and drinks at reasonable prices, but taking your own supplies is still advisable. **The consumption of alcohol is prohibited whilst Junior Carnivals are in progress.**

**Support Crew:** All clubs must provide the appropriate number of officials and water safety. If insufficient personnel are available on the day, the entire team will be prevented from participating. The Team Manager is responsible for arranging this personnel. If you have nominated for a role and are unable to attend please contact him/her as soon as possible.

The Team Manager is in charge of all club proceedings at carnivals. He/she must be at the carnival for a team managers briefing with the carnival committee and will then inform all competitors of program arrangements. He/she is the only person eligible to lodge a protest regarding an alleged infringement of the rules and is called upon with regard to any discrepancies. The Team Manager with assistance from Age Managers is responsible for the conduct and whereabouts of all competitors. Competitors may not leave the Club tent without permission from their Age Manager and once marshalled, they may not leave the competition arena.

**Parents are not allowed into the competition arena.**

**The Club photographer is the only person allowed to take photos of any nipper in the competition arena.**

## CLUB CHAMPIONSHIPS

**Club Championships:** Peregian beach SLSC – Junior Activities hold an annual club championship carnival for nippers each season. See the Nippers calendar for dates. All nippers are encouraged to participate. This competition helps determine selection for the Branch Carnival as well as identifying the age champions of the season and, for the U11- U14’s, the Ironman and Ironwoman of each group.

## AWARDS PRESENTATION

Nipper achievements and successes are recognised at a special Awards Presentation held at the end of the season. A selection panel of Age Managers and Coaches decide on award recipients

Annual Awards	Recipient Criteria (minimum of 75% attendance)
Participation Awards	All nippers U7 - U14
Encouragement Awards	One male & one female U8 - U14
Most Improved Awards	One male & one female U8 - U14
Age Champion Trophies	One male & one female U8 - U14 Best results at Club Championships
Ironperson Trophies	One male & one female U11 - U14 Best results at Club Championships
Perpetual Trophies (& keepers)	Recipient Criteria (minimum of 75% attendance)
Junior Achiever	Greatest achievements throughout the season
Nipper of the Year	Most successful results in all competitions
Spirit of Nippers	Nipper who most embodies the lifestyle of a volunteer Surf Lifesaver
Best at Branch	Best results at Branch level competition
Best Team at Branch	Best team results at branch level competition
Best Team at State	Best team results at State level competition
Other Awards	Recipient Criteria
Club Merchandise	Parting gifts for U14's
SLSQ Surf Education Certificates	U8 - U14's who completed their theory component of Surf Ed.
Surf Rescue Certificates	New water safety officers this season
Certificates of Appreciation	Sponsors, donors, etc.

based on specific award criteria. Children must have attended for at least 75% of the season to be considered. Awards as follows:

## CLUB PHOTOS

The Club arranges for a professional photographer to come to Peregian Beach and take both age group and individual photos of our nippers. These make great keepsakes and fabulous gifts. See the Nippers Calendar for dates.

For the safety and security of all our children parents are asked to refrain from taking photos of Nippers activities. The club photographer may be able to assist you with specific photos if required. If you should notice any suspicious behaviour by individuals with or without cameras please report to the Patrol Captain on duty so it can be dealt with appropriately.

## NIPPERS NEWS & FURTHER INFORMATION

The Club endeavours to produce a news leaflet on a regular basis to keep you informed of all Nippers activities. These are distributed via email. Please keep the Junior Activities Secretary updated with your contact information to ensure you receive your copy regularly.

Your Age Manager will contact you with any urgent news and the Junior Activities Chairman will make any important announcements before nippers activities commence each Sunday. Please be at the Club before 8am so you do not miss important news.

Committee members and Age Managers are also available after sign-off for a short time for queries or consultations.

Your decision to join Peregian Beach Surf Life Saving Club will be, without doubt, a rewarding experience. The skills, knowledge and camaraderie that your family will gain, can last a lifetime and will definitely go a long way to helping keep you and your family safe at the beach.

## CONTACT INFORMATION

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## ABOUT PEREGIAN BEACH SURF LIFE SAVING CLUB

### History

Peregian Beach Surf Life Saving Club was originally formed in 1962 with the help of a few enthusiastic lifesavers and T.M. Burke, who paid for the construction of the original Clubhouse; a small rectangular 'shed' perched on the dunes at Peregian Beach.

Back then, the Yandina Hotel was the popular watering-hole and the overnight stop for club members. Lifesavers used to hitch their way to Peregian for patrols on the weekends and Keith and Poss Gorrie, who had the only store in Peregian, supplied their meals etc.

Fundraising was creative and spontaneous. Records show that one of the most successful fundraising activities was the charging of an entry fee to see a large shark which had been caught off Peregian and placed in the township's swimming pool, now the site of Peregian shopping village.

Unfortunately, for a host of reasons (one of which was a cyclone which destroyed the clubhouse), the club was disbanded in 1974. Ten years later in October 1984, the groundswell was sufficient to reform and patrols recommenced on the 1st of January 1985. Equipment was in short supply but help was quickly forthcoming with a donation of a reel and ski from the Southport Club and a surf-boat from the Sunshine Beach Club. Two other reels from the Broadbeach Club and further equipment donated by Glen Eden Resort at Peregian ensured Peregian lifesavers could patrol effectively. This equipment was housed in a tin shed until the completion of stage 1 of our current clubhouse in September 1988.

Junior Activities (Nippers) was introduced in the 1991/92 season to cater for a small number of children eager to learn lifesaving skills.

### Today

Peregian Surf Club now attracts over 160 nippers and we have over 95 active patrolling members. Our volunteer lifesavers provide lifesaving services every weekend and all public holidays between September and May each year.

Our Supporters' Club has well over 2200 members and plays a vital role in assisting our lifesavers with financial support so that they can provide the safest environment possible for the local community and visitors to beautiful Peregian Beach.

The Club is managed by two volunteer Management Committees, one that oversees all Surf Lifesaving activities, and the other that manages the Supporters' Club including bar, gaming and restaurant services.

Reinforcing our dedication to the local community the Club also runs the popular Peregian Markets and regular annual events such as, the Sports' Lunch, Golf Day, Melbourne Cup function and our highly successful Christmas Carols. In return, the community's desire for involvement is reflected in our ever-growing membership and the enthusiasm for sponsorship from local businesses.