



Soldiers Beach Surf Life Saving – Nipper Handbook

Welcome to Soldiers Beach Surf Life Saving Club and Nippers. We hope you will enjoy your time with us and we look forward to your participation, as you watch and become involved with your child learning about the Surf Life Saving movement. Children who join Nippers can look forward to learning surf and beach skills as well as basic first-aid skills that will enable them to become competent Surf Life Savers, known worldwide for their bravery and community service.

This guide is to inform you of the way Soldiers Beach Nippers is run. It contains information that is important to the safety of your child and explains the way our beach days are organised. It also contains a brief explanation of Nipper events. These events are run according to the same rules for all Nipper competition throughout Australia. Season dates can be found on the club's [website](#).

Junior activities for Nippers are held at Soldiers Beach: Sunday mornings at 9.30am

Children muster by age group in front of the clubhouse on the grass at 9:15. Parents are required to sign each child in, and **remain at the beach** for the duration of Nippers. Parents will sign out their child at the completion of the session. Attendance records are drawn from sign-on sheets, therefore if you wish your child to be eligible for 100% attendance award, ensure they are signed in each week.

Rookies undergoing SRC training will **need to be signed in for Nippers, and notate that they completing their Surf Rescue Certificate.

From the start of the Summer season, high-visibility singlets will be provided once annual registration is complete. These hi-vis singlets will be mandatory for all nippers.

Nippers shall enter the water only if they are wearing a hi-vis singlet.

****In the event that your child arrives at the beach without their pink hi-vis rashie, you may purchase a replacement at the uniform shop.**

Contact Us

Soldiers Beach Surf Life Saving Club has an active online presence. All correspondence is monitored, and we endeavour to respond in a timely fashion. See our [homepage](#) for all social media links.

Membership

Registration fees: Cover insurance and affiliation to state and branch bodies. Registration lasts for a calendar year from July-June.

Age Groups: A child may join the club as soon as he/she turns 5 years of age, but not before. Age group for the season is determined as at midnight on 30 September at the commencement of that season.

Age Group	Age as at midnight 30 September
Under 6	5 years
Under 7	6 years
Under 8	7 years
Under 9	8 years
Under 10	9 years
Under 11	10 years
Under 12	11 years
Under 13	12 years
Under 14	13 years

For example, if a child is under 9 years of age on the 30th September, they will be in U9s. If they turn 10 in October, they will be U10s, as they were under 10 years of age as at 30th September.

Join us: Every year we welcome new members to Soldiers Beach, and many people, children and adults alike, make lifelong friendships from their involvement not only within our club, but also within the Surf Life Saving movement. Everyone has a contribution to make; the old adage of ‘many hands make light work’ is very true.

Please follow the links from our website under the “Get Involved” tab. For those who would like to register for the first time, and can't make it to our

advertised Registration Days, links are available from our website or via the Surf Life Saving [website](#).

If you are new to Surf Life Saving, please bring proof of birthdate (passport/birth certificate) for your nipper at the earliest opportunity on a Sunday morning. This forms part of your child's registration documentation

Renewals: Existing members are encouraged to *renew* their Soldiers Beach membership online. Facilitated by the Surf Life Saving portal, you can manage your membership online once a unique User Account has been created. Follow the instructions from the link to create a new user account which remains with the member into the future.

**Surf Life Saving Australia provides a Help Desk if problems are encountered within the portal.

Under 6's and Under 7's

These age groups (see table above) known as Red Caps (U6) and Green Caps (U7) participate in fun activities including runs, flags, wades and games. One of the best features of Nippers is seeing young children overcome their fear of the water. The emphasis is on learning to safely enjoy the beach and having fun.

There is no formal competition for these age groups.

A child may join Soldiers as soon as he/she turns 5 years of age. We are unable to accept membership of a child until they have reached the age of five years to comply with insurance requirements. A child who reaches 5 years of age after 30th September may join Nippers at that time; however, this child will be required to stay in the U/6 Nippers age group again the following season.

Age Managers for these groups require help from nipper parents to maintain child safety at the water's edge. Basic beach, surf and sun education begin in these sessions.

Nippers Red & Green caps runs for 1-1.5 hrs on Sunday mornings, with children heading down to the beach after muster.

For safety, children are required to

- 1) Wear a **pink hi-vis** singlet (provided at registration)
- 2) Wear a **red/green nipper cap** (for the duration they are under the care of an Age Manager on the beach enabling them to be easily distinguished – especially when the beach is busy)
- 3) Have an appropriate level of sun protection (Think Slip,Slop,Slap).
- 4) Have a water bottle available.

Caps to be returned at the end of EACH session to the AGE MANAGER.

Under 8 to Under 14s

Nippers: We aim to foster nippers in the ideals of the Surf Life Saving Australia. This involves teaching the children awareness of the surf and its dangers, learning to negotiate the surf in a safe manner; basic rescue methods; resuscitation and first aid. Nippers involves both beach and water events, and many skills are gained in both arenas. These children will be participating in Sunday events and at Carnivals** throughout the season if they wish.

Education is an integral part of Soldiers Beach Nippers and children have much to gain from this knowledge. We follow the prescribed course outline from SLSA – from under 6s right through to U14s. The education modules need to be completed no later than the last nipper session prior to Christmas. These records are then updated within Surf Life Saving's database, and award certificates produced for each eligible child to receive at presentation.

As a parent or guardian you are REQUIRED to be at the beach at all times during Sunday activities. Your child remains your responsibility. Medication, trips to the toilet and the individual general welfare of each child on Soldiers Beach is the responsibility of the parent or guardian. Nippers is NOT a child minding program.

Surf Rescue Certificate. From 13 years of age, Nippers are able to attain their Surf Rescue Certificate by completing theoretical and practical modules of education run in-house by our qualified trainers. In doing so, we hope they will eventually go on and become Active members, gaining their **Bronze Medallion**, patrolling the beach and having fun with their new and old friends. Having nationally recognised awards is a great way to get ahead of the pack when looking for your first part-time job.

The SRC is compulsory for any U14s wanting to compete in any carnivals after 1st January. This includes the NSW Age Championships (State).

Associate Member: Associates are non-patrolling members of the Surf Club. They have access to all club facilities and are a valued part of our membership. Associate Members fill many of the Club's essential and executive positions.

Active Member: Active members hold current Surf Lifesaving Awards such as the Bronze Medallion and the Advanced Resuscitation Certificate and participate in Patrols on the beach each weekend and public holiday throughout the season. These members must re-qualify in their award each year to remain Active.

Nipper Events Calendar

Apart from our gazetted Nipper days, we also host or incorporate the following events into our summer season.

- **Registration Days**
- **Pool Proficiency Day @** Toukley Swimming Pool
- **Age Manager Info Night @** Soldiers Beach Surf Club
- **Club Championship days**
- **Rescue Day @**Soldiers Beach (weather permitting)
- **Carnivals**
 - 3x local Central Coast carnivals
 - 1x Central Coast Branch Junior carnival
 - 1x3-day State Junior Championship carnival.
- **Rookie Disco** (Rookies)
- **Ducks for Bucks**
- **Junior Life Saver of the Year** (Rookies)
- **Presentation @** Soldiers Beach Surf Club
- **Fundraising events**
- **Parent Information Evening** (this comprises a general overview for new and returning members about how the season will commence and run.

A calendar is published each season with dates the events are scheduled to occur, this is available to view from the club's website.

As with any beach activity, we are beholden not only to the weather, but also the surf conditions.

Child safety is paramount, and from time to time we may, for the benefit of the nippers, adopt a changed program at short notice.

Cancellations will be advised by SMS, email OR social media as appropriate.

Sunday Nippers

Weekly events are designed to accommodate nippers of all levels of ability and those of competitive and not so competitive nature. Nippers are held each Sunday as per our calendar unless otherwise advised. During the season, Nippers will have the opportunity to participate in surf education, first aid and rescue training, training for competition, controlled competition, practicing survival skills and techniques, meeting new friends and reacquainting with old. Nippers is generally held each Sunday morning with nippers mustering in their age groups from 9:15am for a 9:30 start.

PARENTS ARE REQUESTED TO REMAIN WITH THEIR CHILDREN AND
SUPPORT THEIR AGE MANAGER.

At the beginning of each Nipper Sunday all Nippers need to be signed on to the attendance sheets that are at the foot of the gear shed. They are then expected to stay with their Age group until the end of Nipper activities.

NOTE: Attendance will only be given when Nippers attend the beach, have their name marked off & remain for the duration of the session

Parent participation is always encouraged and eagerly sought, so please do ask questions, and offer your help in whatever area you feel comfortable. We cannot succeed without your assistance. Remember that Surf Lifesaving is a voluntary

provide a service to assist in educating your children in the surf.

Only those Nippers who have paid their Registration fee and are therefore insured are able to participate in activities.

WEEKLY AGE GROUP VOLUNTEERS:

A rotating roster has been developed for beach setup, BBQ, Photography and packing up the beach each Nipper day. Please refer to the calendar (or Facebook) for your turn to assist.

Please remember, many hands make light work.

Nipper Caps: Coloured lycra caps, worn on the head and **tied up** under the chin need to be worn by all Nippers whilst under the Age Manager's

supervision for the duration of Nippers. This is a safety measure for your child, so that Nippers may be easily distinguished on the beach and in the water. Nippers may wear board shorts, rash shirts, t-shirts or wet suits during events at Soldiers Beach (with the exception to Club Competition days).

It is reminded that events at Soldiers Beach are not compulsory, especially the water events, and no child should be forced to complete the water events by Age Managers or parents although every effort will be made to encourage them to become proficient.

On the following page is a brief summary of Nipper events held at our beach and at carnivals. The rules under which we run weekly events are those set down by Surf Lifesaving Australia and are the same rules enforced during Carnival competition.

Surf Education: The Junior Development Program includes lessons that are tailored to each of the Nipper age groups, ensuring the content is relevant and in line with lifesaving and surf sports most up to date training standards. The program is based on participatory evaluation and not assessed on competence; this means children must only be actively involved in each of the lessons to be eligible for the award.

Every junior member is expected to achieve the relevant Surf Education Award appropriate to their age group, and all Awards are to be recorded within SLSA's database by 31 December each year.

Year on year, this knowledge will be built upon, culminating in the Surf Rescue Certificate for those aged over 13years.

At the end of the season Nippers will receive the appropriate surf education certificate if minimum attendance and education levels have been completed.

Parent Participation

The Senior and Junior bodies of Soldiers Beach are united as one club — a fact of which we are very proud. The Youth Development Committee helps the seniors and vice versa. Many parents are active in both Senior and junior movements of the club.

The weekly program can only be run if parents assist. If you think this sounds difficult, it really isn't, and there are members who will give you all the help possible. **Each family is asked to make one member available to help**

out with the events. You will definitely have fun and meet some really nice people as well. You are encouraged to join in, whenever and wherever possible.

The senior club has various awards that you may be interested in doing. You may like to get your **Bronze Medallion** — it's never too late. Many parents of junior members have achieved various awards. Soldiers has always been known for its friendly atmosphere, — a club that encourages the family to participate in many of the surf club activities, i.e. education and competition.

As a volunteer organisation, the surf club participates in **fundraising activities**. We believe this initiates a sense of community values in our young nippers, and allows them in a small way to give back to the organisation. These activities may include BBQ's, Bucket Brigades, Raffles and other events throughout the season, which are usually fun as well as being prosperous for the club. Again, notification will occur through our webpage or social media accounts.

Please find a member of the Youth Development Committee if you can assist.

Water Safety

Each aquatic event at Nippers (or a carnival) requires a risk assessment to have been carried out. Appropriate ratios of Water Safety Personnel:Nippers determine who can safely enter the water at any given time.

Water Safety participants wear orange rash vests & caps and are holders of a Bronze medallion, or Surf Rescue Certificate.

Where insufficient water safety personnel (including club members on boards, Inflatable Rescue Boats and buddy swimmers) is available, or adverse conditions prevail the Club must adjust the ratio to maintain safety whilst water events are being conducted.

Every orange cap in the water is someone giving up their free time to give your child the opportunity to participate.

If you are interested in helping out with water safety (and it's great fun, honestly) please see any of the Committee or Age Managers. Assistance in this area is vital in giving our kids necessary water time to improve their surf skills. Patrolling members already complete numerous volunteer hours and it is important for parents to take some responsibility in this area.

Age Managers: Each age group should have at least one Age Manager, larger age groups will require 2 or more. They will be in charge of Nippers within their Age groups each week. It is important to remember that they are volunteers doing their best to assist your children with their surf education and other events. Please help them out as much as possible and where necessary put your hand up to be either an Age Manager, or assistant Age Manager.

Uniforms

Our club colours are Bottle Green and White.

Uniforms are non-compulsory, (with the exception of carnival competition, where the Club Cap is mandatory) but they do lend a sense of belonging. Swimwear may be purchased through the club throughout the season, on Sunday mornings before nippers starts in the office underneath the Clubhouse.

Child Protection

Anyone in child-related work must have a *Working With Children Check*. It does not matter whether they are paid or unpaid. Anyone who has regular, face-to-face contact with children should have a clearance to work with children, and this includes (but is not limited to) coaches, age managers, patrol captains, trainers etc.

Parent Volunteers: As with other states, the NSW Working With Children guidelines allows parents to volunteer in activities that involve their own children without a Working With Children Check clearance. You will be notified by the club should you be required to provide further documentation.

Surf Life Saving NSW has been considered a best practice organisation by requiring every member aged 18 years and over to complete a Working with Children Check regardless of their relationship to the participants or activities they are involved in.

* See also Member Protection Information Officer, pg 22.

Age Group Proficiencies

PROFICIENCIES TO BE COMPLETED BY 31ST DECEMBER

The Evaluations Many of the junior activities in which Nippers participate will be conducted in the water. To ensure that all Nippers have a suitable swimming ability to allow them to participate in these activities, SLSA has developed a Junior Preliminary Evaluation for each age group.

Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities. It is a requirement that these children remain in shallow water and based on a 1:1 ratio until the child is deemed competent in relation to the preliminary evaluation guidelines.

- **Junior Preliminary Evaluation** (Pool proficiency) This test is conducted at a swimming pool and consists of a pool swim and a float. The length of the swim and the duration of the float depend on the age of the nipper as prescribed by Surf Life Saving Australia. The *age-based proficiency* form is available from the club website.

- **Junior Competition Evaluation** (Open water swim) This test is conducted at the Beach and consists of a run, followed by a short swim in the surf, followed by a final run. The distances of each component are again dependent upon the age of the Nippers. The distance of the swim leg is measured from waist deep water, out and around the buoys.

****Any nipper entering a SLS carnival must have Preliminary and Competition Evaluations completed and submitted into the SLS database prior to entry, irrespective of whether the child is competing in beach OR water events.**

Nippers are encouraged to complete this test as soon as possible and will be given the opportunity to undertake this test throughout the season. To attempt this test, Nippers must first pass the Junior Preliminary Evaluation (Pool proficiency)

Branch and state competition requirements: Any competitor wishing to compete at carnivals (water or beach events) must have successfully completed:

- ✓ Junior Competition Evaluation
- ✓ Appropriate Surf Education award for their age group by 31 December.

Please familiarize yourself with both the Carnival Selection Criteria document, and the Carnival Checklist

Junior Activities members (Nippers), are not required to perform patrol hours to compete in Junior Activities competitions. However, if eligible members wish to compete in U15 competition, they must fulfill their patrol hour obligations as set out in SLSA Policy 5.4 (<http://portal.sls.com.au>)

Training for Nippers

Surf Training

Club Surf Training will be offered this season. Surf training will encompass both board and surf skills coaching.

Training timetable - see website for dates

Pool Training

Club volunteers are available on at Toukley Pool to improve nippers swim abilities.

It is important to stress that this is **not a 'learn to swim' class**. Participants are required to be able to swim at least 25m unassisted.

Training times are available on the club's website or facebook page.

Beach Training

Any training sessions will be advised through our usual media channels – Facebook and the website. If you have skills and would be prepared to assist in this area, please let us know. There are coaching courses available to those who may be interested.

Championship Days

Nippers can test their skills during our Club Championship Days. These are run akin to a Junior Carnival, and competition rules will apply. Nippers must wear their coloured nipper cap. Points will be allocated for event placings from 1st - 6th.

Junior Preliminary Skills (pool swim) proficiency is required to enter the water during these days. Parent helpers are needed to assist the Age Managers on the beach to allow the events to run smoothly. The points accrued are used to determine our end of year age presentation awards.

Please be aware that the program run on our Club Championship Days will run longer than a usual nipper Sunday, due to all U8-U14s competing in all events.

Nipper Awards

Championship Awards (U8-U14) The club holds Championship Days during the season. This is an opportunity to compete against fellow agegroup members, with events following prescribed competition rules. Points are accumulated from the 2 best performances at the Championship Days. Age Championship Awards for each age group are:

- Overall Age Champion
- Beach Champion
- Water Champion.

Championship Days will only be held if weather and surf conditions permit. Refer to Calendar for dates of Championship Days. If conditions are not suitable on the advertised days then Championship Day will be held on the first available Nipper Sunday when there is no conflicting Branch, State or other SLS event.

To be eligible to receive a Championship Award you must have an attendance record of no less than 75% of gazetted days (not including washouts)

100% Award

The 100% award is given to Nippers who prove their commitment to attendance by 100% attendance at all Nipper days (including any twilight nipper Saturdays) refer to calendar for these dates. *In extenuating circumstances, application can be made to the YDC where a child is unable to attend due to illness or misadventure, supporting documentation must be provided ie: medical certificate.*

Soldiers Beach Nipper and Nipperette of the Year

- Must have been a good role model during the season.
- Must have displayed good leadership and sportsmanship throughout the season.
- Must have a sound record of attendance.
- Must have completed all relevant nipper awards for their age.
- May have contributed to the Club in other ways e.g. BBQ's, Fundraising, patrolling.
- May have represented the Club at carnivals or other occasions.
- May have provided other outstanding service to the Club in some way.

Rookie of the Year (U13-U14)

- Must be a member of the Rookie program.
- Must have completed all requirements of the Rookie program as listed in their Rookie Handbook.
- Must have achieved a sound record of patrol attendance.
- Has given outstanding service to the Club as a Rookie member of lifesaving patrols.
- Has given other service to the Club in any area/s.

U14 Female & Male Junior Lifesaver of The Year (JLOTY)

Guidelines for Branch Selection-

The N.S.W. Male & Female Junior Lifesaver of the Year Award is open to all registered members of Surf Life Saving NSW.

The criteria for final selection will be based on the applicant's active achievements in the following areas:

- contribution to their club, e.g. fundraising assisting the club
- demonstration of leadership by instructing or assisting younger members in their club activities
- encouragement of new members
- promotion of surf life saving to the community (e.g. displays, talks)
- community involvement outside of surf life saving
- sporting achievement in surf life saving & others
- awards received in surf life saving
- community awards obtained
- attendance record at club activities.

Carnivals

Carnivals are full day events that are held at beaches across the Central Coast where Nippers from Soldiers Beach (U/8 to U/14) compete against Nippers from other Surf Lifesaving Clubs. On these days Nippers must wear their representative club caps in order to compete. U/6 (red) and U/7 (green) age groups do not compete at carnivals.

In order to compete at Carnivals, **each Club must supply a certain ratio of officials and water safety**¹ based on the number of Nippers competing at the carnival. If we, as the parents of competitors cannot provide the number of Officials and Water Safety, then the Club will either not be able to participate in the Carnival, or the number of competitors allowed to enter will be reduced.

Entries need to be finalised for Carnivals with Central Coast Branch in the week prior to the Carnival, so it is essential that those Nippers who wish to compete submit an entry form two weeks prior to a carnival (refer to notice board located under the club house for entry and entry fee details in the weeks prior to the carnival.)

Seasonally, 3 Junior carnival days are held within the Surf Life Saving Central Coast Branch area - 2 prior to Christmas, and one after. SLSCC also host a Branch Carnival annually, and the season culminates with the 3-day Junior State Championships for NSW. Other independent and SLSCC carnivals run during the season, but rarely on a nipper Sunday, e.g. Newcastle Permanent Ironman series or Branch 12-Open carnival. A calendar of events is available from the [SLSCC website](#).

Nippers can enter carnivals by contacting our Club's Junior Carnival Co-ordinator, at the beach on Sundays. Payment will be advised on a per carnival basis, to be paid in cash or online **prior** to the event. All entries are then submitted online.

Junior Competition proficiency (the open water swim) is mandatory for any nipper entering a carnival, irrespective of whether they choose beach or water events.

¹ See page 13 of this handbook

Prerequisites: Members must be financial and fully registered.

Both Junior Preliminary Skills Evaluation (pool swim) and Junior Competition Evaluation (ocean swim) proficiencies must be completed and have been updated within the SLS database to be eligible for carnival entry.

If your child wants to compete, it is in their best interests to ensure these proficiencies are completed as soon as possible.

Carnival entries are entered online, and can only proceed once the eligibility criteria are met. If you are unsure of your child's proficiency or eligibility, please ask.

At carnivals, it is sometimes necessary for Nippers to choose either beach events (sprint, flags, etc.); or water events (swim, board, etc.), as the carnival structure does not always accommodate being able to compete in both.

Competing: If your child wishes to compete at Carnivals, the correct competitive attire must be worn. This consists of

- club cap (bottle green and white)
- a high visibility pink singlet (with correct sponsorship logo) which is compulsory for any water event.
- Ensure your child has any shirt and hat on when not competing, as well as sunscreen, and keep a water bottle with you, especially at carnivals.
- **Competition Caps are compulsory for ALL carnival events**

NB. If you are 'handling' in any SLS event throughout Australia, a club competition cap & pink hi-vis singlet is mandatory in the handling area

Carnival Entry

A **Carnival Entry FEE** is payable and offsets a portion of the actual cost of entry. It must accompany the entry form or the entry **WILL NOT be accepted**. Fee will be kept to a minimum and will be based purely upon the fee payable by our Club to the relevant body. In the event of a no-show, you will be charged the full entry fee.

All Nippers are able to enter any individual event at all Carnivals (including the State Titles), provided they meet selection criteria.

Team Events

(U/9 – U/14) Surf Teams, Board relay, All Age Relays (Beach & board)

(U11-14) Board Rescue Cameron Relay,

(U/8 – U/14) Beach Relay and

(U/8s only) Wade relay, All Age Beach Relay

Selections for team events will be made by the Coaches in consultation with Age Managers and the Soldiers Beach Nipper's Carnival Coordinator. This will be based on performance at Sunday Nipper events, previous carnivals and performance, training, run-offs and even surf conditions on the day.

Carnival Medals: After Carnivals, any medals will be presented at Soldiers Beach Surf Lifesaving Club on the following nipper Sunday. Acknowledgement and encouragement will also be provided to competitors based on good efforts.

Other Carnivals: See SLSCC calendar for events & dates

Individual Events

- **U8 Wading Race:** is for the U8 age group and is run through knee to waist high surf. The competitors may wade, dive and/or swim their way around the water section of the course.
- **U8 Wade Relay:** involves the same course with teams of 4 members. Each member completes the course and must tag the next competitor, until all have completed the course.
- **Swim Race:** Competitors shall commence from the start line on the beach, swim around the buoys and return to shore and finish between designated flags.
- **Board Event:** for ages U9's to U14's. Under 9's & 10's must use 'foam boards', older ages are to use the 'fibreglass boards'. **The board event may only be entered upon completion of the preceding swim event.** This applies to club days. Competitors must start & finish at designated points, & paddle around specific buoys that will be identified before the start of event. The finish is judged on the chest of the competitor crossing the judging line on his feet whilst holding the board.

- **Ironperson Events:** The order of the event is swim-board-sprint. Competitors will swim around buoys, return to beach, run around flags, pick up board on start-change over line and enter the water for the board section. Competitors will complete the board leg & proceed to the finish line. Boards may be left at the water's edge. The race will conclude when the competitor has rounded the flag and has finished between the two finish flags.
- **Swim Relay:** involves 4 members swimming the same course as the swim events. Each finishing member of the team is given a place number and the team with the lowest score when the results are calculated is the winner.
- **Board Relay:** This event uses the board course and involves a team of 3 competitors. Competitors must wear uniformed coloured tops and each team member is to be identified by a number; 1, 2 or 3, on each top front & back. Where a club enters two or more teams, a different coloured uniform must be worn. Tags release the next relay competitor.
- **Cameron Relay:** for ages U9 to U14. Team consists of 4 competitors, a swimmer, 2 sprinters & a board paddler. Sequence is usually: swim-sprint-board-sprint.
- **Board Rescue:** for ages U11 to U14. Teams comprise of a patient & a rescuer. The patients shall swim to their allotted buoy and shall signify their arrival by touching the buoy with one hand & raising the other arm in a vertical position. The patient should then retire to the seaward side of the buoy. On receiving the signal the Rescuer shall paddle to the allotted buoy. The patient shall then be positioned on the front of the board. Competitors return to shore passing through the Rescue competition line, both in contact with the board.

Beach Events

- **Beach Sprint:** Competitors take up their positions on the words of the starter, followed by a whistle blast.
- **Beach Relay:** The team shall consist of 4 members.
- **All Age Relay:** A team shall consist of 7 members, each one from a different age group. Competitors shall run in order from youngest to oldest.
- **Beach Flags:** Batons are positioned in line parallel to the start line, and shall be approximately in the centre of the space between of competitors. Competitors shall lie face down, with their toes on the start line, heels together, hands on top of each other with finger tips to wrist and the head up. Elbows must be extended forward so that the chest lies flat on the sand. No scooping

of sand or digging in of the feet is permitted. On the command “Heads Down” the competitors will stretch their chins forward and place the chin on their hands & await the start. At the starter’s whistle blast the competitor shall get to his feet as quickly as possible & attempt to obtain a baton.

Full and complete rules are available from a copy of the SLSA Surf Sports Manual.(latest edition) obtainable online.

The BBQ

Each Sunday after Nippers a BBQ will be held with an Age Group nominated to run the BBQ for that week (see Calendar for roster). Again this is a way of fostering the social side of surf lifesaving, allowing everyone to relax and have something to eat and drink whilst watching the beautiful Soldiers Beach from the Surf Club.

Likewise, it is an opportunity to raise some money for the Club which is a volunteer organisation providing a much-needed community service.

There will be a few other **fundraising activities** during the year, so if you can assist – please jump in and lend a hand. Likewise, there are several **sponsorship packages** within the Club, so if you are able to assist your generosity would be much appreciated.

My child is finishing nippers this season – now what?

SLSA Youth Engagement Program (YEP)

The Surf Life Saving Junior Development Program (Nippers) provides a structured development program for members aged 5 to 13 to develop self-esteem, surf safety, lifesaving and competition skills. It is a highly valued program consisting of tangible outcomes, clear pathways and an emphasis on fun and participation.

Often programs for youth aged over 13 within Surf Life Saving offer very little structure in comparison to the Junior Activities Program and this can present problems in engaging and retaining youth in Surf Life Saving. This age group is highly valuable to Surf Life Saving, making up one third of our patrolling membership.

YEP provides youth members with a structured engagement program to keep them motivated and involved in Surf Life Saving while providing them with the opportunity to explore and become involved in a range of areas within the movement which they may not have previously considered.

Contact the Rookie Coordinator or our Education Officer for more information.

Don't forget:

**For all the latest information
including our calendar and news go to our website
www.soldiersbeachsurfclub.com.au**

Member Protection Information Officers (MPIOs)

- Are trained to be the first point of contact within sporting organisations for any person considering making a complaint under the Member Protection Policy.
- MPIOs provide confidential, impartial and timely information and support.
- They act as a sounding board and provide information about the local complaint resolution options available to address the individual's concerns.
- MPIO's may also be called up to provide advice to club administrators or complaint handlers regarding the Member Protection Policy and associated laws.
- MPIOs are not advocates but they may elect to accompany complainants, if requested, to talk with someone else.

What DO Member Protection Information Officers do?

- Listen
- Act as an impartial support person
- Provide information about discrimination, harassment and child abuse
- Provide information about the Member Protection Policy and the options available to resolve the complaint
- Provide information about relevant laws and the right to complain externally
- Discuss possible strategies the individual can use to deal directly with the other person
- Provide contact details for counselling or other referrals as appropriate or as requested

What DON'T Member Protection Information Officers do?

- Advocate
- Take sides or judge
- Give advice
- Intervene
- Investigate
- Breach confidentiality

Soldiers Beach Surf Life Saving Club MPIOs are:

Alexandra COPPEN

Lara MCINTYRE

Code of Conduct

Please discuss and re-enforce these with your children

Nippers:

- Have fun
- Be a good Sport
- Play by the rules
- Do your best and be proud of your efforts
- Encourage each other
- Congratulate each other
- Look after each other, particularly in the surf
- Treat others as you would like to be treated yourself
- No bullying / teasing
- No bad language
- Look after the equipment
- Never argue with an official, but have your Manager approach the Official in the proper manner
- Cooperate with your coach, team-mates and other competitors

Parents:

- Teach them to be a good sport and play by the rules
- Remember that Children's sport should be for fun
- Encourage your children, but do not force them
- Focus on efforts and performance of your children and not just the result
- Encourage them to do their best and be proud of their efforts
- Set a good example for your children
- Discourage bullying and teasing
- Discourage bad tempers, language and behaviour
- Support efforts to remove verbal and physical abuse from sport
- Get involved and help out. Any assistance is appreciated
- Accept the Officials decision and only protest via the appropriate channels

Spectators:

- Allow Nippers to play and have fun without interference
- Encourage Nippers to play by the rules and be good sports
- Encourage all Nipper's performances
- Congratulate children on their efforts
- Respect the Official's decision.
- If you have a protest – follow the appropriate procedure to question the decision. Teach your children to do the same.
- Never criticise a child for making a mistake.
- Ensure advice and coaching is both positive and constructive
- Discourage violence, bullying, teasing and anti-social behaviour
- Relax, get involved and enjoy the activities

Board Use & Care Guidelines

- Boards are only to be used by current Soldiers Beach SLSC Nippers
- Boards can be used during Nipper Sundays, formal training activities, or at the request of a Committee member.

Boards must be signed IN and OUT (except on Nipper Sundays and formal training) **if it leaves the premises** – you MUST transport the board in a cover. A register is held near the board racks for recording.

- Care should ALWAYS be exercised when using boards
- **DO NOT sit, kneel or stand on the Nipper Boards. EVER.**
- All boards thoroughly washed (all sand removed) before returning to racks.
- Boards should be stored in the proper areas when they are returned.
- Any damage should be reported immediately and the board tagged and set aside so that it can be repaired prior to any further use (which will cause the board to become water logged).
- Boards are not to be left lying on beach, or around the clubhouse. They **MUST** be returned to the board room as soon as you have finished using them (& before having a shower etc)

U8	Boogie Boards; Foam boards only under club supervision
U9-U10	Foam Nipper boards only.
U11-U13	Fibreglass Nipper boards.
U14	Club Racing Malibu boards.

- **Only Nippers competing at Carnivals may use competition boards**

If you are not sure on any of the above Guidelines – see a Committee member. If you do not abide by these rules privileges may be removed – that is you may not be allowed to use the boards any more, or for a period of time.

Kidz Rulez

- Have fun
- Be a good sport
- Play by the rules
 - Encourage each other
 - Look after each other
- No bullying / teasing
- No bad language
 - Look after all equipment
- Wash your boards after use
- Return your boards after use
- Do not leave boards lying around
 - Wash sand from feet & get dried before going into Club house

Keep your showers short
(Max: 2 mins)