



BRIDPORT SURF LIFE SAVING CLUB INC
ESTABLISHED 2010

Bridport Nippers

Bridport Surf Lifesaving Club
Parent Information Booklet



PO Box 140
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www.bridportslsc.org.au



WELCOME

Welcome to the Bridport Surf Life Saving Club Inc!

The Committee would like to extend a very warm welcome to all Nippers and their families to another great year at Bridport.

We have endeavoured to include everything you need to know about Bridport Nippers in this booklet. Please keep it as a handy reference guide.

If you require any further information, please feel free to ask your child's Age Manager or Committee member.

General

Nipper parents are encouraged to get involved in the Club as an active member and assist where possible with the management and training of the children. By joining the Club, parents are covered by insurance while assisting on the beach, at carnivals and sanctioned surf club activities, and have access to the Club facilities and functions.

Assistance with the training and activities is more than welcome, it is needed! Every person you see helping is a volunteer! Without people happy to help out Nippers doesn't happen! There is a resource called Volunteers: A Resource for new BPSLSC Volunteers on the website under the Resources/Nippers. Or you can ask your Nipper Age Manager how you can help. You can assist in any way that you feel comfortable - water safety, starting events, marking lines, keeping score, and so on.

For safety reasons, a Nipper parent must be present on the beach throughout Nippers to assist with the supervision of your child and to assist the club. We are unable to provide a child care service.

Our objective at Bridport is to educate our children to be competent and safe in the beach/surf environment. Surf knowledge and techniques are gradually introduced to the children commensurate with their age and ability – ultimately at the age of 13 they can attain their Surf Rescue Certificate, which is just one step below the Bronze Medallion.

Whilst all children are encouraged to improve their surf skills through regular competition, **NO** child is forced or pressured to do something they are not comfortable with, or do not want to do. Our first and foremost aim is for the children to have **FUN** at Nippers and enjoy coming to the beach each week.

Coaching in both water and beach events is available to all Nippers who wish to improve their skills. We have coaches to enhance our basic water skills and to improve our competitive performance for those who are competing in carnivals and championships. However it is essential children are able to swim by the time they are 8 years old and doing activities deeper than their knees. Note that we do not teach swimming.

Age Groups

Nippers are divided into seven age groups – from U8's through to U14's plus Flippers (5 & 6 years). Age groups are determined by the child's age at midnight on 30 September each year.

For example, a child who is 11yrs on 30th September will be in U12's. A child who turns 12 on 1st October will also be in U12's. Children must have turned five years of age prior to 30th September before they can participate in Nipper's activities. Please speak to the Registrar should you need further clarification of the age groups.

The Nippers Program

Bridport Nippers aims to ensure all children who are registered with the Club are provided with:

- the best possible opportunity to participate in Club activities.
- the best possible opportunity to learn and understand the surf and the beach
- a friendly, happy and safe environment for the children who are encouraged to perform to their to the best of their capacity without unnecessary pressure

Age Group Flags

In order to make it simple to locate your child's age group, we have implemented a system of coloured flags.

As the age groups move around the beach, partaking in different activities, they take their flags with them to indicate where they are. This is so parents and officials can locate each age group quickly. Get to know your child's age flag. If you need to find a certain age group just look for the appropriately coloured flag.

A Flag colour will be allocated to your child/children on first day, and they will line up next to this flag at each session.

Nipper Guidelines

- Nippers commences at 11.00am sharp. Finishes 12.30pm (although Flippers for the 5-6yo's often finishes at 12n)
- Nippers need to **assemble behind their age group flags at 10.55am so** that Age Managers can mark the roll and the session can commence on time.
- Announcements and important information for Nippers and parents is communicated at the start of the day. Please be on time and listen to announcements so that you are aware and up-to-date with all matters concerning your kids.
- Children **must** wear their Bridport Nippers skull cap. It is the only required piece of uniform and is necessary for safety.
- It is recommended that all Nippers wear a sun-vest, and a hat.
- Children have sunscreen cream applied prior to commencement of Nippers. (sun screen is available at desk)
- At the **conclusion of Nippers**, children must have their names marked off the roll and remove their skull caps.

This assists the Beach Patrol on duty. Children wearing skull caps are assumed to be still under the supervision of Age Managers. Your child can be collected from the Age Managers or at the assembly point on the beach at the end of the session.

- The order of events will be in accordance with the Age Group Roster. Wade and water event locations will be decided on the day according to water conditions.

- Our events are still conducted on days when light rain occurs but may be modified to suit the conditions. It's usually even more fun on stormy days. Nippers can wear a wetsuit if you think they will be cold.
- The decision to cancel activities due to adverse weather or surf conditions or other unforeseeable events will usually be made on the day. If in doubt contact the Junior Activity Coordinator.

Activities

Nipper competition activities entail both beach and water events.

Beach events consist of:

- Beach sprints
- Sprint relay
- Beach flags
- All age relay
- March past
- Rescue and resuscitation

Water events consist of:

- Swim race
- Swim teams
- Wade race
- Wade relay
- Ironman
- Diamond Lady
- Board races
- Board relay
- Board rescue races
- Cameron relay

What you need to bring

- Drink of Water - named
- Towel
- Sunscreen
- Hat
- Rash Vest
- Bathers or Boardies
- BPSLSC Skull Cap (or loan a temporary one)
- Optional: Money for BBQ lunch

All clothing items should be clearly marked with the child's name, in case we find them.

Helpers

We really encourage you get involved! Volunteers are essential to making sure Nippers happens.. .and you'll be surprised fun it is!

Helpers are always needed to ensure that the day's events run safely and smoothly. Assistance is generally required from parents to act as judges, to replace beach flags, to mark start lines at so on. The wade is held at the edge of the water and requires assistance from a number of parents.

Water safety is of paramount importance and parents willing to assist in this area are always most welcome.

Uniforms

- **Training Uniform** The only essential uniform requirement for Nippers Training is the Skull Cap (for water safety). All other items are optional for non- competitive training.
- **Competition** Bridport's official competition uniform is a green skull cap with a panel consisting of white and black printed checks, and a swimming costume of the same colours. Event Carnival rules require children competing in team events to be dressed in identical regulation club gear (including skull cap and rash vest).



Skull Cap

Female Rashie

Unisex Jammers

Male Rashie

Ordering Uniforms

Caps, costumes, rash vests and other Bridport Club clothing items are available for purchase from Club at very reasonable prices prior to the start of the season OR 2nd hand during the season (ask at the Registration Desk). Please print and complete the order form (under PreSeason Resources on the website) prior to ordering. Orders will not be accepted without full payment.

Rules to Remember

- Children are unable to participate on the beach or in the water unless they are a registered and financial member.
- A Nipper parent (or guardian nominated by the parent) must be present on the beach throughout Nippers to assist with the supervision of your child and to assist the club.
- Parents are at all times responsible for younger (and older) siblings who are not participating in Nippers as well as their Nipper who is participating.
- Children **MUST** wear their Club (skull) cap at all times) whilst participating in Nipper activities.
- No one is to enter the water when the beach is closed or until the Age Group Leader allows the group to enter. Water safety officers must be in place first.
- An Inflatable Rescue Boat (IRB) or Life Saver with a Rescue Board must usually be in place before water activities can commence.
- Patrol members wear red and yellow quartered caps and are responsible for people swimming in the patrolled area. Separate safe areas are designated for Nipper activities.

- Swimming is only between the flags. Board and ski activities will usually occur just outside the flags during nippers.
- The Patrol Captain of the day is the ultimate authority in relation to water activities and events.
- At the completion of Nippers, children **MUST** obtain their parents' permission and remove their skull cap before re-entering the water and swim only between the flags.

Equipment

Bridport SLSC has an on-going commitment to continually upgrade vital equipment. However, it does not come cheaply so rules are in place to ensure the equipment is maintained in excellent condition so that it can last us for some time. Please explain to your nippers not to drag or drop the equipment.

Gear Rules

- Look after it. Respect it.
- If you damage a board, report it to your Age Manager or a member of the committee straight away. This will allow us to have repairs carried out quickly and have it ready for the next weekend.

*** Important – No standing on foam boards – they break!**

Carnivals

Surf Life Saving Tasmania Nipper, youth and Adult Carnivals are held on several weekends during the season, culminating with the State Championships. All Nippers, in Under 8yrs or over, who have completed their Age Group Proficiency and are financial members

of BPSLSC, are encouraged to represent our club at these carnivals.

Competition against other clubs promotes sportsmanship, club loyalty and gives children the opportunity to mix with their peers. Emphasis is placed on participation and improving performance, along with friendly competition, rather than winning. Final selection of teams for team events will be the responsibility of the respective Age Manager.

All competitors in beach and water events must have passed their Club Proficiency Testing, for swimming competency, to be eligible to compete in events at carnivals, including beach events. The proficiency, completed at the start of the season is different for each age group.

Older Competitor Proficiency

At 13 years of age (under 14) competitors must hold a Surf Rescue Certificate to compete in some of the events. See <http://sls.com.au/nippers/under-14s/youth-activities> for details.

At 15 years of age Competitors must hold a Bronze Medallion and complete 16hrs of Patrol during the season to compete.

National Age Awards

An important part of our Club's Sunday morning activities will be National Award instructions and training. The topics to be taught include:

- Surf Awareness
- Surf Skills
- First Aid
- Resuscitation

The extent to which each of these topics will be taught will, naturally, depend on the age group and is covered in the SLSA

Instruction and Examination Manual. Age Managers and trainers will supervise the training.

The 13 and 14 year old group will receive instruction and training in order to achieve the Surf Rescue Certificate. Nippers/Youth who wish to compete at State Championships must have achieved their respective age award.

Our 5 and 6 year old Nipper activities are framed in such a way that they are educational in helping them learn and understand the beach, and allow the children to enjoy themselves without the need to compete against each other. This age group cannot compete at State Carnivals BUT do compete at BPSLSC Club Championships.

Principles

Surf Life Saving Australia's Surf Education curriculum is based upon some key principles. These principles form the backbone of each stage of a child's development in lifesaving.

The principles are:

- **Participation:** The notion that all children should be offered the opportunity to learn about surf lifesaving and aquatic safety philosophies and methodology. Where possible, they should experience samples of the activities that are undertaken by surf lifesavers.
- **Social Justice:** The notion that everyone should be given a fair go. This is particularly important when learning about surf lifesavers and during activities that they be part of an overall surf lifesaving educational package.
- **Environment:** A supportive environment means one in which assistance is provided by parents, teachers, instructors, coaches,

clubs, etc. which promotes the development of surf lifesaving and aquatic safety education and skills.

Surf education is designed to develop and enhance essential skills and understandings.

Fund Raising

Funds are always needed to repair, replace and update the equipment and training aids for Nippers. Funds also allow us to hold functions and the purchase of trophies and medallions. Therefore, our Fundraising Committee needs your support to raise these necessary funds. Participation can be at any level from buying/selling raffle tickets to donations of goods, helping with the BBQ's or offering your time and skills to organise events on behalf of the Club.

News

- Ensure you obtain the regular copy of our newsletter to keep up-to-date with information and happenings. The club's newsletters are available on the website at: www.bridportslsc.org.au.
- It is important that if you have an active email address, to receive updates, as this is our main method of communication. It keeps costs and admin labour to a minimum for our volunteers AND is enviro-friendly. Please contact the secretary@brdportslsc.org.au if your email changes.
- If you do not have an email address please let us know.

Other

A big effort has been made to cover everything you need to know about Bridport Nippers in this booklet. However, some day-to-day on-going decisions may have to be made or changes to dates may occur. Please bear this in mind. The Committee will attempt to make the fairest decisions at all times.

Any changes to dates will be announced at Nippers, will be included in our regular newsletter, and on the club Website www.bridportslsc.org.au and our Facebook page www.facebook.com/bridportslsc

Several social events and fundraisers are held throughout the season. Please support them to the best of your ability – all proceeds go towards gear and equipment for our Nippers, Youth and Rescue training.

Committee

Committee Meetings are held regularly. If you would like to raise a matter and bring it to the attention of the Committee, you are most welcome. To do this, please contact the Secretary secretary@bridportslsc.org.au who will contact you regarding your concern.