

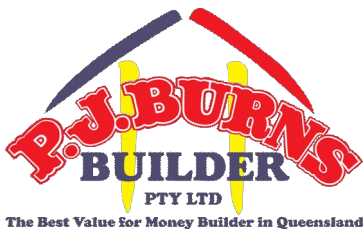


Metropolitan Caloundra Surf Lifesaving Club

Nipper Handbook

2010-2011

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www.caloundrasurfclub.com.au

Metropolitan Caloundra Nippers is the Junior Activities arm of Metropolitan Caloundra Surf Life Saving Club; the main aim of which is to provide a fun filled program of surf education 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 8.00am – 11.30am

All age groups are determined by a child's age at 30th September.

Under 6's & 7's are identified by their green cap. Green caps have a modified activity program, activities are designed for fun and surf education only; water activities are restricted to the shallows and competition is not permitted.

Under 8's- 14's wear the blue, red and white striped club cap.

Times

Green caps – 10's are to assemble in the Nipper Barbeque area from 8am for an 8.30 start on the beach. This session will finish at 10am.

11s – 14s are to assemble in the nipper barbecue area from 9.30am for a 10am start on the beach. This session will finish at 11.30am.

Typically the program begins with sign-on and announcements in the nipper BBQ area next to the club house in the middle of Kings Beach. This is followed by rotation by age group through various disciplines of Nippers, flags and sprints, board paddling and swims/wades, all designed to be fun and to develop the skills needed to become competent lifesavers. Each activity lasts for about 30 minutes. The activities are 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.

In the event of bad weather or rough seas Nippers may be relocated, modified or cancelled.

Such decisions are announced via the club website.

<http://www.caloundrasurfclub.com.au>

Please check if unsure on Sunday before you leave home.

Nippers are under the care of Age Managers for the duration of all activities. Each activity has an assigned 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 senior Club.

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.

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.

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, at the BBQ area.
 - All nippers must wear Club cap during nipper sessions.
 - Nippers are responsible for their own uniform, sunscreen, towel, hat & water bottle.
 - Nippers must obtain permission from their Age Manager to leave the beach.
 - The use of any Club equipment requires prior permission.
 - 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 cage after use.
 - SLSA policy stipulates ,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
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- Unless asked to assist by your age manager, parents are to remain behind the roped off area at all times.

PARENT PARTICIPATION

Metropolitan Caloundra Nippers are managed by volunteers.

Without parent participation there would be no Nippers.

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

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 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 Nipper BBQ and all members are required to help with any other fundraising efforts like selling raffle tickets, chocolates and House to House collection.

Age managers, coaches, and activity supervisors are exempt from BBQ duties.

This season a levy of \$50.00 per family will apply, this amount will be refunded upon completion of volunteer work around the club, more details will be available closer to the start of the season.

REGISTRATION

Registration: Nippers are registered with Surf Life Saving Queensland (SLSQ) as members of Metropolitan Caloundra Surf Lifesaving Club

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

Membership fees must be paid in full prior to taking part in any activity and are **NON REFUNDABLE**.

Memberships will close on Sunday 31st October or when enrolments reach 350.

UNIFORM

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

All Nippers must wear club cap and togs when competing at carnivals.

Uniforms can be purchased from the uniform shop at annual sign-on (see our website for dates) and on nipper days from 8 – 10 am.

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.

BLUE CARDS

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 Metropolitan Caloundra Surf Life Saving 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.

Children who do not achieve the pool competency will not be able to join in until the competency is completed.

Run Swim Run The run swim run has to be completed to compete at carnivals. We have assigned RSR proficiency assessment days through the season. If children are unable to complete this we work on the surf swimming at Sunday nippers. The RSR proficiency is needed to obtain the Surf Education Award.

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.

Please refer to ready reckoner on the website or page 7.

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 Nipper Canteen.

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 wilful damage to equipment will be banned from using club gear.

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 or 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 play by the rules.

SURF SPORTS COACHING

Met Caloundra SLSC offers coaching in surf sports activities with qualified coaches for nippers who wish to improve their skills and compete at carnivals. Checkout our website for more information.

<http://www.caloundrasurfclub.com.au>

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 1st, 2nd and 3rd 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, and on the Club website. Nominations forms can be obtained 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.

Nomination fees are to be paid by the competitor excluding team events.

Parent involvement:

Metropolitan Caloundra Nippers 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.

TEAM SELECTION

- Age Managers are to select teams based on records that they keep of carnival results and Points days. Any variation from the guidelines below should be taken up with the Team Manager.
- In principal, members of the team should be chosen based on performance during recent carnivals or other selection events nominated by the Age Manager(s).
- At the start of the season when there have not been any carnivals, choose Surf, Board Relay and Cameron Relay teams based on competition performance at the end of last season or pre season training. As weather, surf and competitive conditions at carnivals are usually more demanding than conditions at Sunday morning training sessions, carnival performance and experience should be ranked ahead of performance at nipper training days.
- A nipper who qualifies in a team in one carnival does not automatically qualify for the same team in the next carnival.
- A nipper that withdraws from a Branch team due to sickness or injury which qualifies for State Titles is not necessarily excluded from being part of the State Team.
- Any disputes about team selection should be referred to the Team Manager.
- Age Managers are to keep records of individual places in heats (only where two or more Mets nippers are in the same heat) and finals at carnivals and email them to the Team Manager soon after each carnival. The Team Manager will use these results in the case of a dispute.
- If a team at a carnival qualifies for a final event, it may only withdraw due to sickness or injury.
- Any individuals who voluntarily withdraw from the team after it qualifies for a final may not participate in individual events for the remainder of the carnival. This guideline prevents a team member withdrawing to conserve energy for their own individual event at the expense of their team members who may have been waiting at the carnival. A team withdrawing from a final also denies another club and their team members from making a final.
- Once a carnival has commenced, published team membership may not be altered unless a member is unable to compete and withdraws completely from the carnival. This prevents a team member turning up to a carnival and finding that they are no longer in the team or their team has been scratched.
- Where two teams have been nominated for an event but membership for either team has not been confirmed, teams may be selected at the carnival by the Age Manager(s) in conjunction with the Team Manager depending on surf conditions and other circumstances.
- A nipper who is subsidised financially by the club must participate in teams.
- Competitors from younger age groups will only be allowed to compete in an older Age Group team if there are insufficient numbers in that older Age Group to make up a Team and the competitor has fulfilled their own age groups obligations
- It is a SLSA policy that members may only compete in Teams that are one age group up.

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 cancellations 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 for warm up and in time for a team briefing and everyone is expected to stay for the duration to support their team mates and help with pack up. Programs are issued for Carnivals but this is only a guide and events change order without notice.

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:

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.

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 these 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

Contacts

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Adam Graves	Gear Steward	
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