



*Saving lives.  
Serious fun.*

KINGS BEACH, SINCE 1933

# **NIPPER GUIDE 2011-2012**

Website: [www.caloundrasurfclub.com.au](http://www.caloundrasurfclub.com.au)

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## WELCOME

On behalf of the Junior Activities Committee, welcome to the 2011-2012 season to all our new and renewing members. This guide contains much of the information you will need to know as a parent of a Metropolitan Caloundra Nipper to help make this another fun and successful season. Your age managers and various committee members will be more than happy to answer any future questions you may have. Please take time to visit the club's website for all the latest information and also take the time to subscribe to our newsletter JSM (Just Spender Minute).

## JUNIOR ACTIVITIES COMMITTEE

The Junior Activities Committee (JAC) is a sub committee of the Metropolitan Caloundra Surf Lifesaving Club with the responsibility for conducting the Nipper program. Management of the JAC is comprised of financial members endorsed by the Club's management committee. Everyone is welcome to attend the monthly and annual meetings; however voting at meetings of the JAC shall be limited to currently endorsed members of this committee. The committee always welcomes fresh faces and ideas.

## NIPPER TIMES

Metropolitan Caloundra's Nipper program is held on a Sunday morning and runs from the 18th of September until March (excluding Christmas break).

**Green Caps to under 10's** are to assemble in the nipper BBQ area from 8:00am for an 8:30 start with sign off for this session being at approximately 10:00am.

**Under 11's – 14's** are also asked to assemble in the nipper BBQ area at 9:30am for a 10:00am start, with an approximate 12:00pm finish.

## JUNIOR ACTIVITIES COMMITTEE

### **JAC President**

Brendan Sheppard      [nipperchairman@caloundrasurfclub.com.au](mailto:nipperchairman@caloundrasurfclub.com.au)      mb. 0407 154 434

### **JAC Vice President**

Scott Wilson      [canucks@ozemail.com.au](mailto:canucks@ozemail.com.au)      mb. 0419 210 263

### **Secretary**

Jenny Singleton      [nippersecretary@caloundrasurfclub.com.au](mailto:nippersecretary@caloundrasurfclub.com.au)      hm. 07 5493 6896

### **Treasurer (acting)**

Paul Bounty      [paul@caloundraphysio.com.ai](mailto:paul@caloundraphysio.com.ai)      mb. 0438 913 914

### **Junior Awards Officer / Junior Education Officer**

Jacki Harle      [jackieharle@bigpond.com](mailto:jackieharle@bigpond.com)      mb. 0418 343 481

### **Carnival Nominations Officer / Registrar**

Cheryl de Malmanche      [nippercarnivals@caloundrasurfclub.com.au](mailto:nippercarnivals@caloundrasurfclub.com.au)      mb. 0408 919 694

### **Clothing Officer**

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### **Water Safety Officer**

VACANT

### **Canteen Co-ordinator**

VACANT

### **Canteen Assistant**

Nova Thomas      [baznov421@bigpond.com](mailto:baznov421@bigpond.com)      mb. 0416 274 831  
Joanne McDonald      mb. 0407 958 302

### **Team Manager U8/U10**

Jill Brearly      mb. 0438 911 471  
Jenny Singleton      hm. 07 5493 6896

### **Team Manager U11/U14**

Michelle Bounty      [pmbounty@bigpond.com](mailto:pmbounty@bigpond.com)      mb. 0418 913 789

### **Gear Steward**

Paul Bounty      [paul@caloundraphysio.com.au](mailto:paul@caloundraphysio.com.au)      mb0438 913 914

## AGE MANAGERS

### Under 7's

Phil Ashworth [phill.ashworth@amero.com.au](mailto:phill.ashworth@amero.com.au) mb. 0417 748 389

### Under 8's

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### Under 9's

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### Under 10's

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### Under 11's

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### Under 12's

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### Under 13's

Tamara Sheppard mb. 0407 578 733

### Under 14's

Scott Wilson [canucks@bigpond.com](mailto:canucks@bigpond.com) mb. 0447 693 055  
Libby Anderson [sinnel@optusnet.com.au](mailto:sinnel@optusnet.com.au) mb. 0425 315 331



## **POOL SWIM COMPETENCY**

It must be strongly emphasised that we do not teach children how to swim. Children **MUST** be able to swim continuously and unaided for:

<b>AGE</b>	<b>Swim</b>	<b>Survival float</b>
Under 6	Kick off wall with face in water.	30 sec. survival float
Under 7	Torpedo push off wall with face in water.	30 sec. survival float
Under 8	25 meter swim (Freestyle – no time)	1 min. survival float
Under 9	25 meter swim (Freestyle – no time)	1 min. survival float
Under 10	25 meter swim (Freestyle – no time)	1.5 min. survival float
Under 11	50 meter swim (Freestyle – no time)	2 min. survival float
Under 12	100 meter swim (Freestyle – no time)	2 min. survival float
Under 13	150 meter swim (Freestyle – no time)	3 min. survival float
Under 14	200 meter swim (Freestyle – under 5min.)	3 min. survival float

Any accredited swim instructor can sign off on the pool swim competency form. The staff at Caloundra Aquatic Centre are more than willing to assist with pool swim competency tests or you can simply do the tests at the proficiency days.

## **RUN-SWIM-RUN COMPETENCY**

To maintain safety and lifesaving standards, Surf Lifesaving Australia has set a standard of competency that a Junior Active Member **must achieve before being eligible to participate in water based junior activities.**

<b>Age</b>	<b>Competency test</b>
Under 8	Run-Wade-Run - 25m-25m-25m
Under 9	Run-Swim-Run - 50m-50m-50m
Under 10	Run-Swim-Run - 50m-50m-50m
Under 11	Run-Swim-Run - 50m-100m-50m
Under 12	Run-Swim-Run - 50m-100m-50m
Under 13	Run-Swim-Run - 100m-100m-100m
Under 14	Run-Swim-Run - 100m-100m-100m

**All children must successfully complete their relevant Run-Swim-Run Competency Test before entering the water for Junior Activities.**

Please note that children must be taken by a parent or guardian to their report to their age manager at the start of nippers on a Sunday morning and at least one parent or nominated guardian must remain on the beach at all times. We ask that parents take an active interest in the Nipper program and consider gaining their Bronze medallion or Surf Rescue Certificate (SRC) to become a water safety officer or official for carnivals and nipper training days.

## **CARNIVAL EVALUATION**

The competition evaluation must be achieved before being eligible to compete in inter-club competition. This is a minimum standard open water proficiency requirement.

\* Distances may be adjusted by the Chief Assessor dependent on risk assessment.

As the first carnival is early in the season (October) it is important to make yourself aware of the carnival dates and requirements of your child wishes to participate.

<b><u>Age</u></b>	<b><u>Competition Evaluation</u></b>
Under 8	Run-Wade-Run - 25m-25m-25m
Under 9	Minimum 150m open water swim
Under 10	Minimum 150m open water swim
Under 11	Minimum 288m open water swim
Under 12	Minimum 288m open water swim
Under 13	Minimum 288m open water swim
Under 14	Minimum 288m open water swim

It is a requirement that Nippers wear their club cap at all times when participating in any club activities. Please ensure that your child/children also have on sunscreen and zinc on before they leave the BBQ area, also water bottle and goggles (named) into their age groups bucket before heading down the beach. All jewellery must be removed before any Nipper activities.

## SIGN ON DAYS

This season Sunday 21<sup>st</sup> of August 10am to 12pm, is the club sign on which is aimed specifically for renewing members. For those new members who are unable to attend the State Wide sign-on the following weekend you are also able to register for nippers on this date.

The 2011-2012 State wide sign on day is being held on Sunday 28<sup>th</sup> of August 10am to 12pm, we encourage all new members to attend this sign on as uniforms and nipper caps will be available for purchase on this day; as well as there is the opportunity to meet many of the committee members you will be seeing throughout the season and have any questions you may have answered before the Sunday morning nipper program starts.

Proficiency dates for the 2011-2012 season are:

Saturday 3<sup>rd</sup> Sept 1:00pm – 3:00pm

Sunday 9<sup>th</sup> Oct 7:30 – 12:30pm

Sunday 30<sup>th</sup> Oct 7:30pm – 12:30pm

**NOTE: For those Nippers wishing to compete at carnivals you MUST attend either of these dates to be eligible to do so.**

**Any late proficiencies will be required to pay a late fee of \$50.**

To assist the volume of paper work to be completed on the day, many of the forms are available for download on the club website via the management and operations page and we recommend downloading and completing as much as possible before hand.

## COST

Single Parent/Guardian and Nipper \$170.00 (one parent/guardian and one Nipper)

Nipper Family \$250.00 (two parent/guardians and unlimited nippers U5-U14 residing at the same address.)

The \$50.00 Nipper levy will remain in place again this season; this amount can be refunded at the end of the season for families who actively assist at Nippers. For further information on the Nipper Levy please contact the JAC secretary.

## AWARDS

Each age group has a specific lifesaving award to be achieved during the season. And all awards need to be completed by the 31<sup>st</sup> of December. These awards are a part of their Surf Education (theory) program and will be conducted on various nipper Sunday's throughout the season.

U8 – Surf Aware 1

U9 – Surf Aware 2

U10 – Surf Safe 1

U11 – Surf Safe 2

U12 – Surf Smart 1

U13 – Surf Smart 2 (includes Resuscitation Certificate)

U14 – Surf Rescue Certificate (SRC)

As Surf Education is delivered throughout the season it is important to ensure that your child is attending Sunday morning nippers regularly to ensure they aren't missing out on any aspect of these awards. Age managers will regularly inform you of important education dates on a week-to-week basis. It is the parent and Nippers responsibility (not the age managers) to ensure that any missed education is caught up before December 31<sup>st</sup>. If your child is intending to compete at branch they need to have completed their awards to be eligible to compete for the club at this carnival.

## WATER SAFETY

Water safety is a crucial part of the Sunday morning Nipper program, any training session as well as carnivals. The club is required to provide 1 water safety officer per 5 Nippers in the water at any one time. Parents who have a proficient Surf Lifesaving Australia Bronze Medallion or Surf Rescue Certificate (SRC) are asked to please assist with water safety at training, nippers and carnivals. These awards can be attained through courses run by the club, dates of future course can be found on the lifesaving page of the club's website.

## CARNIVALS

The majority of carnivals that our Nippers attend take place between the 15 clubs that make up the Sunshine Coast Branch; there are also carnivals that include clubs from branches throughout the state.

**U8-U10 carnivals** are for experience only as results are not recorded.

**U11-U14 Carnivals** are more competitive. Points are awarded to the clubs of the top five place getters and individual acknowledgement is given to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.

Carnivals generally take all day to contest, however U11-U14's Branch Championships are held over 2 days. Those Nippers who don't wish to compete at carnivals please be aware that Sunday morning nippers may be cancelled if there is a carnival being run on a Sunday morning due to a lack of volunteer assistance. If Sunday Nippers is going to be cancelled due to carnivals please refer to the Nipper Calender or contact your age manager.

Parents please be aware that your child must stay with their Age Manger for the duration of the carnival, particularly team carnivals, if one child goes missing the whole team is at risk of missing their event. Jewelry is not permitted to be worn during competition.

## CARNIVAL NOMINATIONS

Carnival and nomination dates will be available at Sunday Nippers and on the club website. Nomination forms can be obtained from the Nipper Carnival Convener or your age manager. Competitors must inform their team manager of their intention to participate as well as ensuring their nomination form is completed and returned to the Carnival Convener by the closing date. Late nominations will not be accepted. The club will pay for all nominations however if you do not attend the carnival for any reason you will be required to pay the club back your nomination fees. For team selection criteria either contact your age manager or refer to the Nipper page on the club website.

**NOTE: NO NOMINATION FORMS WILL BE ACCEPTED AT THE SURF CLUB ADMINISTRATION OFFICE.**

## GEAR AND 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. Nippers found to have caused wilful damage to equipment will be banned from using club gear.

When you have finished using a club board, wash off all the sand and put it away in the correct place.

## CLOTHING / TOGS

Clothing, swimwear and caps are available for purchase at the uniform office at the senior club on sign-on day and Sunday mornings from 8:00-10:00am. It is not only a club requirement but a Surf Lifesaving Australia (SLSA) requirement that Nippers must wear their club caps at all times whilst on the beach. This not only encourages a sense of belonging but makes identification on a busy beach and in the water much easier. If you do not have a club cap you will not be allowed to participate in nipper activities unless you are able to borrow or purchase a new one.

**Under 6 and 7's** (green caps) are required to wear their green lycra cap.

**Under 8-14's** are required to wear their red, white and blue club cap.

## CANTEEN

Parents and guardians are asked to assist in the BBQ on Sunday mornings and any carnivals the club host's. A BBQ roster will be operating to ensure that all age groups are helping with the running of the BBQ. Your age managers will be able to inform you of when it is your turn to help.

## BEACH SET-UP & PACK-UP

Whilst it is the Gear and Equipment officer's role to set up and pack up the beach on Sunday mornings and for any carnivals we ask that if you are around whilst this is happening to please help out as you can imagine this is a rather large job and many hands make light work.

## **WORKING WITH CHILDREN (BLUE CARD)**

Under the new regulations parents must hold a new current Working with Children (blue card) or they will not be permitted to participate in Nipper activities or allowed on the beach during nipper activities. As nippers must be accompanied by at least one parent during nipper activities failure to produce a blue card would mean that their child would be unable to participate in these activities. Suitability card forms can be downloaded from the website, and must be filled out and returned either to the JA registrar or the surf club administration office, along with the appropriate form of proof of ID.

## **COACHING / NIPPER SURF SPORTS TRAINING**

Nipper training days (Sunday mornings) are designed to develop their skills in surf lifesaving. These sessions are not intended to be fitness sessions (although they will help). However for those nippers wishing to take part in surf sports competition there will be training offered with club head coach Rhett Collie, times and locations for surf sports training can be found on the surf sports page of the club website. For more information about surf sports training contact Rhett [rcollie@caloundrasurfclub.com.au](mailto:rcollie@caloundrasurfclub.com.au)

## **SWIMMING TRAINING**

As swimming is a huge part of the nipper program we encourage all nippers to undertake some swimming lessons/training at their local pool. Majority of our local members swim at Caloundra Aquatic Centre under head coach John Wallace. For any inquiries regarding squad or swimming lessons with John Wallace please contact the complex on ph. 5491 8799 or email. [info@caloundra-aquatic.com.au](mailto:info@caloundra-aquatic.com.au)

## HOW TO BE A GOOD JUNIOR LIFESAVER

1. Report to your age manager before commencement of training or at carnivals with a smile, ready to have fun.
2. Do not leave training area or carnival tent without your age manager's permission.
3. Do not enter the water without permission to keep you safe.
4. You must wear your cap (tide up) before being allowed to participate in training or events at carnivals.
5. Club cap is not to be worn before or after training.
6. All gear and equipment is to be wash down correctly before being stored in its correct place.
7. Club boards are not to be used without permission.
8. Always use sunscreen and have a water bottle during training to keep you fit and healthy.
9. Learn and practise lifesaving skills that your age managers pass on to you, so you can be a better life saver.
10. Remember you are a Metropolitan Caloundra Surf club member. Always help out other members.

