

**BURLEIGH HEADS
MOWBRAY PARK**



SURF LIFE SAVING CLUB INC.

NIPPER GUIDELINES

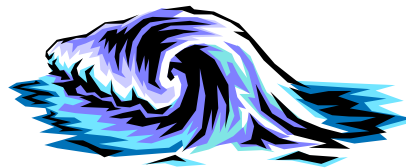
2009/2010 SEASON



OUR JUNIOR DEVELOPMENT SECTION

The Aim of the Junior Development Section is not only to teach our Young Australians to become capable Surf Life Savers but to also provide them with a Community-minded upbringing.

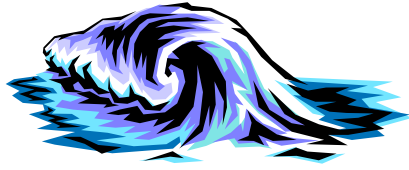
We not only focus on the children but the parents of the children. Volunteer parental assistance has an integral role in conducting the Junior Development Program successfully, with a great percentage of the parents in fact becoming qualified Life Savers and entering into our Senior Division of the Club, thus becoming the role models for their own children. We are constantly emphasising the fact that we are a family-based community organisation that does not only focus on competitors that win gold medals, but also nurture those who may fulfill other important roles within Surf Lifesaving, eg. First Aid Officers, Patrol Captains, IRB Drivers, Surf Lifesaving Instructors, Administration and Financial Management.



ABOUT OUR CLUB

The Burleigh Heads Mowbray Park Surf Life Saving Club is one of Australia's most successful and respected Surf Lifesaving Clubs. The Club was formed over 86 years ago in 1923 and has won international acclaim for its rescue of thousands of swimmers in trouble and for winning hundreds of State and National Surf Lifesaving competition titles. Our Club carries honours of never having a drowning on its patrolled beaches.

Like all Australian Surf Lifesaving clubs, Burleigh's work is carried out by dedicated volunteers and our equipment is purchased from public donations. Most other operating expenses are raised from continuous fundraising activities.



OUR MEMBERS

While we have been around for the last 84 years, we are now developing unprecedented growth in membership and in participation. As a voluntary organisation we now attract some 1000 members including 400 Nippers (7 years to 13 years) and approximately 180 active patrolling members.

During the 2008-2009 season our Club performed 8346 person hours of unpaid voluntary patrols, performed 545 rescues, 2407 preventative actions and treated 140 people with first aid. Our competitors are currently winning major State and National Titles under our coaching program co-ordinated by our Club Coaches.

PROFICIENCY REQUIREMENTS

AGE GROUP AWARDS



Nippers are required to learn basic surf safety / awareness, resuscitation and first aid skills.



The required amount of knowledge for each age group is determined by SLSQ. Each age group participates in some form of surf awareness/surf safety theory as well as practical skills.

PROFICIENCY TEST

The proficiency is a test on swimming ability in the pool and in the surf. It is NOT a race, but an assessment of the Nipper's ability to swim. The specified swim distances are listed in the following table. The tests will take place throughout the season. If you don't receive the Award after the first test - there will be another opportunity available. To be eligible to compete at Carnivals, Nippers must have their proficiency number.

Junior Activities - Age Requirements Overview

(Note: This information may be superseded by subsequent SLSA Bulletins.)

Age Group	Preliminary Assessment	Competency Test	Surf Education Award
Under 6	Kick on wall with face in water, 30 second float	No requirements	Surf Play 1
Under 7	Torpedo (push off wall) With face in water 30 second float	Run Wade Run	Surf Play 2
Under 8	50 metre swim (any stroke) 1 minute survival float	Run Wade Run (25m-25m-25m) *Refer to notation below	Surf Awareness One
Under 9	50 metre swim (freestyle) 1 minute survival float	Run-Swim-Run (50m-50m-50m)	Surf Awareness Two
Under 10	100 metre swim (freestyle) 1½ minute survival float	Run-Swim-Run (50m-50m-50m)	Surf Safety One
Under 11	100 metre swim (freestyle) 2 minutes survival float	Run-Swim-Run (50m-100m-50m)	Surf Safety Two
Under 12	200 metre swim (freestyle) 2 minutes survival float	Run-Swim-Run (50m-100m-50m)	Surf Smart One Resuscitation Certificate
Under 13	300 metre swim (freestyle) 3 minutes survival float	Run-Swim-Run (100m-100m-100m)	Surf Smart Two
Under 14	400 metre swim (freestyle) 3 minutes survival float	Run-Swim-Run (100m-100m-100m)	Surf Rescue Certificate
Notes	Preliminary evaluation is undertaken prior to commencing any junior activity training or competition	Competency Test must be achieved before being eligible to compete	Every child must complete an SLSA award each year Excluding U7'S

NOTE: Under 8's must complete lessons 6 & 7 from the Surf Awareness 1 Certificate prior to completing their Competency Test (Run, Wade, Run) requirements.

Refer to pages 19 - 22 in Surf Education Instructors Guide for lesson plans.

NIPPER APPAREL



The Uniform consists of:

- Δ Nipper Cap Parent/guardian responsibility
- Δ Nipper Togs Parent/guardian responsibility
- Δ Sunscreen Parent/guardian responsibility
- Δ Nipper Shirt (optional)
- Δ Hat (visor or hat will do; doesn't have to be a club visor)
- Δ Wetshirt (recommended)



If the child is travelling with the Club, they must have a club Cap and Club Shirt and must wear footwear.



Club uniform must be worn at all times on the beach; any child not wearing a Club Cap will not be allowed to participate (Arrange to borrow a cap from the Clothes Shop if need be).



No jewellery to be worn during events (earrings, bracelets, necklaces, rings, etc) so please leave jewellery at home so that there will be no possibility of loss.



All Club apparel can be purchased at the Club House on Sunday mornings from 8.30am to 10.30am.

BEHAVIOUR

- ☺ BAD LANGUAGE at any time will not be tolerated.
- ☺ Show respect and support for your fellow Club Members - a word of encouragement and/or a helping hand never goes astray.
- ☺ Disciplinary action WILL be taken where necessary at the discretion of the elected committee.



TRAVELLING ON THE CLUB BUS

- Nippers must be well behaved at all times.
- Club Uniforms are to be worn when representing the Club.
- Alcohol is BANNED on the Club Bus.



ACCOMMODATION - SPECIAL EVENTS

Nippers under parental supervision and parents of Nippers are permitted to stay at the Club House overnight, provided that there are enough beds available, after all Active Members are accommodated. It will be expected that Nippers and parents of Nippers assist with normal Club duties. If you require further information refer to the Committee.



CHANGE OF ADDRESS or PHONE NUMBER



Please notify the Registrar in writing of any change of address and/or phone number. Correspondence should be addressed to The Registrar, PO Box 157 Burleigh Heads Qld 4220 or by email to bhmpslsc@bigpond.net.au.



GENERAL

BHMP SLSC Inc, with it's Club colours of Black, Green and Gold, is a member of the South Coast Branch of Surf Life Saving Queensland. The South Coast Branch covers Point Lookout SLSC (in the north) all the way to Burleigh Heads Mowbray Park SLSC (in the south). There are twelve clubs in total.

BBQ

Each Sunday after Nippers, the BBQ will be in operation in the Bunnings BBQ cabana. All are welcome and it is an excellent opportunity to meet other Club members & the committee.

All age groups will be asked to provide volunteers to roster on and help with serving the BBQ. At least 4 parents per age group are required. Your cooperation and participation in this appreciated.



VOLUNTEERS

As a volunteer organisation, anyone you see on the beach with the Nippers are VOLUNTEERS, involved for the benefit of YOUR child.

Anyone with experience to offer in any area of our endeavours is invited to contribute. Water Safety Officers must be a proficient holder of a Surf Rescue Certificate or Bronze Medallion and attired in the Club-approved Water Safety Cap and Wetshirt.

All parents who do water safety, as well as Age Group Leaders and assistants are required to complete a "Working with Children" form (Blue card). These forms can be obtained from the Junior Secretary or Junior Registrar.

Any parents interested in attaining Surf Life Saving Awards to help with water safety and beach activities can contact their Age Group Leader for further information.

We ask that Nipper parents help out in some way. For example, parents of under 7's MUST be on the beach with their child at all times - as per Club Membership Policy.

Help is also needed to set up the beach each Sunday morning, as well as to pack away equipment. The Gear Steward is always appreciative of helpers to erect tents and take boards to and from the beach.

FUNDRAISING



Funds are needed to update equipment used by your children to improve coaching and official levels and for the improvement and everyday running costs of our Club, so we do need to have fundraising events during the season.

Details of functions will be posted on the notice board and advertised in the newsletter. Please make the effort to become actively involved and come along and have a good time!

Raffles tickets will also be sold in the BBQ area each week. Your co operation in supporting the raffles and helping to sell tickets would be appreciated.

A large portion of the essential funds required to run our Nippers comes from our sponsors, so in return we as members must actively support and promote these generous supporters and actively utilise the goods and services they offer.



SUNDAY NIPPERS

7.45am	Age Group Leaders/Gear Stewards/Helpful Parents
8.00am (sharp)	Assembly at park adjoining Clubhouse
8.15am	President's Address followed by Roll Call
8.30 - 10.30am	Activities
10.30 onwards	BBQ

(For extra specialised training times please see notice board or your Age Group Leader for a coaching schedule)

ACTIVITIES

Surf Safety / Awareness

Surf Skills

Surf Craft

Beach Events

First Aid - all ages

Resuscitation - Under 13's

Surf Rescue Certificate - Under 14's.

All children are expected/encouraged to participate in every event. If not, at the discretion of the Age Group Leader, the child will be requested to stay under the tent.



SWIM

A SURF SWIM IS PART OF THE REQUIREMENT OF BEING A NIPPER

To assess their ability, a pool swim is undertaken first. The required distances to be completed for the specified age groups are listed in the Table on page 4 of these Guidelines. Nippers must be prepared to swim these distances, therefore it is recommended that they join a local swimming club to further their ability, as the surf is not an ideal place to learn to swim.

BOARD

Likewise with the boards, the Nipper is required to paddle out and around a buoy positioned at a set distance (depending on age and conditions on the day). All ages are required to participate. The Under 9's and 10's will not be required to use the fiberglass boards, however, they will have the use of foam boards. It is recommended that each nipper purchase their own board.

** All boards must be washed in the before being put in the trailer.

EQUIPMENT LEVY

An equipment levy has been introduced to be paid by all Nippers. This levy is to assist with the purchase and repairs of equipment used on Nipper Sundays & Carnivals. Tents, cans, flags, lane ropes etc. Cost is \$20 per nipper or \$50 per family of 3 or more nippers.

Beach and Surf Activities

Age Requirements Overview

Activity	Age Group
Surf Swim	From under 9's up
Flags	All ages
Wades	Under 6's, 7's, 8's, 9's and 10's
Sprints	All ages
Relays	All ages
R & R	Under 11's - Under 14's (Optional)
March Past Team	Under 11's - Under 14's (Optional)
Iron Person	Under 11's - Under 14's (Optional)
Board	Under 9's - Under 14's

AGE GROUP LEADERS

During the hours of activities, Nippers are in the care of their Group Leaders or Instructors who are easily recognisable by their distinctive T-Shirts. This means that Nippers are to do as requested by the Group Leader/Instructor and that they must ask permission from the Group Leader before they wander off.

NIPPERS MUST BE SIGNED ON AND OFF BY THEIR AGE GROUP LEADER AT ONE DESIGNATED LOCATION

Parents must let the Group Leader/Instructor know if their child is to leave early for any reason. It is the responsibility of parents to make sure caps are tied on correctly and sun screen is applied before the start of Nippers.

NB. The children participating in the Under 7 age group must have a parent/guardian accompanying them AT ALL TIMES during Nipper activities.





MEMBERSHIP FEES

\$190 Family membership fee covers up to 4 persons.

eg. 2 parents/guardians and 2 children,
or one parent and 3 children.

At least one parent/guardian in each family must be a member.

OR \$65.00 per child plus \$120 per parent.
(\$70 if active member)

****Members transferring into the club will be charged a transfer fee of \$33.00 per member which is the amount South Coast Branch charges the club.*

PLEASE NOTE: Membership does not cover children of a family who are eligible to join but do not participate in any activities.

Young children who are not old enough to participate in activities will be the total responsibility of their parents.

Membership is per financial year and all Office Bearers must be financial.

Surf Club Membership does not include membership of the Burleigh Beach Club.
This Membership is available for \$5.50 annually.

SUNSCREEN

All children must wear Sun Screen and Zinc unless they provide a letter from their parents advising the Club of a good reason why their child is allowed to **burn**. It is the responsibility of parents to make sure children have Sun Screen applied at least fifteen (15) minutes prior to going onto the beach and at regular intervals as needed. If this is not adhered to, it will result in children being kept out of activities held in the sun.





PRESENTATION/BREAK-UP DAY



Attendance Awards are presented to all children who have a minimum of 70% attendance of activities (excluding training) for the **entire Club season**. Age Championship trophies, Most Improved and Encouragement Awards are presented at the end of the season on break-up day. All children participating throughout the Club season will receive recognition.

All Under 7's will receive a participation award.

CLUB CHAMPIONSHIPS

Two Club Championship Days are held during the season (but may be postponed due to bad weather, etc). Refer to the Nipper Calendar.

All competitors must possess current and relevant Age Group Awards to participate. Points are awarded for the placing of each event. Your child must attend at least 70% of activities to qualify for the Club Championships.

Age Champion, Surf Champion and Beach Champion are awarded to the winner of the Club Championship days.

Under 7's participate on this day and will do the events, but no placings will be recorded. All Under 7's will receive a participation award at the end of the season.



CARNIVALS

BEFORE THE CARNIVAL

- Carnival nomination forms and money must be returned by the due date which will be given out by the Age Group Leaders.
- Teams selections will be based on consistent performances at Carnivals, Training, and Sunday Nippers. Teams will be on the notice board, Sunday prior to the carnival.

CARNIVAL DAY

- Please ensure your child brings healthy food, water, sunscreen, club swimwear, competition cap and a hat.
- Assistance of all parents before and after carnivals, pitching and taking down tents and setting up equipment.
- Please be at the club tent at least 90 mins before the carnival commences for a team warm-up with the club coach.
- Nippers are not allowed to go for a swim or paddle during the carnival. A supervised swim will be organized and no competition caps are to be worn.
- No jewellery to be worn during competition, girls and boys.
- All non-officials and non-competitors are asked to stay out of the competition area.
- Age Group Leaders (or nominated person) will be responsible for their respective age groups and are under the direction of the Team Manager.
- When not racing all competitors must remain under the club tent. If you leave the tent you must inform your Age Group Leader.
- The club tent is for Club Officials, Club Carnival Officials, Club Water Safety Officials and most of all Competitors. Please bring extra shelter if needed.
- Parents must let the Age Group Leader or Team Manager know as soon as possible, if their child has decided not to attend a carnival or participate in an event once nominated. If not this could cause a whole team to be withdrawn. Communication is the key.
- No child will be forced to compete if they do not want to or the Age Group Leader thinks they are not capable. Their decision is final and ask all parents to support this.
- NO DRINKING ALCOHOL and NO SMOKING within the carnival area. This can cause the DISQUALIFICATION OF THE CLUB.
- No Photography or Videoing in the competition area without a permit.
- If you use club equipment please respect it and return it when finished.
- Most of all enjoy, have fun and support each other at the carnival and be proud to wear the Burleigh colours.

R & R (Rescue & Resuscitation)

R & R is a Surf Life Saving traditional event, utilising the original rescue method and incorporating the most modern resuscitation techniques.

Teams competing in 2 person R & R shall consist of 2 members of any of the following age groups, U10, U11, U12 and U13. The event is separated into specific age groups i.e. U10's compete against all other age groups.

Teams competing in 5 person R & R shall consist of 5 members of any age group from U12 to U14.

March Past

March Past competition provides a platform for discipline and surf club spirit amongst the children competing for Burleigh Heads.

March Past maintains the growth of Surf Club spirit, friendship, carrying of the Burleigh flag and pride in the club colours.

Teams competing in March Past shall consist of 12 members of any of the following age groups, U12 to U14.

As with all team events, reserves will be required. Your coaches will select the team to compete at carnivals. The coaches will encourage younger children to attend training sessions to gain the knowledge and experience to compete in future years.

Children participating in R & R and March Past are required to attend extra training sessions to learn the *fundamentals and procedures*.