

# Brunswick Junior Surf Life Saving Club

## NIPPER SEASON

2023 - 2024

# *PARENT HANDBOOK*

## **JUNIOR COMMITTEE**

President (JAC)	Phil Parker
Secretary	Anthony Boyle
Treasurer	Matt Simmonds
Vice President	Dean Lorenz
Registrar	Jo Lorenz and Kate Constantine
Water Safety Supervisor	TBA
Fundraising	TBA
Coach	TBA
Gear Steward	Paul Davis
Publicity Officer	TBA
Social Media Coordinator	TBA
Canteen Coordinators	TBA
Clothing Coordinator	Priscilla Carswell
First Aid Officer	Blake Williamson
Coach Coordinator	Phil Parker

(As you can see we have many vacant positions so if you think you can help out please approach a committee member and let us know)

To join Brunswick Junior Surf Club you need to be at least five years old. The commencing age and date are not set by the club but by Surf Life Saving Australia. The age groups are referred to, from the start to the end of your Nippers career, as Under 6 (U6) to Under 14 (U14).

Your pathway through Brunswick Nippers to become a senior patrolling life saver and or a competitor in surf carnivals around the Australian coastline is:

## **U6 / U7**

It is all about fun activities, such as: Beach Games, Sun Safety and Building Confidence in the Surf under controlled conditions.

During this time however, the most important aspect for your child is learning to swim or improving on his/her swimming ability and making friends.

## **U8**

Under 8's are old enough to compete in their first Nipper Carnivals. In this age group events are primarily restricted to the beach (sprints & flags) and shallow water (Wade and Wade relay events).

## **U9 / U10**

In Under 9's and Under 10's we continue to train Nippers in ocean swimming and paddling a nipper board (a mini rescue board also known as a 'foamie'). We also aim to: Expand on your child's surf education, Continue participation at carnivals with more emphasis in the surf. Train for events including an ocean swim and paddling a nipper board (mini rescue board) around a designated course. This is where swim training becomes important to build ocean confidence.

## **U11 / U12 / U13**

Nippers graduate to fiberglass boards with continued training and emphasis on surf events at carnivals. They will commence aspects of Surf Rescue Certificate including Rescuation Certification and Radio Operators Course.

## **U14**

Nippers move onto using full size racing boards with continued training and emphasis on surf events at carnivals. There is also more emphasis on First Aid and other Surf Life Saving specific education. They will have completed the Surf Rescue Certificate (SRC) making them eligible to become patrolling members.

Your child can nominate for the 'Nipper of the Year' award. Young people are encouraged to nominate themselves and nominated Nippers are interviewed by a panel for Club Selection. There is a category for both Female and Male Nippers. The Club representatives then go through a selection process at the Far North Coast Branch of Surf Life Saving NSW to be selected as the representative at the NSW State Titles.

The criteria for the selection will be based on the nominee's achievements in the following areas: Attained Surf Rescue Certificate (SRC). Contribution to Surf Life Saving. Demonstration of leadership roles in club activities. Contributions made to

the club, Awards received in Surf Life Saving and the community. Involvement in community events outside of Surf Life Saving. Awareness of club events and current affairs. Initiative applied to club and community activities. Promotion of Surf Life Saving to the community

## **JUNIOR CLUB CAPTAINS**

The under 14's will be asked to nominate candidates from their age group for the position of Junior Club Captains. These positions will be appointed by the committee after an interview process has taken place with the Junior Committee.

The committee are looking for a candidate that can act as a role model for the club and it's younger members, has shown leadership qualities and a commitment to the club and its values.

## **INTRODUCTION**

Brunswick Surf Life Saving Club is a family based club that values the junior members as future leaders. The Junior Programme is based upon the development of youth within the club, both as future active patrolling members and training for those wanting to participate in competition.

The aims of the Brunswick SLSC Junior Programme are to:

Develop surf awareness. Increase confidence and skills in beach related activities.

Offer training to those wanting to pursue competition or awards. Instil and reinforce Sun Smart philosophies. Encourage enjoyable and healthy participation. Progress the members towards surf awards for relevant age groups. Help you to become the best life saver that you can be. Promote a positive non-threatening environment

Meet new friends.

We are fortunate to be living in this part of the country, where the surf, sun and sand can play a large part of our lifestyle. The beach however can be dangerous and joining a surf club can teach you and your children how to safely enjoy this part of our environment. Whether you simply want your child to learn how to be safe at the beach or if you are inspired by our surf lifesavers or Iron Men or Women, the process begins with the Brunswick Junior Surf Club.

## **SURF EDUCATION**

Each year that your child is involved in Nippers a component of their activities will be dedicated to surf education. Providing participants attend relevant training days they will receive a certificate of recognition at the end of the year. Often these education days are held on wet/bad weather days. U12 age groups will undertake Raido Operators Course and U13 will do their Rescusitaiton Award.

By the time Nippers reach 13 years old they are eligible to undertake the Surf Rescue

Certificate (SRC). Not only do they need to complete this award to be able to compete in U14's at various carnivals, completion of the award enables the recipient to be able to undertake patrols run by the Surf Lifesaving Club. To be eligible to receive this award, participants should be confident in the surf, be aware of their limitations, be able to ensure their own safety in the surf and if need be help with the safety of others.

## **BEYOND NIPPERS**

With the Nipper journey complete, members can choose to continue on with Surf Life Saving as an active patrolling member and further their education with the many Surf Life Saving courses available .

Members can continue to build and develop their skills through training and competition or they might just reflect on what has hopefully been an enjoyable and beneficial association with Surf Life Saving.

## **Surf Life Saving Australia**

[www.sls.com.au](http://www.sls.com.au)

## **Surf Life Saving NSW**

[www.surflifesaving.com.au](http://www.surflifesaving.com.au)

## **MEMBERSHIP FEE**

We try to keep our registration fees as affordable as possible so that Nippers is available to any child who would like to participate. Your child's registration fee covers insurance, branch fees and training expenses.

Not included in the registration is equipment costs, repairs or any other costs incurred during the season. All other costs are covered with funds raised through sponsorship, donations and fundraising activities. All donations and sponsorships personal or business are greatly appreciated and are tax deductible. Please speak to any member of the committee about the clubs sponsorship programme. All members are expected to contribute to fundraising activities with time and/or expertise during the season as we are all volunteers.

## **COMPULSORY**

**For the safety and well being of your child, it is compulsory:**

**For at least one parent to join the club as a Associate member.**

**For all new member parents/carers to sign a Member Protection Declaration form if you are attending any Nipper activity.**

Adult membership includes work cover insurance and covers involvement during all nipper activities as well as travelling to and from carnivals.

Fees for this season have been set as follows:

Nippers:	U6/U7	\$95	(includes a pink rashie)
		\$0	(With NSW Active Kids Voucher)
	U8-U14	\$120	(includes a pink rashie)
		\$20	(With NSW Active Kids Voucher)
Family Membership:		\$300	
Associate Members:		\$30	

New members must provide a Birth Certificate or Passport as proof of age. Adult members must provide a Driver's Licence or Passport for identification.

Registration can be completed online through Surf Life Saving NSW where you will need to create a parent account and then register your child (we have an online guide available) or in person at any time during designated sign on days or Nipper days throughout the season. Cash, cheque or Eftpos payments are accepted however enrolment and payments online are encouraged.

**PROFICIENCY LEVELS**

Prior to undertaking any Nipper activities it is necessary to assess each member's competency level to ensure their safety.

Under 8's and older age groups can compete at carnivals but must satisfy the minimum proficiencies set out in the table below. Even if a competitor is only competing in beach events he/she must have successfully completed the nominated proficiency levels by the 31st of December.

Should a member not meet or have difficulty meeting the minimum proficiency standards as listed, it will be necessary to attend swim training.

Age Group	Preliminary for Beach Events	To Compete at Carnivals	Surf Education Awards
Under 6	In waist deep water, glide and recover; float holding a buoyant aid and recover.	N/A	Surf Play 1

<b>Under 7</b>	In waist deep water, glide and kick for 3m and recover; float for a few seconds and recover.	<b>N/A</b>	Surf Play 2
<b>Under 8</b>	25m swim any stroke, 1 minute survival float	<b>N/A</b>	Surf Aware 1
<b>Under 9</b>	25m swim any stroke, 1 minute survival float	Minimum 150m open water swim	Surf Aware 2
<b>Under 10</b>	25m swim Freestyle, 1.5 minute survival float	Minimum 150m open water swim	Surf Safe 1
<b>Under 11</b>	50m swim Freestyle, 2 minute survival float	Minimum 200m open water swim	Surf Safe 2
<b>Under 12</b>	100m swim Freestyle, 2 minute survival float	Minimum 200m open water swim	Surf Smart 1
<b>Under 13</b>	150m swim Freestyle, 3 minute survival float	Minimum 200m open water swim	Surf Smart 2
<b>Under 14</b>	200m swim Freestyle in less than 5 min, 3 minute survival float	Minimum 200m open water swim	Surf Rescue Certificate

## **PARENTAL INVOLVEMENT**

Our ability to maintain the junior programme relies heavily on the active participation of parents who help with activities ranging from water safety, competition officials, assistance with fundraising, set up and pack up on Nipper days and help in the canteen.

It may be necessary for parents to help out with group activities on Nipper days particularly in the younger age groups. Everybody is involved on a voluntary basis and the more parents become involved, the more they feel part of the club.

## **AGE GROUPS**

The age group that your child will be in is determined by the age they are as at the 30th September the year you are joining. For example, if your child was 11 on the 30th September (turning 12 on the 5th Oct) they will be in the Under 12 age group (even though they are 12). To join U5's this season your child must have turned 5

years of age prior to the 30th September 2022.

### **AGE MANAGERS/AGE COORDINATORS and WATER SAFETY RATIOS**

For each age group to be self sufficient we will require at least two age managers per age group or one age manager and one age coordinator per age group. This is particularly important as not every week can the Age Manager attend and a back up is required. Having an Age Manager in attendance will be the responsibility of each age group and if that group cannot provide an age manager or age coordinator they may not start Nipper activities on that given day. (Please email us with your interest for either role).

**We require a minimum of one competition official and two water safety people for each of the U8 to U14 age groups.**

It is a SLSA requirement to have one Bronze certified water-safety officer per five Nippers before they can participate in aquatic activities. With some age groups having between 20 and 30 nippers the ratios can be blown out and greater parental involvement is required.

We will be running an intensive Bronze/SRCCourse over three days in the September school holidays so please get involved or your kids Age Group might lose priority with getting in the water.

It will **NOT** be a requirement of Bronze trained Nipper Parents to undertake Senior Patrols. Of course if you'd like to become a patrolling member we highly encourage you to do so once attaining your Bronze Certification.

### **JUNIOR MEMBER CODE OF CONDUCT**

Please take the time to discuss the code of conduct with your child. An understanding of the code of conduct will help all participants understand what is expected of them as well as the expectations they can have of their peers.

Play by the rules.

Never argue with an official.

Control your temper, verbal abuse of players or deliberate distracting and provoking an opponent is not acceptable.

Work equally hard for yourself and your team.

Be a good sport and applaud all good efforts within your club or by another.

Treat all participants in your sport as you would like to be treated.

Do not bully or take unfair advantage of someone.

Co-operate with your coach, team mates and opponents.

Participate for your own enjoyment and benefit, not just to please your parents or

coaches.

Respect the rights, dignity and worth of all participants regardless of their age, gender, ability, cultural background or religion.

## **SUN SAFETY**

Our aim is to teach the children about all aspects of surf/beach safety - including sun protection. Parents and Carers should set the example so don't forget to bring plenty of sunscreen, a hat and water bottle for each family member.

Each child should have:

A parent or carer present.

A water bottle.

Brunswick Nipper Cap.

Wide brimmed sunhat (for Carnivals before and after beach activities).

Long sleeved sun shirt plus shorts or jammers covered to the knees (for Carnivals before and after beach activities).

Swim costume and pink rash shirt for water events (U9-U14).

Plenty of sunscreen 30+ reapplied throughout the day.

A towel.

**These sun safety requirements will be enforced and if a Nipper does not have the appropriate sun safe clothing, they will not be able to participate in Nipper activities, which include Carnival events.**

## **OH&S SAFETY**

As we often conduct Nipper activities in the river or at Torakina beach due to surf conditions, parents/carers please supervise your children whilst walking on the road. Please advise age manager of any injuries, illness or other factors that may affect their participation.

## **PHOTO POLICY**

Brunswick Surf Life Saving Club (BSLSC) has a image policy to ensure that a high level of care is exercised with photo images, particularly of junior members. This policy is to mitigate the risk of photos/images of junior members being misused or altered for inappropriate purposes. All third party photographers must complete an authority to photograph form which will need to be approved by the executive committee.

BSLSC would like to use photos of you and your child in our communications activities and in material to promote our club. At registration we will ask you to complete and sign a **Photo Release form**.



If you would like to take photos of your children at Nippers activities please ask one of the committee members and we will ask the other parents in your child's group to ensure there are no objections.

If as a parent you feel a photographer is being intrusive or out of place, please let your age manager know immediately.

### **BRUNSWICK NIPPERS STRUCTURE**

Nippers is conducted in groups based on age from Under 6's to Under 14's with an emphasis on fun. Nippers in age groups from U8 to U14 must complete their proficiency by 31st of December each season. This assesses their ability in the water and ensures that Nippers can compete at carnivals if they wish to.

Regular attendance is important for the development of skills and knowledge in surf life saving.

Sunday Mornings please arrive at:

9.15am for a 9.30am start for all Nippers.

### **BRUNSWICK NIPPER COACHING**

We currently don't have a coach for the 2023/24 season. This is something the executive will be looking into prior to commencement of competition season.

Our main aim is to:

Increase life saving knowledge

Increase skills

Increase fitness

Enjoy surf life saving competitions

**\*Parents or nominated guardians are to remain at training for the full session in case of emergencies.**

Nippers attending training sessions are expected to:

Listen to the coaches instructions

Follow the coaches instructions

Participate in directed activities

If a Nipper does not adhere to the coaches instructions they will be asked to sit out for a period of time during the training session. If this happens more than 3 times the coach will inform the parents and a suspension from training may occur.

The coach is open to feedback from parents on training and Nippers progress, if there are any concerns about training please contact the coach or a member of the committee.

Nippers are encouraged to participate in carnivals as a part of their training. The Carnival Policy is attached at the end of this document.

### **BOARD TRAINING SCHEDULE**

Board training is for Nippers U9 and older.

**Board Training will be held one to two afternoons a week. The days will be advised and updated at the start of the season.**

Any additional training or changes to times will be advised.

### **SWIMMING TRAINING**

Being able to swim competently is an integral part of making children safe at the beach. We strongly encourage parents to enrol their children into learn to swim classes or pool training/squad sessions depending on their ability. In conjunction with what we can teach them through Nippers, their ability to be a competent swimmer is their best guarantee for surf safety.

Some options available for learn to swim and general pool training are as follows

#### **Brunswick Swim School**

Ph: 6685 1794

#### **Mullumbimby Pool**

6684 2494 Ph: 6670 2750

#### **TRAC Murwillumbah**

Ph: 6680 5458

#### **Ocean Shores Aquatics**

Ph 6680 5972

#### **Banora Pool**

Ph: 07 5523 1781

#### **Casuarina Rec Club**

Ph:

### **CARNIVALS**

Nippers in Age Group Under 8's or older can attend and compete at carnivals.

If you wish to attend a carnival you will be asked to nominate by the Sunday prior to a carnival so you can be registered through Surfguard for Insurance, Water-Safety and Officials purposes. We also must have enough Officials and Water Safety people from our club to participate at carnivals. We are required to have 1 official per 8 Nippers competing.

If any parents/carers would like to become an Official or Water Safety Officer the club will assist in the course costs. If you would like some more information please

contact one of our committee members.

### **CARNIVAL INCENTIVES**

Competing Nippers will receive a long sleeve hooded team shirt, team cap and broad brimmed hat which must be worn between and to events. We hope to have Brunswick Nippers long sleeve parent shirts for order at a cost price so we look like a team.

### **JUNIOR CLUB CHAMPIONSHIP DAYS**

At Brunswick we hold two championship days throughout the season so that our Nippers can compete in a carnival style format. Club Champ days are subject to change as we are dependent on the ocean conditions. Start times are also different and Nippers will start at 8am on Club Champ days. A high level of parent involvement is required for the running of the Club Champ Carnivals, so please see your age manager to volunteer your services.

### **PADDLE-A-THON**

The Paddle-a-Thon is one of the clubs biggest fund raising events for the year. Nippers will be asked to collect sponsors with the help of their parents/carers. On a designated day, they will paddle Nipper boards on the river at high tide with distances varying depending on age and ability.

### **CLOTHING**

The **Nipper Cap** must be worn on your head (not around your neck or in your hand) at all times during nipper activities. It can only be taken off when parents/carers have signed their child out with their age managers at the end of the days' Nippers activities. These are in age group colours and are available for purchase from the club.

This is a safety measure so when on the beach we can distinguish Nippers from the rest of the public using the beach.

To purchase Brunswick swimwear please contact the clothing coordinator.

Brunswick swimwear **must** be worn at carnivals along with sun safe clothing and a broad brimmed hat. We hope to have Nipper training shirts provided by sponsors that can be worn to and from Nipper Activities.

### **BOARDS & EQUIPMENT**

Boards and equipment is expensive, so at the beginning of the season, the Nippers will be taught how to handle and care for the boards and equipment.

The following rules apply:

Children must have permission to use the boards & equipment.

No dragging the boards along the ground - **carry the board.**

No sitting or standing on the boards.

Boards must be washed down after use and put away in board containers.

If by misfortune any board is damaged, please report any damage so it can be repaired and made safe for further use.

## **WINTER TRAINING**

Over the Nippers off season, we conduct winter training on a Sunday morning. This generally commences in early July of the new season. The children have a great time refining their board skills or learning new surfing skills.

## **COMMUNICATION**

All communication once the season commences will be done via Stack Team App. It will be a requirement for parents to download the App and ensure you have notifications enabled for “Club Chat”, specific “Age Groups” for your children and any other chat group you are a member of. Some communication maybe via email and SMS but primarily we will be using Stack Team App this year. We post updates to our Social Media Facebook and Instagram which can include photographs of children adhering to phot policy.

Please do not hesitate to contact anyone on the committee with any queries or concerns. Contact details are listed at the front of this booklet.

## **SPONSORSHIP**

We are actively seeking to expand our sponsorship base. If you would like to help or know someone who might be able to support us, please let a committee member know. Our current sponsorship package expires at the end of the 2023/24 season. The 2022 to 2024 packages were Gold (\$1500), 2 x Silver (\$750) and 18 x Bronze (\$500) packages.

## **BOARD SPONSORSHIP OPTIONS**

### **Board Sponsorship:**

Purchase a new Board including your Logo for a nominated amount as listed below. The lifespan of a board is between five and seven years and old boards are usually auctioned off to club members for personal use. You will also receive recognition on our web and social media pages and in the Parent Handbook.

**A:** \$1800 - \$2200 Nipper Long fibre glass Board

**B:** \$1200 Nippers Short fibre glass Board

**C:** \$500 Nippers Foam Board

## **MISSION STATEMENT**

To provide the best possible Life Saving and Surf Sports experience for all junior surf lifesavers, preparing them for their eventual transition to adult life in a functional Surf Club providing the community with a safe beach to enjoy.

To enrich the lives of our children through fun, participation and commitment to surf education and training in a surf aquatic environment.

To develop our Nippers into the best possible surf life savers of the future: we will recognise diversity of individuals and foster all children in the surf life saving environment, encouraging our children to complete the relevant Surf Life Saving Association age awards and participate in surf training and carnivals to further hone their skills.

Our club will be recognised as a family club and will have a close relationship between nippers, seniors and our supporters.

## **VISION and VALUES**

### **Participation**

- Provide an environment of encouragement for participation in events and activities conducted by and for, all members, sponsors and the community.
- Provide access to accredited training for individuals wishing to further develop their surf life saving related knowledge and skills.
  - Encourage members to obtain relevant qualifications in support of Nippers activities and join regular patrols.
- Ensure communication is a priority to inform all members of events, happenings, and decisions, and encourage involvement.
- Promote parent participation at all Nipper activities.

### **Safety**

- Minimise risks to members by providing high quality training and tuition.
- Promote education and safety in relation to the sun, surf, and their hazards.
- Carry out a risk assessments prior to all Club Junior Events.
- To coordinate Nipper activities with patrols during the official season.
- Ensure adequate insurance is provided to financial club members as per the current Surf Life Saving Australia Insurance Policy.

### **Sponsorship**

- Actively engage, promote and respect the support given to the Club by Sponsors.
- Develop a financial base to support club activities and events.
- Purchase adequate equipment with funds provided by Sponsors for replacement and or enhancement.

## **Engagement**

- Provide an environment for members and the community to interact socially, and help create Club unity and strength.
- Actively support our nippers wishing to further their skills in surf life saving.
- Ensure a proactive media promotion to ensure all Club community activities and achievements are recognised.

## **Benefits of Nippers & Surf Life Saving**

Members aged 5 to 14 are known as Junior Activities Members or "Nippers" and learn surf survival skills with an emphasis on fun.

Learn how to enjoy the beach in a safe manner.

Learn how to help others to safely participate in the ocean.

Promotion of physical growth, development and health together with social interaction and a sense of belonging.

Gain a sense of personal satisfaction gained from their experience of excitement and personal challenge.

Invaluable life skills in first aid and resuscitation techniques.

Learn to support and respect our ocean environment.

Children & youth will be educated in Surf Awareness, Surf Safety, Surf Survival & Surf Rescue skills which will help them to be confident and provide safety to others in the aquatic environment.

Junior Surf Lifesaving provides a unique activity for young people to enjoy. It is a program which provides an environment where children can have fun, meet new friends and at the same time gain physical exercise and education about the beach.

The club has a legal responsibility to provide water safety on all Nipper days. This cannot be done without parental assistance. If you would like to help the club and your child in this regard, or in any other way, please talk to any member of the executive committee. Insufficient water safety means the children are unable to enter the water.

## **PARENT RESPONSIBILITIES**

It is important that parents and carers **NEVER** leave their child unattended at Nippers. If children are left unattended it can result in your child being excluded from Nipper activities for the day.

Please introduce yourself to your child's Age Manager and Coach. Parental assistance is encouraged and is in fact required particularly in the younger age groups.

We expect an acceptable level of behaviour from our members (both senior & junior)

and this also applies to parents. Parents and Carers should set the example with their behaviour.

## **PARENT CODE OF CONDUCT**

Brunswick Junior SLSC applies the Australian Sports Commission Code of Conduct for all our junior members and their parents.. If you have any concerns or would like to discuss any aspect of the Code please feel free to approach members of the Committee.

Please remember children participate in surf lifesaving for their enjoyment, not yours. Encourage children to participate, do not force. Focus on the child's efforts and performance rather than winning or losing. Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.

Never ridicule or yell at a child for making a mistake or losing a competition. Remember that children learn best by example, appreciate good performances and skill in all participants. Support all efforts to remove verbal and physical abuse from sporting activities.

Respect Officials decisions and teach children to do likewise Show appreciation for volunteer coaches, officials and administrators. With out them your child could not participate.

No abusive behaviour or foul language will be tolerated, respect the rights, dignity and worth of every young person, regardless of their age, gender, ability, cultural background or religion.

**Any disregard to the Code of Conduct may result in your child's exclusion from Nipper activities regardless of your association with the Brunswick Surf Life Saving Club.**

**Pink Rashies** must be worn by children when they are in the water in the Under 9 to Under 14 age groups on nipper days, when competing at carnivals and for training sessions.

## **CONTACT DETAILS**

**Email :** [jac@brunswickslsc.org](mailto:jac@brunswickslsc.org)

**Website :** [www.brunswickslsc.org](http://www.brunswickslsc.org)

Produced by The Brunswick Junior SLSC Committee  
2023/2024