

CITY OF
PERTH



CITY NIPPERS INFORMATION HANDBOOK SEASON 2023-2024



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Please note anything highlighted in yellow is to be confirmed, thank you.



Clubrooms Circa 1930



City Nippers – 1972!

WELCOME:

Welcome to Nippers at the City of Perth Surf Life Saving Club. I'd like to extend a very warm welcome to everyone for another great year at City Beach. For those of you those are new to the Club, City of Perth SLSC:

- Has its origins in the 1920's;
- Originally the Club was located on the South side of City Beach;
- The previous club rooms, which were built for the 1971 Australian Surf Life Saving Championships held at City Beach, were demolished in June/July 2014, to make way for the construction of the new City of Perth SLSC club rooms;
- City Nippers were introduced in the season of 1963-64
- The new clubrooms opened in 2016

City of Perth Surf Life Saving Club offers something for everyone, regardless of your gender, age, cultural background or physical ability. This fact lies at the core of City of Perth SLSC to be an inclusive organisation where everyone feels welcome and valued. This starts from when a potential new member encounters the Club for the first time, through to members actively participating in Club activities. Surf lifesaving is an amazing activity for developing a child's confidence, knowledge and skills in the beach environment. Not only will your child have fun and meet new friends, but they will also become part of an iconic organisation that has served the Australian community for over 100 years.

Our objective at the City of Perth SLSC 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; ultimately at the age of 13 they can attain their Surf Rescue Certificate, which is just one step below the Bronze Medallion. Training also incorporates developing 1st Aid skills as well as the opportunity to be an active volunteer by undertaking Patrols to help keep our beach safe. Whilst all children are encouraged to improve their surf skills, no child is forced or pressured to do something they are not comfortable with. Our first aim is for the children is to have **FUN** at Nippers and enjoy coming to the Club each week.

City of Perth SLSC is a community focused Club which needs active members. Everyone is welcome at City of Perth SLSC; however, the Club is a volunteer-based organisation which needs your help. There are many ways you can get involved. On Sundays, please assist your Age Group Manager in any way that you feel comfortable. We require parents for Water Safety and BBQ and other duties around the Club. These are vital to our activities so please make yourself available when advised. A parent must be present on the beach throughout Nippers.

We have tried to include the everyday things you need to know about City Nippers in this booklet. If you require any further information, please feel free to ask any Age Group Manager, Committee member or simply contact the Club office. If you are new to the Club, I urge you to get involved.

Regards

Nancy Shaw

Director - Junior Activities

CLUB STRUCTURE:

City of Perth SLSC is a not-for-profit community sporting association. The Club is an incorporated body under the Association Incorporation Act 1987. Our Constitution and By-Laws are available from the Club Administration Office. All Policies regarding surf lifesaving are available from the Surf Life Saving Australia website. The Club has an Executive Committee that meets monthly and is also served by a Beach Committee which includes Education, Patrols, Equipment and social activities.

The Annual General Meeting, which all members are encouraged to attend, is generally held in July each year. At this meeting, the Club members elect the Office Bearers for the following season.

PEOPLE:

Key Contacts:

General Manager: Ross Kirby rossk@cityofperthslsc.com.au
Club Administrator: Kylie Leaman kyliel@cityofperthslsc.com.au
Reception: Jamie van Niekerk reception@cityofperthslsc.com.au

Office: Mon - Fri. 8am - 4pm
Sat 9am – 12pm

Phone: (08) 6183 3843

Website: cityofperthslsc.com.au/

For latest news and info please join the Facebook Group: *City Nippers*

| Executive Committee | EMAIL ADDRESS |
|---|--|
| President: Stephen Carrick | president@cityofperthslsc.com.au |
| Vice President: Megan Patterson | vicepresident@cityofperthslsc.com.au |
| Director of Finance: Damien Van Pelt | finance@cityofperthslsc.com.au |
| Director of Beach Operations: Bruce Read | beachoperations@cityofperthslsc.com.au |
| Club Captains: Catriona Read and Thomas Noordzy | clubcaptain@cityofperthslsc.com.au |
| Director of Junior Activities: Nancy Shaw | junioractivities@cityofperthslsc.com.au |
| Director of Surf Sports: TBA | surfsports@cityofperthslsc.com.au |
| Director of Youth: Ben Rogers | youth@cityofperthslsc.com.au |
| Member Protection Officer: Fi Potter (Nippers) | mpio@cityofperthslsc.com.au |



IMPORTANT DATES:

The Nippers Calendar is located on the website. It contains all key dates for the season and is your guide to City Nippers.

THE CLUB:

WHO CAN JOIN?

Any girl or boy may join Nippers and you DON'T have to be competitive or athletic or even confident in the surf. One of the best things about Nippers is seeing young children who are fearful of the water lose this fear during the season.

REGISTRATION AND FEES

Membership Fees are set by the City of Perth SLSC each year and as well as contributing towards equipment and club costs it ensures that all members remain covered by insurance.

If fees are not paid children are not able to receive certificates, awards or participate in Sunday morning activities or carnivals.

HOW CAN I GET INVOLVED?

For parents and guardians of Nippers there are lots of things we would welcome you to get involved in at the Club. We will have training available throughout the week, these days and time are to be confirmed – keep an eye out for the City of Perth club newsletter for announcements and from your child's Age Group Manager.

Other things which either your child's Age Group Manager or the Club office (6183 3843) can give you further information on include:

- Actively helping your Age Group Manager each week
- Becoming an Age Group Manager - no experience necessary, just need the right attitude! New AGMs are always welcome, and we can provide the training.
- Cooking the sausage sizzle on Sunday mornings

- Assisting Nippers to correctly put away equipment each Sunday
- Become a Level 1 Official and help at Carnivals
- Assisting with organising social events for the Nippers and parents
- Volunteering at Club Events
- Completing your Nipper Rescue Certificate (NRC), Surf Rescue Certificate (SRC) or Bronze Medallion, which then allows you to do water safety and/or voluntary patrols. All volunteers will also require a Working with Children (WWC) Check if they are not a parent of a Nipper. Please check the club website under Education on how to register your interest.
- If you have a Bronze then you can do other courses including IRB crew and driver's license, drone-pilot, jet-ski driver, advanced First Aid and spinal management.



PARENTS' CODE OF CONDUCT

The City of Perth SLSC expects the following, as a minimum from all parents:

- Respect the rights, dignity and worth of every Club member regardless of their gender, age, ability, cultural background or religion.
- Never make an unwilling child participate in activities
- Understand that children are involved in activities for their benefit – not yours
- Encourage children to play by the rules
- Encourage the effort being as important as the result
- Work towards improving skills and sportsmanship
- Recognise and encourage good efforts
- Do not yell or abuse a child for making a mistake – they are trying as hard as they can
- If you disagree with an Age Group Manager or official take the matter up in private in a constructive manner
- Recognise the efforts of volunteers
- Always display good will towards all other Surf Life Saving Club members

JEWELLERY / VALUABLES

Due to safety and potential losses rings, watches, necklaces, bracelets (except Medic Alert bracelets) are not permitted during activities. The nature of club activities may result in belongings being left unattended. Any valuables including jewellery, wallets, and mobile phones should be left at home or given to parents before the activities commence. Age Group Managers and officials cannot take responsibility for lost valuables.



WHAT WE DO: WHAT IS NIPPERS?

Nippers are a fun way for children aged 5 to Under 13 to enjoy the beach in a safe environment. The Junior Development Program is designed to ensure children have fun at the beach while participating in lessons that will give them a pathway to becoming a fully rounded participant in both lifesaving and sport.

The specially designed Junior Development Program progressively introduces knowledge and skills, learning outcomes through lessons that are tailored to each of the age groups. Each age group has its own individual set of lessons – between 10 and 16 depending on the age group. The program pathways learning towards the Surf Rescue Certificate which members can begin training towards from the age of 13.

SLSA Junior Development Program - Award Pathway:

| Age Group | Age | Award |
|-----------|-----|-------------------|
| Under 6 | 5 | Nil (Surf Play 1) |
| Under 7 | 6 | Nil (Surf Play 2) |
| Under 8 | 7 | Surf Aware 1 |
| Under 9 | 8 | Surf Aware 2 |
| Under 10 | 9 | Surf Safe 1 |
| Under 11 | 10 | Surf Safe 2 |
| Under 12 | 11 | Surf Smart 1 |
| Under 13 | 12 | Surf Smart 2 |

OBJECTIVES OF CITY NIPPERS

The objectives of City Nippers are to ensure all children who are registered with the Club are provided with:

- A friendly, happy and safe environment for the children who are encouraged to perform to their capacity without undue pressure.
- Opportunity to meet new people
- Opportunity to develop teamwork skills/behaviours
- The best possible opportunity to learn and understand the surf and the beach.
- The best possible facilities to enjoy their activities.
- The best possible opportunity to participate in Club activities.
- The best possible tuition and coaching to achieve the Age Group National Education Awards.
- The best possible opportunity for competition.
- An atmosphere which encourages and fosters the transition of children into the senior surf lifesaving movement.

SUNDAY MORNING TIMETABLE

A typical Sunday morning at City of Perth SLSC is as follows:

| | |
|-----------------|--|
| 8:30 AM | Beach Set-Up – Swim Cans / Beach signage / Risk Assessment / Water Safety sign into Logbook to register hours |
| 8.45 AM | Sign on with Age Manager (it is essential to get your name marked in & out before the start and at the end of every session) |
| 9:00 AM | Each Age Group (Under 6's to Under 13's) goes with their Age Group Manager for activities. |
| 10:30 AM | Equipment packed up, washed down and put away |
| 10.45 AM | City Cafe for a sausage sizzle, snack, drink and catch up! |



CITY CAFE “THE GALLEY” AND BBQ

The City Nippers BBQ is run every Sunday morning with all parents required to assist on a rostered basis (each Age Group does this two Sundays during the season). Even if it is not your rostered week and you see that the City Nipper BBQ workers need a hand, please offer your assistance if you can. This is a great opportunity for those prefers who prefer to stay dry to help at the club!

SUNDAY SET UP AND PACK UP

Every week before Nippers can commence, equipment must be collected from the Nipper storage area at the Club and taken down to the beach. This includes water safety equipment such as rescue boards and rescue tubes, age group signs, Nippers boards and swim cans. Likewise, at the conclusion, it must all be packed away; this is the responsibility of each group and all Nippers.

NIPPER EQUIPMENT

All Nipper Members require:

- Woodside Nipper Age Group Cap
- Woodside Nippers High Vis Rash Vest
- Woodside Nippers Wide Brimmed Hat for beach activities
- Rash Vest for sun protection in the water
- Long Sleeve T-shirt for sun protection on the beach
- Racing Bathers (Wet Suits may be worn on club days)
- Water Bottle
- Plenty of suncream applied before the start of Nippers & reapplication after water activities



WOODSIDE NIPPER AGE GROUP CAPS

Each age group will have a different coloured cap to identify the different age groups. At the start of the Woodside Nippers season the club will give each member their cap at registration day or on their first day of Woodside Nippers. Subsequent or replacement caps will be required to be purchased from the club shop. Below is list of cap colours and age group categories. Please note the age is determined by Surf Life Saving Australia's Guidelines and are based on age as of 1st October to con-firm the appropriate age group.

| | AGE GROUP | CAP COLOUR |
|----------|------------------------|------------|
| UNDER 6 | 1/10/2017 – 30/09/2018 | PINK |
| UNDER 7 | 1/10/2016 – 30/09/2017 | WHITE |
| UNDER 8 | 1/10/2015 – 30/09/2016 | YELLOW |
| UNDER 9 | 1/10/2014 – 30/09/2015 | GREEN |
| UNDER 10 | 1/10/2013 – 30/09/2014 | SKY BLUE |
| UNDER 11 | 1/10/2012 – 30/09/2013 | PURPLE |
| UNDER 12 | 1/10/2011 – 30/09/2012 | BLUE |
| UNDER 13 | 1/10/2010 – 30/09/2011 | RED |

Our Club Shop is open Sunday mornings during the season.

UNDER 8'S TO UNDER 10'S

- Preferably each child has their own foam nipper board.
- To compete in Little Nipper carnivals the U8 & U9's can use any type of foam Nipper board.
- U10'S require SLSA approved foam Nipper Board, the club has a limited amount that can be used at carnivals & that are available for hire for the season.
- City of Perth Surf Club Competition Cap if competing, available at the club shop. This cap is white with a black line down the middle with red lines either side it costs \$15. We also have a silicone version that can be worn under the competition cap to keep long hair under control.



City of Perth
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UNDER 11'S TO UNDER 13'S

- SLSA approved fibreglass nipper board – the club hire out some of these boards each season. Required for Competition.
- Soft Top Nipper Boards can still be used for regular club days.
- City of Perth Surf Club Competition Cap if competing, available at the club shop, as per above.

If your child is U8 or U9 and would like to compete in the Little Nipper Carnivals or the U10, U11, U12 & U13's in the Junior Carnivals then a competition cap is required, and club bathers are preferred. The club shop also sells other merchandise such as rash shirts, hoodies and singlets.

BOARD LEASING

The Club has a hiring program for a limited number of nipper boards Soft Foam (U8-10's) or Fibreglass (U11's – U13's), which allows nippers to 'hire' a board for the season with a bond and hire fee payable. The Club uses the hire fees obtained to ensure ongoing investment in new boards, ensuring that City Nippers can access quality equipment. Refer to the website for updated information on Board Hire.

23'24 Season Club Board Lease

Saturday 16 September 2023, 9am to 11am at the Club Boat Room

Nippers can alternatively purchase their own boards new or second hand from several sources. Please talk to your Age Manager.



PURCHASING A BOARD

There are a range of boards from various manufacturers that come in different sizes and will usually be foam or fibreglass construction. Whilst we cannot recommend one supplier over another, below are some useful links to websites that may assist you in choosing the right craft for your child.

The following details SLSA Surfboard usage in relation to age groups, the following shall apply:

| Age Groups | Description Maximum | Length | Minimum Weight |
|------------|-------------------------------|-----------|----------------|
| U/8–U/10 | Foam ‘Nipper’ Boards | Max. 2.0m | Not specified |
| U/11–U/13 | Fibreglass ‘Nipper’ Boards | Max. 2.0m | 4.5kg |



Example of a SLSA approved foam nipper board.



Example of a SLSA approved fiberglass nipper board.

Links to possible foam & fibreglass nipper board suppliers (not a complete list):

- Valid: <https://www.blueheelertrading.com.au>
- Ocean Built <https://www.oceanbuilt.com.au/nipper-boards>
- Dolphin: www.dolphinurf.com.au
- Bennett Boards: www.bennettsurfboards.com
- Kracka: www.krackasurfcraft.com.au
- JM Paddleboards: <https://watermanstore.com.au/collections/jm-paddleboards>
- Race One: info@raceone.com.au
- Infront Surfcraft www.infrontsurfcraft.com.au

Other beginner soft boards that help the younger Nippers transitions to a Nipper Board or to help build a child's confidence in the surf may also be used at Nippers on a Sunday morning. These boards cannot be used at SLSWA sanctioned events for U10's, the club do however have a selection of SLSWA Nipper foam boards that can be borrowed by U10's at Junior carnivals.



Example of a foam beginner/training nipper board.

Second-hand boards may also be found at the following:

- Other surf club websites and club Facebook groups.
- Gumtree
- Gear Trade
- Club notice boards

NIPPERS

GENERAL NIPPER INFORMATION

To enable City Nippers to run smoothly on Sundays, please note the following:

- Announcements and important information for Nippers and parents is communicated at 9am each Sunday at the front of the Club on the beach. Please be on time and listen to announcements so that you are aware and up to date with all matters concerning your children.
- Children must arrive with sunscreen applied, their Woodside Nipper wide brimmed hat, long sleeve shirt, towel and water bottle.
- Please assist your child's Age Group Manager.
- Children **MUST** always wear their age group Woodside Nippers cap and hi viz rash vest on Sunday morning whilst participating in Nipper activities.
- The Patrol Captain of the day is the ultimate authority in relation to water activities and events.
- A minimum of 1 Qualified Water Safety person (NRC, SRC or Bronze) per 5 children is required for water activities. Failure to meet this ratio will result in water activities being delayed or cancelled. These people wear orange caps and/or orange rash vests. They are the only people authorised to use a rescue board or wear a tube.
- No child will be able to participate in water events without first completing an evaluation swim and being certified proficient.
- At the completion of Nippers, they must sign-out with their Age Group Manager. Children **MUST** obtain their parents' permission and remove their cap before re-entering the water and swim only between the flags under the supervision of their parents. The Patrol are not responsible for these children.
- Children are unable to participate on the beach or in the water unless they are a registered and financial member.

WATER SAFETY

City Nippers is all about teaching our juniors how to enjoy and become proficient in the surf. From Under 6's right through to Under 13's we spend Sundays developing their skills to make them confident in the water. To do this in a safe environment means providing water safety and we rely on parents who are keen and preferably capable in the water themselves, to take on this responsible task.

The NRC (Nipper Rescue Certificate) is the minimum qualification required to enable you to undertake water safety. The NRC is a water safety and rescue award for the provision of water safety for SLS Nipper Activities. It is designed to enable a large range of parents/guardians to be engaged by Clubs to formally assist in improving the delivery of Nipper water-based activities and create potential pathways to lifesaving operations such as beach patrols or carnival water safety. To maintain currency members who hold an NRC will need to undergo an annual proficiency test incorporating a 200m Ocean Swim in 6 minutes, a tube rescue and demonstration of signals.

We will be running the 30min-1hr NRC training & assessments at the start of the season. Once qualified we would encourage you to make yourselves available each Sunday to the age group your child is involved in and provide their water safety. All Water Safety Volunteers who are not Nipper parents will also need to complete a Working With Children Check (WCC).

Nipper Rescue Certificate (NRC) Course: New qualifications – 15 October & 12 November. Re-qualifications – 22 October & 17 December 2023 meet in the café at 7.45am for an 8am start TBC.

Nipper Rescue Certificate (NRC) requirements, our skilled City Educators will teach you the following: Manual Handling, Occupational Safety and Health Requirements, Surf Awareness, Signals, Aquatic Rescue: Rescue Tube and Contact Tow. You will need to be able to swim 200m in the ocean in under 6minutes.

If you assist with water safety, please make sure you fill in the Water Safety book each Sunday morning, usually positioned in the Café area. Ask your AGM where the book is located at the start of the season, so you complete it each week.

This table provides a summary of the minimum water safety requirements for SLSWA Nipper activities.

| SLS ACTIVITY | REQUIRED WATER SAFETY RATIO |
|---|--|
| Nipper Activities (Wading/Shallow water) | 1:5 (NAA*: participants) |
| | 1:10 (NAA: participants) <i>If conditions determined low-risk in pre-activity risk assessment</i> |
| Nipper Activities (Deep Water) | 1:5 (NRC**: participants) |
| | 1:10 (NRC: participants) <i>If conditions determined low-risk in pre-activity risk assessment</i> |

*Nipper Adult Assistants, **Nipper Rescue Certificate

NIPPERS' CODE OF CONDUCT

The City of Perth SLSC expects the following, as a minimum from all Nippers / juniors:

- Have fun
- Be a good sport
- Be prepared and willing to learn
- Do your best and be proud of your efforts
- Encourage and congratulate each other
- Look after each other, particularly in the surf
- Treat others as you would like to be treated yourself
- No bullying / teasing
- No bad language
- Look after the equipment
- At Carnivals never argue with an official, have your Age Group Manager approach the Official in the proper manner
- Always display good will towards all other Surf Life Saving Club members

23/24 JUNIOR PROFICIENCY AND SURF EDUCATION REQUIREMENTS

To maintain safety and lifesaving standards, Surf Life Saving Australia has set a standard of proficiency that a Nipper must achieve before being eligible to compete in water events or any carnival event.

TABLE 2: 2023/24 WOODSIDE NIPPER PRELIMINARY EVALUATIONS

| Age Group | Flotation | Submersion | Propulsion |
|-----------|---|---|--|
| Under 6 | Back or front float for minimum of 5 seconds, recover to stand. | Submerge to touch the bottom with hands. (1m depth) | From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand. |
| Under 7 | Back or front float for minimum of 10 seconds, recover to stand. | | From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand. |
| Under 8 | Back or front float for minimum of 15 seconds, recover to stand. | | Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres). |
| Under 9 | Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute. | Submerge to touch the bottom with hands. (1.5m depth) | Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres |
| Under 10 | | | Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25 metres |
| Under 11 | Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 2 minute. | Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands. (1.5m depth) | Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres. |
| Under 12 | Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes. | Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands (1.8m) | Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres. |
| Under 13 | | | Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres |

The proficiency involves swimming and is tested at Churchlands Senior High School on the 10-11am 15 October 2023. Attendance at this session is required or a letter from a Licensed Swim Coach / Swim School is required to show competency. Failure to complete the proficiency requirements will mean your child cannot enter the water on Sunday mornings or

go in competitions until they have completed the required standard. The club is not able to teach youngsters to swim. We expect to lift the swimming skills of competent swimmers (for their age) and teach them surf safety.

If you have any concerns about your child’s ability, please do not hesitate to discuss the issue with the Age Group Manager.

These minimum requirements are for the safety of the children. Age Managers have the right to deny a child participation in water activities if they are not satisfied with the swimming ability of that child. The Director of Junior Activities is the ultimate authority regarding participation of children in water activities.

TABLE 4: 2023/24 WOODSIDE NIPPER COMPETITION EVALUATIONS

| Age Group | Competition Evaluations | Notes |
|-----------|--|---|
| Under 8 | Minimum 100m open water swim in 6 minutes | Refer to the 2023/24 SLSWA Planning Calendar for the closing dates and times relevant to each carnival/event. |
| Under 9 | Minimum 100m open water swim in 6 minutes | |
| Under 10 | Minimum 150m swim in open water in less than 8 minutes | |
| Under 11 | Minimum 200m open water swim in less than 8 minutes | |
| Under 12 | Minimum 200m open water swim in less than 8 minutes | |
| Under 13 | Minimum 200m open water swim in less than 7 minutes | |

AGE GROUPS

We aim for each Age Group to have at least two volunteer Age Managers who organise, run and control the activities each Sunday. Each child is allocated to an Age Group according to the age chart above. Nippers must wear their Woodside Nipper Age Group cap during club activities, so they are easily identifiable on the beach.

Policy on aging up / down: As a guideline Nippers aging up is discouraged. Nippers that age up/down do so on a social basis and are not eligible for SLSWA Awards, Trophies and the like in the higher/ lower age group. Nippers that age up/down may return to their correct age group to compete for club trophies as necessary. The onus is on the individual to compete in the correct Age Group. Please discuss this with the Director of Junior Activities if you would like to age up/down your child.

AGE GROUP MANAGERS

Age Group Managers are ALL VOLUNTEERS and usually parents, they are allocated to each age group with responsibility for organising and conducting the various Nipper activities. The main responsibilities of the Age Group Managers are as follows:

- Ensure activities are conducted in a safe environment and adequate Water Safety is in place for water-based activities.
- Encourage the children of their age group to participate, enjoy, co-operate and compete in all activities of the Club.
- Keep weekly records of each child’s attendance and proficiency achievements.
- Instruct the children in their age group of the necessary requirements for the National Awards.
- Organise the children in their age group at carnivals.
- Assist in the development of surf awareness and surf safety for the children in their age group.
- Keep children and parents informed of the requirements of the age group and of Club activities, carnivals, competition dates, etc.

- Ensure the children of the age group are aware of and encourage sun protection.

Parents are encouraged to make themselves known to their child's Age Group Manager and to help when required. If you have any questions or concerns, or if your child has any medical condition that may restrict him or her in any way, please speak with your Age Group Manager.

Age Group Managers are not babysitters. Parents are required to be on hand during Nippers and to resume responsibility for their child at the conclusion of the day's events. Sometimes Nippers will finish earlier or later depending on the weather conditions, parents need to be present, so they are aware of what their child is doing during the Nippers session.

If you must leave before events are finished, please inform your child's Age Group Manager BEFORE taking your child from the beach as each age-group has a register to complete.

AGE GROUPS KEY CONTACTS FOR 23/24

| | | |
|------|--|--------------------------------|
| U13s | Matt Judkins | Under13@cityofperthslsc.com.au |
| U12s | Andy Buck, Nancy Shaw, Tamsyn Black, Rhonda Leyland | Under12@cityofperthslsc.com.au |
| U11s | James Davison, Sam England, Darren Westphal | Under11@cityofperthslsc.com.au |
| U10s | Jason Black, Pippa Sweet | Under10@cityofperthslsc.com.au |
| U9s | Ian Smyth, Nigel Rhodes | Under9@cityofperthslsc.com.au |
| U8s | Blair Trew, Rosie Kimble | Under8@cityofperthslsc.com.au |
| U7s | Daniel Hickey, Ricki Cockliff | Under7@cityofperthslsc.com.au |
| U6's | Scott Bray, Craig Simmonds, Rebecca Hartman | Under6@cityofperthslsc.com.au |



SURF SPORTS

COMPETITION:

Several "Points Days" & Intra-Club Carnivals will be held across the season. These are designed to introduce Nippers to Surf Sports and give Nippers the opportunity to demonstrate their athleticism and surf skills. It also allows Parents to practise their skills as Officials and learn about surf sports.

U8 - U13's Points Days

A cumulative points system operates. Nippers must be registered and compete in their correct age group to be eligible for points.

Points events held are for the Surf Race; Board Race; Ironman/Ironwoman (U10-U13 only); Beach Flags and Beach Sprint. Overall Champions will be awarded to the highest overall point score from the best 2 results from the 3 points days. Points will be allocated on the following basis:

- 1st - 10 points
- 2nd - 8 points
- 3rd - 6 points
- 4th - 4 points
- 5th - 2 points
- All competitors that complete the event are awarded 1 point.

Trophies or prizes are awarded as follows:

- Club Champions:
 - Champion Boy and Girl – Water
 - Runner Up Champion Boy and Girl – Water
 - Champion Boy and Girl – Beach
 - Runner Up Champion Boy and Girl – Beach
- Age managers 'City Spirit' award – Boy and Girl
- The Nipper Marathon is our last Nipper event of the year!

INTER CLUB CARNIVALS

U8 & U9's

SLSWA have also introduced "Little Nippers" Surf Sports Carnival for the Under 8 and Under 9 Nipper members, as a fun way to introduce sport to these younger age groups. The Little Nippers Carnivals will be held at safer locations and club volunteers will work together to help deliver introductory surf sports experience for these Little Nippers.

U10 – U13's

There are a wide range of opportunities available for members interested in participating in surf lifesaving sport. Surf Sports continues to be a retention tool for our club as well as a way

for our lifesavers to display and practice the skills and abilities required to save a life on our beaches. For our Under 10 to Under 13 Nipper members (9–12-year-old members), SLSWA provides Nipper Surf Sports Carnivals and Championships. Some events at the Junior State Championships require pre-qualification, however most events at the States are for everyone to enter. A Nipper must also compete in one carnival over the season to be eligible to compete in the State Championships.

There is the ability for Under 10s to compete in the Under 11 age group in team events if there is place available. If you think your child falls into this category, please discuss it with your Age Group Manager. Please note the policy regarding ageing up for team events.

Competition against other clubs promotes fair play, club loyalty and gives children the opportunity to mix with their peers. It also allows City Nippers to display the surf skills they have acquired. Final selection of teams for team events will be the responsibility of the respective Age Group Manager and Junior Surf Sports Manager.

Entry information is sent out via your Age Group Manager or Administration Assistant – we club do not enter your Nipper; it is your responsibility direct with Surf Lifesaving WA.



CARNIVAL EVENTS

Events for Under 10s to Under 13s are the same and are either water or beach based. A basic overview of the events is as follows:

WATER EVENTS

Surf Race: Competitors shall commence from the start line on the beach, swim round the buoys and return to shore and finish between designated flags.

Board Event: Competitors shall commence from the start line on the beach, paddle around the designated buoys and return to shore and finish between designated flags.

Iron person Events: Consists of all three disciplines - swim-board-sprint. The order of sequence is drawn on the day and therefore varies from competition to competition. Competitors will swim around buoys, return to beach, run around flags, pick up board on start-

change over line and enter the water for the board section. Competitors will complete the board leg and sprint to the finish line. Boards may be left at the water's edge.

Surf Teams: Is contested in the same manner as a Surf Race, however with a team of four. Upon completion, finishers are numbered sequentially; the numbers are then added together and the team with the least number of points wins.

Board Relay: This event uses the board course and involves a team of 3 competitors in a relay format.

Cameron Relay: Team consists of 4 competitors; a swimmer, 2 sprinters and a board paddler. The sequence is drawn on the day but will be either swim-sprint-board-sprint or board-sprint-swim-sprint.

Board Rescue: Teams comprise of a patient and a rescuer. The patients shall swim to their allotted buoy and shall signify their arrival by touching the buoy with one hand and raising the other arm in a vertical position. The patient should then retire to the seaward side of the buoy. On receiving the signal, the Rescuer shall paddle to the allotted buoy. The patient shall then be positioned on the front of the board. Competitors return to shore passing across the line, both in contact with the board.

BEACH EVENTS

Beach Sprint: Competitors take up their positions on the words of the starter, followed by a whistle blast.

Beach Relay: The team shall consist of 4 members.

Beach Flags: Batons are positioned in line parallel to the start line and shall be approximately in the centre of the space between competitors. Competitors shall lie face down, with their toes on the start line, heels together, hands on top of each other with fingertips to wrist and the head up. Elbows must be extended forward so that the chest lies flat on the sand. No scooping of sand or digging in of the feet is permitted. On the command "Heads Down" the competitors will stretch their chins forward and place the chin on their hands and await the start. At the starter's whistle blast the competitor shall get to his feet as quickly as possible and attempt to obtain a baton.

Rescue and Resuscitation (R&R): Is our traditional rescue and care event which epitomizes all core values of surf lifesaving. It begins at the U10 & 11 age groups. With a Two Person event which is all dry land resuscitation and drill based; then progresses to an Under 12 - 13 Five Person events using a surf reel but with team members going no deeper in the water than knee deep. The Five Person event then carries on into the senior area in U15; U17; U19; Open men and Women.

March Past: This event comprises teams of twelve members from all clubs, who carry a small surf reel in a display formation around the Carnival arena. As in R & R it is done in a drill sequence and is judged in a similar way to diving and gymnastics, i.e. points deducted for mistakes. Members march to music and are dressed in their club bathers and T-shirt. The team captain is at the front of the team and carries the club flag. It is a good team activity for the full range of members.

CITY NIPPERS SURF SPORTS COACHING

City of Perth SLSC has a long proud tradition of high performance in the Surf Sports areas. Commencing as Nippers, we offer structured coaching available in all disciplines, leading right into Senior Club.

Surf Sports creates several opportunities to travel and compete, not only in WA, but at a National and World level. The Club has a high number of competitors who travel to the Australian Surf Life Saving Championships every year. This competition commences at U14 level and goes right through to Masters. There are other opportunities including Coolangatta Gold; Nutri Grain Iron Man / Woman Series; Interstate Team Competition at Manly to name a few. Opportunities are also available in First Aid, Champion Lifesaver and Champion Patrol competitions.

Many of our surf stars started in Nippers!! One of our most recent stars is Gabby Murphy.



Starting as a City Nipper, Gabby has gone on to win Seven Australian Championships – One in Beach Sprint, Two in Flags and Four in Beach Relay – all by 19!! Gabby has been selected in a several State teams, SLSWA High Performance squads and toured Japan with the Australian under 20 team in 2014. A champion in both individual and team events, Gabby is a great example of what can be achieved in the Surf Sports area.



COACHING

Training will be available mid-week as well as Sunday mornings before Nippers during the summer months at City Beach. This will be for all U9s to U13s in a variety of surf lifesaving disciplines including board paddling and beach events. All training sessions are split into separate tiers that run at the same time to cater for all skill levels – the tiers are skills based rather than age based. City of Perth SLSC is fortunate to have a few coaches on offer across the various surf sports discipline. Talk to your Age Manager for further details.

Please Note: Parents are expected to bring their children to the coaches not just drop them at the front of the Club. Each child must have a parent or nominated adult on the beach during water activities for safety reasons or they will be unable to participate.



CARNIVAL WATER SAFETY

At every Carnival, each Club has to provide qualified members to undertake water safety. This means members with a Surf Rescue Certificate, Bronze Medallion, IRB Crew or Drivers and First Aid (or higher) qualification. Without volunteers to do this we cannot attend Carnivals. Please liaise with your Age Manager.

OFFICIALS

As part of the competition requirements of SLSWA, our Club must provide an official for every ten competitors, both beach and water. This is a great way to become involved as a parent and have a good vantage point of the competition. The Club will provide training through SLSWA – talk to your Age Manager.

SURF CLUB IN THE WINTER

Surf club doesn't finish when summer does, we offer winter board training for U10-13's. Over the winter months nippers can transfer the skills they've learnt over the summer and participate in the Pool Rescue Competitions.

THE LAW

CHILD PROTECTION

All members who are not a Nipper parent (18 years and over) who volunteer at the club are now required to have a Working with Children (WWC) Check. This is SLSWA policy that has been introduced for the 2018-19 Season. The club will assist parent helpers/volunteers by providing the necessary forms at the Nipper registration day.

Our Member Protection Information Officers' (MPIO's) are a point of contact for any child, parent, guardian or any other Club member who wishes to seek any information or discuss any incident in relation to child protection. For Nippers we are pleased to welcome Fi Potter as our Nipper MPIO. All MPIO can be reached by the following email address: mpio@cityofperthslsc.com.au

Protecting children from abuse is a responsibility that we must all undertake as adults, parents, coaches, officials and administrators. A child is defined as any member of City of Perth SLSC registered as a nipper, cadet, or junior up to 18 years of age.

City of Perth SLSC is committed to ensuring that the safety, welfare and wellbeing of children are always maintained during their participation in activities. City of Perth SLSC aims to promote a safe environment for all children and to assist all officials, coaches, managers, administrators and volunteers to understand child abuse issues, to recognise child abuse and to follow the appropriate procedures when reporting alleged abuse. City of Perth SLSC follows the member screening requirements of Surf Life Saving WA.

By becoming a member at City of Perth SLSC, you just signed up as part of a community that should bring you one of the most enriching experiences of your life. With the help of those around you, you will always belong, you will always have a voice and you can create beautiful memories as One Club, One Community.

We work hard to protect all of our members, but we need everyone's help to make sure that we can this season too.

We have a full Member Protection Policy and a Code of Conduct, of which the links can be found below, but to put it simply for you, here is some pointers of what we expect of you, and that you and your family should expect from all those fellow members around you, this season.

- **Treat ALL fellow members as you would like yourself to be treated. With respect for rights, dignity and fort worth. Be fair and considerate with dealings with ALL other members. Harassing, bullying, victimisation or discrimination will not be tolerated on any level.**
- **Strive to be a POSITIVE role model for all by being responsible for your own actions, by being inclusive of all members and by showing concern and empathy to those who are sick or injured.**
- **Expect a child safe environment, where all those required by law to have a WCC have one. Where we refuse to accept any behaviour towards or around children that neglects, abuses, harasses a child or that is unwarranted in the context to which it was provided.**
- **Promote a safe and nurturing environment for any other member regardless of their gender, their age, their sexuality, their culture, their language spoken and or their disability to name a few. Promote equal opportunity and social justice wherever you can.**
- **No member will smoke or be under the influence of alcohol or drugs when undertaking any Surf Life Saving duty.**
- **We will not tolerate ANY abusive, discriminatory, intimidating, or offensive statements being made online or in person and any online presence under the Surf life Saving name must be conducive to all other aspects of our code of conduct.**
- **Any competing athletes should expect team selection as per our Team Selection Policy and any disputes or discretions about them should be put forward using the appropriate avenues only (outlined in Complaints section below)**

If you see something that doesn't fit with this, if you even sense that something might be wrong, we want to know. You don't have to formalise it to mention it but if we don't know, we can't help!

Do you have a complaint? Or are trying to prevent one?

- 1) *Chat to or contact your age group manager or coach, a relevant (or any) executive member, a club admin team member or go straight to our club MPIO's (Member Protection Information Officers) by using the email addresses and names provided below. EVERY one of them should know how to listen, to ask what help you might require, to explain your options going forward and to support you through to a resolution in whatever informal or formal methods you and the person being complained about require.*

- Member Protection and Information Officers mpio@cityofperthslsc.com.au
- Director for Junior Activities - Nancy Shaw junioractivities@cityofperthslsc.com.au
- Director for Surf Sports - TBA surfsports@cityofperthslsc.com.au
- Director for Youth - Ben Rogers youth@cityofperthslsc.com.au
- Director for Member Services – Linda Jackson memberservices@cityofperthslsc.com.au
- President - Stephen Carrick president@cityofperthslsc.com.au

- Vice President - Megan Patterson vicepresident@cityofperthslsc.com.au
- Director of Finance - Damien Van Pelt finance@cityofperthslsc.com.au

- 2) We will escalate any criminal matters directly without any hesitation, but should complaint escalation be required other than for criminal means, *the MPIO will identify a Designated Complaints handler for the particular complaint that will be the resolver of the issue.*
- 3) *A resolution will be worked on by both parties and the complaints handler delivers a resolution agreed upon by both parties* in the form of a Formal Recommendation Letter with or without disciplinary sanctions as the resolution entailed. This is stored and can be appealed or called upon at any later date.

No issue is too silly, so if you or your family feel it, we need to know and we will do everything we can. We will work to give every member the chance to feel safe and supported and part of our One Club, One Community this and every season ahead.