



KINGSTON BEACH

SURF LIFE SAVING CLUB



NIPPERS INFORMATION HANDBOOK



Version: 5 – August 2021

Contents

WELCOME TO KINGSTON BEACH NIPPERS	3
PARENTS RUN NIPPERS!.....	3
SUNDAY ACTIVITIES	4
SESSION TIMES	4
NIPPER SEASON START	4
COMMUNICATION – TEAM APP & FACEBOOK	5
ADDITIONAL TRAINING	6
UNIFORM & GEAR SALES	6
AGE GROUP CALCULATION.....	7
BRONZE MEDALLION OR SRC TRAINING.....	7
CHILD PROTECTION	8
EQUIPMENT USE.....	8
SUN PROTECTION	8
NIPPER BBQS	8
SURF EDUCATION	8
REGISTRATION.....	9
SWIM PROFICIENCIES	11
CARNIVALS.....	12
NIPPERS CALENDAR OF EVENTS 2021/2022 – FOR THE FRIDGE	13
NIPPERS COMMITTEE MEMBERS 2021/22.....	14
EXTRA RESOURCES.....	15

WELCOME TO KINGSTON BEACH NIPPERS



This handbook sets out information about the Nippers program at Kingston Beach SLSC. It is intended to help both prospective new members and returning members alike.

Kingston Beach Surf Lifesaving Club is a young but growing club. Our Nippers program continues to grow year on year, and we now have over 160 registered KBSLSC Nippers which is fantastic!

Like most Surf Lifesaving Clubs, Kingston Beach SLSC is very family orientated and the focus is primarily to ensure that our Nipper program is both fun, challenging, and educational, not only for the children but also for the parents and guardians who join us on the beach. We have opportunities for those Nippers who are wanting to learn beach awareness and become our future patrolling team members, but we also cater to those competitive Nippers with a passion for surf sports. There is something for everyone at KBSLSC.

We hope you find this handbook useful and look forward to welcoming you and your child/ren to our club!

-Junior Activities Team

PARENTS RUN NIPPERS!

Our Club operates entirely on volunteer help. There are many jobs, and for most of these, Surf Life Saving experience is not required.

Our experience is that ***the more you get involved, the more your child will enjoy Nippers***. Roles that parents can help with include:

- Equipment set-up and pack-up
- Age Managers
- Assistant Age Managers
- Water Safety
- Fundraising
- BBQ Roster
- Carnival Judge/Official
- Timekeeper for rotations



Your assistance on the beach will be regularly required and we count on volunteers to keep the sessions running smoothly. Age Managers are a crucial part of our Nippers program, and we require parents to fill these roles for the age groups. Read here -> <https://sls.com.au/role/age-manager/> for information on the age manager role.

Please let us know if you would like to be an Age Manager, or assistant Age Manager, or want to be mentored by a current Age Manager. We have simple training options available and WOULD LOVE your help on the beach in these roles! Please talk to our Junior Activities Team if you are interested.

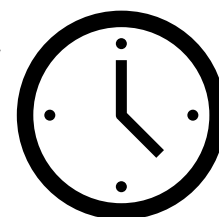
SUNDAY ACTIVITIES

Our main Nippers session traditionally runs on a Sunday morning in the middle of Kingston Beach. We begin the morning by assembling at the club facility (situated behind the public ablutions) at 9:45am. Our Nippers need to assemble with their Age Manager and be signed off before the session commences. Nippers should be organised and ready to go with their nipper cap, pink vest on, have sunscreen applied and water bottles, goggles, wetsuit and towel ready to go.

It is important to note that each child must be marked off the roll prior to leaving with parent at the end of the session.

SESSION TIMES

Nippers runs for two hours on a Sunday morning and Seahorses run for one hour
Arrival time 9:45 for a 10am start



Nippers (U8-U14): 10.00 am – 12:00pm

Seahorses: 10.00 am -11.00am

* Sessions may be cancelled or cut short some weeks due to weather. If this happens (which is rare), you will receive a text message as well as Facebook and TeamApp notification by 8:30am Sunday morning.

PLEASE NOTE: A PARENT OR GUARDIAN IS REQUIRED TO BE ON THE BEACH AT ALL TIMES, DURING NIPPERS. YOUR CHILD IS YOUR RESPONSIBILITY, NIPPERS DOES NOT RUN LIKE A CHILD-MINDING PROGRAM.

TRIPS TO THE TOILET, SUN PROTECTION AND THE GENERAL WELFARE OF EACH CHILD ON KINGSTON BEACH IS THE RESPONSIBILITY OF THEIR PARENT OR GUARDIAN.

NIPPER SEASON START



The 2021/22 beach season commences on Sunday 14th November with our club Open Day.

Our Open Day does not run like a normal Nippers session. It is a day for the community to come down and see how our club runs and for interested kids to give nippers a try.

Three pool proficiency sessions will be run prior to our open day. More information on these days will be advertised internally closer to the time.



SURF EDUCATION

The SurfEd program is what Nippers is all about and is based on a clearly defined structure and outcomes to aid the children's lifesaving development. During the season, all Nippers can gain their respective SurfEd award for their age group.

These certificates are only issued to children participating in their correct age group who have met the minimum requirements regarding attendance and participation. SurfEd awards are tracked against your child's name in the national database system and is a great pathway for them to gain their SRC and Bronze Medallion.

All SurfEd awards are issued to the nippers at our annual nipper break up function at the end of the season.



SURF SPORTS

As well as the SurfEd program, our Sunday sessions are made up of water skills which familiarise children with being in the sea including wades, swims, board skills, swim / board relays and a host of other aquatic based skills training.

After their water and education rotation they will move to a dedicated beach area where new skills such as flags training, beach sprints, sprint relays, 1km beach runs etc will be conducted.

Our Sunday Surf & Beach Skill Sessions are action packed on land and in the water to ensure your nipper has the best time!

COMMUNICATION

Our club uses several forms of communication to keep in touch. Our combination of email, Facebook and TeamApp should keep you covered. To stay on top of club news and information please keep an eye on all these helpful sources.

KBSLSC Website

Our website is a useful source of general club information. Add this to your bookmarks <http://www.kingstonbeachslsc.com.au> and check the page every so often to keep yourself informed. There is information on the website that may not be found in Team App.



Facebook

Club Page – Kingston Beach Surf Lifesaving Club

- Public page | Only publicly viewable information will be posted here

Members Page – Kingston Beach Surf Lifesaving Club - Members

- CLOSED to public
- In order to be granted access you must be a financial member of the club

- This is where members can ask general questions and get replies from other members and the club/committee – ie member forum
- We will occasionally post pictures and information from events, carnivals, etc.



TeamApp

TeamApp is a fantastic way of keeping up to date. Download the App to your smartphone and you will have all our Newsletters, season calendar and events at your fingertips. It is the method we use to register for carnivals and is a must have for all Nipper families.

Instagram

Our club has an Instagram page where we regularly share photos of our Nippers program. Follow us at [kingstonbeach_slsc](#)

Email

Weekly newsletters are emailed from the club database email **no-reply@surfguard.slsa.asn.au** and other email notifications come from kingstonbeachslsc@gmail.com during the season.

ADDITIONAL TRAINING

Kingston Beach SLSC may choose to offer additional training for interested members in the following areas:

U10-U14 Board Training Thursday 4:15 – 5:30pm (see our Facebook Members page for updates)

CADET TRAINING (U14 – Open): Thursday evening and Sunday Mornings. Our cadets have a Messenger group which is used for updates. Please ask coach Maddy McBride to be added to this group.

Clifton Beach Training : Friday Evenings 5 onwards. Occasionally we are invited to the Friday night Clifton SLSC board training in order to get some wave action, but these are not regular sessions and will be advertised via our various communications platforms.

UNIFORM & GEAR SALES

For safety reasons ALL children MUST wear a cap during all activities on the beach. Our seahorses wear a plain aqua blue cap and all other nippers wear our blue/yellow club cap. ALL participants in aquatic activities must also wear a high visibility pink vest. This is a national safety requirement.

Club apparel and caps, vests, etc. are on sale most Sunday mornings at the beach. We have a great range of kids and adult swimwear, and polo shirts, hoodies, caps etc. They all make great gifts and are great to represent the club at Carnivals!



AGE GROUP CALCULATION

When your child joins nippers, they will be placed in an age group category. Often a source of confusion, we've tried to make this as easy as possible for our members! The age group for your child is calculated from the age they are, on or prior to, 30th September.

For example, if your child is 11 on the 30th September of this year, they will be in the Under 12 age group for the season.

CHILDS AGE at SEPT 30th	NIPPERS AGE CATEGORY
6	Under 7 (seahorses)
7	Under 8
8	Under 9
9	Under 10
10	Under 11
11	Under 12
12	Under 13
13	Under 14

If your child has friends in neighbouring age groups we can be flexible in allowing them to train on Sunday with their friends, however, due to the age groups being set by Surf Life Saving Australia, the age groups are fixed for competition and children cannot move into different age group categories at carnivals unless they are competing up an age group to assist with numbers.

PARENT BRONZE MEDALLION OR SRC TRAINING

At the beginning and during the season training is arranged for any parent (who is an active member) interested in obtaining their Surf Rescue Certificate or Bronze Medallion. The Bronze Medallion course can be one of the most rewarding courses you can attempt.

Once qualified you can join our Water Safety Team or even one of our beach patrol teams. Courses are normally run over four-five weeks and we are very flexible in working around parent schedules. For more information on these awards, get in touch with Bridget (Training officer) on the beach.



CHILD PROTECTION

Kingston Beach SLSC is committed to the Safeguarding of Children and Young People, under the age of 18, and acknowledges that a child-safe organisation doesn't just happen; it requires conscious action to protect children from harm.

Any parent assisting on the beach must be registered as an associate member or Nipper Parent Member this season for safety reasons. All lifesavers and parent helpers also need to apply and show proof of approval of a "Working with Vulnerable People" card for child protection.



Please complete the registration process at:

<https://www.cbos.tas.gov.au/topics/licensing-and-registration/registrations/work-with-vulnerable-people> and once you receive your approval email (from 1 week, but up to 4 weeks), please email your approval WWVP number and details to our club email. If you already have a card, please show our Nippers team on the beach on a Sunday so the club can record the details.

EQUIPMENT USE

On Sundays and during mid-week training sessions nippers are provided with lots of equipment to use to supplement their training and skill development. Surf lifesaving gear is very expensive to purchase and repair, so we ask you to please remind your children to take care with all our gear! The steps on the beach and the retaining wall near the storage shed are HOT SPOTS for damage to our boards, so please look out for this when children are transporting gear to and from the beach.

For carnivals, club boards are transported with the club's gear trailer. On occasion, when the gear trailer is not required, equipment may be signed out to members for transportation to carnivals and off-site training sessions. This must be approved by the Junior Activities Coordinator prior to signing out any equipment and a condition report completed before signing out and upon return.

SUN PROTECTION

Our club is very aware of the importance of proper sun protection and encourages all surf lifesavers, nippers, guardians, and visitors to the beach to be sun smart.

Please make sure your child has their sunscreen applied before they join their age group on Sunday morning. Please note: Age Managers are neither responsible nor allowed (child protection laws) to apply sunscreen to the children, this is your job as a parent.



NIPPER BBQS

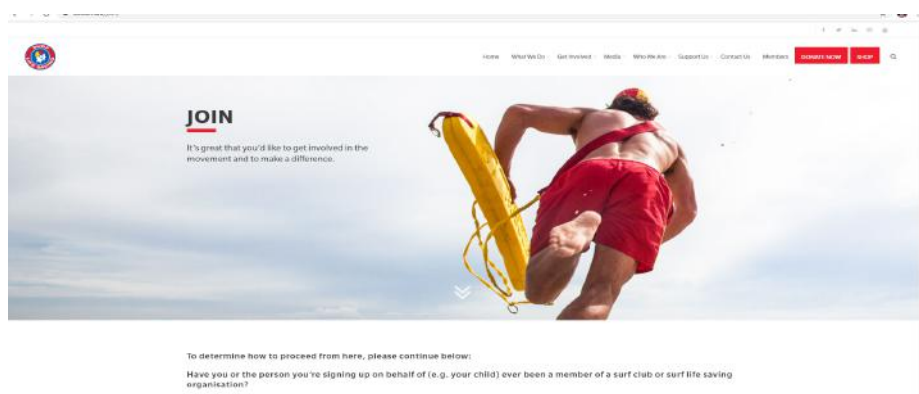
To help fundraise, we hold regular Sausage Sizzles after Nippers on a Sunday morning at our new shed across the road from the beach, adjacent to the new toilet facilities – please support the club, come over, check out our facilities and buy a snag or two when you can. This is a weekly occurrence, and we rely on the age group on duty to run this initiative. All funds raised go towards new nipper equipment including boards, balls, flags etc.



REGISTRATION

Surf Life Saving Australia (SLSA) requires all nippers to be current financial members of a club. Non-financial members will therefore not be able to participate until their membership is renewed and paid online. New members need to create an individual account with SLSA. For families joining, create an account for each family member. We also have a [parent policy](#) in place which requires at least one parent to join when they join a nipper/s up to our club.

NEW MEMBER: Head to <https://sls.com.au/join/>



Select that you have not been a member of a Surf Club before – select that you want to join a Surf Life Saving Club – **select Kingston Beach SLSC** – select join a family. **(It is important to select Family as we have a Nipper Parent policy which requires at least one parent/guardian to become a member alongside their child/children).**

Your request will then go to the club to be accepted by the club registrar.
If you have any problems with the registration process, please email the club account kingstonbeachslsc@gmail.com and we will give you a hand.

REGISTRATION

RETURNING MEMBER:

Head to: https://members.sls.com.au/SLSA_Online/modules/login/index.php



Our returning members need to log into their Members Area Account to renew memberships. Please note that some members will need to create a Members Area Account to access this area. Please use the Parent/Guardian details to log in (ensuring the parent/guardian is a club member as per the Nipper parent policy). Once in the Members Area you can renew your family.

MEMBERSHIP FEES

2021-2022 Membership Fees

CATEGORY	EARLY BIRD RATE (1 st September – 1 st November)	NORMAL SEASON FEES
Family*	\$320	\$350
Active (18 years and older)	\$125	\$140
Cadet (14 – 17 years old)	\$125	\$140
Nipper (6 – 13-year-old)	\$125	\$140
Seahorse (6-year-old)	\$90	\$100
Associate	\$70	\$80
Nipper Parent	\$45	\$50

* Family is assumed to be up to 2 adults and their children who are Under 18 or full-time students.

Early Bird Membership Renewal is open until 1/11/2021. Renewals and payments can be made through the Members Area Account. For any questions, please contact our registrar via the club email kingstonbeachslsc@gmail.com



SWIM PROFICIENCIES

Water proficiencies are a very important part of the Kingston Beach Surf Life Saving Club's initial assessments for safety and competence. We are NOT a learn-to-swim school. All children wishing to enter the water during nipper activities MUST have a basic level of competency in a pool. Furthermore, anyone wishing to compete in water events or attend board and swim training must successfully complete the competition evaluation at the beach.

All nippers are required to participate in this evaluation (conducted by Kingston Beach SLSC) prior to any water activity at the beach on a Sunday, mid-week training or carnival participation.

Age group requirements:

Age	Preliminary Skills Evaluation	Competition Skills Evaluation	Surf Education
Under 6	From a standing position in waist deep water perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.	Nil (no competition)	Surf Play One
Under 7	From a standing position in waist deep water, perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position.	Nil (no competition)	Surf Play Two
Under 8	25 metre swim (any stroke) 1-minute survival float	Nil (no water competition, except for wade which takes place in waist deep water)	Surf Aware One
Under 9	25 metre swim (any stroke) 1-minute survival float	Minimum 150m open water swim (competition course as per competition manual)	Surf Aware Two
Under 10	25 metre swim (freestyle) 1.5-minute survival float	Minimum 150m open water swim (competition course as per competition manual)	Surf Safe One
Under 11	50 metre swim (freestyle) 2-minute survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Safe Two
Under 12	100 metre swim (freestyle) 2-minute survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart One
Under 13	150 metre swim (freestyle) 3-minute survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart Two
Under 14	200 metre swim (freestyle, in less than 5 minutes) 3-minute survival float	Minimum 288m open water swim (competition course as per competition manual)	SRC *
Assessor	Age Manager	Age Manager Level 1 Coach, or Level 1 Official Training Officer (SRC/Bronze) Assessor (SRC/Bronze) (* Assessment of SRC can only be completed by an approved Assessor)	

2021/22 proficiency dates:

****See the calendar on final page****

CARNIVALS



Carnivals are a great way for kids to test the skills they have developed at nippers. We encourage all Nippers to go along and have a go. It's about building up confidence and enjoying the events. U8 – U14 age groups can compete and are required to have both their pool and open water swimming proficiency complete in order to be eligible for competition.

Date (provisional)	Carnival	Location
18/12/2021	Regional Carnival	Clifton SLSC
08/01/2022	Junior State-wide Carnival #1	Bridport SLSC
29/01/2022	Junior State-wide Carnival #2	Clifton SLSC
06/02/2022	Junior State-wide Carnival #3	Port Sorell SLSC
19/02/2022	Junior State-wide Carnival #4	Burnie SLSC
05-06/03/2022	JUNIOR STATE TITLES	Penguin SLSC

Carnivals include both individual and team events and are a great way to put into practice all the skills learnt on the beach. We don't have selection criteria for carnival team events but your attendance at regular nippers and team training may be considered if we have a limited number of teams.

Parents will be asked to help on the day, we are always looking for Age Managers, Assistant Age Managers and Officials.

In 2021/22 we URGENTLY need more carnival officials for our nippers to continue to be benefiting from these organised events. The carnival official course has no pre-requisites and is open to anyone. Furthermore, you can pick the area in which you wish to officiate on the day, and you have the best beach-side view of what's going on!!



NIPPERS CALENDAR OF EVENTS 2021/2022 – FOR THE FRIDGE



Nipper Calendar 2021/22



Date		Carnivals/Events	
OCT	Thurs 7th	Pool proficiency, <i>returning members only</i>	Collegiate pool 5.15-6.30pm
	Sat 9th	24hr MS Mega swim	Hobart aquatic centre
	Thurs 14th	Surf safari Training	Kingston Beach
	Thurs 21st	Surf safari Training	Kingston Beach
	Thurs 28th	Surf safari Training	Kingston Beach
	Sun 31st	Pool proficiency, <i>new members only</i>	Clarence Pool 3-4.30pm
Nov	Thurs 4th	Surf safari Training	Kingston Beach
	Sat 6th	Surf Safari	Lower Sandy Bay
	Sat 6th	Quiz night	Salty dog
	Thurs 11th	Nipper evening training *	Kingston Beach
	Sun 14th	Nipper open day	Kingston Beach
	Thurs 18th	Nipper evening training*	Kingston Beach
	Sun 21 st	Nippers Pool Session, <i>New members only</i>	Kingston beach Clarence Pool 3-4.30pm
	Thurs 25th	Nipper evening training*	Kingston Beach
	Sat 27th	Surf Festival Carlton Park	Carlton Park
	Sun 28th	Nippers	Kingston Beach
Dec	Thurs 2nd	Nipper evening training*	Kingston Beach
	Sun 5th	Nippers	Kingston Beach
	Thurs 9th	Nipper evening training*	Kingston Beach
	Sun 12 th	Nippers	Kingston Beach
	Thurs 16th	Nipper evening training*	Kingston Beach
	Sat 18th	Regional Carnival (Special event)	Clifton Beach
	Sun 19th	Nippers (Christmas celebrations)	Kingston Beach
Jan	Sun 2nd	Nippers	Kingston Beach
	Sat 8th	State-wide Jnr carnival	Bridport
	Thurs 13th	Nipper evening training*	Kingston Beach
	Sun 16th	Nippers	Kingston Beach
	Thurs 20th	Nipper evening training*	Kingston Beach
	Sun 23rd	Nippers	Kingston Beach
	Thurs 27th	Nipper evening training*	Kingston Beach
	Sat 29th	State-wide Jnr Carnival	Clifton Beach
Feb	Thurs 3rd	Nipper evening training*	Kingston Beach
	Sun 6 th	State-wide Jnr carnival	Port Sorell
	Thurs 10th	Nipper evening training*	Kingston Beach
	Sat 12 th	Hydrothon Female surf camp	Clifton Beach
	Sun 13 th	Nippers	Kingston Beach
	Thurs 17th	Nipper evening training*	Kingston Beach
	Sat 19th	Nippers	Kingston Beach
	Sat 19 th	State-wide Jnr carnival	Burnie
	Thurs 24h	Nipper evening training (Everyone competing at State titles)	Kingston Beach
	Sat 26 th	Masters State Championships	Boat Harbour
March	Sun 27th	Champion Lifesaver Competition - Senior	Boat Harbour
	Sun 27th	Nippers (to be confirmed)	Kingston Beach
	Thurs 3rd	Nipper evening training (Everyone competing at State titles)	Kingston Beach
	Sat 5 th	Junior State Championships	Penguin
	Sun 6 th	Junior State Championships	Penguin
	Thurs 10th	Nipper evening training*	Kingston Beach
April	Fri 11th	Nipper Party	Kingston Hub
	Sun 13 th	Last Sunday Nippers	Kingston Beach
	Sat 30th	Long course Pool Rescue Championships	Clarence Pool

- Sunday Nippers 9.45am to sign-in and set-up for a 10.00am start on the beach.
- * Training for U/10 age groups and above, 3.45pm for beach training, and 4.15 -5.00pm for board and swim training.
- Please ensure you check-in with the covid app and the session sign-in sheet.

NIPPERS COMMITTEE MEMBERS 2021/22

Our junior activities team meet regularly to discuss the club's Nippers program. The team is always open to new members. Please talk to Mark if you would like to join.

Position	Name
Junior Activities Coordinator	Janelle Kingston
Junior Club Coach	Sandra Gadsby
Junior Activities Committee	Mark Cubit
Junior Activities Committee	Bryony Mason
Junior Activities Committee	Liesl Mcilwraith
Junior Activities Committee	Michelle Neill
Junior Activities Committee	Jen Fendler



EXTRA RESOURCES

- ❖ SLST Training Pathway for nipper parents -> <https://www.slst.asn.au/media/81124/surf-sports-enabler-award-pathways-19-20.pdf>
- ❖ Safeguarding children information packs and videos -> <https://sls.com.au/safeguarding/>
- ❖ Surf sports manual -> <https://www.manula.com/manuals/surf-life-saving-australi/surf-sports/1/en/topic/introduction>
- ❖ Surf Life Saving Tasmania website -> <https://www.slst.asn.au>
- ❖ Starfish nippers program (Kingston Beach SLSC will be running this program in 2021/22 -> <http://www.starfishnippers.com.au>
- ❖ Surf Life Saving Australia Payment Gateway -> https://pnpnet.qvalent.com/OnlinePaymentServlet?cd_community=SLSA&cd_currency=AUD
- ❖ SLS Members area login page -> <https://members.sls.com.au/SLSA Online/modules/login/index.php>
- ❖ Nipper education -> <https://www.slst.asn.au/clubs-members/nippers/>
- ❖ Working with Vulnerable People Fact Sheet -> <https://www.slst.asn.au/media/65113/Guide for those working or volunteering in Clubs and Associations-2.pdf>

