



# KINGSTON BEACH

## SURF LIFE SAVING CLUB



## NIPPERS INFORMATION HANDBOOK



Version: 6 – September 2022

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## 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 your family to our club!

## WHAT IS NIPPERS?

Nippers is a Surf Education program for children aged 6 - 14 years, incorporating surf skills, surf and beach hazard awareness, and modified First Aid, CPR and Aquatic Rescue training in a fantastic, supportive team environment. Our goal is to provide our young members with the skills to be safe in and around the water, build confidence, and to become future Life Savers and leaders in our community.

Throughout a Nipper's journey, they will continue to build on their skills and knowledge through the learnings of the Surf Education framework, all while working towards the highest Junior Surf Life Saving award, the Surf Rescue Certificate.



## SESSION TIMES

Nippers at Kingston Beach is held on Sunday mornings from November to March. Session times are:

- Seahorses (U6-U7) – 10.00am – 11.00am
- Nippers (U8 – U14) – 10.00am – 12.00pm

We request families arrive at least 15 minutes before the session starts to sign in their Nipper and assist with setting up the beach for the morning's activities. Nippers should be ready to go with their Club cap, pink vest, have sunscreen applied and have water bottles, goggles, wetsuit and towel before reporting to their Age Manager ready to start their first activity. For session dates please check the Season Calendar <https://www.kingstonbeachslsc.com.au/nippers-calendar/>.

Should inclement weather cause us to modify or cancel a session, we will alert members via text as early as possible, as well as post updates on Team App and the Members Facebook page.

**Please Note:** A parent or guardian is required to be on site at all times during the session. This is not a “drop-and-go” service, trips to the toilet, the application of sun protection and the general welfare of your child while at the beach is your responsibility at all times.

## AGE GROUPS EXPLAINED

Groups are determined by the age of the participant as of 30th September each year. Often this can cause some confusion so below we have created a table to assist with identifying the correct age group for your child.

As an example, a child who is aged 11 on 30th September will be in U12's, a child that has their 11th birthday on or after 1st October will be in U11's.

Childs age on September 30	Nipper 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

This method of grouping is set by Surf Life Saving Australia and is not the same as school grades or some other sports age groups. As a result, it can result in friends being separated into different groups. This is not necessarily a bad thing as there will be plenty of new friends to make, however if children from different age groups want to stay together, we can consider the request subject to the following:

- If the age group you are wanting to move to is at capacity, you must stay in your correct age group
- Seahorses – U6's and U7's are grouped together for their sessions, Seahorses cannot go up to U8, this is due to the proficiency and water safety requirements.
- U8 – U10 – can go up or down one age group, however if going up an age group, must demonstrate proficiency in the preliminary skills evaluation for that age group.
- U10 cannot go up to U11 – This is due to the upgrade of equipment from foam to fiberglass boards and the extension of education/lessons.



From U11 and up it is expected that children participate in their correct age group as lessons become more specific and tiered towards formal qualifications. If your child has gone up an age group in previous years, they will need to correct before entering U11's, so this may mean repeating an age group.

When it comes to carnivals and competition, all children must enter and participate in their correct age group.



## WHAT HAPPENS AT NIPPERS?

Once children have signed in and gathered with their age manager ready for the start of the session, they will then head to the first of 3 rotations for their activities and lessons for that day. Each rotation goes for 35 minutes with time in between for transition. The rotations are:

- Beach Activities – can include:
  - Runs, Sprints and Relays
  - Beach Flags
  - Obstacle/agility courses
  - Beach games
- Water Activities – can include:
  - Wading and swimming (skills and techniques)
  - Board paddling (skills and techniques)
  - Swim and board relays
  - Modified aquatic rescue techniques
- Surf Education – age appropriate learnings to achieve awards include:
  - Beach and environment hazard identification
  - Identifying risky behaviours
  - Emergency, CPR and first aid skills
  - Health, wellbeing and personal safety
  - Environment and Conservation awareness



Lessons are based on the Surf Life Saving Australia learning guides and are split into stages:

- Stage 1 – U6 – U8
- Stage 2 – U9 – U11
- Stage 3 – U12 – U13
- Surf Rescue Certificate – U14 (and age eligible U13 participants)



As each participant continues through the age groups, they will build on the previous year's learnings until they achieve all lesson outcomes and can be awarded their stage certificate. These certificates are only issued to children participating in their correct age group who have met the minimum requirements of attendance and participation. SurfEd awards are tracked against your child's name in the SLS national database and is a great pathway for them to gain their SRC and Bronze Medallion.

## PRELIMINARY SKILLS EVALUATIONS

The Preliminary Skills Evaluations are conducted prior to the start of the season and are a compulsory component of our program. These sessions are held in a pool setting and are designed to assess each Nippers aquatic ability against a minimum standard set by Surf Life Saving Australia. This forms part of our duty of care to ensure children are proficient in certain water-based skills before they can participate in water activities at the beach. In 2021, SLSA reviewed and

changed the requirements for each age group to better reflect the actions a child might experience when in the open water at the beach. At the end of this document you will find the minimum requirements for each age group. It is comprised of 3 different skill sets: Floatation, Submersion, Propulsion, and a continuous sequence incorporating all 3 skills. If you are unsure if your child can demonstrate proficiency with these skills, we recommend you speak to your child's swimming instructor for assistance and advice.

### **What happens if my child is not proficient?**

We have a duty of care to ensure that every child participating in our program is safe and has some level of competency when in the water. Our required ratio of water safety personnel is 1:5 children if they have demonstrated proficiency in the minimum requirements for their age. If they have not been able to demonstrate proficiency, the ratio changes to 1:1. We do not have the personnel available to provide one-on-one water safety, so this may limit or exclude your child from participating in water activities, for their safety. We generally schedule multiple pool sessions at the start of the season, so if your child does not demonstrate proficiency on their first attempt, they are welcome to come to another session and try again.

Surf Life Saving is not a learn to swim program, it is expected that children are already participating in some form of regular swimming tuition, and the program we provide is an extension of this.

## **PARENT INVOLVEMENT**

Kingston Beach SLSC is entirely run by volunteers, and our Nipper program specifically is heavily reliant on parents to take on roles to make the program happen. It is expected that all parents/guardians contribute and provide assistance to the running of the program.

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 (Bronze Medallion or SRC required)
- Fundraising
- BBQ Roster
- Carnival Judge/Official
- Timekeeper for rotations

Age Managers are a crucial part of our Nippers program, and we require parents to fill these roles for the age groups. Visit <https://sls.com.au/role/age-manager/> for more 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 will welcome your help on the beach in these roles! Please talk to our Junior Activities Coordinator if you are interested.

## **COMMUNICATION**

Our club uses several forms of communication to stay connected. 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 the main method of communication we use for Nippers. This is where you will find newsletters, club news, event details and where you can purchase tickets to events and carnivals. It is important families download the App to your smartphone or log in on your PC via [www.teamapp.com](http://www.teamapp.com) to ensure you don't miss out on any important information.



### Instagram

Our club has an Instagram page where we regularly share photos of our Nippers program. Follow us at [kingstonbeach\\_slsc](https://www.instagram.com/kingstonbeach_slsc)

### Email

Regular newsletters are emailed from the club database email [no-reply@surfguard.slsa.asn.au](mailto:no-reply@surfguard.slsa.asn.au) and other email notifications come from [kingstonbeachslsc@gmail.com](mailto:kingstonbeachslsc@gmail.com) during the season.

## **SURF SPORTS AND CARNIVALS**

Although Life Saving is our core purpose, Surf Sports is also a big part of our club culture and the Nipper program. While seen as the “fun side” of surf life saving, each discipline has an integral role to play in building the surf skills base of our current and future life savers. Carnivals include both individual and team events and are a great way to put into practice all the skills learnt on the beach. We encourage all Nippers to come along and have a go. It's all about building confidence and enjoying the events with the emphasis being on participation rather than results.

Carnivals are hosted by Surf Clubs from all corners of Tasmania throughout the season and are a great way to get to know your fellow Nipper families while away together. When travelling to carnivals in the north or north-west of the state, we often try to stay together as a team and will generally have a BBQ or social gathering together as a group.



Our Club has produced and is continuing to produce some amazingly talented athletes and have had many represent our club in state development programs. We want to continue with providing our Nippers with every opportunity possible to grow and develop as athletes.



For those Nippers who wish to participate in carnivals, there is an additional water competency requirement which demonstrates a Nipper's open water swimming ability. The minimum requirements are as follows:

- U9-U10 – 150m open water swim
- U11-U14 – 200m open water swim

There are no requirements for U8's to complete a competition competency swim as they participate in a water wade only for competition, however they must have passed their preliminary skills evaluation. Seahorses are ineligible to compete in carnivals.



Parents of participating Nippers may be asked to help with various tasks on carnival days. For our Nippers to compete, we are required to provide 1 official for every 10 competitors. We like to be able to share this role around, and if you are not sure what is involved, there are training courses available. Please let us know if you are interested becoming an official.

We provide additional training sessions for U10-U14 Nippers who have passed their competition proficiency, which have a specific focus on Surf Sports, see the Season Calendar for session days and times.

## UNIFORM & MERCHANDISE

While participating in Nippers, all children U8-U14 must wear the Club yellow and blue skull cap, Seahorses wear a plain blue skull cap. This is a safety requirement so we can clearly distinguish our Nippers from the general public who may be recreating at Kingston Beach. While participating in water activities, all Nippers must wear a hi-vis pink vest, again a safety requirement to allow us to see and identify our Nippers when they are in the water.

Skull Caps and Pink Vests are available to purchase from our merchandise stand each Sunday along with other club apparel including Swimwear, Hoodies, Polos, Training Singlets, Beanies, Swim and Sun Caps, with other items like Jackets, Track Pants, and Hooded Towels available by special order. These all make fabulous gifts and look great when representing the club at Carnivals.

## 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, please get in touch with our Training officer.





## 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 Active, Associate or Nipper Parent Member and must hold a current "Working with Vulnerable People" card and present this to the Club Registrar for recording. If you do not currently hold a WWVP card, you can apply at:

<https://www.cbos.tas.gov.au/topics/licensing-and-registration/registrations/work-with-vulnerable-people>



## 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 equipment 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 and railings on the beach and the retaining wall near the Club facility 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, parents 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 the responsibility of parents/guardians.



## NIPPER BBQS

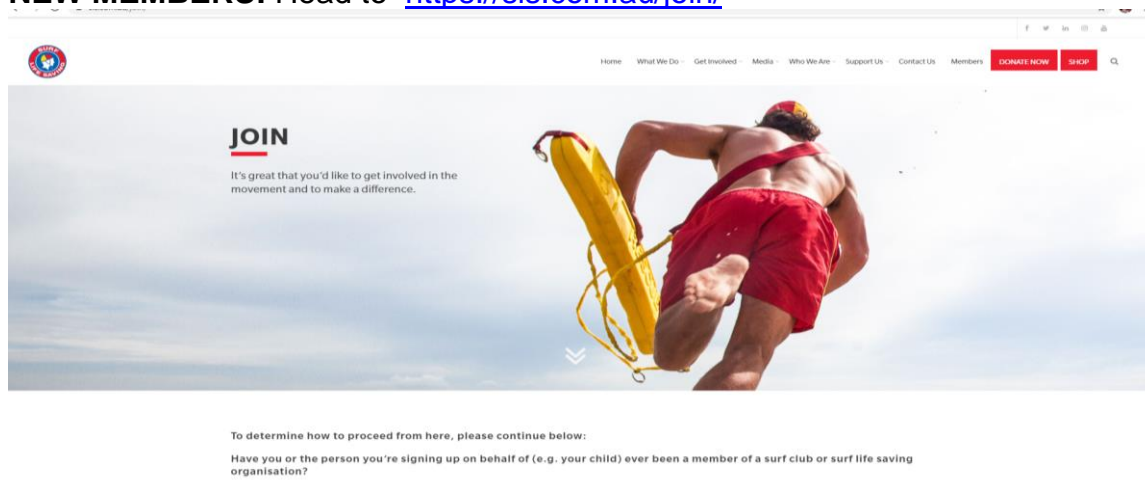
We hold regular Sausage Sizzles after Nippers on a Sunday morning at the club facilities. This is one of the main fundraisers for our club each season. All funds raised go towards purchasing new equipment for our Nippers, so we appreciate your support of this. We have moved to cashless transactions and use the Square eftpos system for purchases.

The sausages don't cook themselves, we require our parents to help cooking and serving the hungry masses. We need at least 3 volunteers each week, so we have created a roster for you to put your name on.

## REGISTRATION

Surf Life Saving Australia (SLSA) requires all Nippers to be current financial members of a club. Non-financial members will 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 their Nipper/s up to our club. To view our Nipper Parent Policy visit <https://www.kingstonbeachslsc.com.au/wp-content/uploads/2019/09/2019-09-Nipper-Parent-Policy.pdf>

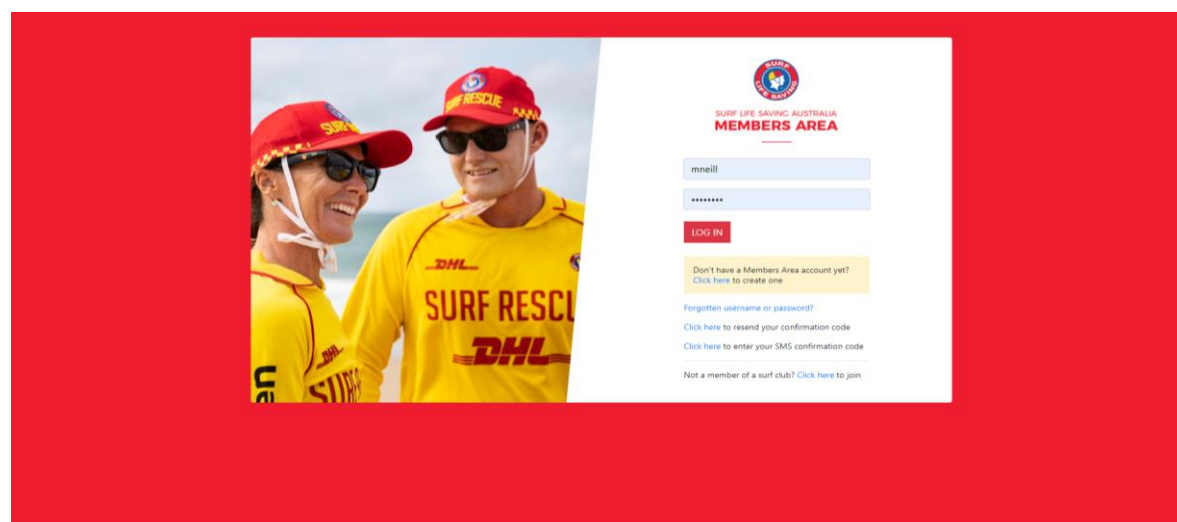
**NEW MEMBERS:** Head to <https://sls.com.au/join/>



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 so parents/guardians can process their own registration alongside their child/children. Your request will then go to the club to be accepted by the club registrar. Once your registration has been accepted, you will be advised to proceed to the payment gateway.

## 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

## 2022-2023 Membership Fees

CATEGORY	EARLY BIRD RATE (valid until 1st November 2022)	NORMAL SEASON FEES
Family*	\$320	\$350
Active (18 years and older)	\$125	\$140
Cadet (14 – 17 years old)	\$125	\$140
Nipper (U8 – U14)	\$125	\$140
Seahorse (U6 - U7)	\$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 1/11/2022. Renewals and payments can be made through the Members Area Account. If you have any questions or require assistance with the registration or payment process, please contact our Club Registrar via the club email [kingstonbeachslsc@gmail.com](mailto:kingstonbeachslsc@gmail.com).





## ADDITIONAL 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

- <http://www.starfishnippers.com.au>

Surf Life Saving Australia Payment Gateway

- [https://pnpnet.qvalent.com/OnlinePaymentServlet?cd\\_community=SLSA&cd\\_currency=AUD](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](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](https://www.slst.asn.au/media/65113/Guide_for_those_working_or_volunteering_in_Clubs_and_Associations-2.pdf)



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SURF LIFE SAVING CLUB