



# Nipper Handbook

Edition 1 December 2016



## Welcome to Inverloch SLSC Nippers Program!

Welcome all new and returning Nippers and families! We encourage all Nippers and their parents to have fun participating in Nipper club activities. They will learn to improve beach and surf skills, meet new people, make new friends and be involved in a healthy active outdoor activity.

The Inverloch SLSC Nippers Program is an intensive program run over the three weeks after Christmas, three mornings per week at the Inverloch Surf Beach. The short length of our program means that our main focus is on surf education and having fun. We cover limited competition skills and encourage participation in at least one carnival per season.

Inverloch SLSC is one of the youngest surf lifesaving clubs in Victoria, established by a handful of volunteers in 1998 that saw a need to provide a safe patrolled beach. Nippers at Inverloch SLSC commenced in 2002 with 20 children. The program rapidly grew in popularity to become the well regarded program it is today with over 180 Nippers and 50 leaders and water safety involved in the program.

## Nipper Leaders

Nipper Coordinators—Lucy Chambers and Peter Creswell  
Local Inverloch Nipper contact—Fiona Hughes

An enthusiastic committee of club members manage Inverloch SLSC Nippers. All age managers wear a RED Age Manager Club shirt during Nippers, this will help you identify them.

If you need to discuss your child's needs or have any queries please see your Age Manager.



Some of our fabulous Age Managers!

## What do your children do at Nippers?

The Nipper Program aims to teach children surf safety awareness, surf skills, lifesaving skills, teamwork & limited competition skills. Nippers will learn to identify beach hazards such as rips and gain a basic knowledge of resuscitation and first aid skills. We follow the LSV Junior Development Awards for our programs—see table below.

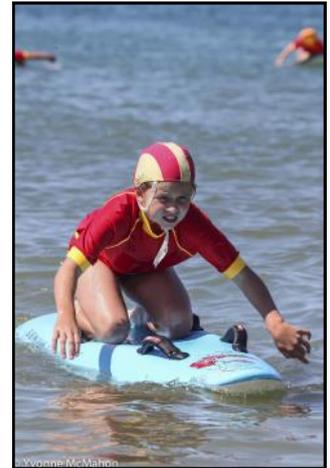


## What age group is your child in?

The Nipper Program is for children aged 6 to 13. Your child's age group is calculated by the age they are at 30 September each year. For example, if your child is aged 10 at 30 September they will be in Under 11 age group. Age groups have colour coded banners to make it easier to find them on the beach. Colours are shown in the table on the next page.

## Nipper Enrolment process

Inverloch SLSC Nippers is very popular and open equally to new and existing members. Enrolment is based on a first come first served basis until full! Nippers and their families need to join the Club & pay a Nipper fee per child, Working with Children Checks are mandatory for all members over 18 years of age. To join email [membership@isls.org.au](mailto:membership@isls.org.au)



## What does Club Membership give my family?

Inverloch SLSC membership gives you access to the clubhouse, facilities & programs. Many Nipper families find the most useful bits are –

- Borrow nipper boards. Rules for this are —
  - ensure only board type/size of your age group & capabilities is used,
  - take care of boards—carry don't drag or drop or leave on beach
  - return to board rack in clubhouse clean
  - use sign in & out book to record use & any repairs needed
- Access to the clubhouse—a 'Fob' to unlock doors is available from Alan Bolton (0400 158 956). Note the clubhouse is Alarmed when not in use, so Fobs should only be used when Clubhouse is open
- Showers & toilets in clubhouse
- Coffee/Tea facilities in kitchen
- Access to all club facilities, functions & programs



## Dates for this Nipper Season

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>27/12/16</b> Nippers 9.45 - 12 Welcome BBQ	<b>28/12/16</b> Nippers 9.45 - 12	<b>29/12/16</b> Nippers 9.45 - 12	<b>30/12/16</b> Nippers 9.45 - 12		
<b>2/01/17</b> Nippers 9.45 - 12	<b>3/01/17</b> Nippers 9.45 - 12		<b>5/01/17</b> Nippers 9.45 - 12	<b>6/01/17</b> Nippers 9.45 - 12	<b>7/01/17</b> Nipper Champs	<b>8/01/17</b> Inverloch vs Venus Carnival

## What do I have to do prior to attending Nippers?

Prior to participating all Nippers every season you must complete a "**Preliminary Skills Assessment**" for your child. Details of the assessment are shown in the first column of the table on the next page. This is a prescribed swim and survival float that must be completed and signed off by the lifeguard or swim teacher at your local pool. This assessment ensures safety of the program and enables Age Managers to run the program with confidence in the ability of each child in their group. Forms are provided when your places are confirmed. For those who intend to compete in carnivals a "**Competition Skills Assessment**" is required. This assessment will be run outside the normal Nipper Program times. Requirements are detailed in the table on the next page.

LSV Junior Skills Evaluation and Surf Education Requirements 2016/17				
Age Group	Flag/ Banner Colour	Preliminary Assessment (Pool or Open water)	Competition Skills Evaluation (Surf/Open water)	Junior Development Program Award
Under 7	Light Blue	Nil (shallow water activities only)	Not required (no competition)	Surf Play Two
Under 8	Red	25 metre swim (any stroke) 1 minute survival float (on back)	Not required (no water competition, except for wade which takes place in waist deep water)	Surf Aware One
Under 9	Maroon	25 metre swim (any stroke) 1 minute survival float (on back)	150m open water swim within 12 minutes (continuous freestyle)	Surf Aware Two
Under 10	Yellow	25 metre swim (freestyle/frontcrawl) 1 1/2 minutes survival float (on back)	150m open water swim within 11 minutes (continuous freestyle)	Surf Safe One
Under 11	White	50 metre swim (freestyle/frontcrawl) 2 minutes survival float (on back)	288m open water swim within 12 minutes (continuous freestyle)	Surf Safe Two
Under 12	Dark Blue	100 metre swim (freestyle/frontcrawl) 2 minutes survival (on back)	288m open water swim within 10 minutes (continuous freestyle)	Surf Smart One
Under 13	Green	150 metre swim (freestyle/frontcrawl) 3 minutes survival float (on back)	288m open water swim within 9 minutes (continuous freestyle)	Surf Smart Two
Under 14	Green	200 metre swim (freestyle/front crawl within 5 minutes) 3 minutes survival float (on back)	288m open water swim within 9 minutes (continuous freestyle)	Surf Rescue Certificate
Assessors		Prelim Assessments / Comp Skills Evaluations: Level 1 Coach, Level 1 Official, Training Officer (SRC/Bronze), Assessor (SRC/Bronze), Age Manager Presenter *Prelim Assessments Only: AUSTSWIM or equivalent Teacher of Swimming & Water Safety (ie Swim Teacher)		
Notes		Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken each season. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities at the discretion of the club. *If a club doesn't have access to any of the above personnel for assessing, then contact M&LD Executive	Competition Skills Evaluation is mandatory for U12 – U14 to compete in ANY event and U9 – U11 for water events only (excluding wade). Continuous freestyle is deemed to be a continuous visible over arm swimming a action with a scissor kick and face in water (with the exception of swimming when looking for buoys or landmarks. Stopping, breast stroke or side stroke are not permitted. It is strongly recommended by the M&LD Executive that only a limited number of qualified assessors (as listed above) assess this award, to ensure consistency.	All junior members wishing to compete at the Victorian Junior Championships must complete the relevant Surf Education Award appropriate to their age group prior to close of entries.

This table shows the requirements for **Preliminary skills** (column 1) and **Competition skills** (column 2) assessments. Column 3 shows the award your child will attain at completion of the program with the exception of the Surf Rescue Certificate which requires additional training is run in parallel with our nipper program.

## What must my child



## bring to Nipper sessions?

We are a Sun Smart Club and all Nippers **must**

- Wear a rash vest (preferably a Club rashie)
- Pink Vest to be worn when in water
- Arrive with Sunscreen applied
- Wear a Nippers cap (red & yellow club lifesaving cap)
- Bring a water bottle and towel
- Bring a broad brimmed sun hat
- Bring a wetsuit (highly recommended)

## What Club apparel should I get?

Nipper caps and pink vests are mandatory and club rash vests are recommended for Nippers. For a nipper to go in the water they must be wearing a pink vest. **No vest no water activities.**

A variety of other Club apparel is available to members, including Bathers, Rashies, Tshirts, Shorts, Tracksuit tops & bottoms, Competition uniform & Patrol Uniform. Club apparel needs to be ordered prior to the start of the season when club members receive their Apparel Order email (September approx). Limited items of apparel may be available after this time.



## Are Nipper parents required to help during Nippers?

**YES!** All Nipper families are required to help with running the program in some way, there are a wide variety of jobs! When completing your membership application, jobs were nominated. A timetable roster will be distributed prior to the season beginning. Leftover jobs will be allocated to families who do not volunteer for a job. Becoming a volunteer in the Nipper program is a fantastic and rewarding experience, we hope you enjoy it!

## Nipper Competition Team

In addition to Inverloch SLSC's Nipper Program we are working on enhancing our Nipper Competition Team for Nippers who are interested in developing lifesaving competition skills, training and competing in multiple nipper carnivals this season. Participation is voluntary & will require additional training & costs outside the normal Nipper Program & travel around the state to Nipper Carnivals. For more information keep your eye out for Club emails on this topic or contact Hilary Hughes [development@isisc.org.au](mailto:development@isisc.org.au)



## Where to after Nippers?

Our Nippers go on to become active members in our club in a variety of ways, including

- Surf Rescue Certificate, SRC (minimum age 13 years)
- Bronze Medallion (minimum age 15 years.)
- Patrolling the beach as an active patrol member.
- Helping run Nippers as either junior leaders or water safety!
- YIPS (Youth Involvement Program) – involvement program once SRC is achieved.
- Senior Competition Teams — Summer Comp Team, IRB Racing Team & Surfboat Team.
- Lots of other Lifesaving awards & Development Camps

## Nipper Contacts

For further contacts & Committee see [www.isisc.org.au](http://www.isisc.org.au)

<b>Nipper Coordinators</b> Lucy Chambers Peter Creswell	<a href="mailto:nippers@isisc.org.au">nippers@isisc.org.au</a> 0431 462 887 0413 756 464	<b>Nipper Competition Team</b> Hilary Hughes	<a href="mailto:development@isisc.org.au">development@isisc.org.au</a>
<b>Membership</b> Chris Malan (Secretary)	<a href="mailto:membership@isisc.org.au">membership@isisc.org.au</a> 0402 893 253	<b>Club President</b> Fiona Hughes	<a href="mailto:president@isisc.org.au">president@isisc.org.au</a> 0417 743 355
<b>Clubhouse Fob Key</b> Alan Bolton	0400 158 956	<b>Local Inverloch Nipper contact</b> Fiona Hughes	0417 743 355
<b>Club apparel</b> Angela Malan	<a href="mailto:cloth-ingorders@isisc.org.au">cloth-ingorders@isisc.org.au</a>	<b>Community Relations</b> Peter Harrison	<a href="mailto:communityrelations@isisc.org.au">communityrelations@isisc.org.au</a>

## Sponsorship & Fundraising

Inverloch SLSC is a young club. Our clubhouse was built in 2010 after much fundraising and hard work. We are constantly looking at attracting sponsorship, fundraising and donations to cover the costs of running our club.

At Nippers level we fundraise during our program to buy our equipment, eg. Boards cost \$500 - \$1200 each. Nipper parents contribute significantly to the club finances in a wide variety of creative ways, ranging from becoming Major Sponsors through to donating boards or volunteering in club fundraising events.

At a club level we actively look for sponsorship, fundraising and donations to sustain and develop the club. If you can help in any way big or small it is appreciated.

### Our Major Sponsors:

