



Nipper Handbook

Edition 2a—November 2011



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.

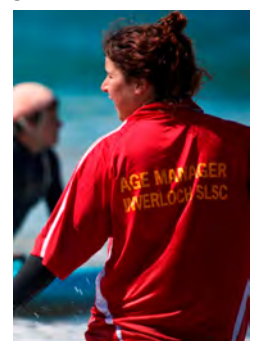
This season we will be commencing a Nipper Competition Team for Nippers who wish to develop more competitive lifesaving skills and attend more Nipper carnivals, this will run outside the Nipper Program.

Inverloch SLSC is one of the youngest surf lifesaving clubs in Victoria, established by a handful of volunteers in 1999 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 150 Nippers and 50 leaders and water safety involved in the program.

Nipper Leaders

Nipper Coordinators— Nicole Hassall & Michelle Roberts
 Local Inverloch Nipper contact— Fiona Hughes (0417 743 355)
 Vice President Junior Development (Nippers & YIPS) —Teagan Thom.

An enthusiastic committee of club parents manage Inverloch SLSC Nippers. All age managers wear a RED Age Manager Club shirt during Nippers to 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!
 L to R— Michelle, Angela, Stephanie, Jane, Nicky, Michael, Fiona, Nicole, Leah & Tim

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 14. 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.

Nipper Enrolment process

Inverloch SLSC Nippers is very popular and open equally to new and existing members—unlike previous years there is now NO WAITING LIST for new nippers, enrolment is based on 'first in best dressed' 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@slsc.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 (Club Secretary on 0412 279 992). Note the clubhouse is Alarmed when not in use, so Fobs should only be used when Clubhouse is open, if in doubt ring Alan Bolton.
- Showers & toilets in clubhouse
- Coffee/Tea facilities in kitchen
- Access to all club facilities, functions & programs



What do I have to do prior to attending Nippers?

Prior to participating all Nippers every season you must complete your "Preliminary Skills Assessment" (below, as set by Life Saving Victoria). 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. Knowledge in advance of each child's swim capabilities helps Age Managers plan a safer program.

Age Group	Preliminary Skill Assessment (pool or open water)	Age Group Banner	LSV Awards
Under 7	Nil	Light Blue	Surf Awareness 1
Under 8	25 metres any stroke + 1 minute survival stroke	Red	Surf Awareness 1
Under 9	25 metres any stroke + 1 minute survival stroke	Maroon	Surf Awareness 2
Under 10	25 metres freestyle + 1 1/2 minute survival stroke	Yellow	Surf Safety 1
Under 11	50 metres freestyle + 2 minute survival stroke	White	Surf Safety 2
Under 12	100 metres freestyle + 2 minute survival stroke	Dark Blue	Surf Smart 1
Under 13	150 metres freestyle + 3 minute survival stroke	Green	Surf Smart 2
Under 14	200 metres freestyle in less than 5 minutes + 3 minutes survival stroke	Green	Surf Smart 2

Dates for this Nipper Season

Tuesday	Wednesday	Thursday	Friday
	28/12/11 Nippers 9.45 - 12	29/12/11 Nippers 9.45 - 12	30/12/11 Nippers 9.45 - 12 6pm Nipper Welcome BBQ
3/1/12 Nippers 9.45 - 12	4/1/12 Nippers 9.45 - 12	5/1/12 Nippers 9.45 - 12	
10/1/12 Nippers 9.45 - 12	11/1/12 Fun Carnival "Inlet Cup" at Venus Bay	12/1/12 Nippers 9.45 - 12 6pm Present'n Night	

Beach Nipper Banners—how to find your nipper or group?

Each age group carries a coloured banner to help with identification on the beach. These are used at all Nipper sessions and Carnivals—see table opposite for banner colour.

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)
- Arrive with Sunscreen applied
- Wear a Nippers cap (red & yellow club lifesaving cap)
- Bring a water bottle and towel
- Bring a wetsuit (highly recommended)



What Club apparel should I get?

Nipper caps are mandatory and Club Rashies are recommended for Nippers.

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 surplus apparel may be available after this time from Maureen Ansell (0412 385 200).



Does my Nipper need a 'S' Badge?

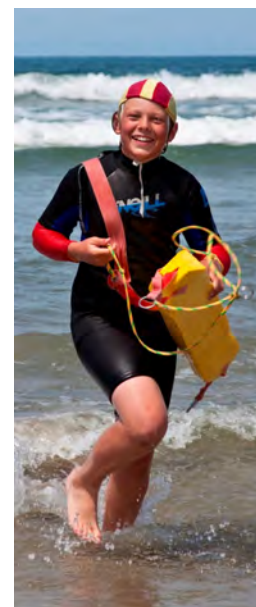
NO, unless they want to compete in water (swim, wade, board) events at a Nipper Carnival. For new Nipper families – 'S' Badge is a Run-Swim-Run test where the nipper runs on the beach, then swims freestyle out past the break to the cans, (distance depends on age group), swims back and runs out of the water and over the finish line. It is not an easy swim and should only be attempted by strong swimmers who wish to compete in water events at Carnival.

For those who intend to compete, the 'S' Badge assessment will be run outside the normal Nipper Program times.

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! This season there is a Job's List with 80 small jobs listed, it will be available on Day 1 of Nippers for all families to volunteer for at least one job during the program. 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 starting a 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 Angela Malan on 0413 904 485 or Rob O'Neill on 0418 510 012.

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, Surfboat
- Lots of other Lifesaving awards & Development Camps

Nipper Contacts

For further contacts & Committee see www.islsc.org.au

Nipper Coordinators Nicole Hassall Michelle Roberts	0425 831 074 0419 527 387	Nipper Competition Team Angela Malan (also President) Rob O'Neill (also Treasurer)	0413 904 485 0418 510 012
Nipper membership Chris Malan (Chief Instructor)	membership@islsc.org.au	Vice President (Sponsorship) David Greenwood	0404 107 714
Clubhouse Fob Key Alan Bolton (Club Secretary)	0412 279 992	Vice President (Junior Development) Teagan Thom	0431 978 212
Club apparel Maureen Ansell	0412 385 200	Local Inverloch Nipper contact Fiona Hughes	0417 743 355

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. Contact David Greenwood, Vice President Sponsorship, on 0404 107 714.

Our Major Sponsors—

