



**KILLCARE**  
**SURF**  
**LIFE SAVING**  
**CLUB**

**Welcome to**  
**Killcare Nippers**  
**2019/20 Season**

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## **Our Commitment to the Protection of Young People**

At Killcare Nippers and throughout Surf Life Saving, all young people have the absolute right to...

*Feel Comfortable,  
Feel Safe, &  
Be Cared For*

Everyone at Killcare SLSC is committed to the emotional and physical security and safety of our young members.

Our key messages to our young members are:

It is **NOT OK** for anyone to hurt your feelings or your body.

It **IS OK** for you to say **NO** if someone, even in a position of authority such as an Age Manager or Lifesaver asks you to do something that makes you feel unsafe or uncomfortable.

We will listen to you and act to help you. It's **always OK** to tell an adult or official if something doesn't feel right.

## Welcome to Killy Nippers!

Nippers is first and foremost about having fun. That said, the aim is to teach important lessons that will stick with your kids for life, keeping them safe, helping them keep other beachgoers safe and possibly helping them save their lives or the lives of others.

There is a competitive element which has long been an integral part of surf life saving, however no matter the age or ability of your nipper, our aim is for everyone to be involved, get something out of the program and excel in one or more aspects of the program.

The aim of Nippers is to take them through a structured program from 5 years old to 13 years old at which time we hope to see them graduate to the Junior program under the supervision of the lifesavers, get their Surf Rescue Certificate, then their Bronze medallion and become active, patrolling members of the Club.

That said, of course kids are welcome to join at any age and the progression through the ranks is by no means mandatory - this isn't the Army.

However if they stick with it they'll gain knowledge and skills, learn teamwork and the value of community service, make lifelong friends and have more fun than they can handle.

As they progress, Surf Life Saving at club, branch (SLS Central Coast), state (SLSNSW) and national (SLSA) level provides some incredible formal opportunities for leadership development which of course are useful on the beach, but are also invaluable in career and personal development.

These begin with the U/13 / U/14 Youth Leaders Program. The Club is allocated a number of places at this program and for successful applicants the costs are borne by the club and branch.

## Dates & Times

Nippers starts on Sunday **October 13th** and will run through to **December 15th** when we'll break for Christmas.

Then we'll fire up again on **January 19th** through to **February 23rd**.

We run every Sunday, rain, hail or shine **from 9.30am** until about 11.00am (closer to 10.30 for the U6's & U7's).

On **October 13th** we will be holding a preliminary evaluation session at Peninsula Leisure Centre from **9am** to **11am**. Details on this are over the page, however we will **not** be on the beach that day.

## Age Eligibility

The age groups are determined by the age of your child at midnight on the 30th of September this year. We have some flexibility in the group your child is placed in, if for example their friends are in an age group immediately above or below them, they can be placed with that group. For official purposes however (primarily competitions and level awards) they will be in the group determined by their age on September 30th.

## Refunds

Most of the membership fee for nippers is immediately expended on things like insurance coverage and fees we must pay to branch, state and national SLS bodies. As such, should your nipper not be able to complete the season for whatever reason, we are unable to refund membership fees. If they have an injury, we would still love for them to participate as much as they're physically able.

## Water Proficiency

Safety is always our number 1 priority. As such, there are minimum proficiencies required for water activities. These are...

	Preliminary Evaluation	Competition Evaluation
<b>U/6</b>	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. (no competition eval)	
<b>U/7</b>	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. (no competition eval)	
<b>U/8</b>	25 metre swim (any stroke) 1 minute survival float (no competition eval)	
<b>U/9</b>	25 metre swim (any stroke) 1 minute survival float	Minimum 150m open water swim
<b>U/10</b>	25 metre swim (freestyle) 1 1/2 minutes survival float	Minimum 150m open water swim
<b>U/11</b>	50 metre swim (freestyle) 2 minute survival float	Minimum 288m open water swim
<b>U/12</b>	100 metre (freestyle) 2 minutes 2 minute survival float	Minimum 288m open water swim
<b>U/13</b>	150 metre (freestyle) 3 minutes survival float	Minimum 288m open water swim
<b>U/14</b>	200 metre (freestyle) in 5 minutes 3 minute survival float	Minimum 288m open water swim

It is mandatory that the preliminary evaluations are done and entered into the SLSA system within the first 3 weeks of Nippers starting. We have booked space at the Peninsula Leisure Centre on **Sunday October 13th from 9am to 11am** where all the preliminary evaluations will take place. If you are unable to attend and your child is in a learn to swim program where a qualified instructor is able to certify the proficiency appropriate to their age group, this must be done no later than October 30th. There is a form at the back of this document that you can have the instructor sign and return it to Craig Sheppard.

### **If your nipper can't pass the proficiency it DOES NOT mean they can't participate.**

It simply means that we will have to arrange closer supervision during water activities. But we need to know that up front.

If your nipper is planning to compete at carnivals, something we actively encourage, they will then go onto do the competition evaluation listed above. Obviously being open water this will be done on the beach on a day deemed to have appropriate conditions. This must be done prior to the first carnival on November 4th.

Even if they're not planning on competing, the competition evaluation is a great challenge we encourage them to take on.

## **Age Managers**

Nippers is entirely run by volunteers, and the most important ones are your Age Managers. The Age Managers only have the best interests of your kids at heart, and their aim is to ensure they have fun while learning essential skills, getting fit and competing in the most sportsperson-like manner.

The Age Managers must be respected by nippers and parents alike and as such, physical or verbal behaviour that is not in the spirit of nippers will not be tolerated.

## **Become an Age Manager**

We always need more Age Managers! If you're interested, the requirements are minimal...

- Completion of an Age Managers course which can be done either at SLSCC Headquarters at Tuggerah or online (it takes about 45 minutes online)
- Some exemptions apply, but a current Working With Children Check which is free of charge for volunteers. If you have a professional WWCC (e.g. teachers), of course this carries over to the volunteer level.

Naturally you have to be confident and enthusiastic working with the kids and particularly in the younger age groups, no special knowledge is required - we'll arm you with everything you need.

Please contact Craig Sheppard if you're interested.

## **On The Beach**

To put it bluntly, Nippers is not day care. Parents are required to be in sight of the group at all times in case your child is injured, sick, needs to go to the toilet etc. Age Managers could usually do with some help from time to time so we'd love you to pitch in and hold a rope, put flags in the sand or just encourage your child and the group.

## **In the Water**

You may only enter the water with your child or the group if you hold a current Bronze Medallion or Surf Rescue Certificate (SRC). If your child isn't confident without you, this could be a perfect opportunity to build that confidence, however no exceptions can be made. We always maintain mandated ratios of water safety personnel to nippers so please be assured they will be completely safe. If confidence is lacking it is often possible to team your child up with a lifesaver who will guide them one-on-one and encourage them within their limits.

## **Club Championships**

The U/6 & U/7 age groups are purely fun and learning with some casual competition. From U/8's onward, we run a Club Championships split over 2 days where Nippers compete in a range of events. Points are accrued over the 2 champs days to determine 1st, 2nd and 3rd placings in each age group which are announced at the end of season presentation. There is also an Age Managers award for each of the U/8 - U/13 age groups, which is awarded on the spirit, enthusiasm and attitude of the nippers.

Club Champs days are scheduled for the 17th of November and the 9th of February, however are entirely dependent on conditions. Should the conditions on those days be deemed not suitable they will be rescheduled, or just the beach events run.

## **Attendance**

To be eligible for the Club Champs, you must maintain an attendance in excess of 70%.. Carnival participants are credited with attendance if they are at a SLS carnival.

## Branch Carnivals

The club will pay the regular (i.e. not late) entry fees for anyone who wishes to compete at Branch (SLS Central Coast) carnivals.

Late entries are available on the day, however you will be responsible for entering your child and the entry fee, which will also include a late entry levy (payable on the day to SLSCC).

This season's carnivals are scheduled for...

<b>November 3</b>	Newcastle Permanent U/8 - U/14, Venue TBC
<b>December 1</b>	Newcastle Permanent U/8 - U/14, Venue TBC
<b>January 19</b>	Newcastle Permanent U/8 - U/14, Venue TBC
<b>February 2</b>	Junior Branch Champs, Venue TBC

## State Titles

The SLSNSW Age Championships are scheduled for February 28 to March 1 at Swansea Belmont with age categories from U10 - U14.

The club will pay the entry fees for Nippers who wish to compete at States who have achieved a top 6 finish at Branch Carnivals.

Competitors who qualify will be offered the opportunity w/c February 3.

## Officials At Carnivals

When you see the scale of the carnivals, you might find it surprising that it is entirely volunteer run. As such, each club is required to provide officials for the day at the ratios below. The penalty from SLSCC is straightforward - ALL of the club's competitors on the day are disqualified;

Tournament Officials		Water Safety	
Competitors	Officials	Competitors	Water Safety
0-2	Nil	0-5	Nil
3-8	1	6-10	1
9-16	2	11-20	2
17-24	3	21-30	3
24-32	4	31-45	4
32-40	5	46-60	5

The preference is for accredited officials, however if the club does not have those available, there are plenty of jobs that can be done by anyone and will be counted against our quota.

**This is the parents responsibility.**

If your Nipper is competing at a carnival, you will be required to contribute. Done fairly, this should be required probably only once or perhaps twice during the season.

## The System

To volunteer as either an official or water safety, go to [killcaresurfclub.com.au](http://killcaresurfclub.com.au) -> Juniors -> Carnivals -> Volunteer for a Carnival. You'll see a list of carnivals, select the carnival then fill out the form. This closes 2 weeks before the carnival. Once we know the numbers of officials, we'll be able to determine the team size we can take.

In the meantime you can register to compete on the website, however the team size will be limited by the volunteer registrations and preference will naturally go to volunteers nippers.

## **Rookies**

U/13 & U/14 are our Rookie Lifesavers. They enjoy a little extra privilege, but it does come with some extra responsibilities. Some key dates...

**September 28** - Raising of the flags, Terrigal SLSC from 9am. All rookies are required to attend in their patrol uniforms please!

**November 9 & 10** - (provisional date) Development camp at Broken Bay

The Rookies Development camp is a terrific weekend organised by SLS Central Coast. This will be held at Broken Bay Sport & Recreation Camp on the 9th - 10th November and requires an overnight stay. The aims of the weekend are to promote opportunities to develop leadership skills, network with Rookies from the other Central Coast clubs, develop teamwork and communication skills, but above all, have fun. Ask any of the Rookies that have been in past years and you'll find out what a rewarding weekend it is. Killcare is allocated 4 places at the camp, although there may be an opportunity to send more if other clubs don't take up their full allocation. If you wish to apply, please contact Craig Sheppard.

**December 15** - Final day before the break... it's traditional that the Rookies take control of Nippers on this day

**January 11** - (provisional date) Rookie Challenge @ Terrigal

**January 26** - Ducks for Bucks at The Entrance. We will be rostered a shift at this major fundraiser that Rookies are required to fill.

**February 23rd** - Final day of Nippers... it's traditional that the Rookies take control of Nippers on this day

## **Killy Nippers Code of Conduct**

Nippers is all about fun and learning, however there is a competitive element. We have adopted the Australian Sports Commission's 'Play By The Rules' codes of conduct for everyone involved.

### **Nippers**

- Play by the rules.
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials, sledging other participants or deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Work equally hard for yourself and/ or your team. Your team's performance will benefit and so will you.
- Be a good sport. Applaud all good performances whether they are made by your team or the opposition.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, team-mates and opponents. Without them, there would be no competition.
- Participate for your own enjoyment and benefit, not just to please your parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

### **Parents**

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on your child's efforts and performance rather than whether they win or lose.
- Encourage children to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performance and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.



## Coaches & Age Managers

- Remember that young people participate for pleasure, and winning is only part of the fun.
- Never ridicule or yell at a young player for making a mistake or not coming first.
- Be reasonable in your demands on players' time, energy and enthusiasm.
- Operate within the rules and spirit of your sport and teach your players to do the same.
- Ensure that the time players spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- Avoid overplaying the talented players; the 'just average' need and deserve equal time.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage players to do the same.
- Show concern and caution towards sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

## Administrators

- Involve young people in planning, leadership, evaluation and decision-making related to the activity.
- Give all young people equal opportunities to participate.
- Create pathways for young people to participate in sport, not just as a player but as a coach, official, administrator, etc.
- Ensure that rules, equipment, length of games and training schedules are modified to suit the age, ability and maturity level of young players.
- Provide quality supervision and instruction for junior players.
- Remember that young people participate for their enjoyment and benefit. Do not overemphasise awards.
- Help coaches and officials highlight appropriate behaviour and skill development, and help improve the standards of coaching and officiating.
- Ensure that everyone involved in nippers emphasises fair play, rather than winning at all costs.
- Give a code of behaviour sheet to spectators, officials, parents, coaches, players and the media, and encourage them to follow it.
- Remember, you set an example. Your behaviour and comments should be positive and supportive.
- Support implementation of the National Junior Sport Policy.
- Make it clear that abusing young people in any way is unacceptable and will result in disciplinary action.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

## **Officials**

- Modify rules and regulations to match the skill levels and needs of young people.
- Compliment and encourage all participants.
- Be consistent, objective and courteous when making decisions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Emphasise the spirit of the game rather than the errors.
- Encourage and promote rule changes that will make participation more enjoyable.
- Be a good sport yourself. Actions speak louder than words.
- Keep up to date with the latest trends in officiating and the principles of growth and development of young people.
- Remember, you set an example. Your behaviour and comments should be positive and supportive.
- Place the safety and welfare of the participants above all else.
- Give all young people a 'fair go' regardless of their gender, ability, cultural background or religion.

## **Spectators**

- Remember that young people participate in sport for their enjoyment and benefit, not yours.
- Applaud good performances and efforts from all individuals and teams. Congratulate all participants on their performance, regardless of the game's outcome.
- Respect the decisions of officials and teach young people to do the same.
- Never ridicule or scold a young player for making a mistake. Positive comments are motivational.
- Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.
- Show respect for your team's opponents. Without them, there would be no game.
- Encourage players to follow the rules and the officials' decisions.
- Do not use foul language, sledge or harass players, coaches or officials.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.



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### Swim Proficiency - Preliminary Evaluation

It is a requirement that we have on record an evaluation of each nipper's swimming ability before taking on water activities. If you are in a learn to swim program, this can be signed off by your swimming teacher, or you can go to any public pool (e.g. Peninsula Leisure Centre) and ask one of the officials present (as long as they are properly qualified) to certify your ability.

The requirements for each age group are...

- U/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.
- U/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
- U/8 & U/9 25 metre swim (any stroke) & 1 minute survival float
- U/10 25 metre swim (freestyle) & 1 ½ minute survival float
- U/11 50 metre swim (freestyle) & 2 minute survival float
- U/12 100 metre swim (freestyle) & 2 minute survival float
- U13 150 metre swim (freestyle) & 3 minute survival float
- U14 200 metre swim (freestyle) under 5 minutes & 3 minute survival float

Note that not completing the preliminary evaluation DOES NOT mean that you can't take part in nippers, however it does mean that you may not be able to do some of the water based activities and won't be able to compete at carnivals.

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I \_\_\_\_\_  
(Assessor's Name)

Representing \_\_\_\_\_  
(Assessor's Organisation)

Certify that \_\_\_\_\_  
(Nipper's Name)

Meets the requirements set out above appropriate to their age group

Signed \_\_\_\_\_  
(Assessor's Signature)

Date \_\_\_\_\_