



# Coffs Harbour Surf Lifesaving Club Nippers 2023-24 Season information



## Welcome to Nippers

The committee would like to welcome all our Nippers and their families, old and new, to this season with the Coffs Harbour Junior Surf Club. To keep up with all the nipper news please follow our Team App. The App can be downloaded in 3 simple steps

- 1 Scan the code below and download the App
- 2 Sign up to the team App
- 3 Search for "Coffs Harbour SLSC Nippers"



### Our aim is to:

- Provide best possible surf lifesaving experience for all juniors with the view to encourage long-term active participation with Surf Lifesaving
- Provide opportunities for juniors to participate and enjoy lifesaving skills and competition in aquatic environment
- Ensure juniors are safe on our beaches through surf safety education programs
- Develop a team-based philosophy encompassing leadership, teamwork, and FUN!!
- Promote social, emotional & physical development in a healthy and safe environment

The club follows the Surf Life Saving Australia Junior Development Program (JDP), which provides the educational framework on surf awareness and safety skills leading to the Surf Rescue Certificate. This framework includes safety requirements, educational units, and physical developmental skills.

Nippers is open to Children aged 5 (from the 31st of October of that year) and continues until the Under 14 age group where the SRC is achieved. We are introducing an Inclusion program this year to incorporate those children in our community with disabilities. Our aim is to provide a safe environment and framework for these children to understand and participate in surf lifesaving.

We encourage all junior members to become involved in surf patrols as cadets, eventually becoming fully qualified lifesavers. We try to accomplish this whilst providing a social and fun environment for the whole family.

Nippers is run by volunteers and volunteering parents.

This guide is to help you understand what each nipper can expect, what the club's expectation is of parents, and what families can expect from the club.

**Parents must always be in attendance on the beach during training, Sunday Nippers and Carnivals. This is extremely important for us to maintain our safety requirements and family involvement is the backbone of the nipper's culture.**

The Committee and age managers have an open-door policy, if you have any concerns or feedback, please contact your age managers in the first instance or committee members listed within this book.

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## *What to Expect...*

### *Nippers can expect to*

- ✓ be safe
- ✓ be encouraged
- ✓ be respected
- ✓ become educated
- ✓ make new friends
- ✓ learn new skills
- ✓ gain an understanding of the beach
- ✓ be challenged
- ✓ be competitive and be a good sport.

### *Nippers Code of Conduct*

As a club member I will:

- ✓ Have fun
- ✓ Not throw sand
- ✓ Be a good Sport – cheer for all clubs regardless of performance
- ✓ Play by the rules
- ✓ Control my temper
- ✓ Do my best and be proud of my efforts
- ✓ Encourage and congratulate others
- ✓ Look after each other, particularly in the surf
- ✓ Treat others as you would like to be treated yourself – no bullying/ teasing
- ✓ Not use bad language
- ✓ Look after the equipment
- ✓ Always act in a sensible and responsible manner – you are a representative of the Coffs Harbour Surf Club
- ✓ Cooperate with your coach, team-mates and other competitors
- ✓ Never argue with an official, coach, or water safety decisions
- ✓ Work equally hard for the club and myself. Our club's performance will benefit and so will my own

### *Parents can expect*

- ✓ For your child's safety to be paramount,
- ✓ To be required to be on the beach when your child is
- ✓ To be involved (indirectly or directly)
- ✓ To make new friends
- ✓ To be respected
- ✓ To be accepted into the club
- ✓ To watch your child grow in a caring and structured environment.

### *Parents' Code of Conduct*

- ✓ Teach your children to be a good sport and play by the rules
- ✓ Remember that children's sports should be fun
- ✓ Encourage your children, but do not force them
- ✓ Focus on their efforts and performance, and not just on the result



- ✓ Encourage them to do their best and be proud of their efforts
- ✓ Set a good example for your children
- ✓ Discourage bullying and teasing
- ✓ Discourage bad temper, bad language, and antisocial behavior
- ✓ Support efforts to remove verbal and physical abuse from sport
- ✓ Get involved and help. All assistance is appreciated
- ✓ Accept and respect the Officials' decision and only protest via the proper procedures
- ✓ Congratulate children on their efforts
- ✓ If you want to protest, follow the appropriate procedure. Teach your children to do the same.
- ✓ Never criticize a child for making a mistake.
- ✓ Ensure advice and coaching is both positive and constructive
- ✓ Relax, get involved, and enjoy the activities.

## *Committee Welcome*

Welcome to the 2023/24 Nippers season at Coffs Harbour SLSC.

As a club, we pride ourselves on being fun and friendly, where everyone is valued and supported regardless of skill level or experience on the beach.

Open to children aged 5-13 years, the primary aim of our Nippers Program is to train young lifesavers of the future. Your child will learn many skills throughout the program, including surf awareness, how to perform a surf rescue, first aid, and CPR, decision-making, problem-solving, leadership, and teamwork. Plus, they'll have fun and make some great friends!

Coffs Harbour Nippers is run entirely by volunteers. Age Managers rely on the help of all registered parents on the beach during Nippers. Registered parents are encouraged and welcome to participate in their child's age group activities in the following ways:

- ✓ Become an age manager, your child will love it.
- ✓ Help at the canteen or help set up or tidy up after nippers
- ✓ Assist with the provision of water safety for events once you have undertaken the required Surf Rescue Certificate or Bronze Medallion training provided by our Club.
- ✓ Officiating at carnivals
- ✓ Join our committee

Put your hand up and get involved you will always get more out of it than you put in.

Info@coffsharboursurfclub.com.au



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## *Club Code of Conduct*

The club endorses the following Code of Conduct for SLSA members, particularly those responsible for activities involving members under the age of 18. A full copy of the SLSA Member protection policy is displayed in the clubhouse and provided to all Club Officers.

- ✓ Respect the rights, dignity, and worth of others
- ✓ Be fair, considerate, and honest in all dealings with others
- ✓ Refrain from any form of abuse towards others
- ✓ Refrain from any form of harassment toward others
- ✓ Provide a safe environment for the conduct of activities in accordance with relevant SLSA policy
- ✓ Show concern and caution towards others who may be sick or injured
- ✓ Be a positive role model
- ✓ It is essential when attending carnivals that any issues or problems are reported through the correct channels
- ✓ If there is a problem, the Age Manager must report it to the Team Manager — parents and Age Managers must not approach carnival officials unless accompanied by the Team Manager. Failure to do so may result in disqualification of the club.

## *Registration*

### *Nipper Registration*

Families are required to register to become members of the club which includes insurance and affiliation to State and Branch bodies. At least one parent is required by Coffs Harbour SLSC to join as an Associate Member when registering children for Nippers. Parents who help on the beach are also required to join as associate members for Insurance reasons.

Registration lasts for 12 months (July – June). You may also consider becoming a more active member as many of our other Nipper parents have done.

### *Active Member*

Active members hold current Surf Lifesaving Awards such as the Bronze Medallion and the Advanced Resuscitation Certificate and participate in Patrols on the beach at weekends and public holidays throughout the season. These members must re-qualify for their award each year to remain Active.

### *Registration Fees*

A minimum of one adult guardian must register as an associate with each family.

Associate Member \$45.00(parents)

U6 - U14 \$150.00

Cadet U15s and Active Member \$45.00

### *Registration Online*

Registration is online at [www.lifesavingonline.com.au](http://www.lifesavingonline.com.au)

Each member must create an account and pay online.



## *Volunteers*

### *2023/24 Volunteer Committee Members*

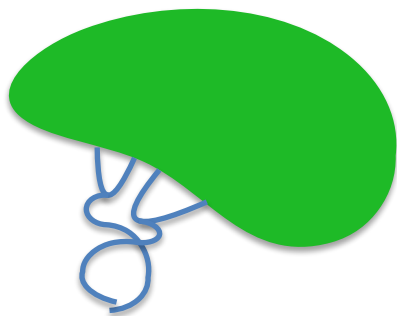
**Junior Activity Chairman** Louise Mengel  
**Treasurer** Chris Bormann  
**Secretary** Amanda Crouch  
**Water Safety Coordinator & Superintendent** Phil Willis & Dan Backhouse  
**Gear Steward** Ty Watson & Nathan Partridge  
**Catering/BBQ Co-coordinators** Simone Wilkins & Michelle Harvey  
**Member Protection Officer** Cath Ninness 0414 514 837  
**Junior Head Coach** Mark (Freddy) Beavis  
**Junior Assistant Coaches** Grant Lawler, Phil Evans  
**Education Officer Juniors** Grant Lawler

### *Volunteer Age Group Managers*

**Under 6's** Lily Grace Herden & Hudson Barry  
**Under 7's** Megan Williams &  
**Under 8's** Marcus Mainey & Peter Brookes  
**Under 9's** Ryan Doyle & Kevin Hunter & Clint Leeson  
**Under 10's** Duane Mengel & Ty Watson  
**Under 11's** Graham Parish & Elise Bartlett  
**Under 12's** Anne-Marie Herden & Hayden O'Rourke  
**Under 13's** Kara Barclay &, Amanda Couch  
**Under 14's**  
**Roving relief Age Manager** - Dean Vigors & Shane Herden

Each Age Group has at least one Age Manager. They oversee the Nippers within their Age group each week. It is important to remember that they are volunteers doing their best to assist your children with their surf education and other events. Please help them out as much as possible.





## *Under 6's (Green caps)*

**Age of 6** 1 October 2023 - 30 September 2024

**Preliminary Skills Evaluation** Float glide and back float with aide.

**Competition Skills Evaluation Open Water** No competition

**Uniform Requirements** Green Cap Only

**Surf Education Awarded** Surf Play 1

This age group is introduced to nippers through engagement in fun activities including runs, flags, wades, and games. They are encouraged to do water wades and relays every week to learn how to negotiate shallow surf. The emphasis is on learning to safely enjoy the beach and having fun, learning about what to do if they need help, the conditions of the beach, Slip, Slop, Slap, and the environment.

There is no competition within this age group. Green Cap Nippers are not required to compete at carnivals.

The children will be required to wear a Green Cap for the duration of their time on the beach under the supervision of their Age Manager so that they are easily identifiable.

### **Surf Play 1 Learning Outcomes**

- Know their way around their surf club and beach & identify the junior activities boundaries
- Understand basic safety practices: how to signal for help, the importance of having an adult present when in the water and always staying with the group.
- Understand the types of animals that we share the beach with identifying dangerous animals at the beach.
- Understand the meaning of slip, slop, slap
- Understand the role of an adult at the beach.
- Identify what a lifesaver looks like.
- Identify the safest place to swim at the beach.
- Enjoy playing in the surf & develop confidence in the water.
- Enjoy wading in and out of the water & develop confidence in the water
- Enjoy playing beach flags.
- Enjoy beach sprinting and participating in beach relays.

## *Under 7's (Green caps)*

**Age of 7** 1 October 2023 - 30 September 2024

**Preliminary Skills Evaluation** Float glide from standing and kick 3m. Back float.

**Competition Skills Evaluation Open Water** No competition

**Uniform Requirements** Green Cap only

**Surf Education Awarded** Surf Play 2

This age group continues the introduction to nippers through engaging in fun activities including runs, flags, wades, and games. They are encouraged to do water wades and relays every week to learn how to negotiate surf. Many Under 7's by the end of the season can negotiate swimming under a wave by themselves within the flags.

There is no competition within this age group. Green Cap Nippers are not required to compete at carnivals. Under 7's must wear their green cap while under the supervision of their age manager.

### **Surf Play 2 Learning Outcomes**

- Know their way around their surf club and beach & identify the junior activity boundaries.
- Understand basic safety practices: How to signal for help, the importance of having an adult present when in the water and always staying with the group.
- Identify the variety of items that can be found on the beach. Recognize the difference between natural items and rubbish on the beach

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- Understand the meaning of slip, slop, slap & slide.
- Identify dangers on the beach
- Identify the role of an adult while at the beach
- Identify what a lifesaver does. Identify the Red and Yellow flags and what they mean. Demonstrate the 'assistance required' signal.
- Enjoy wading in and out of the water. Develop confidence in the water.
- Enjoying participating in a run-water-run. Develop confidence in the water.
- Enjoying playing beach flags
- Enjoy beach sprinting and participating in beach relays Under 8's

## *Under 8's*

**Age of 8** 1 October 2023 - 30 September 2024

**Preliminary Skills Evaluation** 25m (any stroke) & 1-minute survival float

**Competition Skills Evaluation Open Water** Nil (Only wade in waist-deep water)

**Uniform Requirement** Club Cap & Club Rashie (Pink)

**Surf Education Awarded** Surf Aware 1



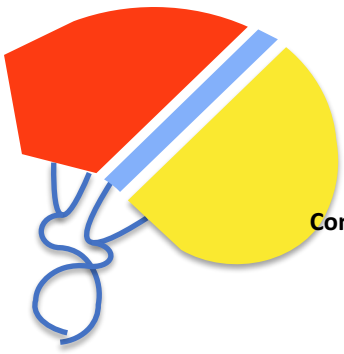
Water activities are limited to wade events with some other fun activities included. Beach activities include sprints, flags, relays, and novelty events. It all adds up to a lot of fun and an increase in beach and water awareness and safety. When appropriate they will be introduced to surf swimming to help build confidence for the next season.

### **Surf Aware 1 Learning Outcomes**

- Develop an understanding of surf lifesaving in Australia and identify the surf club as a welcoming place.
- Identify what it means to feel safe.
- Identify people to talk to if feeling unsafe at the beach.
- Recognize the diverse human and marine communities that make up a beach ecosystem.
- Understand and demonstrate the sun smart guidelines. Understand what happens when they're not sun-smart.
- Identify dangers at the beach.
- Recognize the signs that they are in trouble in the water. Demonstrate the signal for 'assistance required'.
- Recognize what an emergency is.
- Describe when and how to dial '000' if an emergency is identified.
- Recognize the Red and Yellow flags.
- Understand what the Red and Yellow flags mean.
- Attempt or perform catching a wave on a body board.
- Attempt or perform wading. Attempt or perform dolphin-diving.
- Attempt or perform a standing beach sprint start Attempt or perform beach flags starts.







## *Under 9's*

**Age of 9** 1 October 2023 - 30 September 2024

**Preliminary Skills Evaluation** 25m Swim (any stroke) & 1-minute survival float

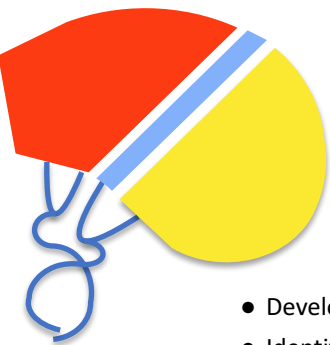
**Competition Skills Evaluation Open Water** Minimum 150m Swim (Competition course)

**Uniform Requirement** Club Cap & Club Rashie (Pink)

**Surf Education Awarded** Surf Aware 2

### **Surf Aware 2 Learning Outcomes**

- Develops an understanding of surf lifesaving in Australia. Identifies the surf club as a welcoming place.
- Identify people in their own personal safety network that they can ask for help.
- Identify natural and manmade objects in the beach environment. Recognize the environmental impact they can have on the beach.
- Recognize the importance of hydration, nutrition and exercise as part of their participation in the junior program.
- Identify a surging, spilling, and plunging wave.
- Recognize the dangers swimmers can be exposed to with a changing tide.
- Identify the 5 beach safety tips using the F.L.A.G.S. acronym.
- Recognize what an emergency is.
- Describe when and how to dial '000' if an emergency is identified.
- Describe the steps associated with calling '000'.
- Identify different safety signs on their beach and their meaning. Understand the three different sign shapes and colors
- Attempt or perform positioning on a nipper board. Attempt or perform paddling on a nipper board.
- Attempt or perform body surging on a wave.
- Attempt or perform basic running techniques on the sand. Attempt or perform diving for beach flags.



## *Under 10's*

**Age of 10** 1 October 2023 - 30 September 2024

**Preliminary Skills Evaluation** 25m Swim (Freestyle) & 1.5-minute survival float

**Competition Skills Evaluation Open Water** Minimum 150m Swim (Competition course)

**Surf Education Awarded** Surf Safe 1

**Uniform Requirements** Club Cap & Club Rashie (Pink)

### **Surf Safe 1 Learning Outcomes**

- Develop an understanding of surf lifesaving in Australia Identify the surf club as a welcoming place.
- Identify times when they might feel unsafe and can ask for help. Identify adults at their surf club that can help them.
- Understand the natural water cycle and water collection methods Identify ways in which water usage can be reduced/recycled at the surf club.
- Identify and demonstrate the sun smart guidelines.
- Understand the consequences of skin damage caused by sunburn.
- Identify how rips are formed and what they look like. Understand how to escape a rip.
- Understand the basic principles of resuscitation.
- Demonstrate the following signals: go further out to sea, go left, go right and remain stationary.

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- Recognize unsafe behaviors at the beach.
- Identify the actions of a beach user in an unsafe situation. Develop an understanding of preventative actions.
- Attempt or perform carrying and dragging a nipper board into the water.
- Attempt or perform bunny hopping a nipper board into the water.
- Attempt or perform sitting over a wave on a nipper board. Attempt or perform paddling through a wave on a nipper board.
- Recognize how body boards can be used to assist a distressed.
- Demonstrate skills required to assist a distressed swimmer. Recognize a rescue tube and what it is used for.
- Attempt or perform a beach relay baton change

## *Under 11's*

**Age of 11** 1 October 2023 - 30 September 2024

**Preliminary Skills Evaluation** 50m (freestyle) & 2 minute survival float

**Competition Skills Evaluation Open Water** Minimum 288m Swim (Competition course)

**Surf Education Awarded** Surf Safe 2

**Further Award Options** Resuscitation Certificate

**Uniform Requirements** Club Cap & Club Rashie (Pink)

### **Surf Safe 2 Learning Outcomes**

- Develop an understanding of surf lifesaving in Australia. Identify the surf club as a welcoming place.
- Identify the actions they can take when feeling frightened or lost. Recognize the importance of persisting when needing help.
- Recognize the difference between renewable and non-renewable energy generation.
- Identify ways in which electricity usage can be reduced in the surf club.
- Recognize 'at risk' people in a beach environment. Identify actions that can be taken to help 'at risk' people avoid.
- Identify the principles of DRSABCD.
- Recognize and manage patients suffering from cuts and abrasions, bleeding from the nose, sprained muscle ligaments, and sunburn.
- Perform cardiopulmonary resuscitation (CPR) techniques.
- Recognize the importance of beach safety signage Identify and understand safety signage on their beach.
- Attempt or perform a dismount from a nipper board. Attempt or perform catching a wave on a nipper board. Attempt or perform a board relay race.
- Understand the techniques of surf swimming.
- Demonstrate an ability to swim through the surf, parallel to the surf, and back to shore.
- Attempt or perform a crouching beach sprint start. Attempt or perform a beach sprint finish.
- Attempt or perform an ironman/woman race transition. Attempt or perform Cameron relay race transitions.

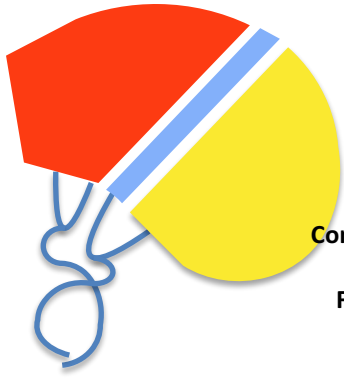
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## *Under 12's*

**Age of 12** 1 October 2023 - 30 September 2024

**Preliminary Skills Evaluation** 100m swim (freestyle) & 2-minute survival float

**Competition Skills Evaluation** Open Water Minimum 288m Swim (Competition course)

**Surf Education Awarded** Surf Smart 1

**Further Award Options** Resuscitation Certificate, Basic Emergency Care Certificate

**Uniform Requirements** Club Cap & Club Rashie (Pink)

### **Surf Smart 1 Learning Outcomes**

- Develop an understanding of surf lifesaving in Australia. Identify the surf club as a welcoming place.
- Understand rights and responsibilities as a member of Surf Life.
- Understand how weather can affect both the beach environment and beach users.
- Identify natural and man-made causes of erosion and their impact on the beach environment.
- Identify the consequences of not being sun smart. Identify what skin cancer is and what causes it.
- Recognize that staying fit and healthy is important as a lifesaver. Identify ways to stay fit and healthy during junior activities.
- Identify the four different types of rip currents. Identify how to manage rips in a beach environment. Identify how to use rip currents to assist in surf swimming and rescues.
- Identify the role of the body's circular system, skeletal system, respiratory system, and nervous system. Understand how the body's major organ systems relate to First Aid scenarios.
- Identify the principles of DRSABCD. Recognize and manages patients suffering from cramping, fainting, and shock.
- Perform cardiopulmonary resuscitation (CPR) techniques.
- Demonstrate the following signals: message understood & attract.
- Identify the role of a beach patrol. Identify the role of lifesavers during a patrol.
- Attempt or perform rolling under a wave on a board. Recognize how a board can be used to secure and support a conscious patient. Demonstrate the skills required to secure and support a conscious patient.
- Attempt or perform diving under waves.
- Develop a beach sprint arm and leg drive technique.
- Identify different beach flags strategies.

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## *Under 13's*

**Age of 13** 1 October 2023 - 30 September 2024

**Preliminary Skills Evaluation** 150m Swim (freestyle) & 3 minute survival float

**Competition Skills Evaluation** Open Water Minimum 288m Swim (Competition course)

**Surf Education Awarded** Surf Smart 2

**Further Award Options** Resuscitation Certificate, Basic Emergency Care Certificate

**Uniform Requirements** Club Cap & Club Rashie (Pink)

### **Surf Smart 2 Learning Outcomes**

- Develop an understanding of surf lifesaving in Australia Identify the surf club as a welcoming place. Understand the basic principles of the SLSA Membership.
- Understand Global Warming and Climate Change. Identify the impacts that Global Warming and Climate Change.
- Identify how to minimize the risk of cross-infection when delivering first aid and resuscitation.
- Identify and understand the 10 SLSA beach safety tips.

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- Identify the role of the body's circular system, skeletal system, respiratory system, and nervous system. Understand how the body's major organ systems relate to First Aid scenarios.
- Identify the principles of DRSABCD.
- Recognize and manage basic patient management techniques.
- Perform cardiopulmonary resuscitation (CPR) techniques.
- Recognize the importance of communicating with beach users. Identify ways to communicate with beach users. Identify volunteer and professional emergency services in the local area.
- Demonstrate board skills in a board race event. Demonstrate board rescue skills in a board rescue event.
- Demonstrate surf swimming skills in a surf race event. Demonstrate surf swimming and beach running skills in a run-swim-run event.
- Attempt or perform swimming in the surf with a rescue tube. Attempt or perform a tube rescue for a swimmer in distress.
- Demonstrate beach sprinting skills in a beach sprint event. Demonstrate beach sprinting skills in a beach relay event.
- Demonstrate beach flags skills in a beach flags event.
- Demonstrate beach running, surf swimming, and board skills in an Ironman/Ironwoman event.
- Demonstrate beach running or surf swimming or board skills in a Cameron relay event.

## *Under 14's*

**Age of 14** 1 October 2023 - 30 September 2024

**Preliminary Skills Evaluation** 200m Swim (Freestyle, in less than 5 minutes) & 3-minute survival float

**Competition Skills Evaluation** **Open Water** Minimum 288m Swim (Competition course)

**Surf Education Awarded** Surf Rescue Certificate (SRC)

**Uniform Requirements** Club Cap & Club Rashie (Pink)

The Under 14 age group is perhaps the most important age group for juniors. It is the last year of structured junior activities and the first where the junior can start to participate in regular surf lifesaving activities – patrols, open carnivals, etc.

### **Surf Rescue Certificate (SRC) Learning Outcomes**

#### **Safety and Wellbeing**

Contribute to the management of work health and safety (WHS):

- Identify personal and environmental hygiene factors that contribute to a safe workplace.
- Identify the types of costs associated with workplace illness and injury.
- List management and member WHS responsibilities.
- Define 'duty of care' in the workplace.
- Identify causes of accidents.
- Recognize, report and rectify (where possible) hazards in the workplace.
- Follow workplace procedures and work instructions for controlling and reporting risks.
- Identify factors that contribute to a healthy lifestyle.
- Follow workplace procedures for hazard identification and risk control
- Recognize appropriate beach types, conditions, and areas in the surf zone for bathing:
- Identify different types of beaches.
- Assess prevailing weather and water conditions.
- Identify safety aspects of the beach environment.

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Demonstrate surf skills:

- Perform front and rear release and escape methods.
- Perform a swim and negotiate the surf zone using fins and a rescue tube.
- Paddle and negotiate the surf zone using an SLSA rescue board.
- Demonstrate body-surfing techniques.

### **The Human Body**

Explain the functions of the:

- Circulatory system
- Lymphatic system
- Skeletal system
- Respiratory system
- Nervous system
- Digestive system
- Integumentary system.

### **Resuscitation**

Perform cardiopulmonary resuscitation (CPR) techniques:

- List the stages in the chain of survival.
- Perform one-person patient assessment.
- Recognize the need for CPR, appropriate duration and cessation, and the use of a defibrillator.
- Perform mouth-to-mouth, mouth-to-nose, and mouth-to-mask rescue breathing techniques as part of CPR in line with Australian Resuscitation Council guidelines.
- Demonstrate the differences between infant, child, and adult resuscitation methods.
- Perform one-person and team CPR techniques.
- Demonstrate and describe procedures for managing patients after CPR.
- List the conditions of patients who should be sent to the hospital.

### **First Aid**

Identify basic patient management techniques:

- Perform checks to identify potential dangers to yourself, the patient, and bystanders, and ways to prevent the spread of communicable diseases.
- Identify the principles of basic first aid management.
- Perform a basic emergency care management assessment.
- Identify methods of checking vital signs.
- Demonstrate a secondary body check procedure.
- Manage external bleeding injuries.
- Manage patient shock and fainting.
- Manage patients with needle-stick injuries.
- Manage patients with soft-tissue injuries.
- List the procedure for the management of major tissue damage with severe bleeding.
- Recognize and manage patients with temperature related illnesses.
- Recognize and manage marine envenomation injuries.
- Recognize and manage patients with chest pains.



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- Recognize and manage patients with fractures, dislocations, sprains, and strains.
- Recognize and manage patients with spinal and neck injuries.
- Recognize and manage patients with burns.
- Recognize and manage unconscious patients.
- Recognize and manage patients suffering anaphylaxis
- Recognize and manage patients suffering respiratory distress, including asthma.
- Maintain effective documentation.
- Maintain and replace first aid equipment.
- Refer to further medical treatment.

### **Communications**

Communicate in the workplace:

- Explain how interpersonal communication happens.
- Demonstrate the five skills needed for effective interpersonal communications.
- Discuss the appropriateness of the different styles of interpersonal communication.
- Choose an appropriate channel to ensure effective interpersonal communication.
- Identify and minimize potential breakdowns and barriers when communicating in the workplace.
- Take part in group discussions and informal meetings.
- Demonstrate SLSA document procedures.
- Demonstrate SLSA signals.
- Demonstrate the ability to identify flags.

### **Rescue Techniques**

Perform patient approaches, support, and escapes aided by equipment on a conscious and an unconscious patient:

- Perform a tube and a board rescue for a person in distress.
- Assess a patient's level of distress.
- Secure and support a patient using rescue equipment.
- Perform patient tows; specifically, hip carry and wrist tows.
- Return a patient safely to shore.

Identify people in distress in an aquatic environment:

- Describe the signs of drowning; specifically, climbing the ladder, poor flotation, being face-down or waving the arms.
- List common rescues, sites, and conditions for rescues experienced by lifesavers.
- Describe the condition of people requiring assistance; specifically, anxious, panicking, calm or in shock.

Perform surf skills:

- Complete a 100-metre run, 100-metre swim, and 100-metre run within 5 minutes

### **Beach Management**

Set up a patrol and describe your role on patrol:

- Describe the role of lifesavers.
- Establish a patrol base and check equipment.
- Describe the activities and trends of beach users at one local beach.



Demonstrate standard patrol practices:

- Identify patrol methods.
- Describe scanning procedures and methods.
- Define responsibilities covered under service agreements and standard operating procedures (SOPs).
- Define beach closure procedures.

Work as part of a team:

- Contribute positively to team activities.
- Interact successfully in the workplace.
- Give and receive support to/from team members.
- Define other emergency services in your area.
- Perform a simulated rescue.
- Participate in briefings and de-briefings

## *Proficiency – Preliminary Skills Assessment Requirements*

On the day of sign-on/registration, all children from under 8's up are required to participate in the Junior Preliminary Skills Assessment. These proficiencies are divided into two sections, being:

### **1. Preliminary Skills Evaluation (Compulsory)**

This evaluation is to assess your child's swim proficiency and is conducted at the time of registration. This proficiency is required before any junior water activities take place in the surf.

### **2. Competition Skills Evaluation (Compulsory for any competitors and encouraged for all Nippers)**

This evaluation is to assess your child's swim proficiency before competing at Surf Carnivals from the club level up. This evaluation has a second purpose, which is to assess your child's ability to attempt the open water swim.

The proficiency test requirement is to assist the club in assessing an individual's ability to endure periods of time in the water. Should a child not be able to obtain their proficiency they will not be excluded from activities, however, there will be limitations on the events in which they can participate. They will be unable to compete in Carnivals until they pass their proficiency requirement.

## *Important Nipper Information*

### *Nippers on Sunday*

Weekly events are designed to accommodate Nippers of all levels of ability and those of competitive and not-so-competitive nature. Nippers will have the opportunity to participate in surf education, first aid and rescue training, training for competition, controlled competition, practicing survival skills and techniques, and generally meet new friends and have fun. Each week is run in accordance with the NSW Surf Lifesaving curriculum and overseen by our Education Officer and Committee. The Age Managers direct each age group through the required activities and Club Superintendent ensures the safety, namely water safety of the nippers.

Nipper's Days are generally held each Sunday morning at Park Beach during the season unless there is a Junior Carnival. Please arrive by **8.45am** for grassed marshaling outside the Surf Club. Occasionally we relocate to Coffs Creek when prevailing weather conditions prohibit activities at Park Beach. We endeavor to notify members via SMS, and Team App.

Nippers should bring swimmers, a towel, a club cap, sun protection (apply before you arrive), a drink bottle, goggles (optional), and a SMILE!





## *Beach Set up, Pack up & BBQ*

We will be running BBQ's and canteen at Nippers as part of the fundraising for junior activities. Please see the ladies in the canteen if you would like to help. Each week the work party will assist with setting up for beach activities, and packing up beach activities.

Pack up is easily learnt, pack equipment in the associated trailers, hose down once at the club and return to the sheds.

## *Sun Protection*

The club aims to provide sun protection and supplies a tent at carnivals and sunscreen is available from the clubhouse. It is important that sunscreen be applied before coming to the beach and again during the day. Please always keep sun shirts and hats on your children (and yourself). These should be worn in between events and removed as necessary prior to participation in events. Whenever possible children must sit under the marquees.

## *Fundraising*

The Coffs Harbour Surf Life Saving Junior Program is funded purely by sponsorship, donations, and fundraising activities. If you are able to assist in any of these areas, you will be contributing to our success and sustainability.

## *Uniform and Club Wear*

All club merchandise is available from the Clubhouse. The wearing of Coffs Harbour Junior Surf Club swimwear is compulsory when competing at all Carnivals.

The wearing of competition caps (or green hats for U6s and U7s) and the high vis pink rashies are compulsory for 8-14-year age groups at normal Sunday Nippers and ALL Carnivals.

**It is important that at the end of activities competition caps are removed when the Age Manager dismisses the group.** This means that the child is no longer under the care of the age manager. It also allows surf rescue personnel to determine whether children are under the control of Age Managers or the scrutiny of the beach patrol.

## *Parent Participation*

The weekly Nippers program can only be run if parents assist. Parent participation is always encouraged and eagerly sought. Please do ask questions and offer your help in whatever area you feel comfortable. We cannot succeed without your assistance.

Surf Lifesaving is a voluntary organization. Coaches, Age Managers, and the Committee are not paid however seek to provide a service to assist in educating your children in the surf.

Parents **MUST** remain with their children on the beach and support their Age Manager. You must be there to attend to your child's safety and welfare. Your child remains your responsibility.

You will have fun and meet some nice people along the way. You are encouraged to join in, whenever and wherever possible.

The senior club has various awards that you may be interested in doing. You may like to get your Bronze Medallion or become an Official; many parents of junior members have achieved various awards in the past.

Occasionally we will call for parents to help with our fundraising BBQ's. It is a great way to meet other parents and have a lot of fun. Remember that the more you participate the more your child is likely to feel a sense of satisfaction and belonging to the club.

## *Water Safety*

The Club is required to provide water safety whilst water events are being conducted whether at training, nippers on a Sunday or at carnivals. This is at a ratio of **one water safety to five children**. Water Safety participants wear orange caps and vests and hold a Bronze Medallion, or Surf Rescue Certificate. If you are



interested in helping with water safety, please see any of the Committee. Assistance in this area is vital in giving our kids the necessary water time to improve their surf skills.

If you are interested in doing your Bronze Medallion or becoming an official at carnivals, we are very willing to train you.

Please contact one of the committee members for information.

All Water Safety Personnel are required to:

- ✓ Sign the patrol log prior to commencing water safety duties each day.
- ✓ Report to the Superintendent and Water Referee before entering the water.
- ✓ Notify the Superintendent or Water Referee if they are supporting activities outside a designated water area.
- ✓ Advise the Superintendent of potentially unsafe activities, and report any unsafe activities, which have occurred.
- ✓ Enter the water only if they feel competent in the conditions.
- ✓ Record any injuries in the patrol log at the completion of their duties
- ✓ Wear an orange cap and a rash shirt.



## Officials

We need parents that are willing to obtain accreditation that will allow them to become an official at competitions. We are required to supply officials according to the ratio of **1 Official per 10 competitors**, so assistance is always gratefully received. It is an easy learning online module. Please note that if the club is unable to supply sufficient Officials the club may be withdrawn from the carnival or competitor numbers restricted. Please contact a committee member if you are interested in becoming an Official.



## *Training*

The Club conducts additional training sessions for all age groups and abilities. Training times and information will be entered on the Team App. The Junior Head Coach for the 2022/23 season is Mark Beavis. **Please refer to the Team App for updates on training information.**



## *Care of Equipment*

- ✓ Training and competition equipment is expensive to purchase and repair. It is important that all equipment is handled and cared for correctly.
- ✓ Boards should be carried, not dragged, and be laid fin side up on the sand. They should not be sat on and it is not wise to leave them lying in the sun for long periods of time as this causes them to bubble.
- ✓ Nippers must not stand on boards while riding.
- ✓ Nippers who mistreat boards will not be able to use them until they can demonstrate appropriate craft handling and care.
- ✓ The club cannot be held responsible for damage to privately owned boards





## *Carnivals*

### *North Coast Branch*

Coffs Harbour Surf Lifesaving Club is affiliated with the North Coast Branch of the Surf Lifesaving Australia Movement. Our Branch includes:

- ✓ Wooli/Minnie Water,
  - ✓ Red Rock,
  - ✓ Woolgoolga,
  - ✓ Sawtell,
  - ✓ Urunga,
  - ✓ North Beach and
  - ✓ Nambucca Heads
- ✓ There are several Branch carnivals held each season, the venues alternating between the clubs. We are always looking for willing volunteers to set up, official, water safety, BBQ, supervise children and to rendezvous at the club house after a carnival and help pack up.
- ✓ To compete at NSW State SLSA Titles in the Ironperson event, our club nominates your child to the North Coast Branch which will have final determination of the best competitors for this event only based on branch carnivals. The Ironperson has capped numbers at State Level and the Branch nominates the competitors for this event only. All other individual events is submitted from the club.



## *Trophies & Awards*

### **U6 & U7**

All children who attend more than 60% of the season will receive a medallion and a certificate.

### **U8 to U14**

The Club gives a number of awards at the end of the season. To qualify for an award. Nippers need to have attended 75% of the season.

On our Club Presentation Day, an Overall Age Champion male and female, for both water and beach are awarded for all age groups from U8 to U14 This is based on points accumulated during the season from carnivals attended. Different points are awarded for each carnival based on the level of competition.

#### **Trophies or Medals are awarded for:**

Female Champion Lifesaver Junior U8, U9, U10, U11, U12, U13 & U14

Male Champion Lifesaver Junior U8, U9, U10, U11, U12, U13 & U14

Kim Bear Award Male & Female

Rotary Citizenship Award Selected – Honorable sportsmanship award

Charles Helmbright Award For exceptional volunteer service provided by a parent.

Zippy Award – Outstanding achievement award

#### **Annual club Championships**

Our Club Championships Day is held normally during February/March, depending on branch, country, and state carnivals dates and of course the weather. To participate in this event, you had to have attended at least 75% of Sundays to be eligible. For each age group, both male and female a Club Champion will be awarded for Water and Beach Events individually. Based on seeded points from the swim, board, and iron person a water champion is awarded, and beach champion will be awarded from the sprint, 1klm and 2klm run, and flags.

## *Child Protection Policy*

The policy on Child Protection at the Coffs Harbour Junior Surf Club is in accordance with the Child Protection (Prohibited Employment) Act 1998 and the Commission for Children and Young People Act 1998.

This is an important initiative for 'checking' paid and unpaid employees, such as volunteers, who work with children and young people in NSW. These laws help prevent unsuitable people from working with children and young people. This procedure is a significant step toward reducing the risk of children being abused by those entrusted with their care.

These guidelines require all parents/guardians and other volunteers, to sign a PROHIBITED EMPLOYMENT DECLARATION FORM at the beginning of each Junior Surf Club Season. Under the NSW legislation, anyone who has not completed the above form will not be able to assist our children. The forms will be available at the commencement of the season and on registration days. The forms (once completed) will be placed in a confidential file in the possession of the Child Protection Officer.



Additional Resources:

NSW Surf lifesaving:

<http://www.surflifesaving.com.au>

NSW SLS Members Portal:

<https://sls.com.au/>

Members Portal User Guide

<http://www.surflifesaving.com.au/members/resources/administration/slsa-member-portal-user-guide.pdf>

Coffs Harbour SLSC Website:

<http://coffsharbourslsc.com.au>

Coffs Harbour SLSC Facebook Page:

<https://www.facebook.com/groups/29740622427/>

Disclaimer: The information on the new handbook is intended to outline our general direction and information was correct at time of publishing. If parents, carers or nippers have any concerns of the content, the operations of the club or demeanor of a member please contact your age manager or committee member as soon as possible. The Coffs Harbour SLSC values the its members and their opinions.



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