



Est. 1908

JUNIOR ACTIVITIES COMMITTEE (JAC)

“NIPPERS”

Information Booklet

For New and Current Members



"Training the Lifesavers of tomorrow"

2019-2020

Table of Contents

Welcome to Yamba Nippers.....	3
Yamba Nipper Sponsors	4
The Yamba Surf Life Saving club	5
Junior Activities Group	6
2019/20 Junior Activities Committee (JAC) Members.....	6
Volunteer Age Managers.....	6
Code of Conduct	7
Parents, Caregivers & Spectators Code of Behaviour.....	7
Nippers' Code of Behaviour – ‘Nipper of the Week’	7
Photography.....	7
The Nippers Program.....	8
Who can Join Yamba Nippers?	8
Age Groups for 2019/20.....	8
Nipper Days	9
WET WEATHER CANCELLATION CONTACT INFORMATION	9
How to Join Yamba Nippers.....	9
Existing members.....	9
NEW members.....	9
YAMBA SLSC Fees 2019-20.....	9
What to Bring	10
Equipment	10
Set up and Pack Up.....	10
Boards	10
NIPPER EVENTS.....	11
Surf Education.....	12
Surf Life Saving Surf Education Program (Surf Ed).....	12
Junior Group Evaluations (Proficiency)	13
SURF CARNIVALS.....	14
Clothing and Merchandise.....	16

Welcome to Yamba Nippers

The JAC, Age Managers and Yamba surf club would like to welcome all nipper families, old and new, to the 2019-20 season at Yamba. This year we are continuing the aim of improving our junior lifesavers' confidence and skills set.

The Nipper program is designed to educate and provide activities and skill development within an atmosphere of fun for all participants and will run from 9.30am – 11am most Sundays throughout the season, with the exception of a few twilight nippers - see our calendar for full details.

I invite you to read this handbook, which provides useful information about Nippers and the Yamba Surf Lifesaving club. We hope this guide helps you to understand what each nipper and family can expect from the club and the clubs expectations for the coming Nipper season.

If you have any further concerns or feedback during the season please contact your age managers in the first instance, or committee members listed within this book.

James Forbes

JAC Chairman

Yamba Nipper Sponsors

We are currently looking out for new sponsors for the 2019/2020 season

If you know anyone that would be keen to support our lifesavers of the future please contact our Sponsorship Committee via email: nippers@yambaslsc.com.au



Yamba Surf Life Saving Club

Yamba Surf Life Saving Club was founded on September 9th, 1908 and is one of the oldest surf clubs in the world. The club celebrated its 100 years of continuous service in September/October 2008. It is very proud of the fact that in its first 100 years no lives have been lost through drowning on Main Beach whilst patrols have been operating.

Yamba Surf Life Saving Club is a charitable community-based organization established with objectives including providing a safe aquatic environment, education in methods of surf lifesaving, and promoting community service and sporting competition through surf lifesaving.

Yamba Surf Life Saving Club is one of ten clubs within the Far North Coast Branch (FNC) region between Yamba and the NSW/Queensland boarder.

Yamba Surf Life Saving Club is operated by volunteers, with the control and management of affairs undertaken by the Board of Directors. 'Nippers' is a sub-group of the club.

YAMBA SURF CLUB BOARD of DIRECTORS 2019-2020

Chairman of Board..... Joe Dougherty
Deputy Chairman Chris Moran
Administration Director Leah Essex
Finance Director Tim Small
Lifesaving Director James Ryan
Surf Sports Director Jim Dougherty
Education Director Danielle Connolly
Junior Activities Director..... James Forbes
Clubhouse Director..... Alan Lawrence

CLUB CONTACT INFORMATION

Address: P.O. Box 219, Yamba. 2464
Telephone: 66462463 (Club office)
66462462 (Clubhouse)

Email: Administration (Club Office): office@yambaslsc.com.au
Club Secretary: secretary@yambaslsc.com.au
Event Coordinator: events@yambaslsc.com.au
Nippers: nippers@yambaslsc.com.au
Website: www.yambaslsc.com.au

Follow us on Facebook – Yamba Nippers

OFFICE HOURS

**Monday, Wednesday, Friday
9.30am-12.30pm.**

Office is located upstairs in clubhouse (entry from roadway)

Junior Activities Group

2019/20 Junior Activities Committee (JAC) Members

J.A. Chairman	_____	James Forbes
J.A Supervisor	_____	Helen Morris
J.A Secretary	_____	Paula Watts
J.A Registrar	_____	Narelle Kemp
Water Safety Coordinator	_____	Belinda James /Ben Plunkett
Carnival Co-ordinator	_____	James Forbes

Volunteer Age Managers to be finalised

Under 7's:	_____	Sharron Holmes, Brian O'Halloran
Under 8's:	_____	
Under 9's:	_____	Ben Wright, Tash Hancock
Under 10's:	_____	Jodie Crook, Shelley Catlin
Under 11's:	_____	Jodie Jones, Tara Chambers
Under 12's:	_____	Kilian Koen
Under 13's:	_____	Natasha Earl
Under 14's:	_____	Chris Speirs
Beach Coach:	_____	
BBQ Co-ordinator:	_____	Daniel Jones

The Yamba JAC is always in need of new office bearers and volunteers to work with the Yamba nippers. All volunteer workers only need be enthusiastic, over 18 and must have a Working With Children Check number registered with Yamba SLSC.

If you can volunteer please speak up to the JAC or email nippers@yambaslsc.com.au

Each age group preferably has at least one Age Manager. They are in charge of the Nippers within their Age Group each week. It is important to realise they are volunteers doing the best they can to assist your children with their surf education and training, they are not child minders. Parents are required to be at the beach supporting age managers during nippers.

Code of Conduct

The following **Codes of Behaviors** have been adopted by the Yamba SLSC Junior Activities Committee (Nippers).

Parents, Caregivers & Spectators Code of Behaviour

- Children participate in sport for their own enjoyment and development.
- Encourage and praise children for participation and effort.
- Encourage children to always play by the rules.
- Remember children learn best by example.
- Appreciate good performances and skilful play by **all** participants, to promote good sportsmanship.
- Respect officials, age managers and coaches' decisions and teach children do likewise.
- Show appreciation for age managers, administrators, coaches and officials.
- Respect the rights, dignity and worth of others.
- If you disagree with any decisions for the Nippers staff, raise the issue through Nippers supervisor. Do not question the volunteer's judgement and honesty in public.

Nippers' Code of Behaviour – 'Nipper of the Week'

- Participate for your own enjoyment and benefit.
- Respect our clubhouse and the equipment you use, wash it and return it after use and report any damage.
- Treat all participants as you would like to be treated yourself. Do not bully, put other people down or take unfair advantage of another nipper.
- Co-operate with your age managers, water safety officers, team mates, coaches, officials and opponents.
- Wear your nipper cap at all times during nippers and pink singlets for water activities.
- Be a good sport and applaud all performances; encourage others.

By joining the Yamba SLSC Junior Activities- each Nipper, Parent or Caregiver acknowledges and accepts these Codes of Conduct.

Photography

Conforming to SLSA policy and Australian Sports Commission, Yamba JAC will ensure that a high level of care is to be exercised with photographic images, particularly with junior members.

If Yamba SLSC would like to use photos of you or your child in our communications and promotional activities, then we will request parental permission. Any third-party photographers must be approved by the executive committee.

If you would like to take photos of your children at Nippers activities please ask one of the committee members or age managers and we will ask the other parents in your child's group to ensure there are no objections.

If you would like to read over the full photography policy please go to <https://www.surflifesaving.com.au/sites/site.test/files/SLSA%206.21%20Photography%20Policy.pdf>

The Nippers Program

Who can Join Yamba Nippers?

2019/20 Yamba Nippers is for Age Groups Under 7s to Under 14's ie. children must turn 6 on or before Sept 30th, 2019. Age groups are determined as at 30th September each year.

Note: Proof of age/birth certificate must be sighted for all new children

Age Groups for 2018/19

Age Group		Birthdate between these Dates
Under 7	Dark green cap	01 October 2012 to 30 September 2013
Under 8	Red cap	01 October 2011 to 30 September 2012
Under 9	Fluoro green cap	01 October 2010 to 30 September 2011
Under 10	Dark gold cap	01 October 2009 to 30 September 2010
Under 11	Pink cap	01 October 2008 to 30 September 2009
Under 12	Fluoro yellow cap	01 October 2007 to 30 September 2008
Under 13	Yamba club cap	01 October 2006 to 30 September 2007
Under 14	Yamba club cap	01 October 2005 to 30 September 2006

How to Join Yamba Nippers

Joining is the easy part. There is a sign up day (usually during September), contact the Yamba SLSC office, visit during opening hours or look at the club website for registration details. Also you can ask anyone in the Nippers area on a Sunday morning and they will point you in the right direction.

Existing members

- go **ONLINE** to members.sls.com.au
- Create an account and/or login
- Follow the instructions to **RENEW** and **MAKE PAYMENT**

NEW members

- Go to join.sls.com.au or contact the club office -provide ID.

YAMBA SLSC Fees 2019-20

FAMILY: \$200

(Includes parent/s and nipper/s
in same family – for children under 19 only)

NIPPERS: \$60

\$75 with coloured cap

\$90 with coloured cap + comp cap

PARENT (Associate) \$65 (one parent per family must join)

Nipper Days

Nippers is predominately held at Main Beach Yamba, though if conditions do not allow this we will consider moving to a more suitable location. Any Nipper information for the coming Sunday will be sent out by text and also posted on the nippers Facebook site or Team App during the week.

Children should arrive ready to start activities at 9:00am. It is the parent's responsibility to ensure their Nipper has their attendance recorded by the Age Manager.

Under control of their Age Managers, children then take part in fun on the beach and in the water, as well as the required education component (Surf Ed). While education is compulsory, competition is not.

On selected Sundays there are carnivals that the club competes in or hosts (this year we host the FNC branch carnival). On these Carnival and Championship days regular Sunday activities are altered. Yamba SLSC promotes Nipper attendance at carnivals (particularly within our Branch) which are inclusive of all skill levels.

WET WEATHER CANCELLATION CONTACT INFORMATION

To find out if any carnivals or Nipper Days have been cancelled due to wet weather or bad surf conditions the following options are available

- A text message will be sent to your mobile number as listed on Surfguard
- Join the Yamba Nippers Facebook Group for regular updates.
<https://www.facebook.com/Yamba-Nippers-108053042570620/> or the Team App.

What to Bring

You will need a coloured nipper cap, pink hi-viz singlet (U8's-14's) supplied by our club sponsor, goggles (if you like to wear them), sunscreen, water bottle, towel, and sun protection clothing and hat.

Club swimmers are available from the merchandise room during most nipper sessions or during office hours (please see back page for office hours). It is advisable that all clothing and equipment be labelled with your child's name for easy return in case of loss.

SKULL CAP POLICY

All nippers must wear their coloured skull caps at all times during nippers. Skull caps are to be removed after sign-off. The wearing of skull caps is a requirement to comply with Surf Life Saving safety regulations. Yamba's gold and black skull caps must be worn whilst competing at surf carnivals.

HIGH VISIBILITY SINGLETS

All nippers who participate in water activities (Under 8's up) will be given a Yamba Surf Club high visibility singlet free of charge, thanks to our sponsors.

It is Yamba SLSC Nippers policy that high visibility singlets are mandatory for Nippers participating in all water activities. Children will not be allowed to participate in water events if they do not have their singlet on.

Equipment

Yamba SLSC supplies most if not all equipment needed for Sunday activities and Carnivals, including Nipper Boards. As we are a club funded by donations and sponsors it is important we all take responsibility for handling, care and returning of the equipment.

Set up and Pack Up

Each week an age group will be selected and parents from that age group are required to set up the beach and pack up at the end of nippers. This is an easy task and only requires 30 minutes before the beginning of nippers. This includes: raking of the sprint track and flags, assembly of age group signs on beach, equipment brought onto the beach.

This way the JAC committee can make sure they are fully ready to start nippers on time every week.

Boards

Boards are available for use by club members only. Boards can be used during Nippers Sunday activities and other times when the board room is open (most patrolled weekends). If you use boards then it is your responsibility to care and **take it back**.

- Do not leave boards lying on the beach in the sun for extended periods
- Do not sit on boards on the sand
- Lift and carry boards, do not drag them across the sand
- Wash boards after use with fresh water.
- Report any damage to Yamba SLSC.

NIPPER EVENTS

Individuals

- WADE RACES - (U/8) - Competitors sprint from the start line into the water and wade around a set course.
- SURF RACES - (U/9-U/14) - Competitors sprint from the start line into the surf and swim around a set of buoys and return to shore.
- BOARD RACES - (U/9-U/14)- Paddling a board from the beach, out through the break, around a set of buoys and back to shore.
- IRONMAN/WOMAN - (U/10-U/14) – Swim, board and run. The order of the board and swim leg is decided at the start of each carnival
- BEACH FLAGS - lying flat on the sand, then getting up and running a short distance to grasp lengths of hose standing in the sand. The event is run over a number of rounds with a child eliminated each round until there is an eventual winner.
- BEACH SPRINT - Run either 50m or 70m on set sand track.

Teams

- MARCH PAST - Teams of 12 are judged on their ability to march around the main carnival area. This event is steeped in tradition as it was initially designed as an event for clubs to parade in their colours.
- CAMERON RELAY - (U/11-U/14) JNR/SNR- Team 4 members: 1 swimmer, 2 runners, and a board paddler.
- BOARD RESCUE - (U/11-U/14)-JNR/SNR- Team consists of 2 competitors, a swimmer and a board paddler. Swimmer swims to the buoys and signals the board paddler to rescue him. Both return to beach on the board and run to the finish line both holding the board.
- ALL AGE RELAY - (U/9-U/14) – A beach event with 6 team members, 1 from each age - youngest to oldest.
- SWIM TEAMS - (U/9-U/14) – 4 Competitors sprint from the start line into the surf and swim around a set of buoys and return to shore.
- WADE RELAY - (U/8) - Competitors sprint from the start line into the water and wade around a set course.
- BOARD RELAY - (U/9-U/14) - a relay team of 3, individually paddle around the course and sprinting to tag their teammate.
- BEACH RELAY - Team of 4, individually run the set track to pass the baton to their teammate.
- BUCHANAN Relay - 4 U/8s (3 runners, 1 wader), 1 U/9 and 1 U/10(for board and swim legs).

Surf Education

Surf Life Saving Surf Education Program (Surf Ed)

The 'Surf Ed' program is an integral part of our Junior Activity Program. The program is based on a clearly defined structure and outcomes established by SLSA to aid the children's life saving development. The surf education components must be completed by 31/12/19

All nippers are able to gain their respective Surf Ed award for their age group during the season subject to a minimum number of attendances prior to 31 December. Listed below is a summary of the awards for each age group.

- U7 Surf Play 2
- U8 Surf Aware One
- U9 Surf Aware Two
- U10 Surf Safe One
- U11 Surf Safe Two
- U12 Surf Smart One
- U13 Surf Smart Two
- U14 Surf Rescue Certificate

Junior Group Evaluations (Proficiency)

Surf Lifesaving Australia sets the minimum standards of water proficiency that each child **must** attain before being eligible to participate in club water activities, training or competition. Prior to commencement of the nippers water-based activities the Junior Preliminary Evaluation skills must be attained. Junior Competition Evaluations are completed to ensure all nippers who wish to compete at carnivals have sufficient ability, strength and fitness.

Age Group	Preliminary Evaluation	Competition Evaluation
Under 7	Perform a front glide from a standing position, kick for 3 metres and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position	Nil (No Competition)
Under 8	25m swim (any stroke) 1 minute survival float	Nil (No water competition, except wades at waist deep water)
Under 9	25m swim (any stroke) 1 minute survival float	Minimum 150m open water swim (competition course as per manual)
Under 10	25m swim (any stroke) 1.5 minute survival float	Minimum 150m open water swim (competition course as per manual)
Under 11	50m Swim (any stroke) 2 minute survival float	Minimum 200m open water swim (competition course as per manual)
Under 12	100m Swim (any stroke) 2 minute survival float	Minimum 200m open water swim (competition course as per manual)
Under 13	150m Swim (any stroke) 3 minute survival float	Minimum 200m open water swim (competition course as per manual)
Under 14	200m Swim (any stroke in less than 5 minutes) 3 minute survival float	Minimum 200m open water swim (competition course as per manual)
Notes	Each junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken.	This competition evaluation must be achieved before being eligible to compete. This is a minimum standard water proficiency requirement.

SURF CARNIVALS

(See club calendar for carnival dates)

Summary and Surf Carnival Day Information

- Yamba Surf Club is part of the **Far North Coast Branch** of Surf Lifesaving which runs from Yamba to Fingal near the Qld border.
- **The U8 to U14** nippers are able to compete at carnival level. **Notice of competing in a carnival must be given to the JAC Coordinator the Sunday prior to the carnival.** You cannot just turn up at a carnival.
- Nippers must participate in their **Surf Education Award** by attending a minimum **66%** of regular nipper activity days to be eligible to compete at carnivals.
- Competitors must have passed the relevant **Competitions Skills Proficiency** before they can attend a carnival.
- Branch carnivals usually begin at **8.30am** and finish around **4pm**. Parental assistance is required at Carnivals. Help is needed to erect and take down tents, carry gear from our gear trailer to the beach and return at the end of the day.
- There is a **ratio of competitors to water safety and officials**. Courses are available for these roles and are usually quite easy – half day sessions.
- **Yamba SLSC competition caps and Yamba club swimmers MUST be worn while competing.** Pink hi-viz singlets are required for water events. No jewellery to be worn at any time.
- Parents, unless performing in uniform as officials, are NOT permitted in the competition arena.
- The JAC Co-ordinator or designated representative is the only person from our Club eligible to lodge a **protest** regarding any alleged infringement of the rules.
- The Carnival is under the direction of the Carnival Referee. The Referee can alter or even cancel a program if adverse surf, beach or weather conditions prevail, please stay contactable and keep an eye on our Facebook page for updates.
- No Alcohol and no Smoking is permitted within the Carnival area.
- Code of conduct applies and breaches may result in team penalties occurring.

Yamba Club Championship Days

Club Championship Days are about friendly in-house competition - **all age groups and abilities participate** in some serious and not so serious events. Details and dates of these will be advised through the season.

END OF SEASON CLUB AWARDS for NIPPERS

Age Champions: 1 male and female champion and runner-up from each competitive age group (U8's-U14's) is awarded a trophy at the end of the season. This is determined by the following point system –

- 3 points are awarded for participation on a Club Activity Day. Any child representing Yamba SLSC at SLSA recognised Carnivals or events on days that clash with Club Days will be awarded the 3 participation points in addition to carnival points gained on the day.
- 3 points only are awarded to U12 to U14 Nippers for participation in the Far North Coast Branch Youth Carnival.
- 1 point will be awarded for attendance at North Coast Branch JAC Carnivals, plus 1 point for participation in each individual event. When a Nipper declines to attend a Carnival 1 point only will be awarded upon attendance at alternate activities
- Club Championship Day/s: Placing in individual races will earn the following points - First 6, second 5, Third 4, Fourth 3, Fifth 2 and all other entrants completing the event 1 point.

Norma Doulis Memorial Award: awarded to the Nipper with the highest points for water events from Club Championship and best Carnival results.

Des Eamens Memorial Award: awarded to the Nipper with the highest points for beach events from Club Championships and best Carnival results.

Junior Club Champion: awarded to the nipper with the highest overall club champion points.

Jack Goddard Memorial Award: (Junior Lifesaver) Awarded to a Senior Nipper, U12 and up, who has a broad concept of all aspects of lifesaving and has a great attendance and participation record. Nominations will be decided and awarded by Nipper Committee & Age Managers.

John Muggleton Award: (Junior Club Person) The criteria for this award include: *A member from U12 age and above, *Active participation at all times through regular nippers, training and carnivals, *Good role model and active helper for younger nippers, *Active in other tasks associated with the general running of nippers and surf club activities.

Parents may enquire about their child's point score up until 13th December 2019. No information about other children's point scores will be given. Enquiries must be made in writing to the Recording Officer.

Club Swimwear

In accordance with Club policy - **Swimwear is available FOR MEMBERS ONLY**
Club swimwear is **not compulsory** except for **Carnivals**.

(Prices subject to manufacturer's price increases from time to time)

KOZII GIRLS 1 & 2 piece	\$65.00/\$70
KOZII LADIES 1 & 2 piece	\$70.00/\$75
BOY'S/MEN'S speedo style	\$30.00/\$35.00
BOYS/MEN's 'Nix'(Longer leg)	\$40.00/\$45.00
RASHIES (Children/Adult)	\$40.00/\$45.00
Skull CAPS(compulsory)	\$15.00
Competition caps	\$15.00
FINZ GIRL'S 1 & 2 PIECE - limited sizes only	\$30.00
FINZ LADIES 1 & 2 PIECE - limited sizes only	\$30.00

Swimwear is available for purchase most Sunday mornings at the clubhouse
or from the club office during office hours.