

Sandon Point Scorpions



Junior Activities Handbook



First Nippers

20th October 2019

9:30 am

Season 2019 - 2020

www.sandonpointsurfclub.org.au

est 1961

Table of Contents

Table of Contents	1
Calendar & BBQ Roster	2
Our Vision	3
Our Core Values and Principles	3
Minimum Attendance	3
Chair of Junior Activities Welcome	4
Age Groups for 2019-2020 Season	6
Proficiency (Preliminary Skills Evaluation)	7
The Nipper Program	8
Fair Play Expectation	8
Nipper Days	8
Surf Education	9
U14 Surf Rescue Certificate	10
BBQ Assistance on Nipper Days	10
Age Managers	10
Parent Involvement	11
Safety	12
Training	14
Junior Committee 2019-2020	16
Club Honours	17
<i>Outstanding Carnival Competitor</i>	<i>17</i>
<i>Nipper of the Year</i>	<i>17</i>
<i>Junior Club-Person of the Year</i>	<i>17</i>
<i>Long Term Club Member</i>	<i>17</i>
Awards	18
Member Privacy	18
Child Protection	18

Calendar & BBQ Roster

	<i>Date</i>	<i>Day(s)</i>	<i>Event</i>	<i>BBQ</i>
2019	7 Sep	Sat	Registration @ Sandon Point Surf Club 1pm to 4pm	-
	11 Sep	Wed	Registration @ Sandon Point Surf Club 4pm to 6pm	-
	14 Sep	Sat	Proficiency @ Corrimal Pool 10:00am to 1:00pm	-
	18 Sep	Wed	Proficiency @ Corrimal Pool 4:00pm to 5:30pm	-
	20 Oct	Sun	Nippers #1, @ 9:30am (10am start) & U14 SRC week 1	Youth
	26 Oct	Sat	Sydney Water Series Round 1 (location TBC)	-
	27 Oct	Sun	Nippers #2, @ 9:30am (10am start) & U14 SRC week 2	U10
	2 Nov	Sat	Sydney Water Series Round 2 (location TBC)	-
	9 Nov	Sat	Sydney Water Series Round 3 (location TBC)	-
	10 Nov	Sun	Nippers #3, @ 9:30am (10am start) & U14 SRC final week	U11
	24 Nov	Sun	Nippers #4, @ 9:30am (10am start)	U12
	30 Nov	Sat	Sydney Water Series Round 4 (location TBC)	-
	8 Dec	Sun	Nippers #5, @ 9:30am (10am start)	U13
	22 Dec	Sun	Nippers #6, @ 3:30pm (4:00pm start) Twilight Xmas Party	U14
2020	19 Jan	Sun	Nippers #7, @ 9:30am (10am start)	U6
	1 Feb	Sat	Junior Development Carnival (location TBC)	-
	2 Feb	Sun	Nippers #8, @ 3:30pm (4pm start)	U7
	8 Feb	Sat	Illawarra Branch Junior Carnival (location TBC)	-
	9 Feb	Sun	Illawarra Branch Senior Carnival (location TBC)	-
	16 Feb	Sun	Nippers #9, @ 9:30am (10am start)	U8
	28 Feb - 1 Mar	Fri - Sun	U9 - U14 State Championships (dates are tentative) Blacksmiths Beach, Swansea	-
	1 Mar	Sun	Nippers #10, @ 3:30pm (4pm start)	U9
	6 - 8 Mar	Fri - Sun	U15 - Open State Championships (dates are tentative) Blacksmiths Beach, Swansea	-
	15 Mar	Sun	Nippers #11, @ 9:30am (10am start) U6 & U7 presentation	U10
	29 Mar	Sun	U8 - U14 presentation	-
	18 - 19 Apr	Sat-Sat	Junior Australian Titles North Burleigh, Gold Coast	-

Our Vision

Sandon Point Surf Life Saving Club will provide and promote a Surf Life Saving service in a fun, safe and positive environment which will enhance the recreation life styles of the community and its members.

Our Core Values and Principles

- Preserve and safeguard life in the aquatic environment.
- Provide a positive environment for all members to enjoy.
- Inclusive not exclusive club by encouraging involvement and participation.
- One club policy: not to discriminate against any group within the club.
- Develop & educate today's youth to increase active participation in the club's future.
- Encourage a mutual respect between members.
- Create a sense of belonging and family.
- Constantly strive for new concepts, improvement and development.
- Maintain and develop a positive relationship with the Sandon Point Board Riders.

Minimum Attendance

SLSA and Sandon Point Surf Club require that the following minimum attendances be adhered to without exception:

1. For a Nipper to receive their Surf Life Saving Certificate, they must attend at least 4 nipper days before Christmas.
2. For a Nipper to receive their participation trophy, they must attend at least 7 nipper days for the season.

This ensures the nipper receives the minimum standard for education and provides the best possibility to lift their (and therefore the club's) skill standard.

Chair of Junior Activities Welcome

Firstly, thank you to the Junior Committee for volunteering their valuable time. We have had a few new faces step into the Junior Committee roles for the upcoming season, and I look forward to working together to provide another successful season at Sandon Point. All the committee member names are listed within this handbook.

Welcome to all new and returning members! We pride ourselves on providing a safe, enjoyable environment for children to learn about the surf. If you have any questions, please feel free to approach any of the committee.

For many children, gaining confidence in the surf can take 3 to 4 seasons. We ask that you remain patient with your children as it can take time for them to build-up their confidence in the surf. Once your child gains this skill and knowledge, you will observe a sense of pride with your child, since overcoming the potential fear that comes with negotiating the ocean is a wonderful skill that remains with them for life.

You are encouraged to bring your child to board training on Thursday afternoons. In addition, Illawarra Surf are offering a more competent level of training for under 12's up so please enquire about this if you are interested.

We are a family club with emphasis on participation and parent involvement. We will continue to use our age group rosters for BBQ, beach set up, and pack up. Again, this season our two specific water areas will continue with Area 1 for under 8,9 and 10's and Area 2 under 11,12,13's.

We are always looking for parents to assist with water safety, however the SRC is required to assist. If you would like more information please ask a committee person.

Thank you to our generous sponsors, please support them when possible. They help us provide expensive and necessary equipment for our children. I hope you have an enjoyable surf lifesaving season.

Page 5

On behalf of the committee and the club, I would also like to thank our outgoing committee members, age managers and volunteers for their tireless and dedicated efforts over the last year or more.

Kind regards
Cameron Ward

Age Groups for 2019-2020 Season

Age Group	Date of Birth
Under 6	1 October 2013 – 30 September 2014
Under 7	1 October 2012 – 30 September 2013
Under 8	1 October 2011 – 30 September 2012
Under 9	1 October 2010 – 30 September 2011
Under 10	1 October 2009 – 30 September 2010
Under 11	1 October 2008 – 30 September 2009
Under 12	1 October 2007 – 30 September 2008
Under 13	1 October 2006 – 30 September 2007
Under 14	1 October 2005 – 30 September 2006

A child may join Nippers as soon as he/she turns 5 years old, but **not before**. They must turn 5 before 31 December 2019 and cannot participate until age 5.

Age grouping is determined as at midnight on 30th September of each year. e.g. If a child is 10 years of age on or before 30th September, they will be in the Under 11 age group for the entire season.

Participation outside your own age group is not possible as this is against SLSA regulations and makes point scoring difficult for both your child and the Age Manager involved.

Proficiency (Preliminary Skills Evaluation)

The Sandon Point SLSC Junior Committee asks every child in the Under 6's to Under 14's age groups to attempt to complete the Preliminary Skills Evaluation.

Children who are interested in doing carnivals must also complete the Competition Skills Evaluation. The table below lists the requirements for these age groups. CHILDREN WHO ARE UNABLE TO COMPLETE THE PROFICIENCY TESTING ARE STILL ELIGIBLE TO PARTICIPATE IN THE NIPPERS PROGRAM. These children can participate in all nipper activities, except for point-score water events. Children can re-attempt the testing throughout the season.

Age	Preliminary Skills Evaluation (Pool)	Competition Skills Evaluation (Ocean)
U6	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. Performed during first 2 weeks of nippers via wade activity at the beach.	nil
U7	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. Performed during first 2 weeks of nippers via wade activity at the beach.	nil
U8	25 metre swim (any stroke), 1 minute survival float	nil
U9	100 metre swim (any stroke), 1 minute survival float	Minimum 150m
U10	100 metre swim (freestyle), 1.5 minute survival float	Minimum 150m
U11	200 metre swim (freestyle), 1.5 minute survival float	Minimum 288m
U12	200 metre swim (freestyle), 2 minute survival float	Minimum 288m
U13	200 metre swim (freestyle), 3 minute survival float	Minimum 288m
U14	200 metre swim (freestyle), less than 5 minutes 3 minute survival float	Minimum 288m

Refer to the calendar for proficiency swim dates. For more details refer to Penny Aivaliotis & Jen Segrave, our Proficiency Officers (nippers@sandonpointsurfclub.org.au).

The Nipper Program

"Nippers" is an activity-based program run to educate young children about surf safety and awareness when visiting a beach or aquatic environment. Participation in board paddling, surfing, swimming, running, wading and other fun activities and games are also provided.

It is important to understand that Nippers is about learning additional lifesaving skills and safety around the beach, not a program for learning how to swim.

For those Nippers interested, the program also introduces the competitive side of surf lifesaving. Children are encouraged to compete in both Regional and State Carnivals representing their club.

While competition is an important element, it is not compulsory. The surf awareness and education program is our primary aim.

It is club policy that one adult per enrolling family must become a member of the club.

Fair Play Expectation

Participants will be held to a high standard of conduct. Any unacceptable behaviour will be referred to the Junior Committee for disciplinary action.

Nipper Days

- Nippers commence at 10:00am with assembly at 9:45 am unless it is twilight Nippers (check times on the calendar). Nippers and their families should start getting to the beach at 9:30am;
- Children are required to be assembled behind their Age Group flags with sunscreen applied by 9:45am, enabling the Age Managers to mark the roll;
- **It is mandatory for children to wear their green & white Sandon Point Nipper cap to participate [i.e. NO cap, NO participation];**

- **It is mandatory for children to wear their high visibility rash vest (pink singlet) to participate in water based activities [i.e. NO vest, NO participation];**
- Sandon Point swimmers/cossies are **not** mandatory;
- Parent participation is often required [i.e. flags, judging etc]. NOTE: Parent helpers must be financial;
- Collect your child promptly at the end of Nippers;
- Nippers caps are to be removed at the completion of Nippers;

Depending on the age group, Nipper activities include:

- Surf Safety Education or S.R.C. for U14's;
- Beach Sprint and Relays;
- Beach Flags;
- Surf Races & Surf Team Races;
- Board Races & Board Team Races;
- Lots of fun!

Surf Education

The Surf Education Program is an integral part of our Junior Activity Program. The program is based on a clearly defined structure to aid the children's life saving development.

All Nippers are able to gain their respective 'Surf Ed' award for their age group provided attendance is regular throughout the season. Following is the award listing per age group:

- Under 8 - Surf Awareness One
- Under 9 - Surf Awareness Two
- Under 10 - Surf Safety One
- Under 11 - Surf Safety Two
- Under 12 - Surf Smart One
- Under 13 - Surf Smart Two
- Under 14 - Surf Rescue Certificate

Surf Education is to be completed by 31 December.

U14 Surf Rescue Certificate

The U14 age group presents an important opportunity to transition our well-trained nippers into surf lifesavers. To facilitate this, the U14 age group completes the SRC. Sandon Point Surf Club completes the training over a 3-week period, aligned with the first 3 nipper days.

Week 1 duration is normal nippers' duration, whilst week 2 and 3 are both full days at the club where theoretical and practical aspects of becoming a life saver are presented and tested.

More specific details will be issued to each participant.

BBQ Assistance on Nipper Days

Last year was once again an extremely successful year for our Nipper's day BBQ. This year we anticipate the same popularity. That being the case, assistance with running the BBQ at each Nipper's day is required by parents and care givers.

The roster for which age group is required for BBQ duty is noted in the right hand column of the nippers & BBQ roster – please note which weeks your help is required!

We require a minimum of 4 parents (or helpers) to commence cooking the BBQ. Each Age Manager will be advised whose turn it is on BBQ duty. We look forward to your valuable assistance!

Age Managers

Age Managers are allocated to each age group and are responsible for organizing and conducting various Nipper activities.

The main responsibilities of an Age Manager are to:

- Encourage children to participate, enjoy, co-operate and compete in all activities of the club

- Keep weekly records of attendance and championship points
- Instruct the children in Surf Education
- Provide instruction on the correct techniques of the events children may participate in at carnivals & club championships
- Keep the children & parents informed of the requirements of the age group & of club information
- Encourage sun protection

Parents are encouraged to make themselves known to their child's Age Manager and offer assistance where required.

Parents are reminded that this is not a child minding service. Parents are required to be on the beach AT ALL TIMES while their child participates in the Nipper Program and resume responsibility of their child at the conclusion of the day's events.

Please inform your Age Manager BEFORE taking your child from the beach.

Please SUPPORT your child's age manager! This is a VOLUNTARY role that these people are providing for your child. If we continue to encourage the age managers then they will keep coming back.

Parent Involvement

The club runs entirely from volunteer help. There are many jobs to be filled and parent involvement is a vital part of the running of the Nipper program.

At the beginning of each season, training is arranged for any parent interested in obtaining their Bronze Medallion. It is essential that as many parents as possible obtain their Bronze to meet the minimum water safety requirements for SLSA.

Many parents have then gone on to obtain their ARC (Advanced Resuscitation Certificate), IRB License and IRB Crewman's Certificate.

The club relies on volunteer help for the following positions:

- Committee members

- Age Manager & Age Manager Assistants
- Beach set up
- Water Safety – only specified SRC/Bronze medallion qualified water safety officers may be in the water during activities
- Education & training
- Carnival assistance
- Judging
- BBQ

Without the help of all these people, your child cannot enjoy the benefits of this wonderful beach culture.

Safety

Safety is our first priority in all activities conducted by the Sandon Point SLSC. Safety extends to safety on the beach, in the water and protection of all children.

The Committee will liaise with the Patrol Captain and Water Safety Officer on Nipper days to decide whether conditions are suitable to conduct activities. Guidelines for water safety are laid down by the Surf Life Saving Association and must be adhered to.

The IRB must be present during all water events and it is imperative that as many accredited water safety personnel as possible are in the water to accompany children in surf races. No race or activity will commence unless there is the correct number of water safety personnel.

Water Safety Officers must wear orange rash shirts during water activities. Water Safety Officers must have their Surf Rescue Certificate, Bronze Medallion or higher.

As a parent or guardian you are required to be at the beach at all times during Nippers. Your child remains your responsibility. Medication, trips to the toilet and the individual general welfare of each child on the beach is the responsibility of the parent or guardian.

Training

Board Training

Children in the Under 9-14 age groups are welcome to join in board training sessions. The training is designed not only for juniors intending to compete in carnivals, but also for other juniors who just want to improve their skills and confidence in the surf. Remember, practice makes perfect and at the same time participants gain fitness by training.

In the interest of safety, children must meet junior competition qualification requirements to be eligible to attend board training. This rule will be strictly enforced. A Board Training Code of Conduct/Contract will have to be read, agreed to and signed by both child and parent BEFORE they can participate at board training. Each child must have an adult present at board training to sign the child in and sign the child out in an attendance book. If a child is not signed in they will not be able to participate. This is to ensure the safety of the children. (Any parent that is a bronze holder would be encouraged to help with water safety.)

Every child must have a high visibility singlet to attend board training. No high VIS singlet no entering the water.

Children should bring goggles if they use them for swimming and if they have one, a wetsuit is handy for the early part of the season (either a springy or steamer). No boards are to be taken from clubhouse without Management committee permission.

Board Training is held on Thursdays typically at 4.30 pm. The club will communicate dates and times before the season starts.

- Meet at the front of the surf club bottom level.
- Participants must be Under 9s or older and have completed their proficiency.
- Beginners are welcome.

In addition to club board training Illawarra SLS are offering advanced surf sports training (board) to U12 - U19 if interested contact the Surf Club.

Beach and Flag Training

NB: First training date TBC and will only be held if enough kids are interested.

Carnivals

Illawarra Branch conducts junior carnivals during the season for age groups U8 to U14. Carnivals are held as competition between Nippers at different surf clubs. There are four Sydney Water Carnivals, one Illawarra Branch Development Carnival, one Illawarra Branch Carnival and one NSW Junior State Carnival within the Illawarra calendar. Please see the club calendar for dates for these events.

Competition Events for carnivals include:

- U8: Sprint, Flags, Wade Sprint Relay & Wade Relay
- U9 & U10: Sprint, Flags, Sprint Relay, Surf Swim, Board Race, Swim Team, Board Relay
- U11 &to U14: Sprint, Flags, Sprint Relay, Surf Swim, Board Race, Swim Teams, Board Relay, Cameron Relay, Board Rescue & Iron Man/Woman & Surf Board Riding.

All children who have completed the Junior Competition Skills Evaluation Proficiency can participate in all carnivals, including the NSW Junior State Carnival.

Parents are also required to assist at carnivals, failure to do so will result in the club being disqualified. The Carnival Coordinator will have a roster for ALL parents of carnival competitors.

A child wishing to compete must see the Carnival Coordinator before any carnival as entry forms and fees need to be submitted. All carnivals attract fees which the club may subsidise.

Sandon Point Surf Club Nippers have successfully hosted and ran a Development Carnival at our wonderful beach in 2015/2016 and 2016/2017 seasons and the

Illawarra Branch Carnival in 2017/2018. If our surf Club is successful in hosting another Carnival in 2018/2019, we strongly encourage as many of our nippers to attend as possible. It is a great day and all the kids get a real sense of achievement and comradery.

Junior Committee 2019-2020

Chair of Junior Activities	Cameron Ward
Vice Chairperson	Dan Pearson
Junior Secretary	Sonya Williams
Registrar	Rita Brooks
Catering Officer	Vacant
Carnival Coordinator	Greg Aivaliotis
Proficiency Officer	Penny Aivaliotis & Jen Segrave
Age Manager Coordinator	Mark Murrie
Uniform Coordinator	Lawrie Meades

Feedback is always welcome so that the nippers program can be improved for all children. If you see something that we are doing wrong, or if you know of a better way of doing things, please mention it to one of the committee members. Feel free to speak to any of the committee members on the beach. Alternatively you can send an email to nippers@sandonpointsurfclub.org.au

Club Honours

OUTSTANDING CARNIVAL COMPETITOR

- Must have excelled and improved considerably at carnivals throughout the season

Winner 2018/19 – Sienna Tracey & Nick Aivaliotis

NIPPER OF THE YEAR

- U12's and Up
- Must show good attitude towards their peers and elders
- Must be a good role model to other Nippers
- Must show regular carnival attendance

Winner 2018/19 – Thomas Jones

JUNIOR CLUB-PERSON OF THE YEAR

- U10's and Up
- Must show good attitude towards their peers and elders
- Must be a good role model to other Nippers

Winner 2018/19 – Keira Davies

LONG TERM CLUB MEMBER

Winners 2018/19

Clodagh Benson, Caitlin Bourke, Marli Brodbeck, Lauren Brooks, Cosette Davies, Keira Davies, James Gardner, Sophia Ward, Oliver Hamill, Darcy Welchman, Ariel Scozzafava, Holly Penning, Hope Millard, Charlotte McAleer, Violet Marks, Thomas Jones

Awards

PARTICIPATION AWARD

- All children receive a Participation Award (when minimum attendance requirements are satisfied)

AGE ENCOURAGEMENT AWARD

- Must have a good positive attitude
- One male and female per age group

AGE CHAMPION AWARD

- Points awarded for sprint, flags, swim/wade, board, iron man
- Male and female divisions per age group
- Places for 1st, 2nd and 3rd.

Member Privacy

If any members do not wish to have the names or photos of either them or their children placed on the website or in club documents please contact the Junior Secretary nippers@sandonpointsurfclub.org.au or the Chair of Junior Activities. All matters will be treated as private & confidential.

Child Protection

Every assistant of the club over the age of 18 years, who is in direct contact with children, is required to complete a Working With Childrens Check via the RMS. This is a mandatory requirement that is legislated by NSW law to ensure the protection of all children. Should there be a concern regarding this matter, or about an individual, immediately contact the Surf Club at either the club or privately.