

Gerringong SLSC Nippers 2019/20



Handbook and guidelines

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Gerringong SLSC



Gerringong SLSC is situated at the south end of the picturesque Werri Beach.

We are a tight-knit, welcoming organisation, dedicated to protecting those that swim and surf at Werri Beach and the nearby Seven Mile Beach.

The club patrols Werri Beach on weekends and public holidays during the surf season, which runs from September to April every year. Each season our members volunteer over 10,000 hours, and perform countless rescues.

Club membership is growing extremely quickly, particularly within our active Nippers division.

The club boasts a long and proud history in competition, especially in surf boat rowing while our nippers also boat a burgeoning reputation.

The club is also home to healthy social scene with regular events providing members, the local community, and visitors alike an opportunity to catch up and enjoy a drink at a clubhouse with one of the best views on the coast.

Once a year, we host the fearsome Captain Christie Ocean Swim, a 1.8km jaunt from Boat Harbour around to Werri, a race that attracts swimmers of the highest calibre while the Werri Warrior has built itself into the premier marathon ironman race in the world.

There's something for everyone at Gerringong.

Welcome to Gerringong Nippers



Welcome to Gerringong Nippers – proudly the junior activities arm of Gerringong SLSC.

Gerringong Nippers is a community based organisation aiming to help develop the next generation of lifesavers and volunteers.

Our extensive Nipper program focuses on –

- Fun and friendships
- Education (first aid, beach and surf awareness)
- Surf sports training and competition

We pride ourselves on being a family orientated community club with role's available for everyone in ensuring the club's success.

The club does not survive without the assistance of our parent's and other volunteers and I would strongly encourage all of our Nipper family to put their hand and assist where possible.

With so much activity throughout the season it is important to know where to find the right information.

A copy of the calendar is available later in this booklet, however an up to date calendar will also be kept on our website in case of any changes in scheduling due to weather.

For the latest details and any late changes please follow our Facebook and Instagram pages.

In summing up, I hope all of our Nipper families enjoy the upcoming season.

There is nothing quite like surf sports – it is one of the only sports to combine education, surf awareness with fitness, technique and skills.

We look forward to sharing an amazing season with all of our nippers.

Payney

Nipper Calendar

Date	Activity	Location	Time
7 October	Uniform shop open	Clubhouse	2.30pm - 4.30pm
19 October	Uniform shop open	Clubhouse	2.30pm - 4.30pm
20 October	Nippers start	Werri Beach	9.45am
26 October	Sydney Water Carnival – Rd 1	Shellharbour	
27 October	Nippers	Werri Beach	9.45am
2 November	Sydney Water Carnival – Rd 2	Warilla	
3 November	Nippers	Gerroa	9.45am
9 November	Sydney Water Carnival – Rd 3	Towradgi	
10 November	Nippers	Werri Beach	9.45am
17 November	Nippers – Point Score	Werri Beach	9.45am
24 November	Nippers	Gerroa	9.45am
30 November	Sydney Water Carnival – Rd 4	Bulli	
1 December	Nippers	Werri Beach	9.45am
1 December	Nutri Grain Super Series trip	Bulli	TBC
8 December	Kiama Cup	Werri Beach	9.45am
14 December	Twilight Nippers – Christmas Party	Werri Beach	2.30pm
21 December	Nippers Christmas Break		
11 January	Wanda trip to Gerringong	Werri Beach	1pm onwards
12 January	Nippers – with Wanda	Werri Beach	9.45am
19 January	Nippers – Point Score	Gerroa	9.45am
25 January	Nippers - twilight	Werri Beach	2.30pm
1-2 February	Country Championships	Kingscliff	
9 February	Nippers	Gerroa	9.45am
16 February	Branch Championships	Werri Beach	9.45am
23 February	Nippers – Point Score	Werri Beach	9.45am
28 Feb – 1 March	State Champs	Swansea Belmont	
1 March	Nippers	Werri Beach	9.45am
8 March	Nippers	Gerroa	9.45am
15 March	Nippers and presentation	Werri Beach	2.30pm

Nipper program

At Gerringong, our nippers program incorporates surf awareness, skills coaching and competition to suit a variety of levels within our nippers.

Nippers participate in age appropriate activities and games to develop their knowledge of the surf and are also able to participate in running, wading, surf swimming and board paddling.

Age groups

Age Group	Cap Colour	Date of Birth
U6	Pink	Born between 1 Oct 2013 and 30 Sept 2014
U7	Lime	Born between 1 Oct 2012 and 30 Sept 2013
U8	Aqua	Born between 1 Oct 2011 and 30 Sept 2012
U9	Purple	Born between 1 Oct 2010 and 30 Sept 2011
U10	Yellow	Born between 1 Oct 2009 and 30 Sept 2010
U11	Magenta Blue	Born between 1 Oct 2008 and 30 Sept 2009
U12	Red	Born between 1 Oct 2007 and 30 Sept 2008
U13	Dark Blue	Born between 1 Oct 2006 and 30 Sept 2007
U14	Green	Born between 1 Oct 2005 and 30 Sept 2006

Safety

Safety is the first priority in all activities conducted by the Gerringong Nippers. Safety extends to safety on the beach, in the water and gives consideration to the protection of all children.

Proficiency: As many of the nippers activities are conducted in open water, Surf Life Saving Australia has a minimum standard for junior skills evaluation (proficiency) and education for all children taking part in nippers.

Proficiency must be completed by all children prior to the first nippers. Dates for proficiency will be found on the Nipper Calendar.

	Preliminary Evaluation (Pool Swim)	Competition Evaluation * (Timed Pool Swim & Surf Swim)	Surf Education Awards
Water Safety	1 : 1	1 : 5	
Under 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 aide and recover to a secure position.	Nil (no competition)	Surf Play 1
Under 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 and recover to a secure position.	Nil (no competition)	Surf Play 2
Under 8	25m swim (any stroke). 1min survival float	Nil (No water competition, except for wade in waist deep water)	Surf Aware 1
Under 9	200m swim – Freestyle (untimed). 1.5min survival float	200m swim - Freestyle, in less than 6mins. 1.5min survival float Min. 150m ocean swim (untimed)	Surf Aware 2
Under 10	200m swim – Freestyle (untimed). 1.5min survival float	200m swim - Freestyle, in less than 6mins. 1.5min survival float Min. 150m ocean swim (untimed)	Surf Safe 1
Under 11	200m swim – Freestyle (untimed). 3min survival float	200m swim - Freestyle, in less than 5mins. 3min survival float Min. 288m ocean swim (untimed)	Surf Safe 2
Under 12	200m swim – Freestyle (untimed). 3min survival float	200m swim - Freestyle, in less than 5mins. 3min survival float Min. 288m ocean swim (untimed)	Surf Smart 1
Under 13	200m swim – Freestyle (untimed). 3min survival float	200m swim - Freestyle, in less than 5mins. 3min survival float Min. 288m ocean swim (untimed)	Surf Smart 2
Under 14	200m swim – Freestyle (untimed). 3min survival float	200m swim - Freestyle, in less than 5mins. 3min survival float Min. 288m ocean swim (untimed)	Surf Rescue Certificate
Notes	Every junior member is required to participate and satisfy this evaluation prior to participation in any water hesitancy activity or training activity being undertaken.	For U9+, the Competition Evaluation must be achieved before being eligible to participate in: <ul style="list-style-type: none"> • Wanda JAG water activities (training or nipper days) ** • Swim and Board events on Wanda JAG Championship days. • Compete in any swim or board events at carnivals. 	Every junior member is expected to achieve the relevant Surf Education Award appropriate to their age group. Completion of the age award by 31 st December is compulsory for the U8 –U14 members wishing to compete at Branch and State Championships
Carnival Criteria	Achievement of the Preliminary Evaluation for participation in beach events and wade. Achievement of the Competition Evaluation for participation in beach and water events.		

Surf Conditions Assessment: Each Sunday an assessment of the beach is conducted by the Gerringong Patrol Captain and Nippers Committee to decide if conditions are suitable to conduct activities.

In the event conditions change during the morning and the surf becomes unsafe, nipper activities will focus on beach activities only.

Water Safety: Strict guidelines are prescribed by Surf Life Saving Australia for all surf clubs in relation to water safety. These guidelines include:

- Prescribed ratio of qualified Water Safety officers (orange rashie team) to Nippers is required for water activities to be held
- Water Safety Officers must hold a current Bronze Medallion or Surf Rescue Certificate
- Water Safety Officers must wear orange rash vests or caps during water activities to ensure they are easily identified by nippers
- The IRB (inflatable rescue boat) must be present during all water events
- Nippers in age groups u8-u14 must wear a pink high-vis rashie while participating in water activities (this includes nippers and training sessions) – no rashie, no water, no exceptions.

Nippers morning

What to bring

- ✓ **Age group cap:** For the safety of our nippers, all nippers must wear their Gerringong age group cap during nippers. This should only be removed once your nipper has had their name marked off the role by the Age Manager.
- ✓ **Swimmers, Towel, Drink Bottle:** Staying hydrated while on the beach is important, especially on the warmer days of our summer. Please leave your drink bottle with your Age Group Manager.
- ✓ **U8-U14 Age Groups:** These age groups must wear a pink high-vis rashie while participating at nippers. This is a Surf Life Saving Australia requirement – no rashie, no participation. Your nipper may also wish to bring goggles, a swim cap and their own nipper board with them each Sunday.

Activities

U6 and U7's: These two age groups play games to assist with learning how to negotiate sand and shallow surf. The key focus is on building friendships with their groups and learning about surf and beach safety in a fun manner.

U8's: This group is encouraged to do water wades and water relay events to learn how to negotiate shallow surf. When suitable they are introduced to surf swimming and board paddling with help from water safety.

U9 and U10's: Mastering surf swimming and nipper board paddling are a key focus for these groups. Refining their technique for beach flags and beach sprinting are also key, as is learning basic R&R skills and signals.

U11-U13's: These age groups continue to refine their surf skills, beach skills and develop their understanding of surf education including signals, rescue and resuscitation skills.

U14's: As qualified Surf Rescue Certificate holders the U14's complete their activities early and then move to being part of the water safety team helping other nipper age groups with their water activities.

We are fortunate to have senior members of the club and coaches who will assist nippers in fine tuning their technique for each of the key nipper areas of swimming, boarding, sprinting and flagging.

Equipment

Equipment is provided for Sunday nipper activities.

For those age groups on nipper boards, (u9- u14) there are club boards available for use on Sundays during nipper by all the registered nippers.

Where club gear and equipment is used, it is to be handled with care as if it were your own.

Where you use the gear, including boards, it's your responsibility to take it back to the clubhouse, wash it and store it appropriately in the nipper shed after nippers.

Sometimes damage to club gear may occur. If it does, please ensure you report this immediately to your Age Manager and our Committee.



Parents run Nippers

Gerringong Nippers operates entirely from volunteer assistance.

In fact one in two nipper parents are required to run nippers in a wide range of roles - you don't need to have surf lifesaving experience to be able to lend a hand!

We need a hand from all Nipper parents each week for beach set up and pack up. This will only take 20 minutes if everyone pitches in – grab a board and do your part in helping things move smoothly.

Nippers BBQ

The BBQ is a key source of fund raising for our nippers.

To ensure this can run each Sunday, each age group is rostered on a particular Sunday, usually two times a season.

All of the meat and utensils will be on hand each week – you just need to turn up and flip a few sausages!

Each age group needs to be responsible for their own volunteers and contact Sam Papesch on the morning to coordinate the cooking.

BBQ ROSTER –

Date	Age group	Time	Location
20 October	Under 13/14	9.45am	Werri Beach
27 October	Under 12	9.45am	Werri Beach
10 November	Under 11	9.45am	Werri Beach
17 November	Under 10	9.45am	Werri Beach
1 December	Under 9	9.45am	Werri Beach
8 December	Kiama Cup - Volunteers	9.45am	Werri Beach
14 December	Under 8	2.30pm	Werri Beach
12 January	Under 7	9.45am	Werri Beach
25 January	Under 6	2.30pm	Werri Beach
16 February	Branch Carnival - Volunteers	TBA	Werri Beach
23 February	Under 12/13/14	9.45am	Werri Beach
1 March	Under 9/10/11	9.45am	Werri Beach
15 March	Under 6/7/8	2.30pm	Werri Beach

Water safety team

This team is one of the most vital volunteer parent roles we have at nippers – for our Sunday activities to run or for our nippers to be able to compete at surf carnivals, we must be able to meet the Surf Life Saving Australia prescribed water safety ratios.

The Water Safety guys are the orange shirt team who ensure the safety of our nippers in the water.

To become part of the water safety team, you must first obtain your Bronze Medallion – something that is achievable for most parents.

Courses are run by Gerringong SLSC trainers at Werri Beach and are generally held over a few weeks.

Courses are advertised throughout the year or you can register your interest directly with the club.

Surf Sports official

Every parent whose child attends a carnival will need to volunteer time as either an official or water safety personnel.

It is a requirement that the club provides a number of water safety and surf sports officials to every carnival we compete in.

Given the growing number of competitors the club now has, this ratio will continue to grow into the future.

Officials are responsible for the conduct of surf sports events and include referees, judges, recorders and marshals across all disciplines.

To become an official, interested participants are required to complete the SLSA training and undertake an online test.

Those interested should contact a committee member for further details.

AGM and assistants

Every age group is run by Age Group Managers and their assistants, typically parents from the age group.

Age managers and assistants lead the age group each week, running activities, educating and coaching the nippers.

If you are interested in becoming an Age Manager or an Assistant, please contact our committee members.

Committee

Gerringong Nippers is run by a committee of volunteer Mums and Dads and is supported by a range of non-committee helpers including coaches, social organisers and more.

Recruitment for these roles is done in the lead up to the Nipper AGM (usually May-June), so watch out for notices and talk to any of the current committee if you are interested.

Sponsors

To operate our Nipper program, we require a large amount of specialist equipment including rescue tubes, rescue boards etc.

We also need uniforms and safety rash vests for our army of volunteers and for surf sports carnivals we require tents, beach equipment, boards, buoys and flags.

Sponsorship is vital in supporting all of our nipper activities.

If you would like to apply to be a sponsor or know someone who might, please contact our Sponsorship Manager, Maddie Cross.

Training and Coaching

Head water coach Larn Darragh has put together an all-encompassing training program aimed at progressing kids of all levels for the coming season.

Training will be held every **Friday from 4pm** and **Sunday at 9am** until the season starts – the Sunday session will revert to after nippers when the season starts.

Among the chief changes is the introduction of three separate groups, aimed at and up-skilling the kids abilities in the water.

The groups include –

- **Competition**
- **Transition**
- **Minnows**

Larn and Tony Seddon will focus on the Competition Group, Payney and Al Cross will look after the Transition Group, and Adam Weir with Jeremy Alchin's help will coordinate the Minnows.

Each group will also have **water safety volunteers** to assist the coaches.

By grouping the kids together in this fashion we will be able to work on skills that directly correlate to each group's ability.

Larn has put together a charter and training program for each group, with each team working on specific skills during each session.

Kids will be able to rise up a level once they have demonstrated the ability to undertake a number of core skills relevant to their group.

Similar to swimming lessons, the kids will be challenged to demonstrate the skills they have learned in their current group, and will have the opportunity to move up to the next level during a session that Larn will oversee.

It is extremely important to note that all **kids are expected to be undertaking regular swimming lessons** to supplement their board training. This is a safety requirement to participating in ocean activities.

Given that swimming underpins much of board paddling and is obviously the base for all water activities, it is expected that the kids that are looking to improve have a strong focus in this area.

The Competition and Transition groups will generally be held at either Werri or Gerroa depending on the conditions, while the Minnows will be held mostly at Gerroa or the Lagoon while they get used to paddling.

It is important to note that we will need a lot of parent involvement for this to work throughout the season. Parents are encouraged to participate throughout the year and get their bronze medallion if possible.

It is important for a parent to be present on the beach for their own child or as a carer on behalf of other families.

Due to changing surf conditions, there may be a need for the kids to be driven to Gerroa or the lagoon with their nipper board.

Given the number of kids we expect to take part in training it will be all hands-on deck through the season if we are to hit our water safety number requirements.

Kids will also need to wear their pink singlets at all times.

Carnivals

Surf Sports Carnivals are held as competition between nippers from different surf clubs, culminating with the Branch Junior Championships, Country Championships and the NSW Age State Championships.

Other Carnivals and events are held throughout the season in which Gerringong Nippers may compete if they choose to.

Most carnivals are for u9-u14 age groups, however some may also be open to u8's. Events typically include:

- U8's: Individual Sprint, Beach Flags, Wade Race, Sprint Relay & Wade relay.
- U9 & U10: Sprint, Beach Flags, Sprint Relay, Surf Swim, Board Race, Swim Teams, Board relay.
- U11 – U14: Sprint, Beach Flags, Sprint Relay, Surf Swim, Board Race, Swim teams, Board Relay, Cameron Relay, Board Rescue & Iron Man.

Not all children wish to compete in carnivals and being a good lifesaver does not depend on carnival participation, however, participation can be an enjoyable and rewarding experience.

Carnivals 2019/20

- Sydney Water – Shellharbour SLSC, 26 October
- Sydney Water - Warilla SLSC, 2 November
- Sydney Water – Towradgi SLSC, 9 November
- Sydney Water – Bulli SLSC, 30 November

- Country Championships – Kingscliff SLSC, 1-2 February

- Branch Championships – Gerringong SLSC, 16 February

- State Championships – Swansea Belmont SLSC, 28 Feb – 1 March

Carnival entry -

Parents wishing to enter their children into a carnival must email competition@gerringongsurfclub.com to register their interest.

When emailing, please provide the child's full name, age group and DOB.

Please note that children attending the Sydney Water series must attend a minimum of three carnivals.

Emails must be received prior to carnival date closure to allow time for entries.

See below for deadlines –

- Sydney Water entries close - 14 October
- Country Championship entries close – 9 January
- Branch Championships entries close – 5 February
- State entries close - 3 February