

BRONTE

SURF LIFE SAVING CLUB • 1903

NIPPERS INFORMATION PACK 2019-20 SEASON

Welcome to all our Nippers, both new members and those continuing from last season, to the Bronte Nipper program for children aged five to 14.

Nippers is about surf life saving, with a focus on having fun, teaching surf education and skills and emphasising community awareness. The aim is to provide a safe, friendly and welcoming environment where both Nippers and parents can interact and enjoy a morning at Bronte Beach, and where hopefully in years to come we build a future generation of Lifesavers for Bronte.

Our Nipper program also provides training and competition for those Nippers who wish to join.

We encourage all parents to participate with us whether it is on the beach helping organise activities, in the water assisting with Water Safety or helping with the BBQ. Like all volunteer organisations we are only as good as the help we get, the more help the better it is for everyone.

We look forward to another positive and rewarding season for all.

Who can join Nippers?

Any child, boy or girl, may join Nippers once they have turned five years old. One of the best features of Nippers is seeing young children overcome their fear of the water. Children who are afraid of the water can develop through encouragement, education and training to be confident in the surf.

Nippers start learning about surf awareness and safety through the Surf Life Saving Surf Education Program (Surf Ed). They are also able to participate in board paddling, surfing, swimming, running, wading and other fun activities and games.

We do not teach children how to swim, however we will teach them surf skills. Nippers are encouraged to undertake regular swimming training through a local Club or pool.



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Age Groups

Age is determined as at 30 September each year.

Age Group	Cap Colour	Date of Birth
Under 6	Sky Blue	01 Oct 2013 – 30 Sept 2014
Under 7	Mid Green	01 Oct 2012 – 30 Sept 2013
Under 8	Purple	01 Oct 2011 – 30 Sept 2012
Under 9	Hot Pink	01 Oct 2010 – 30 Sept 2011
Under 10	Orange	01 Oct 2009 – 30 Sept 2010
Under 11	Fluoro Green	01 Oct 2008 – 30 Sept 2009
Under 12	Red	01 Oct 2007 – 30 Sept 2008
Under 13	Fuschia	01 Oct 2006 – 30 Sept 2007
Under 14	Yellow	01 Oct 2005 – 30 Sept 2006

Registration and Proficiency Swim

All NEW members from age groups 9-14 must complete the pool proficiency swim prior to registration

All returning nippers in 9-14 can provide a note signed by a qualified swimming coach that they have completed the requirements. The note can be downloaded from Team APP in the documents section. Alternatively, nippers can attend the swim on Registration Day.

All U8 nippers will do their pool proficiency swim on the FIRST DAY of nippers.

New members must bring a copy of proof of age document on Registration Day.

Age group	Proficiency requirement
Under 6 and 7	No requirement
Under 8	50m swim (2 laps), 1 min survival float
Under 9	150m pool swim in 6 min
Under 10	200m pool swim in 6. Min
Under 11	200m pool swim in 5:30 min
Under 12	200m pool swim in 5 min
Under 13	200m pool swim in 4.30 min
Under 14	200m pool swim in 4.30 min

U8's and above must complete a proficiency swim at Bronte pool before on the first day of Nippers. Please remember to bring swimmers, goggles, towel and a silicon cap and wetsuit if cold.

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Fees for 2019/20 season:

Members are encouraged to register online. All memberships renewed through the Club office, either in person or by telephone, will incur an administration fee of \$25 per person, or \$60 per family.

1 Nipper + 1 Active/Water Safety Parent	\$200
1 Nipper + 1 Non-Active Parent	\$250
2+ Nippers + 1 Active/Water Safety Parent	\$250
2+ Nippers + 1 Non-Active Parent	\$325
Active Family – 2+ Nippers + 2 Active Parents	\$300
Family – 2+ Nippers + 2 Non-Active Parents	\$400
Additional Non-Active Parent	\$75

Plus \$20 for compulsory High-Vis rashie for U8 to U14.

General Nipper Parent	a parent who is a member of the Club. It is an SLSC requirement that at least one parent be a Club member.
Active Nipper Parent	a parent who has a current Bronze Medallion and actively participates in patrols and/or Water Safety.

BRONTE NIPPERS ARE NOW REGISTERED FOR "ACTIVE KIDS"

Bronte SLSC has joined the "ActiveKids" program where you can take advantage of the \$100.00 rebate offered by the NSW Government.

When registering your children for nippers this season just quote the "voucher number" in the comments section or description next to your child's name.

Any enquirers please email Victoria

To find out more go to this link from [NSW Service](#)

TYPICAL SUNDAYS AT BRONTE

Start Times

8am	U6, U7 and U9's
9am	U8, U10 and U11's
10am	U12, U13 and U14's (boys and girls combined)

U6 and U7 Nippers will learn about Surf Play. The focus is on play, participation and fun with beach activities and games. They will also learn basic safety practices, what makes up a beach environment, Sunsmart guidelines; the importance of having an adult with them at the beach; what a lifesaver is and what they do; wading, beach sprinting and flags.

Under 8 Nippers, the usual events will be a run, flag races, a wade and foam boards in the Bogey Hole, as well as a swim in Bronte Ocean Pool. Children start to understand the water, safety and get accustomed to small waves. The emphasis for all these Nippers is to have good fun, meet new friends, and become confident to move into the water at their own pace, with the help of the Bogey Hole and Bronte Pool.

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Under 9 to 13 Nippers, Sunday morning will consist of surf education, flag races, beach sprints, swim and board events, subject to beach conditions. If water conditions are unfavourable, Nippers will conduct surf education and alternative activities on the sand or grass. Sunday Nippers is about learning, fun, and friendly competition. U9 is the first-year nippers will enter the ocean for swimming and board paddling, there is a strong emphasis on a gradual approach to help build confidence alongside a large number of water safety personnel.

Under 14 Nippers will undertake training for their SRC (surf rescue certificate) and undertake a 2 part theory and practical exam prior to Christmas. They will then participate as water safety on Sunday mornings and join in 2 patrols. This is their step towards becoming qualified life savers. Our SRC group graduate from Nippers and receive a big send off from the whole club. (more info below)

ALL Nippers need to be marked off by their age manager before their start time, so please arrive early, so Nippers can start on time. The Club has an SMS system that is used to update parents if weather conditions make Nippers unsafe. Mobile numbers are sourced from the registration forms.

It is compulsory that every Nipper wears their Bronte Cap at Sunday Nippers.

It is also compulsory that every Nipper (U8 and above) wear a High Vis rash vest. This is a safety requirement so that all Nippers are easily observable on the beach and in the water.

No Cap and High Vis Rash Vest = No Water. No Exceptions.

All Nippers are to remain with their Age Manager and assistants for the full duration of Sunday Nippers. All parents are to remain on the beach, and are strongly encouraged to seek out ways to help the Club, either by qualifying for Water Safety, helping set up/pack up the beach or helping out on the BBQ. Bronte Nippers is a family experience, not an excuse for a walk to Bondi or a peaceful breakfast in a cafe across the road. Please ask your Age Manager what you can do to help.....it is a fantastic way to meet many new people as well

NO WATER SAFETY PARENTS = NO WATER EVENTS

Safety – Always our First Priority

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



Safety in the Water

The head of Water Safety will liaise with the Bronte Council Lifeguards and the Patrol Captain each Sunday. The lifeguards will decide if the surf conditions are suitable to conduct activities. The head of Water Safety or the Patrol Captain may cease activities if conditions become unsafe.

The guidelines for Water Safety are laid down by SLSA and must be adhered to by all. The IRB or "Rubber Duckie" must be present during all water events and it is imperative that we have the required number of qualified Water Safety people in the water. No water activity can commence if we don't have the required number of Water Safety, the ratio is 1 WS to 5 Nippers.

Remember if you are participating in Water Safety you must wear the orange rash vest and orange cap and sign into the "Water Safety" log book. These Water Safety hours will go towards your patrol hour obligations.

The Volunteer Declaration/Child Protection Form

If you are assisting with Nippers and are over the age of 18 you must be a financial member of the Club and complete the Prohibited Persons Declaration Form.

It is a requirement that at least one parent becomes a member of the Bronte Surf Club (financial member) and signs the child protection forms. This is an SLSA requirement so that the Club is covered for insurance purposes.

The club takes child protection seriously, any form of child abuse will not be tolerated and any serious cases will be reported to authorities.

Complaints Policy

The club has several qualified MPIO's (member protection information officers) who are the first Contact point in making a complaint. Any issues that cannot be sorted between parties can be escalated to the office or the Director of Nippers.

Photo Policy

Bronte Nippers would like to use photographs / videos of you or your child in its communication activities and in material for the purposes of promoting the Club. At registration, we will ask for an

authority to Publish Images form for all Nipper children for this purpose. All parents are asked to complete this form and return it as part of your child's registration process. The club takes the inappropriate use of material seriously and will remove any photographs from social media if deemed inappropriate. We do promote the use of fun images of nippers at the beach.

If members of the general public are observed taking zoom images of nippers this should be immediately reported to Waverley Lifeguards.

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COMMUNICATION

Join TEAM APP and request access to Bronte Nippers. This application is the most common form of communication to your phone and email. Every nipper parent should join.

How Can I Help?....Where do I start ?

There are so many ways to be involved as a parent at Nippers. You only need to ask....

One thing we can tell you for certain, the more you get involved the more your child and you will enjoy Nippers. Overall, the emphasis in Nippers is to have fun.

The Club is entirely run from volunteer help. There are many jobs you can help with, you do not need to have had surf life saving experience. Put your name down on the Parent Helper sheet on Rego Day, ask your Age Manager or contact the Nippers administration.

Some ways you can help:

- Help set up the beach or pack away
- Learn to be an official
- Help on the BBQ (walk up and offer anytime, there will be an age-group roster)
- Help on the merchandise stall
- Do your Bronze Medallion and help out with Water Safety
- Fund Raising
- Education and Training
- Help at carnivals
- Become an Age Manager
- Become an Assistant Age Manager
- Any other help and ideas welcome

We really welcome all offers of help, and most importantly it is a great way of meeting new people.

Club Activities for parents include:

Training to become a life saver

Pilates classes Tuesday and Thursday

Wednesday morning swim 6am at Bondi (year-round)

Sunday afternoon long board paddle and mid-week morning session

Sunday Sips and running club from 4pm

Social events

U14 Age Group –

“Bronte Rookies”

Bronte Nippers will be working with the cadet program to develop our U14 program so that this age group can be successfully transitioned into the Senior Club.

The U14 Nipper season starts with training for the Surf Rescue Certificate (SRC), which provides participants with the skills and knowledge required for basic patrolling. After completion of their SRC, the U14's provides invaluable Water Safety for Nippers on Sunday mornings as well joining a regular patrol.

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For the first six weeks of the season, the U14's have extended Sunday Morning sessions and occasional additional training to cover all course components. These include: Signals

First Aid

Resuscitation

Swimming

Water Rescues – with tube & rescue board

When the trainers are satisfied the group has achieved the required proficiency across all components, there will be an assessment of the Signals, First Aid and Resuscitation followed by an assessment for the Rescues.

Participants need to hold a Surf Smart 2 and Resus Certificate to enrol in the course. Written applications will be considered.

We are going to increasingly look to the U14 age group to take on more leadership roles within the Club as they move towards cadets and the senior Club. There will be opportunities to mentor children in younger age groups and help out around the Surf Club.

Bronte Board Riders

The Bronte Nipper program also includes a surfboard riding competition. During the season four events are scheduled on Sunday mornings with an early start of 6.30 am. This ensures that the Nippers are able to participate in their regular Sunday Nipper activities. The age range for the surfboard riders is under 11 and above. The participants compete on both fiberglass and soft surfboards.

All skill levels are encouraged. The Sunday comp has both an individual event (where competitors vie for the perpetual trophy "The Bronte Bell") and a team event, called the "tag team". The tag team format combines the surfers in a team with each team member catching two waves. Points are not only awarded for the maneuvers completed on the two waves but also the speed in which the team gets through the wave count. This event has proved the most popular with the participants.

The success of the Bronte Nipper surfboard riding program has been demonstrated by the level of participation in both the Bronte events but also in the carnivals where Bronte is always well represented.

Awards

At the end of each season we recognise the efforts of our junior members at two separate awards presentations. The U6 and U7's will have their presentation on the last day of the Nipper season. The U8 to U14's will have a presentation after the end of the season (please check calendar for dates).

This season the awards given out to the age groups U8-U14 will be as follows:

1st Club Champion (highest point scorer)

2nd Club Champion (2nd highest point scorer)

3rd Club Champion (3rd highest point scorer)

Junior Life Saver award is awarded to the Nipper who displays the best qualities of a life saver – the life saver of tomorrow.

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Club Spirit award is awarded to the Nipper who has displayed the essential characteristics of being a Bronte Nipper - keenness to learn surf lifesaving skills, consistent effort to improve, consistent enthusiasm, sportsmanship, and being helpful and considerate of others.

Between the Flags is awarded to the SRC graduate who has shown the greatest interest and enthusiasm throughout the training and as a new patroller.

Col McDermid Encouragement Award will be awarded to the U8 Nipper who shows determination and willingness to try their best at normal Nippers.

The following will be awarded to both a boy and girl Nipper and can be selected from U9-U14 age groups. It will be based on results from State, Branch and other carnivals:

Overall Water Champion

Overall Sand Champion

These two awards will be selected by the Committee.

Club Championships

In order to recognise Nippers who, turn up every Sunday at Bronte, each Nipper will get 1 point towards the Club Championship for each Sunday they attend capped at 8 points.

Two Club Championship days will be held during the season. All Nippers are encouraged to compete in these friendly races. These events not only go towards the Club Champion Award but will also help to prepare our Nippers for a competitive environment and give great life skills experience. Points will be allocated as per the table below and consist of the following events, run under competition rules:

U8's	U9 – U10	U11-U14
Flags Sprint Wade	Flags Sprint Swim Board	Flags Sprint Swim Board Ironman/woman

	Points per event
First place	10
Second place	8
Third place	6
Fourth place	4
Fifth place	2
Sixth place	1

The points from the two Club Championship rounds will be added together, along with the Sunday points, and the Nipper with the highest points will be Club Champion for their age group.

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We will also be awarding trophies for 2nd and 3rd place.

All completed events will be included in calculating Club Champs. If any particular sand or water event is not completed in either round, then points from the same event in the earlier/later round that was completed will be doubled.

Great consideration and debate has gone into choosing our dates for CC's and we have tried to take into account other sports that may conflict but the dates we have chosen are final and will not be moved due to other sporting commitments of a few Nippers.

Surf Education and Competition Proficiencies

Bronte SLSC takes surf education seriously, and it is one of the key reasons for being in Nippers. Surf education is an important part of Nippers and is based on a clearly defined structure and outcomes, as set by SLISA, to aid the children's life saving development. During the season all Nippers are able to gain their respective Surf Education award for their age group. Age managers will be teaching children to gain these awards.

Listed below is a summary of the awards for each age group:

Under 6	Surf Play 1
Under 7	Surf Play 2
Under 8	Surf Aware One
Under 9	Surf Aware Two
Under 10	Surf Safe One
Under 11	Surf Safe Two
Under 12	Surf Smart One
Under 13	Surf Smart Two plus Resuscitation Certificate
Under 14	Surf Rescue Certificate (SRC)

Any Nipper who wants to train or compete in competitions, including Club Championships, and in either beach or water activities, must complete their **Competition Proficiency by 31 December** and be entered into Surf Guard.

Children will be given the opportunity to complete this **Competition Skills evaluation during the first two weeks** of Nippers.

At Bronte SLSC we require all Nippers to complete the following ocean swims before participating in normal Nippers of a Sunday:

U9-U10's must swim a minimum of 150m U11-U14's must swim a minimum of 288m

The surf swim must be completed around a competition course.



Carnival and Competitions Guidelines

Team Selection Policy

The objective of the selection policy is to **select the strongest team(s)** to represent Bronte SLSC in each Age Group.

To be eligible for selection the following criteria will be taken into account by age managers and the Committee:

1. Attendance/performance at Club Championships
2. Attendance/ performance at Waverley Shield and Sydney Branch Carnivals.
3. Attendance at Nippers (required for Surf Education purposes), minimum of four normal Nipper days before State Carnival. In circumstances when a child has been unable to attend the required number due to circumstances outside their control such as illness or family reasons this minimum can be overlooked.
4. Performance at other carnivals held throughout the season
5. However, more consideration will be given to performance in carnivals towards the end of the season.

The responsibility for picking the teams is with the Age Manager in consultation with the Competition Committee.

In the event that there is a conflict that person will abstain and a third independent person will be brought in. The Competition Committee will include the water and sand coaches. The Competition Committee's decision is **final** and no further correspondence will be taken into account.

The Competition Committee will be responsible for selecting the All Age Board Relay and the All Age Beach Relay.

Parent involvement

If your child competes at a carnival, you will be asked to contribute in either an official role - Water Safety or Carnival Official - or by transporting and setting up tents or other logistical areas.

Carnival Entry Fees

The Club encourages our competitive Nippers to attend the many carnivals up and down the coast over the season. However, as our number of competitive Nippers increases the cost of entering is becoming a major cost for the Club. **If you want to compete for and train with the Club you must pay a training fee.**

The Club will not pay for a carnival that falls on a regular Nipper Sunday, a Club Championship scheduled date (or rescheduled date) or Waverley Shield.

Where a Nipper enters a carnival, and subsequently fails to attend, the parents will be required to reimburse the Club for the entry fee. Nippers will not be able to nominate for subsequent Carnivals until outstanding fees are paid.

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Training

The Club is extremely proud to be offering all Nippers the opportunity to train and advance their skills and techniques both in the water and on the sand. We are offering different sessions to cater for all skills levels.

It must also be noted that these sessions are not babysitting sessions and the carer responsible for the child must be in attendance at all times.

All training sessions are run to a program, so it is important that all Nippers arrive 15 minutes early. Late arrivals disrupt the program for both trainers and Nippers.

The training timetable will be posted both on the website and the Bronte Nippers Facebook page.

Disruptive Nippers in these groups impact everyone, and they will be asked to leave.

Water Training

Beginner Squad sessions are run by Jo Mermaid (Mermaid Swim School). These sessions are for Nippers who are new to boards and ocean swimming. It is mainly for U9-10's who are using foam boards.

Development Squad is aimed at the Nipper who wants to improve their fitness and surf skills. These Nippers should already be competent in the water and keen competitors for the Club at Waverley Shield, Branch and State Carnivals.

High Performance Squad is for Nippers who are keen to compete in various carnivals for the Club, including Waverley Shield, Branch and State. The sessions involve interval training on the board and running on the land. Sessions will run for 90 minutes with a strong focus on fitness. Attendance at this squad is by selection.

Sand Training

TBC

The formalised training program requires registration and up-front payment at the beginning of the season. Please contact office@brontesurfclub.com.au to register and make payment.

Training fees for 2018/19 are \$200 for all squads. Please note only one training fee is payable per Nipper (i.e. one training fee will cover both board and sand training sessions).

This cost for training squads will also cover the following carnivals: Forster, State Championships, Branch Championships, Sydney Water Series, Ohana Surf Carnival, Manly Nipper Nationals

Board Usage Policy – Training

All Nippers must have their own board to attend training sessions.

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Foam Boards

To encourage our younger Nippers onto the boards and into the board training squads, the Club will lend a foam board for training purposes until 18th November. After this time, Nippers must provide their own boards for training.

Please note, if you borrow a board for training you MUST bring it back for Sunday Nippers.

Fiberglass Boards

Fiberglass boards are available to borrow, arranged through the office. As part of the arrangement, these boards will need to be brought to the beach on Sundays for the general use of all Nippers, but you are able to keep the board through the week to attend training sessions.

If the board is damaged, it should be brought to the attention of one of the Nipper Committee or Anthony Mossman and we will arrange for it to be fixed, with the cost payable by the hirer (unless it occurs on Sunday Nippers). If damaged boards are not fixed promptly, it causes much greater long term damage as water is absorbed by the foam, so please assist us by reporting all damage ASAP.

The Club has a number of competition boards that are used exclusively at Carnivals and kept separate from the general Sunday boards. Please treat these boards with extra care so that they remain in competition condition.

CODE OF CONDUCT

PARENTS CODE

- Do not force an unwilling child to participate.
- Children are involved for their enjoyment, not yours.
- Encourage children to play by the rules.
- Encourage the effort being as important as the result.
- Work towards improving skills and sportsmanship.
- Do not yell or abuse a child for making a mistake.
- Recognise and encourage good play or efforts.
- Respect the efforts of volunteer Age Managers, trainers, Water Safety and Committee members. They are not there to be abused or harassed. They are doing their best for your children.
- When at carnivals treat the Officials and carnival organisers with respect. If unhappy with a decision launch a formal protest.

NIPPERS CODE

- Participate to enjoy the sport
- Follow the rules
- Control your temper and be a good sport
- Treat other participants as you like to be treated
- Encourage all in your team
- Listen to your age manager, water safety and trainers
- Respect the decision of officials at carnivals

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If a parent or child fails to comply with the above code of conduct they may be referred to the disciplinary committee (Bronte Board). At all times you must remember that you are representing the Bronte Club and therefore must act accordingly.

Club Captains

The Nippers Club Captains for 2019/20 are:

Captains:

Vice Captains:

The Nippers Committee

The Nippers Committee for 2019-20 is:

Craig Betts – Youth Director

Marc Braun - Competition

Amber Brown – Administration & Communication

Jason Gavin – Water Sports co-ordinator

Jess Stewart – Officials & Administration

Sponsorship

The Club is always on the lookout for sponsors for new equipment. Sponsoring Nipper Boards are a great way of helping our kids learn skills in the water and compete in Carnivals, and giving exposure to sponsors on the beach. If you are interested in sponsoring Bronte Nippers with either a cash or equipment donation, please contact the office. All enquiries or suggestions are most welcome.