



## Chiton Rocks Surf Life Saving Club Inc.

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## Chiton Rocks Surf Life Saving Club 2016-2017 Nipper Program

The season kicks off on Saturday 8<sup>th</sup> October with our annual club Open Day...

For **new members**, this is an opportunity to take a tour around the club, meet some members and purchase club gear for yourself and your nipper/s. We will also be running Come & Try beach sessions for those wanting to get a feel for what happens at nippers to decide if they would like to sign up for the rest of the season.

Our **current nippers** are encouraged to come and join in to show the newbies how it's done. Local chef Billy will be catering lunch on the day and we are also hosting a vintage surfboard show (from 10am) and Surf Life Saving SA Board & Ski event (10am-12noon) so head down early to check these out and make a day of it!

### Nipper Session Schedule:

Saturday 8 <sup>th</sup> Oct	Club Open Day	1-3pm	Rego, clothing and Come & Try
Saturday 5 <sup>th</sup> Nov	Session 1 (Pool)	12-2pm	SA Aquatic Centre, Marion
Saturday 26 <sup>th</sup> Nov	Session 2 (Lake)	2-4pm	Held at Encounter Lakes
Saturday 10 <sup>th</sup> Dec	Session 3	2-4pm	Family dinner night at Chiton
Tuesday 27 <sup>th</sup> Dec	Session 4	2-4pm	Family dinner night at Chiton
Saturday 7 <sup>th</sup> Jan	Session 5	2-4pm	Family dinner night at Chiton
Saturday 28 <sup>th</sup> Jan	Session 6	2-4pm	Family dinner night at Chiton
Saturday 11 <sup>th</sup> Feb	Session 7	TBD	Learn to Surf at Middleton
Saturday 25 <sup>th</sup> Feb	Session 8	2-4pm	(Camp)
Sat/Sun 25/26 Feb	Camp	5pm	Camp for Stingrays & Sharks
Saturday 11 <sup>th</sup> Mar	Session 9	TBD	Learn to Surf at Middleton
Saturday 25 <sup>th</sup> Mar	Session 10	1pm	Nipper Fun Day & Presentations



Join our  
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keep up to  
date – Search  
**Chiton Rocks**  
**SLSC**

A sausage sizzle and fruit is provided after each nipper session at the Club and families are encouraged to enjoy the club bar facilities (with the best views on the coast) from 4pm. Extra sausages or sausages for non-nippers (and parents) are sold for a gold coin donation.

### Sign in & Sign Out

For your child's safety it is critical that that age group leaders know how many nippers are in their group at all times: See Nipper Sign in/out policy at the end of this document...

At sign in, nippers should be 'ready to go' which means wearing (preferably Chiton branded) bathers, long sleeved shirt/rash vest, nipper cap and sun hat and have sunscreen on, a towel and water bottle with them (all labelled).



*Community way of life!*



## Membership Registrations, Health Forms & Image Consent Forms

All nippers must be members of Chiton Rocks SLSC. Registration (form or online), payment, health form, image consent and Sport Voucher (if claiming) must be completed for each nipper. Link to membership renewal forms will be emailed out at the beginning of September.

If you cannot attend registration day, please return your forms via post to PO Box 661, Marlestone SA 5033 or email to [membership@chitonrocks.com](mailto:membership@chitonrocks.com) by 8<sup>th</sup> October to ensure your child's place is secured.

**ONLINE RENEWALS & PAYMENT** at <https://portal.sls.com.au>

You will need to create a login (or use previous details from last year), once you log in go to the lifesaving online tab and follow the prompts, you can group your family members into the one login by clicking on "my family". If you have any issues or questions please email [membership@chitonrocks.com](mailto:membership@chitonrocks.com) and Amanda will be happy to help!

**Nipper Fees** for 2016-17 season are now \$50 per child and include a Club rash vest and nipper cap that must be worn at each session. **The fees have been increased because we have increased the sessions offered, and are now including swimming uniform (vest and cap) in the cost. It is possible to offset this cost using the SA State Government Sports Vouchers, which allows parents to claim back the cost of club memberships for primary school students (only one voucher is allowed per student per year, so if the voucher is used for another club, it cannot also be used for Chiton).** It is still club policy that at least one parent/adult family member must also be a member of Chiton. Family memberships are available which include two adults and their children.

***See the end of this document for fees and payment options.***

**Nippers will not be able to participate in the session without wearing a long sleeve top/rash vest, nipper cap and sun hat.**

On cooler days, it is preferable that nippers (especially Starfish and Dolphins) are 'dry' at the start of the session to avoid them getting too cold and not being able to complete the session. It is recommended that nippers attend all sessions in order to gain the most benefit out of the program and participate in all the components required to gain their Age Group Award. If your child cannot attend a session please notify the age group leader in advance.

## Parent Assistance

Nipper sessions are run by Chiton Rocks SLSC age group leaders, however parent help is always appreciated, particularly on days when the surf is strong. On these days, age group leaders may request at the start of the session extra parent help in the water to ensure nipper safety at all times.

There are also many 'dry' tasks that parent help is needed with at each nipper session:

- manning the sign in/out tent to hand out nipper caps
- packing up the sign in/out tent at the end of the session
- cooking and serving the sausage sizzle
- preparing fruit platters, washing up etc
- rinsing off equipment and storing back in the shed
- helping with prep/serving on chiton dinner nights

Without parents helping out, nipper sessions are at risk of being cut back or numbers restricted. This season we aim to form a Nipper Committee to organise the various jobs required to keep the nipper program running smoothly. Please email me at [nippers@chitonrocks.com](mailto:nippers@chitonrocks.com) if you would like to be on the committee.

## Important Information

Parents must be close at hand during sessions in case of emergency. If you are not attending a nipper session then you must arrange another parent/guardian to be on hand for your child in case of emergency.

Nippers are split into four age groups with minimum two leaders per group.

Age group is based on your child's age as at 1<sup>st</sup> October each year. Pool Requirements are specified to assess each child's ability before we begin ocean sessions. The groups are:

Group	Ages	Pool Requirements	Water Cover
<b>STARFISH</b>	U6 and U7 <i>Yellow Caps</i>	Nil – but they still come to the pool session	One on one – parents must be prepared to join their child in the water (National Surf Life Saving policy). <i>Shallow water activities only</i>
<b>DOLPHINS</b>	U8 and U9 <i>Blue Caps</i>	25m any stroke and 1 minute survival float.	One water cover to five nippers.
<b>STINGRAYS</b>	U10 and U11 <i>Green Caps</i>	25-50m freestyle and 1.5-2 minute survival float.	One water cover to five nippers.
<b>SHARKS</b>	U12 - U14 <i>Chiton Competition Caps</i>	100-200m freestyle and 2-3 minute survival float.	One water cover to five nippers.

## Essential Pool Session at the SA Aquatic Centre - Cnr Diagonal & Morphett Roads, Oaklands Park – Saturday 05 November 2016

Nippers will be marked off for their preliminary swims and survival floats as detailed on page two. This is conducted at the start of the season so age group leaders can gauge each child's skill level before beach activities commence. If you are unable to attend the pool session please discuss with your age group leader at the first beach session.

***The Club will cover the pool and lane hire costs, but families will need to pay the pool entry of \$5.60 per child and \$3 per spectating adult. Adults assisting with supervision of nippers in the water are free. \*NOTE THIS HAS CHANGED FROM PREVIOUS YEARS***

12pm sign in – Meet on the lawn area inside the centre to sign in and collect nipper cap.  
 12.30-1.30pm – Pool instruction session Starfish, Dolphins and Stingrays  
 12.30pm-2pm - Pool instruction session Stingrays (older kids) and Sharks: in the deeper pool.  
 1.30pm – Sign out, kids will then be able to continue swimming at the Aquatic Centre under the supervision of their parents. **(Note: 2pm sign out for older Stingrays & Sharks kids)**

## Session 2 - Encounter Lakes

This session allows nippers to commence their first session in a calmer and more protected water environment. Further sessions may be held at Encounter Lakes during the season particularly during inclement weather days. The exact location will be circulated prior to this and any other sessions.

## Session 7 and 9 – Learn to Surf at Middleton

This year we are trying something new by offering nippers a chance to learn to surf on long boards at an easier location – Middleton Learner Beach. On hand will be our most experienced surfers in the club to explain the elements of surfing on a long board. Long boards are slight different from the surf rescue boards we use for surf lifesaving, and the nippers boards which are modelled in the same way. For beginners, we will be only learning on the smaller waves closer to shore, and kids with more experience may get to try more challenging waves further out. For these sessions, you are encouraged to bring a wetsuit if you have one. Parents are also encouraged to join in.

**Session 8 - Camp Weekend - Sat 25<sup>th</sup> Feb 5pm – Sun 26<sup>th</sup> Feb 12pm**

The camp includes the normal nipper session on the Saturday afternoon, team activities after nippers, dinner (prepared and cleaned up by the nippers, movies and games, and all participants are assessed for the Resuscitation Certificate. Further beach activities are run on Sunday depending on the weather.

The overnight stay is restricted to the Stingray and Shark groups, however final numbers are limited to the number of beds so it's based on a first in first served basis. A separate email will be sent to these groups asking for registration closer to the date. Any nipper, including Starfish and Dolphins can participate in this camp weekend without actually staying at the club overnight.

\$25 per child includes all meals, activities and entertainment. Parents are welcome to stay in tents on the club lawns and are encouraged to assist the camp leaders by providing extra supervision.

## **Nipper Presentations**

At the last session of the season, nippers enjoy the usual beach session followed by extra activities such as a climbing wall, jumpy castle and party food. Certificates of achievement are also awarded.

## **Family Dinner Nights**

Throughout the nipper season, family dinner nights are held to encourage families to stay and enjoy the club facilities, have dinner at a great price and get to know other nipper families. The club arranges the food and two to three parents are required to help with cooking, serving and cleaning up on the night. The Sharks group is also encouraged to help out.

## **Nipper Carnivals**

Nippers can participate in surf life saving carnivals from the Under 9 age group and can compete in individual and team events if there are sufficient numbers. Junior carnivals are scheduled on Sundays – 20<sup>th</sup> November, 18<sup>th</sup> December, 22<sup>nd</sup> January, 26<sup>th</sup> February with State Titles on 18<sup>th</sup> & 19<sup>th</sup> March (Venues TBA). Whilst Chiton operates a non-competitive environment the club will support any Chiton nippers who are keen to participate in junior carnivals.

Parents of nippers wanting to compete must be available to help out at carnivals with coordinating their child's group, nominations, marshalling and official duties when required (don't let this put you off, it's not difficult). Costs involved with competing will be passed on to the competitors. If your child is interested in competing at inter-club carnivals this season, please advise your age group leader.



### **Chiton Rocks SLSC is a Level 3 Good Sports Accredited Club**

*Good Sports* works with communities to make sports clubs safe and healthy by providing advice about managing alcohol responsibly and making clubs more family-friendly.

As a Level 3 *Good Sports* club we abide by a liquor license, have bar management strategies and a full alcohol management plan in place, our bar staff attend Responsible Service of Alcohol training and we have a Safe Transport Policy in place.

***All areas of the Club, including lawn areas and the beach on nipper days are to be SMOKE FREE***

## Nipper Sign In/Out Policy - Guidelines for Keeping our Nippers Safe...

### Sign In

- Each nipper group should have a nominated age group leader that keeps track of the number of nippers in the session for their group.
- Parents must sign nippers in at the sign in desk and deliver them to their age group leader/s.
- Once the session is ready to start the age group leader should conduct a role call and head count. All leaders for the group must be aware of the number of nippers in the group.
- If a family arrives after the group has already left the grass area, the parent must sign the child/children in and then take each child to their nipper age group leaders. Parents must ensure the age group leader is aware of the child joining the group.
- The age group leader should make a note of the new number of nippers in the group for that session and advise the other age group leaders.

### During the session

- If a child needs to leave the group either temporarily or to finish the session early, the child must speak to their age group leader and identify their parent or guardian.
- The child or leader can alert the parent who must collect the nipper from the group and confirm with the age group leader if the child is leaving the session or returning.
- The responsible age group leader should note the amended number of nippers in the group and advise the group's other age group leaders.
- If the parent is not visible on the beach, the child must remain with the group on the beach until their parent is available to take them to sign out or the session finishes and the group returns to the lawn area.

### Sign Out

- At the end of the session the age group leader will take the remaining group to the lawn area and wait for parents to collect them for sign out.
- Parents are responsible for signing their child out.
- The responsible age group leader must check each nipper has been signed out.
- If a nipper is not signed off the age group leader should enlist assistance to immediately locate the child. If the child is not located in 5 minutes the parent must be called on the emergency contact number.
- If parents or nominated carer is not there to sign the nipper out, the child must wait at the sign out desk with the age group leader until the parent arrives. If the parent doesn't arrive within 10 minutes after the session ends they should be called on the emergency contact number.

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## Membership Renewals – Return this slip with forms...

It is your responsibility to return your registration form with all the relevant areas complete and signed. Forms are enclosed and need to be returned with payment by 31<sup>st</sup> October as this is when last year's registration ceases. If you need more info contact Amanda Dean [membership@chitonrocks.com](mailto:membership@chitonrocks.com)

### **Please tick Membership Type:**

- |  |       |
|--|-------|
| <input type="checkbox"/> Nipper                      | \$50  |
| <input type="checkbox"/> Contributing Family         | \$130 |
| <input type="checkbox"/> Non Contributing Family     | \$170 |
| <input type="checkbox"/> Contributing Individual     | \$60  |
| <input type="checkbox"/> Under 18/Student            | \$35  |
| <input type="checkbox"/> Non Contributing Individual | \$100 |
| <input type="checkbox"/> Bar/Supporter Member        | \$40  |
| <input type="checkbox"/> 100 Club                    | \$100 |

### **Please select Payment Option:**

- |   |
|---|
| <input type="checkbox"/> Cheque Enclosed  |
| <input type="checkbox"/> Cash/Credit Card paid at bar on ...../...../.....                    |
| <input type="checkbox"/> Direct Transfer on ...../...../.....<br>BSB: 633 000 A/C: 14399 4150 |
| <input type="checkbox"/> Online payment on ...../...../.....                                  |
| <input type="checkbox"/> Credit Card - VISA or Mastercard Expiry: ___ / ___                   |
| No: ___ / ___ / ___ CVV ___   |
| <input type="checkbox"/> Claiming \$50 Sport Voucher (SV form must be completed)              |

All Membership Categories except Bar/Supporter include use of the accommodation facilities.

A "Contributing" member is someone who is on the Patrol Roster for at least 2 patrols, a committee member or someone who is considered by the committee to be an active contributor to the Club.

**Return to PO Box 661, Marleston SA 5033, hand to a club officer or deposit into letterbox at Bar.**

Alternatively, membership renewals and payment can be done online at <https://portal.sls.com.au>