



Chiton Rocks Surf Life Saving Club Inc.

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Chiton Rocks Surf Lifesaving Club 2019-2020 Nipper Program

This information sheet outlines the Nipper Program provided by Chiton Rocks Surf Lifesaving Club. If you are a new Nipper Family, welcome to the Chiton Nipper Community. We have been running our Nippers program for over 12 years now, and with our upgraded Club rooms completed and in full operation, we are looking to have our best year ever!

Unlike many other Surf Lifesaving clubs in the state, our Nipper Program is focused on developing Surf Skills and confidence in surf conditions. We don't put competition as our highest priority, although we do encourage it if any kids are keen to compete. We conduct our Nipper Sessions at a range of locations along the South Coast of the Fleurieu Peninsula (in the vicinity of Chiton Rocks SLSC), including 2 Learn to Stand Up Surf sessions, held on gentler waves at Middleton Beach.

For children who haven't already used it in this calendar year, the SA Government Sports Voucher can be used to offset the cost of nipper registration (form attached).

The season begins on Saturday 12th October with our annual Club Open Day.

For **new members**, this is an opportunity to find out more about the program, meet some members and purchase club gear for yourself and your nipper/s. We will also be running a separate Nippers Registration/Come & Try beach session on **19th Oct** 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.

Sat 12 th Oct 2019	Club Open Day	2.30-4.30pm	Club Open Day at Chiton Rocks SLSC
Sat 19 th Oct 2019	Nippers Registration and Come & Try	2.30-4.30pm	Registration, Clothing, Come & Try
Sat 26 th Oct 2019	Session 1 – Pool	2-4pm* Note diff time	Fleurieu Aquatic Centre 5pm Club Meal Night
Sat 30 th Nov 2019	Session 2 – Encounter Lake	2.30-4.30pm	Encounter Lakes – Tabernacle Road & Nicolas Baudin Drive
Sat 14 th Dec 2019	Session 3 – Chiton	2.30-4.30pm	At Chiton Rocks SLSC
Sat 28 th Dec 2019	Session 4 – Chiton	2.30-4.30pm	At Chiton Rocks SLSC 5pm Club Meal Night
Sat 11 th Jan 2020	Session 5 – Surf	9-11am	Surfing at Middleton
Sat 25 th Jan 2020	Session 6 – Chiton	2.30-4.30pm	At Chiton Rocks SLSC 5pm Club Meal Night
Sat 8 th Feb 2020	Session 7 – Surf	9-11am	Surfing at Middleton
Sat 29 th Feb 2020	Session 8 – Chiton & Nipper Camp	2.30-4.30pm	At Chiton Rocks SLSC 5pm Club Meal Night
Sat 7 th Mar 2020	Session 9 – Chiton	2.30-4.30pm	At Chiton Rocks SLSC
Sat 21 st Mar 2020	Session 10 – Chiton	2-6pm	At Chiton Rocks SLSC Nipper Fun Day & Presentations

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).

Membership Registrations, Health Forms & Image Consent Forms

All nippers must be members of Chiton Rocks SLSC. Registration (form or online), payment, health form and image consent form must be completed for each nipper by 26th October (or at their first session).

If you cannot attend registration day, please return your forms via post to PO Box 661, Marleston SA5033 or email to nippers@chitonrocks.com by 25th Oct to ensure your child's place.

ONLINE MEMBERSHIP & PAYMENT

New Members: <https://sls.com.au/join/>

Existing Members: <https://members.sls.com.au>

You will need to create a login (or use previous details from last year), once you log in go to the Memberships 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 and Amanda will be happy to help!

Nipper Fees for 2019-20 season are \$150/family or \$50/person and include a Club rash vest and nipper cap that must be worn at each session. **The fees include swimming uniform (rash vest and cap) in the cost. As mentioned previously, 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 calendar year, so if the voucher has already been 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 required, 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 desk
- setting up equipment for each session
- packing up the sign in/out desk at the end of the session
- preparing fruit platters, washing up etc
- rinsing off equipment and storing back in the shed





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 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 1st 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
STARFISH 	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). Shallow water activities only
DOLPHINS 	U8 and U9 <i>Blue Caps</i>	25m any stroke and 1 minute survival float.	One water cover to five nippers.
STINGRAYS 	U10 and U11 <i>Green Caps</i>	25-50m freestyle and 1.5-2 minute survival float.	One water cover to five nippers.
SHARKS 	U12 - U14 <i>Chiton Competition Caps</i>	100-200m freestyle and 2-3 minute survival float.	One water cover to five nipper

Surf Rescue Certificate – 13years and older

Nippers who are already 13 or turning 13 during the first half of the season will have the opportunity to complete the Surf Rescue Certificate where they will learn basic first aid, resuscitation, rescue techniques, radio and patrol operations and become a junior surf lifesaver enabling them to patrol the beach.



Essential Pool Session at the Fleurieu Aquatic Centre - Sat 26 October 2019

Nippers will be marked off for their preliminary swims and survival floats as detailed above. 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 \$5.00 per child, spectating adults are FREE and anyone over 16years wanting to go in the water must pay entry fee. Those who have centre membership do not have to pay entry fee

2.00pm sign in – Meet on the outside lawn area next to playground once inside the facility to sign in

2.30-3.30pm – Pool instruction session

3.30pm – Sign out, kids will then be able to continue swimming at the Aquatic Centre under the supervision of their parents

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 5 and 7 – Surf Sessions at Middleton

In these sessions, we are 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 slightly different from the surf rescue boards we use for surf lifesaving, and the nipper 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.

Nipper Camp, Sat 29 Feb 2020

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.

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.

Club 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. Meals will be served from 5pm to accommodate the hungry Nippers.

Nipper Carnivals

Nippers can participate in surf life saving carnivals from the Under 8 age group and can compete in individual and team events if there are sufficient numbers. Whilst Chiton operates a non-competitive environment the club will support any Chiton nippers who are keen to participate in junior carnivals. Dates and venues to be confirmed. There may be a possibility for Chiton Nippers to team with other clubs such as Goolwa in a joint team.

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.

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.



Safeguarding Children and Young People Program

Chiton Rocks SLSC is committed to the protection of children from abuse, harm and exploitation. Read more about the Safeguarding Children and Young People program, developed by Surf Lifesaving Australia, here: <https://sls.com.au/safeguarding>

Category	\$ per year	Extra Info	> Members Insurance > Discounted Bar Prices > Members Draw Entry > Member's Prize Draw Event	Club Key Access	Nipper Sessions, Rashie & Cap	Gym Use	Accommodation Rates	Discounted Function Rates	AGM/SGM Voting Rights
Contributing "Active" Individual Member	\$50	5yo+ must be on a club duties roster	✓	✓ \$25	✓ 5-13yo	✓	\$5/person per night 13yo & under free	✓	✓ 13yo+
Contributing "Active" Family	\$150	2 adults + dependent children U18	✓	✓ \$25	✓ 5-13yo	✓	\$5/person per night 13yo & under free	✓	✓ 13yo+
Supporter "Associate" Member	\$50	5yo+ Basic starter option	✓	X unless gym upgrade	X	\$100 upgrade per person	\$5/person per night	X	X
Day Visitor	\$0	Required for entry to licensed venue plus 5 guests	X	X	X	X	\$27.50/person per night	X	X

Notes:

Contributing vs supporter - need to prove your contributing status in order to receive the benefits which involves being on a club roster

Gym - must complete induction before access allowed & follow access guidelines

Accommodation - honesty basis, please ensure you pay the fee, free if you are staying due to a rostered duty

Annual Members Prize Draw Event will replace the "100 Club", all members are welcome to attend the event & receive a ticket in the draw

All Nippers must still have minimum one parent/guardian as a member & Family must have minimum one member "contributing"

Nipper parents are automatically considered contributing due to being required to help out with nippers

Day visitor membership will become irrelevant with coming liquor licensing changes

Contact: chitonrocks@gmail.com, www.sls.com.au/join

Alternatively, membership applications/renewals and payment can be done online:

New Members: <https://sls.com.au/join/>

Existing Members: <https://members.sls.com.au>



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





HEALTH INFORMATION (up to 3 children on each form)

GIVEN NAMES:.....**SURNAME:**.....**DATE OF BIRTH**...../...../.....

MEDICAL CONDITIONS

Does your child have any medical condition or health problem? YES / NO

If "YES", please give details of the medical/health problem: _____

Are you aware of any medical emergency which could occur? YES / NO

If "YES", please give details: Precautions to avoid emergency _____

How to recognise emergency _____

Emergency treatment required _____

MEDICATION*

Does your child take any prescribed medication (including inhalers)? YES / NO

If "Yes", please give details: Medication Name _____

Dose _____ When Taken _____ How Taken _____

Any side effects _____

*Any medication needed during sessions should be handed to Instructor on arrival, with written notes of child's name, medication, dose, etc.



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Parent Signature..... Date.....

\$100 VOUCHER

ONE VOUCHER FOR EVERY
PRIMARY SCHOOL AGED CHILD
PER CALENDAR YEAR



sportsvouchers.sa.gov.au

My child is attending or is eligible to attend primary school (Years R-7) in 2019: Y N

Child first name: _____ Family name: _____

Child date of birth: _____ Gender: M F

Medicare number: _____ Ref. no. OR Australian visa number: _____

Suburb: _____ Postcode: _____ Member of a sports club prior to using voucher: Y N

Parent/Guardian first name: _____ Family name: _____

Contact number: _____ I confirm my child has not already claimed a voucher in 2019:

Parent/Guardian Email: _____

An email notification will be sent to the above email address (assuming it is correct) advising the authorisation of the voucher used for your child



Government of South Australia
Office for Recreation, Sport and Racing

To be presented at an approved Sports Voucher provider. To find your nearest provider or for more information please visit www.sportsvouchers.sa.gov.au. Not redeemable for cash, only a reduction to membership/registration fees. Redemption value not to exceed \$100.00. In presenting this voucher I give permission to the Sports Voucher provider to share my information with the Office for Recreation, Sport and Racing.

Chiton Rocks SLSC

Images Consent Form

CONSENT FORM/ TALENT RELEASE FORM FOR USE OF
IMAGES FOR PROMOTIONAL PURPOSES AND CHITON
ROCKS SLSC/SURF LIFE SAVING SA PUBLICATIONS



I: _____
(parent's/guardian's name - PLEASE PRINT)

of: _____
(address - PLEASE PRINT)

on behalf of: _____
(child/children's names - PLEASE PRINT)

A: CONSENT TO:

Consent to video footage/photos/other images of my child being taken by Chiton Rocks SLSC for a variety of public relations, communications and promotional activities, including for publications, promotional material, websites and advertisements, for an undefined period of time.

Acknowledge that any recording made by the Club of any performance of my child in connection with promotional activities is an authorised use of my child's performance for the purposes of the Copyright Act 1968.

Understand that any video footage/photos/other images taken may be shown in a public environment (in South Australia, interstate and/or overseas).

Acknowledge that the Club is not obliged to include my child in the promotional activities.

Release the Club from any claim by me or anyone on my behalf and arising out of my child's appearance in promotional activities.

Acknowledge that there is to be no payment or further consideration paid for my child's performance.

Signed by: _____ Date: ____/____/____
(parent's/guardian's signature)

B: DO NOT CONSENT TO:

Images of my child being used by Chiton Rocks SLSC for any purpose.

Signed by: _____ Date: ____/____/____
(parent's/guardian's signature)