



## Chiton Rocks Surf Life Saving Club Inc.

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## Chiton Rocks Surf Lifesaving Club 2023-2024 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.

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 mornings 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.

The Patrol Season begins on Saturday 7th 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. Please see our website for more details on the Club Open Day.

### 2023-2024 Nipper Season Dates

Sat, 28th Oct 2023	Session 1 Pool	1pm – 3pm	Fleurieu Aquatic Centre (Hayborough)
Sat, 11th Nov 2023	Session 2 Encounter Lakes	2pm – 4pm	Encounter Lakes – Tabernacle Road Encounter Bay
Sat, 25th Nov 2023	Session 3 Chiton	2pm – 4pm	Chiton Rocks SLSC
Sat, 9th Dec 2023	Session 4 Chiton	2pm – 4pm <b>camp (TBC)</b>	Chiton Rocks SLSC
Sat, 6th Jan 2024	Session 5 Surf	<b>10.00 am – 11.30 am</b>	Surf session at Middleton
Sat, 20st Jan 2024	Session 3 Chiton	2pm – 4pm	Chiton Rocks SLSC
Sat, 3rd Feb 2024	Session 7 Surf	<b>10.00am – 11.30am</b>	Surf session at Middleton
Sat, 17th Feb 2024	Session 8 Chiton	2pm – 4pm	Chiton Rocks SLSC
Sat, 2nd Mar 2024	Session 9 Chiton	2pm – 4pm	Chiton Rocks SLSC
Sat, 16th Mar 2024	Session 10 Chiton	2pm – 6pm	Chiton Rocks SLSC Nipper Fun Day and 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

All nippers must be members of Chiton Rocks SLSC. Registration (online) and payment must be completed for each nipper by **19th November**.

### ONLINE RENEWALS & 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](mailto:membership@chitonrocks.com) and Amanda will be happy to help!

**Nipper Fees** for 2023 - 2024 **season** are \$150 per family including a nipper cap that must be worn at each session.

**The fees include use of a cap, fees apply for replacement caps.**

**A uniform rash vest is required at a cost of \$30 each. These are quality sun protection rash vests in a highly visible bright yellow color for water safety.**

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 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 and Nipper help

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:

- A number of parents are required to provide water cover each session
- manning the sign in/out
- Cooking the Sausage BBQ for the season, including the serving and clean up.
- Co-ordinating the preparation of fruit platters, including fruit pick up, and serving and washing up etc
- Parent to monitor sand removal from nippers prior to entering the change room area.
- ✦ **All nippers participating must assist in the rinsing off equipment and storing back in the shed every session**

Without parents helping out, nipper sessions are at risk of being cut back or numbers restricted. Rather than setting rosters it is preferable for parents to nominate the task that they can assist with. Please reach out to [nippers@chitonrocks.com](mailto:nippers@chitonrocks.com).

Surf Life Saving South Australia have a new Nipper Water Safety Certificate that can improve parents skills on the beach. This is a short 3 hour course and we encourage parents to participate, please contact [training@chitonrocks.com](mailto:training@chitonrocks.com), or speak to the nipper co-ordinators if you prefer to do this in a group.

Join the Nipper Committee – email [nippers@chitonrocks.com](mailto:nippers@chitonrocks.com) if you would like to express your interest.







## 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).  Shallow water activities only
<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 Fleurieu Aquatic Centre (Hayborough) Saturday 28th Oct 2023

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, families will need to pay the pool entry of \$6.80 per child under 15 and anyone over 16years wanting to go in the water must pay entry fee \$9.00.***

**1.00pm sign in** – Enter the facility and meet on the outside lawn area once inside the facility to sign in and collect nipper cap.

**1.30-2.30pm** – Pool instruction session

**2.30pm** – 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

The Learn to Surf sessions at Middleton were a great success last season, so we are continuing to offer this as part of our program. 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 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.



## Nipper Camp, Sat 9th Dec 2023

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.

## **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.



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### **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 and payment can be done online: New Members:

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

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

I confirm my child has not already claimed a voucher in 2023

## Child's information

First name:

Family name:

Child date of birth:  /  /

Gender: Male  Female  Gender diverse

Is this the first time your child has joined this sport / dance organisation? Yes  No

Has your child been identified as living with a disability? Yes  No

Is your child from a culturally and linguistically diverse background? Yes  No

Is your child from an Aboriginal or Torres Strait Islander background? Yes  No

## Medicare information

Medicare number:              Reference number:

OR Australian visa number:

## Parent/Guardian information

First name:

Family name:

Street address:

Suburb:

Postcode:

Contact number:

Email:

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

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](http://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 (ORSR). The ORSR may share de-identified information with third parties (eg other agencies of government, research institutions, etc) to improve the administration, outcomes or effectiveness of the Program.