

Port Kembla Surf Life Saving Club



The Nippers Handbook



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Welcome to Port Kembla Nippers

Port Kembla is one of the best beaches in the Illawarra. We hope that you will enjoy our great beach and being part of our surf lifesaving club. Our aim is to provide a fun environment where your child will learn to be safe and confident on the beach and in the water. We are a very strong and welcoming community and our aim is to provide the best experience for our Nippers.

Nippers Junior Development Program

Nippers follow a Surf Life Saving Australia (SLSA) program that, through fun activities, introduces children to surf lifesaving, gradually building knowledge and skills that will ultimately allow them to gain the Surf Rescue Certificate. The key features of the program include:

- Learning about surf awareness and safety – respect, read and use the surf to their advantage.
- Gaining a better understanding of our beach environment through theory such as beach safety, sun safety, rips and other hazards, and what it means to be a lifesaver.
- Training in basic resuscitation/CPR skills.
- Improving fitness in a fun and healthy outdoor environment:
 - Beach sports: flags, beach sprint and relay
 - Wades, swimming, dolphin diving and body surfing
 - Nippers boards (techniques and paddles)
- Progressing through the Surf Education program from basic surf lifesaving skills to the completion of the Surf Rescue Certificate.
- The opportunity to make friends, be active, have fun and enjoy the beach in a safe environment.

Age Groups

Nippers can join anytime between 5 and 14 years of age. They must be a minimum of 5 years of age to be registered and participate in any Surf Life Saving NSW activities. The age groups are as follows:

Age Group	Age	Surf Program
Under 6	5 by 30 September	Surf Play 1
Under 7	6 by 30 September	Surf Play 2
Under 8	7 by 30 September	Surf Aware 1
Under 9	8 by 30 September	Surf Aware 2
Under 10	9 by 30 September	Surf Safe 1
Under 11	10 by 30 September	Surf Safe 2
Under 12	11 by 30 September	Surf Smart 1
Under 13	12 by 30 September	Surf Smart 2
Under 14	13 by 30 September	Surf Rescue Certificate

Surf Rescue Certificate (SRC)

In U14s, Nippers train for their SRC. This course provides participants with the skills for basic patrolling and surf awareness. The SRC course is normally completed over the first part of the season. Once completed, the participants can act as water safety for younger age groups and will be assigned to a beach patrol to progress their knowledge and skills.

Swimming Proficiency

Your child will need to complete a preliminary skills assessment including a swim and a float which will be conducted either at the beach or in a pool environment.

This is carried out before participating in any junior activity to assess their swimming and self-survival ability in the water.

Nippers Sessions

Where is it held?

Generally, Nippers is based at the Olympic Boulevard end of Port Kembla beach. This location provides ample parking, toilet facilities and easy access to the beach. When conditions are unfavourable at this location, it may be necessary to use Fisherman's Beach (Fishes); this is accessed from Gloucester Boulevard. Fishes offers a sheltered location, but can have more limited beach area. Access is also a little more difficult and there are no toilets available. Older groups may on occasions, also undertake CPR/first aid training at the Port Kembla Surf Club house located at 1A Cowper Street.



When is it held?

Nippers runs on most Sunday mornings during the season, excluding school holidays. Normally, Nippers starts promptly at 9:30am and finishes up at 11am. There are a few exceptions to this, such as twilight nippers, so please check the calendar.

On arriving, Nippers should go to their age groups flag displayed on the beach, where the groups age manager (wearing white Age Manager rash vest) will be waiting to sign in their age group. Sign in starts from 9am, please ensure that your child is signed in at the beginning of Nippers. At the end of the Nippers session, the age manager will sign the Nippers out when they are collected by the parent/guardian (please be on time to collect your child).

What to wear?

Each nipper will need to wear the following essential items:

- Appropriate swimwear
- Hi-viz pink singlet or Rashie
- Nippers cap
- Sunscreen / sun block (nippers will be exposed to the sun for a couple of hours so sun screen application should be compulsory. Zinc is a good option for the face as lotion can run into the eyes when in the water)



The following items are also highly recommended:

- Water bottle (to keep hydrated and to wash sand from eyes)
- Towel
- Swimming goggles (essential for U8' s up)



Last minute changes

At times of poor weather or surf conditions there may be a change of venue or the Nippers session may be cancelled. In this event you will be notified by Surfguard SMS and information will be posted on the Port Kembla Facebook/instagram page. Notifications will be sent/posted as early as possible, but will be by 8:30 am at the latest.

Competition

Port Kembla Nippers currently do not compete in the club carnivals. Throughout the season, however, there will be regular point score events for age groups U8 to U13 where your child will compete in flags, sprint, swim and board paddle in their age group. At the end of the season the points are tallied and prizes will be awarded for first and second, and for the most improved boy and girls in each age group.

Safety in the Water

Before nippers begins each Sunday, a beach risk assessment is conducted to determine the safest locations for nippers to enter the water. Water activities are then carried out with the support of our qualified Water Safety volunteers who wear high-viz orange rash vests and caps.

Water Safety Officers are club members who hold Bronze Medallion or SRC qualifications. Bronze Medallion and SRC courses are available for parents or carers wishing to assist with Water Safety (please contact us for more information).

Parents/General members

Parents are encouraged to get involved and assist the age managers with beach activities, to lend a hand with set up and pack up, or to help at one of the BBQs. We are also always keen for parents to join the committee to ensure Port Kembla always has an excellent and well-run Nippers program.

At least one parent/guardian is required to join the club as a general member.

General members can logon to the Surf lifesaving Australia website members area and access free training resources that will assist in understanding of Nippers and lifesaving. Members accounts can be accessed as follows:

Go to the training library at: <https://sls.learn-sls.etrainu.com/training/>

The courses listed in the Age Manager category are a great way to increase understanding of lifesaving and the Nippers program, even if you do not intend becoming an age manager, they will help you to assist your child to get the most out of Nippers.

Child protection

As a club, we take the protection of our junior members seriously. We meet all of SLSNSW current legislation by ensuring our Age Managers and water safety have current Working with Children's Checks (WWCC). We also check the WWCC number with the office of Children's Guardian at the start of each season.

If you feel concerned about with any matter happening in the club, please contact the Member Protection Information Officer (MPIO), any member of the committee or report it through SLSA (See below).

Contact MPIO: portkembblaslscmpio@gmail.com

Details of SLSA commitment to child protections and reporting are available here:

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

Child Safe matters and complains and grievances can be reported to SLS here:

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

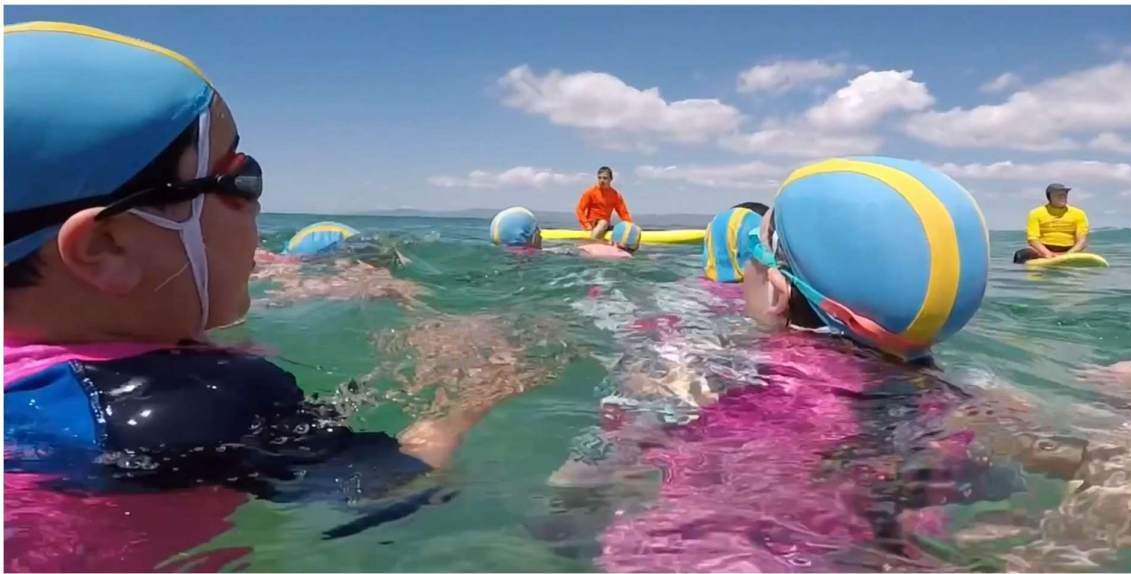


Contact us

If you have any questions, please catch us on the beach or contact us via:

Email: portkemblanippers@gmail.com

Message: www.facebook.com/portnippers.slsa or [@portkemblanippers](https://www.facebook.com/portkemblanippers)



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