



Nippers

Parent Handbook

Welcome to North Haven SLSC Season 2023/24

Acknowledgment of Country

We acknowledge and pay our respects to the Kurna people, the traditional custodians whose ancestral lands we gather on and enjoy our nippers program each week. We pay respects to Kurna Elders past, present and emerging. We recognise and respect their cultural and spiritual connection with the land. We acknowledge that they are of continuing importance to the Kurna people living today.



A warm welcome to our new and returning North Haven Surf Life Saving Club (NHSLSC) nippers and families for season 23/24.

I am really excited to continue in the role of Junior and Youth Co-ordinator this season and look forward to providing a fun and educational program to support your child's growth! If we have not met yet, I look forward to getting to know you and your family over the coming season. A bit about me...I am a local North Haven resident and very passionate about creating a safe, inclusive and thriving community. I have 2 children who are both keen Nippers, and I look forward to seeing them having fun and improving their skills along side your children!

This season will include a range of activities for our nippers, from surf and beach sports, social events, surf safety and education, carnivals, our annual family camp and festive celebrations. Our youth are also a very important part of our club and as such, we are working hard to improve facilities, programs and pathways to encourage our Youth to remain engaged with the club - we have launched our youth employment program and our Youth Crew which will commence on the beach this season. Our Youth will also participate in being 'buddies' for participants in our inclusive program - Kudlyu.

Kudlyu is a Kurna word meaning 'the Black Swan', the black swan is a bird of significance to the Kurna people of the Port River. The Kudlyu program has been established in collaboration with Kate Newman from Semaphore Seabirds and aims to enable young people with additional needs to participate in surf safety and surf sports along side their siblings and friends with a modified program to cater for their needs. This season we are again encouraging all nippers to get behind their club and team mates and come along to all carnivals and competitions - it's not about being the best, we learn and grow through the experience and cheering on your fellow nippers can give them that boost of encouragement they need!

At North Haven SLSC we pride ourselves on promoting and providing an inclusive and safe environment accessible to everyone in the community, we are continually improving our Nippers program to ensure we can adapt it to the needs of the child - if you have any suggestions on adjustments or additions we can make to the program - please don't hesitate to speak with me at any time. We are also encouraging all nippers, parents and volunteers to participate in the Acknowledgement of Country each week, we have printed cards as a prompt and would really like to have a different volunteer(s) each week to get involved and lead this for the club.

As a final note, I would like to extend an invitation for all parents to get involved in building our NHSLSC community - you know the saying 'it takes a village'...it really does and without our hard working, dedicated volunteers, we wouldn't have this incredible piece of paradise to enjoy. Personally, I never thought I would spend this much of my time volunteering but I thought I would try something different - it started with patrolling and soon the club became my second home. The people are so friendly, welcoming, energetic and dedicated to creating a safe and fun environment both on and off the beach - I have found it so fulfilling. If you feel like you might want to give a bit more to our community, lets have a chat!

Lastly....lets make this a season to remember - get out there, get involved and most of all HAVE FUN! See you at the Club!

Bridget Johnson
Junior and Youth Co-ordinator (Nippers)

Your Management Committee

Name	Position	Contact Details / @northhavenslsc.com.au
Glen Gallagher	Club President	0411 099 230 / president@
Kevin Dale	Vice President	0449 855 360 / vicepresident@
Jean-Noel Seneque	Captain of Lifesaving	0433 411 966 / captainlifesaving@
Bridget Johnson	Junior and Youth Co-ordinator (Nippers)	0424 154 377 / nippers@
Vacant	Surf Sport Co-ordinator	/ surfsports@
Hannah King	Members Representative	0466 421 270 / members@
Jasmine Tonkin	Child safe, indigenous, multicultural and community engagement officer	0412 073 470 / communityengagement@
Tarah Cashmore	Club Administrator (until Oct/Nov 2023)	0439 189 909 /general@
Chelsea Daughtry	Treasurer and Kudlyu Program	0468 651 737 / accounts@

Location

When arriving for Nippers, enter through the club main entrance and meet on the club lawns. The Age Group Manager will check in your child as present on the nippers app and get them settled in, your child should sit behind the age group marker.



Age Groups 2023/24

Nippers are placed in an age group that is determined by the child's age as **at 30 September each year**. Nippers need to be in the group where their birthday falls - this gives them a chance to make new friends. If they have friends in other age groups, they can socialise before and after club activities.

Age Group	From	To
Under 6*	1 Oct 2017	30 Sep 2018
Under 7	1 Oct 2016	30 Sep 2017
Under 8	1 Oct 2015	30 Sep 2016
Under 9	1 Oct 2014	30 Sep 2015
Under 10	1 Oct 2013	30 Sep 2014
Under 11	1 Oct 2012	30 Sep 2013
Under 12	1 Oct 2011	30 Sep 2012
Under 13	1 Oct 2010	30 Sep 2011

**children can join from the date they turn 5 yrs old but may then do two years in Under 6*

Children who are not 5 on or before 30 September will be able to participate in the surf babies programs co-ordinated by SLSSA, speak to the Junior & Youth Co-ordinator (Bridget Johnson) for more information. They are of course welcome on the beach and can play in the shore as long as being under parental supervision.

A child must fulfill the following requirements before they can be accepted into the Under 6 or 7's program:

- Complete online enrolment and health form prior to participating
- MUST be a minimum of 5 years of age as at 30th September to participate in the Under 6 program
- **A parent/guardian MUST remain on the beach and assist the Age Managers when required**

Your Age Group Manager is your first point of contact for information, queries and general updates on what is happening across the program.

In addition to having fun on and off the beach, each group works towards the Surf Life Saving Australia (SLSA), Age Group Certificate.

Age Group Managers

U6 & U7	Amy Lawrence & Marianne Schleicher
U8	Misty Taylor & Rebecca Bassman
U9	Ian James
U10 & U11	TBA
U12	Mark Williams
U13	Bridget Johnson
Kudlyu - Inclusive	Chelsea Daughtry
Youth (Y)	Jean-Noel Seneque

Coaches

Boards	Andrew Renfrey & Tim Foreur
Open Water Swimming	Anna Tate & Fiona Scoffield
Flags	Troy Jamieson
Sprints/Relays	Brad Jamieson

Key Dates

Session	Date	Set up duties	Pack up duties	BBQ	Special events
1	21 October	U6, 7, 8	U9, 10, 11	U12, 13 & Y	Season opening
2	28 October	U6, 7, 8	U12, 13 & Y	U9, 10, 11	
3	4 November	U6, 7, 8	U9, 10, 11	U12, 13 & Y	
4	11 November	U6, 7, 8	U12, 13 & Y	U9, 10, 11	
5	18 November	ALL HANDS ON DECK!!!			Carnival 1 - Branch Carnival @ NORTH HAVEN
6	25 November	U6, 7, 8	U12, 13 & Y	U9, 10, 11	
7	2 December	U6, 7, 8	U9, 10, 11	U12, 13 & Y	
8	9 December	U6, 7, 8	U12, 13 & Y	U9, 10, 11	Christmas Party at the Club
9	16 December	U6, 7, 8	U9, 10, 11	U12, 13 & Y	
N/A	17 December				Carnival 2 - U8 - U13 @ Grange
2 WEEK BREAK - CHRISTMAS HOLIDAYS					
10	6 January	U6, 7, 8	U9, 10, 11	U12, 13 & Y	
11	13 January	U6, 7, 8	U12, 13 & Y	U9, 10, 11	
12	20 January	U6, 7, 8	U9, 10, 11	U12, 13 & Y	
N/A	21 January				Carnival 3 - U8-13 @ South Port
13	27 January	U6, 7, 8	U9, 10, 11	U12, 13 & Y	
14	3 February	U6, 7, 8	U12, 13 & Y	U9, 10, 11	
N/A	10 February	NO NIPPERS AT NORTH HAVEN DUE TO AWAY CARNIVAL			
N/A	11 February	U6, 7, 8	U9, 10, 11	U12, 13 & Y	Carnival 4 - U8-13 @ Port Elliot
13	17 February	U6, 7, 8	U12, 13 & Y	U9, 10, 11	
14	24 February	U6, 7, 8	U9, 10, 11	U12, 13 & Y	
N/A	25 February				Junior State Championships - Day 1 @ Seacliff
15	2 March	U6, 7, 8	U12, 13 & Y	U9, 10, 11	
16	9 March	U6, 7, 8	U9, 10, 11	U12, 13 & Y	
N/A	16 March	NO NIPPERS AT NORTH HAVEN BEACH DUE TO STATE CHAMPS			Junior State Championships - Day 2 @ Pt Noarlunga
N/A	17 March				Junior State Championships - Day 3 @ Pt Noarlunga
17	23 March	U6, 7, 8	U12, 13 & Y	U9, 10, 11	CLUB CHAMPIONSHIPS - Last Nippers Session of the season!!
N/A	13 April				Break up/Presentation Day - TBA

Saturday Nipper Sessions

Our nipper surf season typically runs from late October to end of March with sessions held on a **Saturday morning arrive by 11am for an 11:30am start:**

- Under 6 & 7 - 11:30am - 12:30pm
- Kudlyu Inclusive - 11:30am - 12:30pm
- Under 8 through to Youth - 11:30am - 1:30pm

Early finish will be determined by the Age Group Manager on the day.

Each Nipper session involve nippers rotating through a range of age and skill appropriate activities and games. The emphasis is on fun activities whilst teaching beach safety.

We understand that families are busy so the program doesn't require 100% participation, but your nipper will benefit from regular attendance and will need to meet a minimum competency if they wish to compete. We encourage all competition age children (U8 - U13) to attend carnivals and competitions, no one is expected to win or be the best, we just want them to learn and grow through the experience and also support their team! We appreciate attending carnivals and competitions can be draining, so where possible, if parents are helping out with set-up, competition duties, or pack-up the club will help subsidise food/drink/petrol/sundry expenses. Additionally, the club will support your child by covering competition fees.

The surf sports co-ordinator can speak to you more about carnivals and competitions.

For safety, parents must please bring their child into the club to be signed in by their age manager and have them signed off before they take them home.

Parents are expected to come down to the beach arena for the session and help the age group manager where required.

What to bring each week...

For safety, a club Nipper (skull) cap (club colours or hi-vis) and hi-vis rashie must be worn by all nippers on the beach each week - this will ensure you can be seen. If you didn't purchase this as part of your registration or require a replacement, please speak with the Junior & Youth Co-ordinator who can assist you with uniform purchases. A spare can be provided when needed - see your Age Group Manager who can assist you with this.

Your child will need to bring the following to Nipper sessions each week:

- **A high visibility rashie** must be worn by all nippers when they are in the water. This is a safety directive from Surf Life Saving Australia.
- A hat - that shelters the face, neck and ears from the sun;
- Sunscreen (pre-applied) and some to reapply (our lifesavers have some spare if needed);
- Goggles (if required),
- Bathers (boardshorts are not suitable for nippers as they will cause drag in the water, jammers - essentially bike shorts for swimming - can be purchased from the club and are also good for preventing chaff)
- Towel
- Water
- A warm change of clothes
- Toiletries (if they wish to have a warm shower)

SESSION PROGRAM

Set up All families from rostered age group are expected to help • Meet at the trailer on the beach for allocation of set up jobs	10:45am
Nippers session starts	11:30am
Pack up All families from rostered age group are expected to help • Meet at the trailer for job allocation - conducted mainly on the club lawn	1:30pm

Activities

The actual program and activities depend on the surf conditions on the day. If the conditions are favourable, more time will be spent in the water than on the beach and vice versa should water conditions be adverse. A risk assessment is undertaken each session to determine what activities will be deemed safe.

Saturday activities will generally include a mixture of:

- surf safety education
- games and fun activities with a focus on team spirit, confidence building and social interaction.
- beach sprints, relays and beach flags
- wade races and wade relays
- surf swim races and surf swim team races
- board races, rescues and relays

Uniform

Regular nipper session - For nippers each week your child will need to wear their club skull cap and long sleeve hi-vis rashie.

Note: Whilst the club encourages our members to wear club bathers, as it provides a sense of community and identity, it is not a requirement. Appropriate swimwear must be worn for nippers - this includes speedos or jammers for the boys (no board shorts) and one piece or two piece for the girls (no fashion bikinis).

Carnivals and competition - nippers **must** wear club bathers as well as the hi-vis rashie, club skull cap, Long Sleeve Sun Safe Polo and wide brim hat.

Uniforms can be purchased from the club, there are various items available. Please speak to the Junior & Youth Co-ordinator for assistance.

Nippers Surf Education Program

An important part of our Saturday nipper program is the delivery of an education program, comprised of four key learning areas.

Surf awareness: Not only are surf skills required in conquering conditions, but a knowledge of where the dangers are and how to read the surf are essential ingredients in keeping safe at the beach.

Individual safety: with a focus on recognising the potential risks faced when visiting the beach, and in life in general.

Lifesaving skills: where nippers are introduced to the role we hope they undertake as they grow and develop into future lifesavers.

Surf sports skills: nippers learn a variety of skills to help them develop confidence, competence and capability in surf lifesaving's various surf sport events, such as swimming, board racing and beach flags, to name a few.

The majority of surf education will be provided on the beach, not in a classroom or formal environment (except the Surf Rescue Certificate/Resuscitation course for the older age groups). The best way to teach surf safety is through physical demonstrations, drills/exercises and visual aids (such as spotting a rip).

The Junior Development program is delivered through three stages:

- Stage 1: Under 6, Under 7, Under 8
- Stage 2: Under 9, Under 10, Under 11
- Stage 3: Under 12 & Under 13 Details of each of the programs are available via the SLSSA website

<https://www.surflifesavingsa.com.au/nipper-program-resources>

Skills evaluations

Each year every nipper is required to undertake a preliminary skills evaluation to be able to undertake water activities. Those who wish to compete will also need to undertake an additional competition evaluation to achieve their (red patch).

Please be aware that the NHSLSC Nippers program is not a learn to swim program. We strongly encourage your nipper to attend swim lessons. Being confident swimming in a pool contributes immensely to being confident swimming in the ocean.

Full details about evaluations are available on the Surf Life Saving Association (SA) site:

<https://www.surflifesavingsa.com.au/nipper-program-resources>

Preliminary evaluation

The preliminary evaluations are in place to ensure that participants are fit and able to meet the requirements of our nipper program. In addition it is a compulsory requirement of SLSA. The evaluations consist of a floatation, submersion, propulsion and continuous skills to a standard appropriate to their age (see the table below). Nippers are unable to participate in water activities at the beach unless they have completed their preliminary evaluation. The outcome of this evaluation will determine the level of supervision required for that participant. Nippers will need their bathers and goggles to participate and can chose to wear a swimming cap.

Age Group	Preliminary			
	Floatation	Submersion	Propulsion	Continuous Skills
Under 6 & 7	Back or front float for min 5 seconds, recover to stand.	Submerge to retrieve object from bottom of water with hands (e.g. dive ring)	Push and glide from wall/ sand, recover to stand. U6 = 1-2m distance U7 = 2-3m distance	Wade through water for 5 metres then float (on back or front) for 5 seconds then recover to stand, submerge to retrieve object from bottom of water with hands, recover to stand.
Under 8	Back or front float for min 5 seconds, recover to stand.	Submerge to retrieve object from bottom of water with hands (e.g. dive ring)	Swim on front (any stroke) for 20m followed by swim underwater for 2-3m	Swim on front through water (any stroke) for 20m, followed by back or front float (5 second) followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between tasks).
Under 9	Front to back float or back to front float – 5 seconds each side Tread water and/or sculling for min 1 min	Submerge to retrieve object from bottom of water with hands (e.g. dive ring)	Survival stroke(s), breaststroke and/ or sidestroke, and/or back sculling, min 50m	Swim on front through water using combo of breaststroke, sidestroke, freestyle for 50m, followed by tread water and/ or sculling 1 min, followed by submerge to retrieve object form bottom of water with hands (do not recover to stand between tasks)
Under 10	Front to back float or back to front float – 5 seconds each side Tread water and/or sculling for min 1 min	Submerge to retrieve object from bottom of water with hands (e.g. dive ring)	Swim on front through water (any stroke) for 25m followed by survival stroke(s) breast stroke, and/or side stroke and or back stroke, min 50m	Swim on front through water using combo of breaststroke, sidestroke, freestyle for 50m, followed by tread water and/ or sculling 1 min, followed by submerge to retrieve object form bottom of water with hands (do not recover to stand between tasks)
Under 11	Front to back float or back to front float – 5 seconds each side Tread water and/or sculling for min 2 min	Submerge to perform forward or backward roll/ somersault under water, recover to surface, retrieve object from bottom of water with hands (e.g. dive ring)	Swim on front through water (any stroke) for 50m followed by survival stroke(s) breast stroke, and/or side stroke and or back stroke, min 50m	Swim on front through water using combo of breaststroke, sidestroke, freestyle for 50m, followed by tread water and/ or sculling 2 min, followed by submerge to retrieve object form bottom of water with hands (do not recover to stand between tasks)
Under 12 & 13	Front to back float or back to front float – 5 seconds each side Tread water and/or sculling for min 3 min	Submerge to perform forward or backward roll/ somersault under water, recover to surface, retrieve object from bottom of water with hands (e.g. dive ring)	Swim on front through water (any stroke) for 100m followed by survival stroke(s) breast stroke, and/or side stroke and or back stroke, min 50m	Swim on front through water using combo of breaststroke, sidestroke, freestyle for 100m, followed by tread water and/ or sculling 3 min, followed by submerge to retrieve object form bottom of water with hands (do not recover to stand between tasks)

Competition evaluation

To maintain safety and lifesaving standards, SLSA has set a minimum standard of proficiency that all nippers must achieve before being eligible to compete in carnivals (see table below). Age group managers will arrange these competency tests at the beach as the swim has to be conducted in open water.

Age Group	Competition Skills
Under 6 & 7	Nil
Under 8	Minimum 150m open water swim (any recognised stroke)
Under 9	Minimum 150m open water swim (any recognised stroke)
Under 10	Minimum 150m open water swim (any recognised stroke)
Under 11	Minimum 250m open water swim (any recognised stroke)
Under 12 & 13	Minimum 250m open water swim (any recognised stroke)

Competition and carnivals

The nipper surf sports program offers a wide range of competition events for under 8's and up culminating in a state championship competition each year. Details regarding surf sports disciplines is available on the SLS SA website here <https://www.surflifesavingsa.com.au/surf-sports-disciplines>. Should you have questions about the Surf Sports program, you can link in with the Youth Co-ordinator or the Captain of competition.

Competition is designed to provide an environment to enhance the lifesaving skills used for patrols. We recognize that not all nippers want to be involved in competition and there are pathways the club provides in lifesaving and other activities. There are a range of carnivals that members can enter throughout the year and your AGM and the Captain of competition will communicate with your age group regarding nominations. The SLSA competition calendar is available via TeamUp - accessible via this link or by downloading the TeamUp app <https://teamup.com/kshnqhm3iktcekeohg>

Who can compete?

U8-U13s who have completed their competition evaluation. In order to compete at state championships, a nipper must have completed their Surf Education Award. <https://www.surflifesavingsa.com.au/nipper-program-resources>. Competitors need to wear the NHLSC nipper high viz vest, club bathers and their club cap.

Equipment

Equipment is a significant expense for our club and all nippers and parents and guardians are asked to assist in keeping it in good condition. Our club has a range of foam and fiberglass nipper boards that can be used for both training and competitions. These boards are shared amongst nippers and age groups at each session. All nippers are responsible for ensuring the equipment is washed down, free of sand and returned to the trailer or club.

Age Group Managers (AGM's) are solely responsible for allocating equipment on training days:

- Nippers are responsible for reporting any damage to the equipment to their AGM or coach
- Only NHLSC nippers are permitted to use club equipment
- Equipment is only to be used during club designated activities
- Equipment is not to be removed from the shed under any circumstances without prior permission from your AGM

About nipper boards

The club provides foam boards for U8-10s and fibreglass boards for U11-13s nippers to use at these sessions. There are a range of boards from various manufacturers that come in different sizes and will usually be foam or fibreglass construction and suited for different weighted nippers. If you wish to purchase a board for your nipper, here are links to websites that may assist you in choosing the right craft for your child.

- Kracka: <http://www.krackasurfcraft.com.au/Our-Boards/Junior-Nipper>
- Bennett Boards: <http://bennettsurfboards.com/product-category/surf-life-saving/nipper-boards/>
- JM & Dolphin boards: <https://watermanstore.com.au/collections/foamies>
- Infront <https://infrontsurfcraft.com.au/>

Secondhand boards can also often be purchased from Gumtree, Facebook marketplace or at carnivals towards the end of each season.

Parent/carer responsibilities

While the club provides water cover and coaching, it is your responsibility as a parent or carer to remain on the beach/surrounds throughout the session and be on hand to assist your child in the event of an incident or injury.

Please reinforce the following with your nipper:

- U6s & U7s One carer must remain on the beach & with their child (i.e. prepared to go in the water) with the age group AT ALL TIMES
- Nippers must stay with their age group manager at all times, unless coaches take over for a specific activity
- If a nipper must leave their group (to go to the toilet etc), the age group manager must be informed prior to them leaving and they must be accompanied by a parent or guardian
- Nippers are not to enter the water unless authorised by the age group manager
- At the end of the session, nippers are again checked off the attendance roll after all equipment and boards have been packed away into the shed.
- Nippers are not to leave the club / surrounds until collected by an adult and checked off the attendance roll. This is important as failure to sign your nipper out may result in the closure of the beach and a search being carried out to find them
- Once your nipper has been checked off the attendance roll, they need to remove their skull cap.
- After your nipper has been checked off the attendance roll and removed their Club caps, they are the responsibility of the parent / guardian even if they re-enter the water.

Sun Smart Policy

Being on the beach all day it is important for parents to ensure their nippers are complying with the sun smart policy. Stay safe at the beach and follow these rules to be sun smart....

SLIP on protective clothing that:

- Covers as much skin as possible, for example, shirts with long sleeves and high necks/collars
- Is made from close weave materials such as cotton, polyester/cotton and linen
- Is dark in colour to absorb UV radiation (white and lighter colours reflect UV radiation onto skin)
- If used for swimming, is made from materials such as lycra, which stays sun protective when wet.

SLOP on SPF30 or higher sunscreen that is:

- Broad spectrum, water resistant and not out of date
- Applied liberally to clean, dry skin at least 20 minutes before going outside and reapplied every two hours
- Used with other forms of protection such as hats and shade

SLAP on a hat that is:

- Broad-brimmed and provides good protection for the face, nose, neck and ears, which are common sites for skin cancers (caps and visors do not provide adequate protection)
- Made with closely woven fabric - if you can see through it, UV radiation will get through.

- Worn with sunglasses and sunscreen to increase your level of protection.

SEEK shade by:

- Making use of trees or built shade structures, or bring your own pop-up tent or umbrellas. Making sure your shade structure casts a dark shadow and using other protection (such as clothing, hats, sunglasses and sunscreen) to avoid reflected UV radiation from nearby surfaces.
- Avoiding being in direct sunlight when the UV Index is higher than 3 (UV levels are most intense in the middle of the day)

SLIDE on sunglasses:

- With a broad-brimmed hat to reduce UV radiation exposure to the eyes by up to 98 per cent
- On children as well as adults
- That are close-fitting wrap-around style that meet the Australian Standard AS 1067 and provide an Eye Protection Factor EPF) of 9 or above

Nippers who do not bring the required items to training or carnivals may not be permitted to participate in activities.

Beach Safety

Inclement weather

Safety first! In extreme weather, we will have a very limited time on the beach - if at all.

Alternative activities will be undertaken at the clubrooms where we can continue training and play games. Occasionally thunderstorms and/or lightning may preclude beach activities. The Club will endeavour to re-schedule events if the forecast temperature is 37°C or more at the start of training activities (i.e may commence earlier or for shorter sessions.

Sharks

Wherever possible, before each Nippers session one of our Surf Life Savers will conduct a Remotely Piloted Aerial System (RPAS aka 'drone') patrol of the North Haven beach. The North Haven beach is a very shallow and reflective beach and is not a known shark hot-spot. That said, the Nippers program will conduct one or two practice drills to simulate a danger and an evacuation of the water during the season. If a shark is spotted in the area - likely time before re-entry to the water is 30 minutes or, at the discretion of the Patrol Captain pending available information.

Water Safety Supervisor

In line with Surf Life Saving requirements, the club has an appointed nippers Water Safety Supervisor for each session - noted by a bright orange rashie vest. Prior to each nippers session, the WSS conducts a risk assessment and determines the conditions, and associated ratios required to safely support nippers in the water. The water patrol team reports to the Water Safety Supervisor. Water cover ratios are 1:5 (1 Bronze Medallion/ SRC qualified personnel to 5 nippers). Water patrol must include a minimum of 50% Bronze cover). 1:10 in flat conditions. The Water safety certificate personnel are in addition and can't be counted in ratios, but useful with younger/ less skilled nippers to assist with wade, board and swim activities.

Water safety

Water safety personnel mainly spend their time monitoring nippers in the water/shoreline on nipper days and/or carnivals either on rescue boards or swimming with tubes/fins.

Water safety personnel aim to:

- Minimise nippers losing their craft
- Minimise nippers bumping into each other
- Ensuring the nippers ability can handle the conditions
- Encourage and guide members in the water
- Attend to any incidents if needed North Haven SLSC maintains a dedicated beach and IRB (inflatable rescue boat) patrol during Saturday club days to monitor safety for all age groups.

These volunteers are all Bronze Medallion qualified or hold a Surf Rescue Certificate and are focused on assisting the AGM's in providing a safe environment for all participants. On Club days parents who are suitably qualified are invited to provide assistance in the water activities. Please ensure you make the AGM aware that you are available to assist.

Without the presence of water safety, the Club will not provide aquatic activities for the children.

You will need to have either a current Nipper Rescue Certificate (NRC), Surf Rescue Certificate or Bronze Medallion to provide water safety. These awards need to be requalified at the Club Proficiency each year

Important.....The Patrol Captain (or Club Captain in absence of a Patrol Captain) of the day has ultimate responsibility to ensure that the prevailing weather conditions are safe for conducting appropriate aquatic activities. The Patrol Captain will confer with the Youth Co-ordinator / Age Managers regarding such water activities if, in their opinion, unsafe conditions exist or where the skill level of children would result in an unacceptable risk.

The assessment of beach conditions may require modification of aquatic activities or cancellation altogether. Age Managers will announce such circumstances as soon as they become aware.

Appropriate Behaviour

We expect that each child will follow reasonable instructions from the Age Group Manager. If your child has any specific needs, please speak with the Youth Co-ordinator and the Age Group Manager. North Haven SLSC promotes an inclusive, family friendly, supportive and positive environment and as such spectators and Parents are expected to display and model appropriate behaviours at Nippers sessions, carnivals and competitions....Ultimate authority on the beach rests with the Youth Co-ordinator (or delegate) who in turn defers to the Patrol Captain in matters of safety. Unsportsmanlike or inappropriate behaviour is not cool and persons whom are misbehaving may be removed from the arena/beach area.

Parent Involvement & Volunteering

Our club and programs (like Nippers) are run solely by volunteers. We promote a very inclusive, family environment and encourage parents to get involved where they can - Running a successful club only comes from the ongoing commitment of volunteers and help offered by parents and carers. You don't need to know anything about surf lifesaving to lend a hand - we need parents to assist as age group managers and officiators for carnivals and competitions, help cook a bbq, help your child (and other children) clean boards and set up/pack up, assist behind the bar and with customer service.....the list is endless and the more people we have lend a little of their time the less we all collectively have to do! Speak with the Youth Co-ordinator (Bridget) or Club President (Glen - GG) if you can spare some time, we will organise and pay for any training required - most can be done online through SLSSA and is quick and easy to do!

Many Nipper Parents are inspired to work towards their Bronze and become lifesavers. It is a worthwhile and enjoyable way to help the community and be of even more assistance for your children at Nippers. Contact our Captain of Lifesaving or speak with the Youth Co-ordinator for more information.

All parents assisting with Nippers are required to undergo a Working with Childrens Check and all new members (15 yrs or older) joining the club from 2023 onwards likewise. The club will let you know when this is required and will organise it at our cost. Once received, the check will be recorded on our online database, called SurfGuard. Please note that there is no cost incurred to the parent to obtain a check provided that they are a member of SLSSA.

Media & Communications

Photographs may be taken of your child during nipper sessions and at carnivals. These photographs may be used on our website and on social media. A media consent form is part of the membership forms completed during

registration.

Lost Property

Since it is difficult to tell belongings apart when everyone has the same uniform, please clearly label all your child's clothing and accessory items. A small tub of lost property is kept in the club, speak to the Youth Coordinator for assistance. It will be emptied at the end of the season for any unclaimed items.

Membership Fees

The annual fees for this season remain at \$60 per child (plus \$50 for you rashie and skull cap) and \$150 per family. We strongly encourage parents to take out family memberships as they are excellent value. The SA Sports Voucher can be used to cover up to \$100.

The SA Sports Voucher is available for children from Reception to Year 9 are eligible from 1 January 2022. This means if a child is 5 (or becoming 5 in the calendar year) to 15 years old are eligible. Remember it is one voucher for each eligible child per calendar year. You can find out more about the sports voucher here [Sports Vouchers - Office for Recreation, Sport and Racing](#)

What your North Haven SLSC Nipper membership gives you:

- 10% discount at our Forshore Café at the club (except for Sundays and Public Holidays)
- Fees covered for carnival entries (usually \$17.50 per carnival, and \$50 for state championships)
- Saturday nipper day activities
- Use of club nipper boards and equipment
- Discounted or members only events
- Christmas celebration day
- Presentation day celebration including trophies, participation medals and certificates
- Insurance cover for all approved surf lifesaving & club training activities
- Additional training when available
- Opportunity to participate in competitions against other clubs throughout SA.

There are many options for membership, which entitle people to different facilities the club has to offer, for example including unlimited access the gymnasium. Speak with the Club President or Members Rep for more information.

Communication and Social Media

The Club uses a variety of tools to communicate with its members & nippers.

Stack Team app - NHSLSC now has their own smartphone app which is 100% FREE to join. It will keep you updated with all the latest news, events, schedules and much more. To get the full features of this app please go to the App Store or Google Play and download Stack Team App onto your mobile device, then follow these simple steps:



1. Sign-up to Stack Team App. You'll be sent an e-mail to activate your account.
2. Log-in and search for Nippers NHSLSC, then request to become a member.

The Junior and Youth Co-ordinator will add you to the App.

Email - There will be times where we may use email. If you don't receive these emails, please update your details through the Surf Life Saving Members Area portal).

Website - Our website provides general information regarding Club facilities and memberships <https://www.northhavenslsc.com.au/>

Facebook & Instagram

- Join the public North Haven Surf Life Saving Club page for up to date information and events
- Join us on the 'gram' @northhavensurfclubcafe



Texts - If we need a message to be communicated quickly, we may send out a SMS text, eg if a Saturday North Haven SLSC Nipper day is to be cancelled. The sender will be **SLSA**

Come and Try

The club encourages children to come and try at any time during the season. Children are welcome to bring friends to Come and Try at any time throughout the season as well. Parents must complete a come and try form for each participant. Come and Try visitors will wear a pink or green cap and hi-vis vest. Contact the Youth Co-ordinator for more information or to register for come and try.

Club Facilities

We are proud of our club facilities and welcome Nippers and their parents to enjoy the excellent showers, bar and cafe facilities.

The café is open:

Friday, 9am to 9pm - Breakfast, Lunch and Dinner

Saturday & Sunday, 9am - 2:30pm - Breakfast and lunch

The club has events and will open later on Saturday and Sunday during Spring/summer - keep an eye out on social media and the club notice board for more information!



Safeguarding children

North Haven Surf Life Saving (SLS) as part of Surf Lifesaving SA (SLSSA) is committed to ensuring the safety and wellbeing of all Children & Young People (CYP) who are involved in SLS. Our policies and procedures seek to address risks to child safety and to establish child safe culture and practices in line with the National Principles for Child Safe Organizations. If you have any concerns or issues, please contact the club Child Safe Officers in the first instance. We are bound by Surf Life Saving (SA) child protection policies:

- SLSA Child Safe Policy 6.04 and SA Addendum
- SLSA Child Safe Commitment 6.04A
- Child Safe Guideline
- Child Safe Code of Conduct

If you have concerns about a child's safety and the matter is urgent or the safety, health or welfare of a child or victim is at risk please call the Police emergency number 000.

We do ask that all parents complete the online SLS - Child Safe Awareness course. It's free, and takes around 15 minutes to complete. It is available via the Surf Life Saving Members Portal in the eLearning library. <https://members.sls.com.au/SLSA Online/modules/awards/elearning.php>

Useful links

- North Haven Surf Life Saving Club website [North Haven Surf Life Saving Club \(northhavenslsc.com.au\)](http://northhavenslsc.com.au)
- SLSA (Surf Life Saving Australia) www.sls.com.au for National circulars, news, education, general member information.
- SLSSA (Surf Life Saving South Australia) <https://www.surflifesavingsa.com.au/> for SA circulars (newsletters), carnival information, news, education, and general member information.
- SLS Members Area <https://members.sls.com.au/>
- Bureau of Meteorology www.bom.gov.au for up to date weather report
- Beach Safe <https://beachsafe.org.au/> includes current information and conditions for every beach in Australia. It shows patrol services, hazards and facilities as well as weather, swell and tide details Please

Note: Information in this booklet and any information on links herewith may change. Please ensure you check dates and times closer to the events