



2011/12 Nipper Handbook

PLEASE KEEP THIS HANDBOOK SAFE
FOR FUTURE REFERENCE

City of Perth SLSC
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Table of Contents

Welcome to the City of Perth Nippers	4
City of Perth Nippers - Contact List	5
Junior Activities Mission Statement	6
Aims:.....	6
Benefits of Surf Life Saving:	6
Age Groups	6
Age Group Managers Under 7s to Under 10s.....	6
Age Group Managers Under 11s – Under 14s.....	7
Nipper Equipment.....	7
All Nippers.....	7
Fibreglass Junior Malibu Boards	8
Club Guidelines	8
Membership	9
Junior (Nipper) Membership.....	9
Active Senior	9
Active Reserve	9
Under 19 Membership	9
Under 17 Membership	9
Under 15 Membership	9
General Parent.....	10
Associate Membership.....	10
Social Membership	10
Fees	10
Fee Reduction Qualification	10
2011/12 Junior Proficiency and Surf Education Requirement Schedule.....	11
SLSWA Junior Age Groups 2011-2012	12
Nipper Calendar 2011/12.....	13
Age Group Rosters.....	15
Description of Helper Positions	15
Junior Officer	15
Age Managers	15
Water Safety.....	15
Competition Officials.....	15
Recorder / Beach Set-up	15
Equipment Officer	16
Café/Shop Assistants	16
Club Shop 16	
Coaching and Training.....	17
Nipper Coaching	17
Nipper Training.....	17
Officials Course	17
Surf Rescue Certificate (SRC) – Water Safety	17
IRB (Inflatable Rescue Boat) Water Safety.....	18
Carnivals 18	
Rescue & Resuscitation (R&R)	19
March Past	19
Awards 20	
Surf Education Program.....	20

“JACKO DAY”	20
Trophies 21	
U7 - U10 Year Olds	21
U11 - U14 Year Olds:	21
Points Day Policy.....	21
Care of Equipment	22
How to Look After Your Foamie.....	22
How to Look After Your Malibu	23
Club Details	24
Office Bearers	24

Welcome to the City of Perth Nippers

Welcome to the 2011-2012 season with the City of Perth Surf Lifesaving Club.

I would like to take this opportunity to outline some of the goals and plans that we have in place this season.

Firstly, our main aim is for the children, new and existing, to have fun at the beach and learn surf skills that they can put to use in the future.

This is also true for the parents, as we will need help in all the Age Groups to provide Water Safety whilst the children are in the water. We have senior instructors prepared to put you through your Surf Rescue Certificate or Bronze Medallion.

Secondly, when you come down to the beach on Sunday mornings or take your children to extra training, we hope that you will be actively involved somehow. Whether it be helping with the Cafe/BBQ after Nippers on a Sunday morning, assisting with Water Safety or lending a hand with the weekly beach set-up and clearing away. Other assistance such as helping at Carnivals as an Official is also required.

The Café/BBQ has a fantastic atmosphere and is a great social gathering after a Sunday morning session. Some long term friendships have been formed at these types of relaxed get-togethers, so please feel welcome to join the other members.

The Surf Club is primarily a volunteer run organisation so we rely on donations and the assistance of our club members and parents. These members give up a lot of their time to train our members and provide instruction to help them achieve their awards. All of our Age Managers are parents just like you and provide their time to teach and train your children, so please assist them by helping out where you can in whatever section you can. Please let your Age Manager know in which area you are able to help, even if only for a couple of duties in the season, as every bit helps.

Our Club also needs financial support from individuals and companies to upgrade our existing equipment and buy new equipment. The funds also go towards the purchase of teaching aids for your children to use so they can further enhance the surf lifesaving skills our Age Managers teach them. If you can help out please let your respective age manager or the Junior Officer know; your assistance will be greatly appreciated.

To keep in touch with what is happening with Nippers each week please go to the Club website www.citysurf.asn.au, click on “Nippers” in the left side navigation bar.

For general information, the club provides a weekly newsletter to inform members of goings-on in the various areas of the club. There will be nipper information provided in this newsletter so the club would encourage you to subscribe to this newsletter. Please see the members section on the website for instructions on how to subscribe.

On behalf of the club I hope you thoroughly enjoy the season ahead.

Regards

Chris Murphy
Junior Officer, City of Perth SLSC

City of Perth Nippers - Contact List

Position	Name	Phone Number	Mobile Number	E-mail
Club Office	John Wilkie	9385 9232		admin@citysurf.asn.au (website: www.citysurf.asn.au)
Junior Activities Officer	Chris Murphy	9245 1901	0403 009 808	chris@space.net.au
U15's Coordinator	Phil Green		0409 665 539	phil@lgfinance.com.au
U14's Age Manager	Derek Smith	9341 6412	0419 945 949 0400 890 650	dsmith@westnet.com.au
U14's Age Manager	Mark Slattery	944 64201	041 330 4845	slatscity@hotmail.com
U13's Age Manager	Graham Wimbridge	9387-2323		glassfords@bigpond.com
U12's Age Manager	Paul Andrew	9447 4423	0403 240 771	tanyapaul@people.net.au
U11's Age Manager	Peter Scott	9203 9778	0401 591 969	scotties67@bigpond.com
U11's Age Manager	Rebecca Duyckers		0439 962 152	bekduyckers@hotmail.com
U10's Age Manager	Paul Lilleyman	9245 6461	0417 230 308	paulandlisa@bigpond.com
U10's Age Manager	Craig Berry	9448 7697		aimlessbum@hotmail.com
U9's Age Manager	Michael Jorgensen		0429 922 638	themoo@iinet.net.au
U8's Age Manager	Hylton Quail		0448844579	hylton@iinet.net.au
U7's Age Manager	Dave Locke		0412 098 369	David.locke@iinet.net.au
U7's Age Manager	Rod Kelly	9446 1999		

Junior Activities Mission Statement

“To enrich the lives of children through fun, involvement and the acquisition of personal, lifesaving and competition skills in a safe aquatic environment.”

Aims:

To provide the best possible Life Saving and Surf Sports experience for all junior surf lifesavers, preparing them for their eventual transition to adult life in a functional Surf Club.

Benefits of Surf Life Saving:

- Learn how to survive and recreate in the surf environment.
- Learn how to help others to safely recreate in the surf.
- Promotion of physical growth, development and health together with social interaction.
- Gain a sense of personal satisfaction gained from the experience of excitement and personal challenge.

Age Groups

Membership of the Nippers is open to all boys and girls aged between 6 years and 13 years as at 01 October 2011 that satisfy (where required) the preliminary assessment requirements list in the Section 9 - 20011/12 Junior Activity Proficiency Requirement Schedule.

A member's age as at 01 October 2011 determines their age group.

The Nippers program is held at City Beach on Sunday mornings during the season starting at 09:00am and finishing at approximately 11:00am.

The Nippers Program is run in age separated groups, each group having their own Age Managers:

Age Group Managers Under 7s to Under 10s

U7 – Dave Locke, Rod Kelly, Ash Nesbitt

U8 – Hylton Quail

U9 – Michael Jorgensen

U10 – Paul Lilleyman, Craig Berry

Parents are encouraged to participate with their children both in the water and on the beach. U7's require a parent to join the club and be in the water with their child at all times.

Under 8s, 9s and 10s will need foamies or 'Infront' boards and it is a good idea to paint it so that it is easily recognizable.

If children own a 'rashie' it is a good idea to write their name across the back in indelible ink. This helps the age managers and their helpers to get to know the children's names and also helps not to misplace the 'rashie'. There is no competition in these age groups.

Age Group Managers Under 11s – Under 14s

U11 – Peter Scott, Rebecca Duyckers ,

U12 – Paul Andrews, Jen Mickle

U13 – Graham Wimbridge, Claire Barber

U14 – Derek Smith, Mark Slattery

Under 11s, 12s and 13s will need their own mini mal (fiberglass) or at least a foamie
Under 14s will use full size fiberglass boards

Nipper Equipment

Now that my child is on their way to being a great lifesaver, what do I need to support them?

If your child is Under 11, Under 12, Under 13 or Under 14 and would like to compete in Carnivals then Club colours are mandatory.

All Nippers

All Nipper Members require:

- Racing Bathers (preferably Club Bathers)
- Rash Vest (preferably Club Rashie)
- Long Sleeve T-shirt (preferably Club T-shirt)
- Wide Brimmed Hat
- Water Bottle

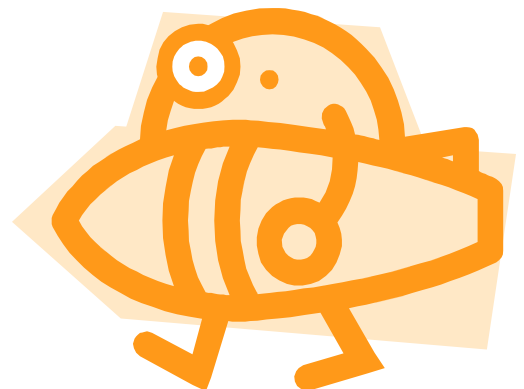


Under 8's to Under 10's

- Need to have their own foamie

Under 11's to Under 13's

- Mini-Malibu SLSA approved. Required for Competition or for Club Days, foamies can still be used for regular club days.
- Club Competition Cap if Competing



Under 14's

- Full size Racing Malibu SLSA approved
- Club Competition Cap if Competing

Fibreglass Junior Malibu Boards

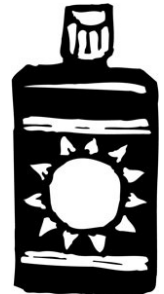
Regulation sized Junior Malibu boards (max 2.0mtr) are used by U/11 to U/13's and U/14's on Full size Malibu boards (max 3.2mtr). (See Board Suppliers Listing @ back of this Handbook)

The Club has a leasing program for a limited number of Junior Malibu Boards. An opportunity to lease these boards and advice regarding the conditions will be provided on Nipper Registration Day.

For further information regarding 'Mini-mal' leasing please contact Leanne O'Reilly – email: Leanne.O'Reilly@det.wa.edu.au

Club Guidelines

- Nipper caps are worn continuously from the commencement to the conclusion of the program of club events.
- Members should remain in the assembly area when not competing in an event.
- Club changing rooms and showers are available to members for changing and showering, prior to and at the conclusion of the program of club events.
- Each Nipper needs to have a towel, shirt, hat, water bottle and 30+ sunscreen.
- Policy on aging up / down: As a guideline Nippers aging up is discouraged. Nippers that age up/down do so on a social basis and are not eligible for Awards, Trophies and the like in the higher/ lower age group. Nippers that age up/down may return to their correct age group to compete for awards and trophies as necessary. The onus is on the individual to compete in the correct Age Group.
- Guidelines on Camera Use – As with many other public and private organizations the City of Perth Surf Club recognise that not all members would wish themselves or children to be photographed either intentionally or unintentionally. Whilst it is difficult to provide such assurance, the Nippers program organizers would request that parents with concerns in this area should discuss this with the Junior Officer and their individual Age Managers.



All parents should please note that if they would like to take photographs or video during the course of scheduled Nipper activities, they should make their Age Manager aware of their intent. Your understanding would be appreciated.

During the Season, there may be specific activities organised by the Junior Officer whereby photographs or video footage may be taken and authorised for public viewing, either for news or promotional uses. In these events, notification will be given, where possible on the day and parents with specific concerns should advise the Junior Officer or Age Managers.

Membership

Membership of the Nippers is open to all boys and girls aged between 7 years and 13 years as at midnight 30th September 2011 that satisfy the following preliminary assessment requirements.

A member's age as at midnight 30th September 2011, determines their age group.

Member's progress to the Cadet ranks in the Senior Club on completion of their period in the Nippers.

Club Membership is divided into the following categories:

Junior (Nipper) Membership

Aged from 6 to 13 (as at 30 September each season)

Nippers learn beach safety and basic lifesaving concepts in a fun environment.

Active Senior

Aged 19 or over (as at 30 September each season)

Required to complete Bronze Medallion and annual proficiency

Required to complete Patrolling duties

Have access to all club facilities and activities

Active Reserve

Minimum of 8 years patrolling history - approval granted by Committee

Required to hold Bronze Medallion and complete annual proficiency

Patrolling duties as required by Committee

Have access to all club facilities and activities

Long Service

Minimum of 10 years patrolling history - approval granted by Committee

Required to hold Bronze Medallion

Have access to all club facilities and activities

Under 19 Membership

Age 17 to 18 (as at 30 September each season)

Required to complete Bronze Medallion and annual proficiency

Required to complete Patrolling duties

Have access to all club facilities and activities

Under 17 Membership

Age 15 to 16 (as at 30 September each season)

Required to complete Bronze Medallion and annual proficiency

Required to complete Patrolling duties

Have access to all club facilities and activities

Under 15 Membership

Age 14 (as at 30 September each season)

Required to complete Surf Rescue Certificate or Bronze Medallion and annual proficiency

Required to complete Patrolling duties

Have access to all club facilities and activities

General Parent

Actively involved running nipper or cadet activities
Surf Rescue Certificate or Bronze Medallion required
Have access to Change rooms and general club facilities
May use gym and competition equipment.
May take part in intra club events but are not eligible to win trophies
May not compete in interclub competition (except events which are open to the general public)

Associate Membership

Minimum age 18
Have access to Change rooms and general club facilities
Have access to gym and competition equipment - membership cards must be carried at all times
May take part in intra club events but are not eligible to win trophies
May not compete in interclub competition (except events which are open to the general public)

Social Membership

Have access to Change rooms and general club facilities
May not use gym, competition equipment or compete for the club in any events

Fees

The annual membership fee is:

\$80 for under 7 Age Group (and a parent must join)
\$110 for under 8 to under 14 Age Groups
\$130 for under 15, 17, & 19 Age Groups
\$130 for Active Senior
\$180 for Active Reserve and Long Service Leave
\$335 Associate Membership
\$130 Parent General Membership (category Active)
\$130 Social Membership
\$320 Family Cap

Family Cap – applies to one or both parents in the Active Senior, Active Reserve, Long Service or General Parent Category with their members children under the age of 18.

Note: Ages are taken as at midnight on September 30th at the beginning of each season.
For full descriptions of membership categories, refer to the club by-laws, or contact the Operations Manager

Fee Reduction Qualification

If you are a Nipper parent and have a current bronze or SRC and re-qualify for this season, you may be eligible for a 50% discount in your fees for the next season.

To be eligible you must:

Sign the water safety or patrol book, every week.

Bronze and SRC holders must perform 16 full Nipper water safety sessions (32 hours), to be eligible for discount (Water safety at carnivals is included). OR
Bronze holders must perform 8 Nipper water safety sessions (16 hours) plus 4 Rostered patrols.



2011/12 Junior Proficiency and Surf Education Requirement Schedule

Age Group	Preliminary Evaluation	Competition Skill Evaluation	Surf Education Award
U7	N/A	N/A	Surf Play 2
U8	25 metre swim(any stroke) 1 minute survival float	N/A	Surf Awareness 1
U9	25 metre swim (any stroke) 1 minute survival float	N/A	Surf Awareness 1
U10	25 metre swim (freestyle) 1.5 minutes survival float	Not applicable unless stepping up to U11s for a team event. See U11s competition evaluation.	Surf Safety 1
U11	50 metre swim (freestyle) 2 minutes survival float	Minimum 288m open water swim (Competition course) in less than 9 minutes	Surf Safety 2
U12	100 metre swim (freestyle) 2 minutes survival float	Minimum 288m open water swim (Competition course) in less than 9 minutes	Surf Smart 1
U13	150 metre swim (freestyle) 3 minutes survival float	Minimum 288m open water swim (Competition course) in less than 9 minutes	Surf Smart 2
U14	200 metre swim (freestyle in less than 5 minutes) 3 minutes survival float	Minimum 288m open water swim (Competition course) in less than 9 minutes	Surf Rescue Certificate (SRC is assessed only by appropriately qualified assessors)

Parents, if your child has difficulty meeting these requirements please discuss their situation with the Junior Activities Officer. These minimum requirements are for the safety of the children.

All members must be appraised prior to participating in any water based activities.

All members must complete a proficiency swim at one of the nominated times in the Club Calendar.

All members must complete this timed Competition Course swim before being eligible to compete in any event at any interclub state carnival. This does not include club or local area carnivals. This open water swim must be a reflection of a competition swim course.

SLSWA Junior Age Groups 2011-2012

(Please note - dates have been rounded to 01/10/Year and are actually based off midnight 30th September)

Age Group	Birth Date	Award
U/7	1/10/2004-30/09/2005	Surf Play 2
U/8	1/10/2003-30/09/2004	Surf Aware 1
U/9	1/10/2002-30/09/2003	Surf Aware 2
U/10	1/10/2001-30/09/2002	Surf Safe 1
U/11	1/10/2000-30/09/2001	Surf Safe 2
U/12	1/10/1999-30/09/2000	Surf Smart 1
U/13	1/10/1998-30/09/1999	Surf Smart 2
U/14	1/10/1997-30/09/1998	SRC

Please note participants will only receive Award Certificates for the Age Group their birth date falls in. No exceptions will be made.



Nipper Calendar 2011/12

SEPTEMBER 2011

Sun 18th Sept Registration Day 10:00am –12:00pm at City Beach Surf Club

OCTOBER 2011 Challenge Stadium
Pool Entry Cost: \$3.50 per swimmer. Payable at front counter of pool.

Sun 23rd Oct U11, U12, U13, U14 10:00am – 11.00am
 Challenge Stadium Pool
 U8, U9, U10 11:00am – 12:00am
 Proficiency Swims
 Challenge Stadium Pool



Sun 30th Oct All Nippers @ City 09:00am
2nd and FINAL Proficiency 10.00am
Swim at Challenge
Stadium Pool

NOVEMBER 2011

Sun 6th Nov Nippers 9:00am start
 Sun 13th Nov Nippers 9:00am start
 Sun 20th Nov Nippers 9.00am start
 Sun 27th Nov Nippers 9:00am start



DECEMBER 2011

Sun 4th Dec Nippers 9:00am start
 Sun 11th Dec Nippers 9:00am start U8-U10 @ City Beach
Junior Carnival #1 7:30am start (U11-U14 only. City Beach, CYSLSC)
 Sun 18th Dec Nippers 9.00am Christmas fun day
 Sun 25th Dec No Nippers

JANUARY 2012

Sun 1 st Jan	No Nippers	
Sun 8 th Jan	Nippers Welcome Back	9:00am start
Sun 15 th Jan	Nippers Junior Carnival # 2	9:00am start U8-U10 @ City Beach (U11-U14 only. Venue to be advised)
Sun 22 nd Jan	Nippers	09:00am start
Sat 28 th Jan	Junior (and Senior) Country Carnival (Venue to be advised)	
Sun 29 th Jan	Nippers	09:00am start

FEBRUARY 2012

Sun 5 th Feb	Nippers Jacko Day	9.00am start U8-U14's (City Beach)
Sun 12 th Feb	Nippers Junior Carnival #3 Qualifier	9:00am start U8-U10 @ City Beach (U11-U14. Venue to be advised)
Sun 19 th Feb	Nippers Club Championships	9:00am start U8-U10s @ City Beach 9:00am start U11-U14s @ City Beach
Sun 26 th Feb	Nippers	9:00am start City Beach

MARCH 2012

Sun 4 th Mar	Nippers Marathon U8 – U10 Certificate Presentations	9:00am start 11.00am
Fri 9 th Mar	Players tea	No Board training
Sat 10 th Mar	Junior State Titles	TBA
Sun 11 th Mar	Junior State Titles	TBA
Sun 18 th Mar	Marathon U11-U14 Presentations	9:00am start - don't be late! 11.00am – after Marathon



**Presentation of trophies following Nippers U11- U14
– 11.00am Sunday, 18th March 2012**

Age Group Rosters

An age Group Roster will be published at the commencement of the season and will allow parents and other volunteers to plan when and how they can most easily support the Café and beach set up/pack away functions.

Description of Helper Positions

Below is a brief description of some of the helper's activities:

Junior Officer

Chris Murphy is the Junior Officer. The Junior Officer is responsible for the running of the Nippers. This position is voted on at the Annual General meeting. The Junior Officer attends monthly Youth Development Forums run by at State Centre, and also has monthly meetings with the Beach Committee and the Executive Committee.

Age Managers

These volunteers take care of their Age groups on a Sunday morning, most of them being Nipper parents themselves. They are responsible for the "Surf Education" of your children, both in water and beach skills, as well as Surf Lifesaving. They will also try to ensure that your children wear rash shirts, block out and a hat wherever possible. They also have a monthly meeting with the Junior Officer.

Administrators

assist the Age Managers through recording attendance and completion of surf education modules and recording 'points' for older Nippers participating in the Club's awards program

Water Safety

It is a National requirement that we have one qualified person per five children in the water and we will be approaching parents to become involved in this capacity. The qualification is either the Surf Rescue Certificate or the Bronze Medallion; once these awards are attained they are retested each season for proficiency. These people wear Orange caps. They are the only people authorised to use a rescue board or wear a tube.

Competition Officials

It is a National requirement that each Club provide one Official for every fourteen competitors at Carnivals. Courses to become qualified as a Competition Official are run early in the season and dates will be advised. Officiating is a great way to close to the action for parents with children competing in carnivals. Once again we will be approaching parents to become involved in this capacity.

Recorder / Beach Set-up

These volunteers record points for individual competition during the Sunday morning activities or assist in setting up the beach for activities. There is no need to go in the water and this is a good way to help if you're not a 'water person'. Age managers welcome anyone who volunteers to become a recorder or assists with set-up.

Equipment Officer

The equipment officer is responsible for the orderly storage of equipment after Sunday sessions and the reporting of any damage or losses.

Café/Shop Assistants

The Nipper CAFE/BBQ on Sunday morning is a major fund raising and fun social event for the Nippers.



CAFE Assistants – For new dads and mums and those not keen on getting in the water, this is a great way to support your child at Nippers. Requiring just a few hours three or four times year, you will assist in delivering a key support function of the Nippers through either preparing or assisting in the service of the Nipper CAFE .

Shop Assistants – Again, for new dads and mums and those not keen on getting in the water, this role requiring just a few hours three or four times year. You will assist our Shop Manager serve on Sunday mornings from 9.00 to 11.00am.



Club Shop

The Club Shop is Open on Sunday Mornings approximately 9.00am – 11.00am.

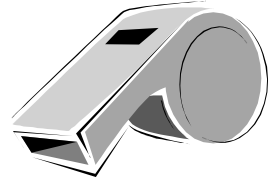
Foamies, Nipper tee shirts, Club bathers and competition caps may be purchased through the Club shop, in addition to numerous other items of Club clothing.

Go in and check it out.

Coaching and Training

Nipper Coaching

- Coaching will be organized to coordinate the skills training for the U/11's to U14's outside of Sunday morning activities. Parents if you have swimming, paddling or other relevant skills and would like to make a significant contribution to our Nippers development, please contact the Junior Officer.



Nipper Training

- Training Information will be posted on the club's website so members will be able to determine when and where sessions will be.

Officials Course

As part of the competition requirements of State Centre our Club must provide an official for every ten competitors, both beach and water. This is a great way to become involved as a parent and have a good vantage point of the competition.

To become an official you must attend an Officials Course, which is run to explain the various arenas and rules associated with them.

We would encourage parents who are not as confident in the water, but have children keen to be in competition to join the official's team. State Centre will run Level 1 Officials courses early in the season. Please see the Junior Officer for more information.

Surf Rescue Certificate (SRC) – Water Safety

Nippers is all about teaching our juniors how to enjoy and become proficient in the surf. From Under 8s right through to Under 14s we spend Sundays developing their skills to make them confident in the water. We have to do this in a safe environment and that means providing water safety. We rely on parents who are keen and preferably capable in the water themselves, to take on this responsible task. The surf ratio is 1 water safety to 5 swimmers. The Surf Rescue Certificate is the qualification required to enable you to under take water safety. This course is generally run by our Club Instructors over a period of six to eight weeks, one night



weekly learning theory and resuscitation and each Saturday learning surf rescue techniques. We will be running courses at the beginning of the season if your interested please see the Junior Officer or Education Coordinator. We also have to provide water safety at competitions/surf carnivals. Once qualified we would encourage you to make yourselves available each Sunday to the age group your child is involved in and provide their water safety. Should you fulfill the water safety obligations as listed in the information booklet you may be eligible to a 50% fee reduction in your fees next season, please read the requirements for this discount and make sure you fill in the Water Safety book each time. Course dates to be advised.

IRB (Inflatable Rescue Boat) Water Safety

For those of you interested in water, motors and speed, driving or crewing the IRB's and providing the water safety may be for you. The Club must provide an IRB; more commonly known as "the duck", to patrol all the arenas on Club days and also at surf carnivals.

To be able to drive the IRB's you must first have your Bronze and have turned 17 years, then join the crew or driver training courses run by the Club. To crew you only need your SRC and be 16 years of age. If you are interested in the speed side contact Mike Lovett - mlovett@iinet.net.au

Carnivals

Inter-club carnivals are conducted periodically during the Season for the Under 11 – Under 14 age groups. To be eligible to compete, Nippers need to be registered, have paid appropriate fees and demonstrated proficiency relevant to their age group. Proficiency requirements are more stringent than the preliminary assessment requirements. See age managers for details.

Children can compete in events such as: March Past, R & R (Rescue and Resuscitation), Water Events (nippers includes swim, board, wade and iron person for U13-14 only) and Beach Events (sprint, flags and relays). At Under 14 age group the children undertake their Surf Rescue Certificate which requires them to be proficient at certain skills involved in a rescue, basic first aid and resuscitation knowledge / skills.

Club bathers and competition caps – It is State Centre policy that nippers wear club bathers when competing at Junior Carnivals or representing the club in the competitive field, as well as our competition cap. All competitors are required to be at the appropriate carnival beach half an hour before carnival commencement. It is a requirement by the insurers for State Centre that each club supplies a list of juniors actually competing on the day just prior to the carnival commencing. State Centre will not allow anyone not on the list to compete. Please note that this is a different issue to carnival registration, which usually occurs several days prior to the carnival.

Aging Up – At State run competitions nippers are not permitted to age up for individual events. Nippers are permitted to age up in team events for the purpose of allowing a team to compete. Nippers in the correct age group are given priority when forming teams. Final teams are at the age manager's discretion.

On inter club carnival days there will still be activities at City Beach for all age groups for those not able to compete at carnivals.

Rescue & Resuscitation (R&R)

Rescue and Resuscitation is our traditional rescue and care event which epitomizes all core values of surf lifesaving. It begins at the Under 11 -12 age group with a Two Person event which is all dry land resuscitation and drill based; then progresses to an Under 13 -14 Five Person event using a surf reel but with team members going no deeper in the water than knee deep. The Five Person event then carries on into the senior area in U15; U17; U19; Open men and Women.



R&R is a team event, and as such requires commitment from the team members to be available for training outside the normal Nipper Sunday morning activities. Based on providing rescue and assistance to a “patient” and the provision of simulated resuscitation and after care recovery, it is done in a drill sequence and is judged in a similar way to diving and gymnastics, i.e. points deducted for mistakes. It is a good lifesaving event for the average member as well as the better competitor, can be challenging, and has proven to provide very good knowledge and experience for members in their later lives, both within and outside surf club. At Carnivals it is usually conducted early in the program which allows the members to then compete in other facets of competition.

We have coaches available, and there is a range of competitions throughout the season, culminating in the State Championships.

March Past

The March Past event comprises teams of twelve members from all clubs, who carry a small surf reel in a display formation around the Carnival arena. As in R & R it is done in a drill sequence and is judged in a similar way to diving and gymnastics, i.e. points deducted for mistakes. Being a team event, it requires commitment from the team members, although teams always have a list of reserves who can fill in when people are away on holidays, etc. Team members need to be available for training outside the normal Nipper Sunday morning activities, and this is normally done around 11am immediately following the Sunday morning program.

Members march to music and are dressed in their club bathers and T-shirt. The team captain is at the front of the team and carries the club flag. It is a good team activity for the full range of members.

A coach is available, and there is a range of competitions throughout the season, culminating in the State Championships. At Carnivals it is usually conducted early in the program which allows the members to then compete in other facets of competition.

Awards

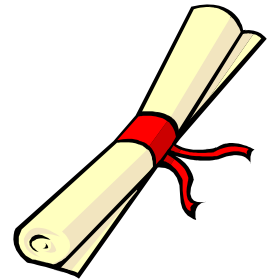
Surf Education Program

This is a program that has been introduced nationally. It consists of a graded set of competencies that nippers acquire as they progress through the age groups. The material relevant to the awards is presented in a series of sessions or modules. It is therefore necessary for children to attend the majority of sessions in the Season to obtain their Award. Though not specifically age related it is anticipated that the average nipper will progress through structured training delivered by the Age Managers until the U14's when they study and train for their Surf Rescue Certificate.

During the season the club will organise Junior Awards for all nipper members. Nippers are encouraged to obtain their relevant progressive age award, as it is what surf lifesaving is all about.

It covers: Surf Awareness, Surf Skills, First Aid and Resuscitation

RELEVANT AGE AWARDS ARE A PREREQUISITE FOR COMPETING IN THE STATE SURFLIFSAVING CHAMPIONSHIPS.

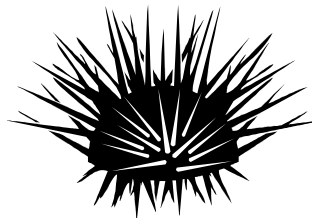
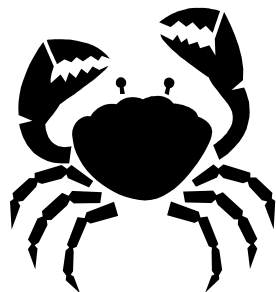


“JACKO DAY”

Over the years regular competitions have been held between the City of Perth Nippers and the Scarborough Sea Urchins for the perpetual “JACKO” Trophy.

All junior club members (Under 8's — Under 14's) participate in these friendly competitions.

Jacko Day is at City Beach this year and confirmation of the proposed date will be via the website and Age Managers.



Trophies

U7 - U10 Year Olds

Surf Lifesaving Australia certificates will be given to all registered U7 - U10 year olds who have attended sessions regularly and completed the relevant workbook.

U11 - U14 Year Olds:

A cumulative points system operates. Sessions held at City will be chosen by the Age Managers to be classed as points days. Nippers must be registered and compete in their correct age group to be eligible for points (see aging up policy below).

On a point's day, eligible competitors in nominated events will compete for points towards the end of season trophies. Points will be allocated on the following basis:

- 1st - 10 points
- 2nd - 8 points
- 3rd - 6 points
- 4th - 4 points
- 5th - 2 points
- All competitors that complete the event are awarded 1 point.



The nominated events will be selected by the Junior Officer in consultation with the age managers on the day and be made public at the 09:00 briefing. Possible events include – swim, board, beach sprint, flags and wade.

Points Day Policy

There will be a minimum of three points days run throughout the season. Club Championships and Jacko days can be doubled as Points Days.

The dates of the points days are to be agreed to by the Age Managers and Junior Officer prior to the start of the season. These dates are not to be published.

If an agreed date needs to be varied, then the request must go to the Junior Officer and the date is not to be changed to advantage or disadvantage any individual Nipper or group. Points days can be run with a minimum of one Age Manager and parent helpers.

Trophies are awarded as follows: -

- Aggregate points competition
 - Beach Aggregate points
 - Club Championships
 - Age managers award
 - Marathon - Medal on a ribbon
 - Rookie of the year
- First girl and boy in each age group.
First girl and boy in each age group.
First girl and boy in each age group.
One per age group.
Every girl and boy in the U8 to U10s
Individual and joint Perpetual trophy for male and female winners.
Individual trophy for best all-round Rookie.

Care of Equipment

So you've got your new board? How do you make it last a long time and look good? Here are some tips from those who've been around.

How to Look After Your Foamie

- **Hardening and seasoning**

As soon as you have bought your foamie, take it home and leave it out in the rain and sun. This will enable the board to harden up and will result in it not being as likely to break.

- **Painting and sealing**

You may paint your foamie. It stops it soaking up water and makes for easy identification on the beach. Your name on the foamie is also a good idea. Use a water based paint, and you can do the top and bottom. If you use an oil based paint allow one week for drying. Don't use spray cans as the propellants will eat the foam, and don't use brushes that have been cleaned with turpentine. If you decide not to paint a coating of Boncrete mixture of 2 parts water with 1 part Boncrete will do the job, both sides 2 coats.

- **Transport**

Transport your board on top of a car where possible. Use flat straps not rope. These do not have to be overly tight otherwise the edges of the foamie will get dinged. If you have to put the foamie on the car don't put it in the boot with the lid on it otherwise it will ding the board.

- **Waxing**

You need to wax your foamie top. Do so after you have finished painting. Don't buy expensive surfboard wax as bees wax from your local hardware store will do the trick. Heat the wax briefly using a hair drier. When the surface is soft, rub it on the board. Repeat until the area where you lie down the centre of the board is covered.

- **Broken Foamies**

Foamies do break but they can be fixed by following these easy steps:

- Ensure you get all the broken pieces
- Allow the board to dry out thoroughly for a few days
- Apply Selleys Liquid Nails or Boncrete to both surfaces and arrange so the surfaces are pressed together

- **Broken Handles**

These can be repaired using Selleys Liquid Nails or the complete handle can be replaced using two champagne corks, plastic rope, plastic tubing and two washers. Cut the corks so you are left with the part that was out of the bottle when you bought it. Drill a hole in each cork piece big enough for the rope, Knot the rope close to the end and thread on a washer, a cork, 18cm of plastic tube, a cork, a washer and knot the rope and cut. Clean out the holes in the board so they are big enough for the corks and glue in with liquid nails. Be sure to seal around the top of the cork. Allow five days drying time.

For smaller children it can be useful to insert a second set of handles 30cm further toward the back of the board. It will stop them nose diving on waves because of the light weight and short arm length.

REMEMBER: Foamies are designed for children under the age of 14 years.



How to Look After Your Malibu

- **Transport**

The best way to transport your board is in a board cover on top of the car. You should tie it down firmly with flat straps, not rope or ockie straps as they can put pressure dings in the board. Once you get home, take the board off and store it somewhere out of the sun, like the shed or garage. If you have to transport your board in the car, be careful when closing the doors as you may ding it.

- **Waxing**

Waxing mini-mals is the same as waxing foamies. Wax the top where most of your body lies and along the rails (the sides). Surf wax is inexpensive and can be picked up from any surf shop. Storing the wax in a small container is a good way of keeping it from melting in your bag and from getting sand on it.

- **Dings**

Dings are caused by something hitting or putting pressure on the board. They can be small dents, fractures or even large gashes and can end up being expensive to fix (if large) and decrease the value of the board if you want to sell it later. The best way to stop your parents from forking out money to fix the ding is to not get one in the first place.

If your board does get dinged, TELL YOUR AGE MANAGER AND/OR MUM/DAD STRAIGHT AWAY. Your age manager will be able to help you decide what you need to do next. It is also important that you take the board out of the water and dry it out in the sun so the board does not get water logged and heavy. If it is a small dent or fracture, put duct-tape / electrical tape over it until you can get it fixed.

- **General**

DON'T drag your board in the sand unless you're starting a race. Dragging will cause dings and fractures in the end of the board.

ALWAYS wash down your board with fresh water after using it. This will get rid of the salt and is also a good time to check for any cracks and dings.

Try to keep the board out of the sun as much as possible.

All of this should help prolong the life of your board and allow you to get a good price for it later, should you wish to sell it. Remember, fiberglass does break and can cost more to fix than breaking a foamie so be careful with the board.

However, don't let all of this stop you from having fun on the board as there is no better feeling then racing down a wave and catching it into shore!

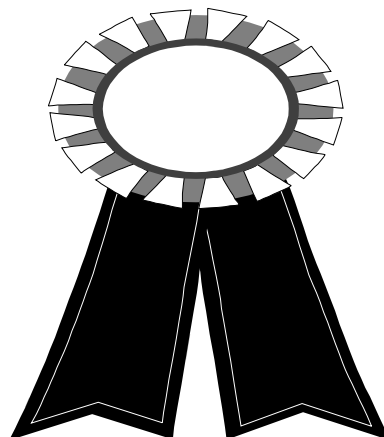
If you have any questions please do not hesitate to discuss these with your Age Manager or give me a call.

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