

CITY OF
PERTH



JUNIOR / NIPPERS INFORMATION HANDBOOK



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Clubrooms Circa 1930



City Nippers – 1972!

WELCOME:

Welcome to the 2018 / 2019 season of the City of Perth Surf Life Saving Club. I'd like to extend a very warm welcome to everyone for another great year at City Beach. For those of you those are new to the Club, City of Perth SLSC:

- Has its origins in the 1920's;
- Originally the Club was located on the South side of City Beach;
- The previous club rooms, which were built for the 1971 Australian Surf Life Saving Championships held at City Beach, were demolished in June/July 2014, to make way for the construction of the new City of Perth SLSC club rooms;
- City Nippers were introduced in the season of 1963-64
- The new clubrooms opened in 2016

City of Perth Surf Life Saving Club offers something for everyone, regardless of your gender, age, cultural background or physical ability. This fact lies at the core of City of Perth SLSC to be an inclusive organisation where everyone feels welcome and valued. This starts from when a potential new member comes into contact with the Club for the first time, through to members actively participating in Club activities. Surf lifesaving is an amazing activity for developing a child's confidence, knowledge and skills in the beach environment. Not only will your child have fun and meet new friends, they will become part of an iconic organisation that has served the Australian community for over 100 years.

Our objective at the City of Perth SLSC is to educate our children to be competent and safe in the beach/surf environment. Surf knowledge and techniques are gradually introduced to the children; ultimately at the age of 13 they can attain their Surf Rescue Certificate, which is just one step below the Bronze Medallion. Training also incorporates developing 1st Aid skills as well as the opportunity to be an active volunteer by undertaking Patrols to help keep our beach safe. Whilst all children are encouraged to improve their surf skills, no child is forced or pressured to do something they are not comfortable with. Our first aim is for the children is to have **FUN** at Nippers and enjoy coming to the Club each week.

City of Perth SLSC is a community focused Club which needs active members. Everyone is welcome at City of Perth SLSC; however the Club is a volunteer based organisation which needs your help. There are many ways you can get involved. On Sundays please assist your Age Group Manager in any way that you feel comfortable. We require parents for Water Safety and BBQ and other duties around the Club. These are vital to our activities so please make yourself available when advised. A parent must be present on the beach throughout Nippers.

We have tried to include the everyday things you need to know about City Nippers in this booklet. If you require any further information please feel free to ask any Age Group Manager, Committee member or simply contact the Club office. If you are new to the Club I urge you to get involved.

Regards

Andrew Young

Director - Junior Activities

CLUB STRUCTURE:

City of Perth SLSC is a not-for-profit community sporting association. The Club is an incorporated body under the Association Incorporation Act 1987. Our Constitution and By-Laws are available from the Club Administration Office. All Policies regarding surf lifesaving are available from the Surf Life Saving Australia website. The Club has an Executive Committee that meets monthly and is also served by a Beach Committee which includes Education, Patrols, Equipment and social activities.

The Annual General Meeting, which all members are encouraged to attend, is generally held in July each year. At this meeting, the Club members elect the Office Bearers for the following season.

PEOPLE:

Key Contacts:

Administration Manager: Patrick Anderson Loake citymanager@cityofperthslsc.com.au

Club Administrator: Kylie Leaman kyliel@cityofperthslsc.com.au

Admin Assistant: Rachael Hughes rachaelh@cityofperthslsc.com.au

Office: Mon - Fri. 9am - 2pm , Saturday: 9am – 12pm

Phone: (08) 9385 9232

Website: www.citysurf.asn.au

For latest news and info please join the Facebook Group: *City Nippers*



IMPORTANT DATES:

The Club Calendar is located on the website. It contains all of the key dates for the season and is your guide to City Nippers for 2018-19.

THE CLUB:

WHO CAN JOIN?

Any girl or boy may join Nippers and you DON'T have to be competitive or athletic or even confident in the surf. One of the best things about Nippers is seeing young children who are fearful of the water lose this fear during the season.

REGISTRATION AND FEES

Membership Fees are set by the City of Perth SLSC each year and as well as contributing towards equipment and club costs it ensures that all members remain covered by insurance.

If fees are not paid children are not able to receive certificates, awards or participate in Sunday morning activities or carnivals.

HOW CAN I GET INVOLVED?

For parents and guardians of Nippers there are lots of things we would welcome you to get involved in at the Club. Friday nights at City we have a range of groups training, both Senior and Junior, and we encourage all to join in and then socialise afterwards. Many of the training groups organise pizza nights and other gatherings on an informal basis on Friday nights.

Other things which either your child's Age Group Manager or the Club office (9385 9232 or kyliel@cityofperthslsc.com.au) can give you further information on include:

- Actively helping your Age Group Manager each week

- Becoming an Age Group Manager - no experience necessary, just need the right attitude! New AGMs are always welcome and we can provide the training.
- Cooking the sausage sizzle on Sunday mornings
- Assisting Nippers to correctly put away equipment each Sunday
- Become a Level 1 Official and help at Carnivals
- Assisting with organising social events for the Nippers and parents
- Going in the Club swim each Sunday
- Doing your NRC, SRC or Bronze Medallion, which then allows you to do water safety and/or voluntary patrols. All volunteers will also require a Working With Children Check.(Please check the club website under Education on how to register your interest)
- If you have a Bronze then you can do other courses including IRB crew and driver's license, Advanced First Aid and Spinal Management.



PARENTS' CODE OF CONDUCT

The City of Perth SLSC expects the following, as a minimum from all parents:

- Respect the rights, dignity and worth of every Club member regardless of their gender, age, ability, cultural background or religion.
- Never make an unwilling child participate in activities
- Understand that children are involved in activities for their benefit – not yours
- Encourage children to play by the rules
- Encourage the effort being as important as the result
- Work towards improving skills and sportsmanship
- Recognise and encourage good efforts

- Do not yell or abuse a child for making a mistake – they are trying as hard as they can
- If you disagree with an Age Group Manager or official take the matter up in private in a constructive manner
- Recognise the efforts of volunteers
- Always display good will towards all other Surf Life Saving Club members

JEWELLERY / VALUABLES

Due to safety and potential losses rings, watches, necklaces, bracelets (except Medic Alert bracelets) are not permitted during activities. The nature of club activities may result in belongings being left unattended. Any valuables including jewellery, wallets, and mobile phones should be left at home or given to parents before the activities commence. Age Group Managers and officials cannot take responsibility for lost valuables.



WHAT WE DO:

WHAT IS NIPPERS?

Nippers are a fun way for children aged 5 to Under 13 to enjoy the beach in a safe environment. The Junior Development Program is designed to ensure children have fun at the beach while participating in lessons that will give them a pathway to becoming a fully rounded participant in both lifesaving and sport.

The specially designed Junior Development Program progressively introduces knowledge and skills, learning outcomes through lessons that are tailored to each of the age groups. Each age group has its own individual set of lessons – between 10 and 16 depending on the

age group. The program pathways learning towards the Surf Rescue Certificate which members can begin training towards from the age of 13.

SLSA Junior Development Program - Award Pathway

Age Group	Age	Award
Under 6	5	Nil (Surf Play 1)
Under 7	6	Nil (Surf Play 2)
Under 8	7	Surf Aware 1
Under 9	8	Surf Aware 2
Under 10	9	Surf Safe 1
Under 11	10	Surf Safe 2
Under 12	11	Surf Smart 1
Under 13	12	Surf Smart 2
Under 14	13	Surf Rescue Certificate

OBJECTIVES OF CITY NIPPERS

The objectives of City Nippers are to ensure all children who are registered with the Club are provided with:

- A friendly, happy and safe environment for the children who are encouraged to perform to their capacity without undue pressure.
- Opportunity to meet new people
- Opportunity to develop team work skills/behaviours
- The best possible opportunity to learn and understand the surf and the beach.
- The best possible facilities to enjoy their activities.
- The best possible opportunity to participate in Club activities.
- The best possible tuition and coaching to achieve the Age Group National Education Awards.
- The best possible opportunity for competition.
- An atmosphere which encourages and fosters the transition of children into the senior surf lifesaving movement.



SUNDAY MORNING TIMETABLE

A typical Sunday morning at City of Perth SLSC is as follows:

8:30 AM	Beach Set-Up – Swim Cans / Beach signage / Risk Assessment
8.45 AM	Sign on with Age Manager (it is essential to get your name marked off)
9:00 AM	Club Meeting – Nipper Notices
9:15 AM	Each Age Group (Under 6's to Under 13's) goes with their Age Group Manager for activities.
10:45 AM	Equipment packed up, washed down and put away
11:00 AM	City Cafe for a sausage sizzle, snack, drink and catch up!

CITY CAFE "THE GALLEY" AND BBQ

The City BBQ is run every Sunday morning with all parents required to assist on a rostered basis (this should only entail one Sunday out of the whole season). Even if it is not your rostered week and you see that the City BBQ workers need a hand, please offer your assistance if you can.

SUNDAY SET UP AND PACK UP

Every week before Nippers can commence, equipment must be collected from the Nipper storage area at the Club and taken down to the beach. This includes water safety equipment such as rescue boards and rescue tubes; age group signs and swim cans. Likewise, at the conclusion, it must all be packed away; this is the responsibility of each group and all Nippers.

This set-up and take-down will be rostered each week for an age group to oversee.

NIPPER EQUIPMENT

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

All Nipper Members require:

- **Nipper Age Group Cap**
- **Racing Bathers (Wet Suits may be worn on club days)**
- **High Vis Rash Vest**
- **Rash Vest**
- **Long Sleeve T-shirt**
- **Wide Brimmed Hat**
- **Water Bottle**

NIPPER AGE GROUP CAPS

Each age group will have a different coloured cap to identify the different age groups. New members to the club will receive their first age group cap as part of their initial membership fee. The children will keep the same coloured cap as they progress through the nipper age groups. Subsequent or replacement caps will be required to be purchased from the club shop.

2018-19 NIPPER CAP COLOURS

AGE GROUP	CAP COLOUR
U6	PURPLE
U7	RED
U8	YELLOW
U9	FLURO GREEN
U10	PINK
U11	WHITE
U12	FLURO YELLOW
U13	LIGHT BLUE

Our Club Shop is open Sunday mornings during the season or you can order via club website Shop.

UNDER 8'S TO UNDER 10'S

- Preferably each child has their own foam nipper board.
- To compete the U8, U9 & U10's require a SLSA approved foam Nipper Board.
- Club Competition Cap if competing, available at the club shop.

UNDER 11'S TO UNDER 13'S

- SLSA approved fibreglass nipper board. Required for Competition.
- Soft Top Nipper Boards can still be used for regular club days.
- Club Competition Cap if competing, available at the club shop.

If your child is U8 or U9 and would like to compete in the "Little Nipper" Carnivals or the U10, U11, U12 & U13's in the Junior Carnivals then a competition cap is required and club bathers are preferred.

BOARD LEASING

The Club has a leasing program for a limited number of Fibreglass Nipper Board (U11's – U13's only), which allows nippers to 'lease' a board and cover for a season with a bond and lease fee payable. The Club uses the lease fees obtained to ensure ongoing investment in new boards, ensuring that City Nippers have the opportunity to access quality equipment. Refer to the website for updated information on Board Hire.

2018-19 Season Club Board Lease and Board Swap Day

21st October 2018. 8 to 10am

Nippers can alternatively purchase their own boards new or second hand from a number of sources. Please talk to your Age Manager.



PURCHASING A BOARD

There are a range of boards from various manufacturers that come in different sizes and will usually be foam or fibreglass construction. Whilst we cannot recommend one supplier over another, below are some useful links to websites that may assist you in choosing the right craft for your child.

The following details SLSA Surf Board usage in relation to age groups, the following shall apply:

Age Groups	Description Maximum	Length	Minimum Weight
U/8–U/10	Foam ‘Nipper’ Boards	Max. 2.0m	Not specified
U/11–U/13	Fibreglass ‘Nipper’ Boards	Max. 2.0m	4.5kg



Example of a SLSA approved foam nipper board.



Example of a SLSA approved fiberglass nipper board.

SLSA Surf Craft Specifications link:

[http://sls.com.au/sites/sls.com.au/files/SLSA%20Surf%20Craft%20Specifications%20\(Sport\)%20Updated%20Nov%2012%20-%2002.pdf](http://sls.com.au/sites/sls.com.au/files/SLSA%20Surf%20Craft%20Specifications%20(Sport)%20Updated%20Nov%2012%20-%2002.pdf)

Links to possible foam & fibreglass nipper board suppliers (not a complete list):

- Dolphin: www.dolphinurf.com.au
- Bennett Boards: www.bennettsurfboards.com
- Xcel: www.xcelsurfcraft.com.au
- Kracka: www.krackasurfcraft.com.au
- Katana: www.katanasurf.com/surf-club
- JM Paddleboards: www.jmpaddleboards.com/
- Valid: www.blueheelertrading.com.au

Other beginner soft boards that help the younger nippers transitions to a Nipper Board or to help build a child's confidence in the surf may also be used at Nippers on a Sunday morning. **Please note:** these boards cannot be used at SLSWA sanctioned events.



Example of a foam beginner/training nipper board.

Second-hand boards may also be found at the following:

- Other surf club websites and club Facebook groups.
- Gumtree
- Gear Trade
- Club notice boards

For the complete link to all SLS approved suppliers go to: www.sls.com.au/members/surf-sports/preferred-suppliers

NIPPERS

GENERAL NIPPER INFORMATION

To enable City Nippers to run smoothly on Sundays, please note the following:

- Announcements and important information for Nippers and parents is communicated at 9am each Sunday at the front of the Club. Please be on time and listen to announcements so that you are aware and up-to-date with all matters concerning your children.
- Children must arrive with sunscreen applied, a hat, long sleeve shirt, towel and water bottle.
- Please assist your child's Age Group Manager.
- Children **MUST** wear their age group cap at all times on Sunday morning whilst participating in Nipper activities.
- The Patrol Captain of the day is the ultimate authority in relation to water activities and events.
- A minimum of 1 Qualified Water Safety person (NRC, SRC or Bronze) per 5 children is required for water activities. Failure to meet this ratio will result in water activities being delayed or cancelled. These people wear Orange caps and/or orange rash vests. They are the only people authorised to use a rescue board or wear a tube.

- No child will be able to participate in water events without first completing an evaluation swim and being certified proficient.
- At the completion of Nippers, children MUST obtain their parents' permission and remove their cap before re-entering the water and swim only between the flags.
- Children are unable to participate on the beach or in the water unless they are a registered and financial member.

WATER SAFETY

City Nippers is all about teaching our juniors how to enjoy and become proficient in the surf. From Under 6's right through to Under 13's we spend Sundays developing their skills to make them confident in the water. To do this in a safe environment means providing water safety and we rely on parents who are keen and preferably capable in the water themselves, to take on this responsible task.

The NRC (Nipper Rescue Certificate) is the minimum qualification required to enable you to undertake water safety. The NRC is a water safety and rescue award for the provision of water safety for SLS Nipper Activities. It is designed to enable a large range of parents/guardians to be engaged by Clubs to formally assist in improving the delivery of Nipper water based activities and create potential pathways to lifesaving operations such as beach patrols or carnival water safety. To maintain currency members who hold a NRC will need to undergo an annual proficiency test incorporating a 200m Ocean Swim in 6 minutes, a tube rescue and demonstration of signals.

We will be running the 2-3hr NRC training & assessments in October. 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. All Water Safety Volunteers will also need to complete a Working With Children Check (WCC).

2018-19 NRC Qualification, Proficiency & WWC Checks

21st October 2018. 9 to 12am

If you assist with water safety please make sure you fill in the Water Safety book each Sunday morning. Ask your AGM where the book is located at the start of the season.

This table provides a summary of the minimum water safety requirements for SLSWA Nipper activities.

SLS ACTIVITY	REQUIRED WATER SAFETY RATIO
Nipper Activities (Wading/Shallow water)	1:5 (NAA*: participants)
	1:10 (NAA: participants) <i>If conditions determined low-risk in pre-activity risk assessment</i>
Nipper Activities (Deep Water)	1:5 (NRC**: participants)
	1:10 (NRC: participants) <i>If conditions determined low-risk in pre-activity risk assessment</i>

*Nipper Adult Assistants, **Nipper Rescue Certificate

NIPPERS' / JUNIORS' CODE OF CONDUCT

The City of Perth SLSC expects the following, as a minimum from all Nippers / juniors:

- Have fun
- Be a good sport
- Be prepared and willing to learn
- Do your best and be proud of your efforts
- Encourage and congratulate each other
- Look after each other, particularly in the surf
- Treat others as you would like to be treated yourself
- No bullying / teasing
- No bad language
- Look after the equipment
- At Carnivals never argue with an official, have your Age Group Manager approach the Official in the proper manner
- Always display good will towards all other Surf Life Saving Club members

2018-19 JUNIOR PROFICIENCY AND SURF EDUCATION REQUIREMENT SCHEDULE

To maintain safety and lifesaving standards, Surf Life Saving Australia has set a standard of proficiency that a Nipper must achieve before being eligible to compete in water events or any carnival event.

2018/19 NIPPER PROGRAM REQUIREMENTS SUMMARY

Age Group	Birth Date	Preliminary Evaluations	Competition Evaluations	Participation Certificate
Under 6	1/10/2012 – 30/09/2013	Not applicable	Not applicable	Surf Play One
Under 7	1/10/2011 – 30/09/2012	Not applicable	Not applicable	Surf Play Two
Under 8	1/10/2010 – 30/09/2011	25m swim (any stroke) 1 minute survival float	Minimum 100m open water swim in 9 minutes	Surf Aware One
Under 9	1/10/2009 – 30/09/2010	25m swim (any stroke) 1 minute survival float	Minimum 100m open water swim in 8 minutes	Surf Aware Two
Under 10	1/10/2008 – 30/09/2009	25m swim (freestyle) 1 ½ minute survival float	Minimum 150m swim in open water in less than 12 minutes	Surf Safe One
Under 11	1/10/2007 – 30/09/2008	50m swim (freestyle) 2 minute survival float	Minimum 288m swim in less than 9 minutes	Surf Safe Two

Under 12	1/10/2006 – 30/09/2007	100m swim (freestyle) 2 minute survival float	Minimum 288m swim in less than 9 minutes	Surf Smart One
Under 13	1/10/2005 – 30/09/2006	150m swim (freestyle) 3 minute survival float	Minimum 288m swim in less than 9 minutes	Surf Smart Two

The proficiency involves swimming and is tested at HBF Stadium in October of each year. Attendance at one session is required or a letter from a Licensed Swim Coach / Swim School is required to show competency. Failure to complete the proficiency requirements will mean your child cannot enter the water on Sunday mornings or go in competitions. The club is not able to teach youngsters to swim. We expect to lift the swimming skills of competent swimmers (for their age) and teach them surf safety.

If you have any concerns about your child's ability, please do not hesitate to discuss the issue with the Age Group Manager.

These minimum requirements are for the safety of the children. Age Managers have the right to deny a child participation in water activities if they are not satisfied with the swimming ability of that child. The Director of Junior Activities is the ultimate authority in regards to participation of children in water activities.

AGE GROUPS

Each Age Group has at least two volunteer Age Managers who organise, run and control the activities each Sunday. Each child is allocated to an Age Group according to the age chart above. Nippers must wear their Age Group cap during club activities so they are easily identifiable on the beach.

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 SLSWA 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 club trophies as necessary. The onus is on the individual to compete in the correct Age Group.

AGE GROUP MANAGERS

Age Group Managers are usually volunteer parents and are allocated to each age group with responsibility for organising and conducting the various Nipper activities. The main responsibilities of the Age Group Managers are as follows:

- Ensure activities are conducted in a safe environment and adequate Water Safety is in place for water based activities.
- Encourage the children of their age group to participate, enjoy, co-operate and compete in all activities of the Club.
- Keep weekly records of each child's attendance and proficiency achievements.
- Instruct the children in their age group of the necessary requirements for the National Awards.
- Organise the children in their age group at carnivals.

- Assist in the development of surf awareness and surf safety for the children in their age group.
- Keep children and parents informed of the requirements of the age group and of Club activities, carnivals, competition dates, etc.
- Ensure the children of the age group are aware of and encourage sun protection.

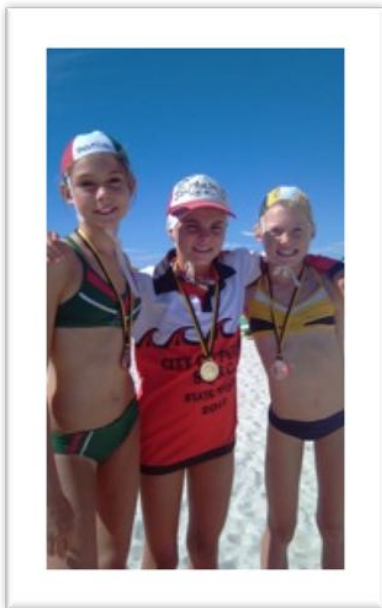
Parents are encouraged to make them-selves known to their child's Age Group Manager and to offer assistance when required. If you have any questions or concerns, or if your child has any medical condition that may restrict him or her in any way, please speak with your Age Group Manager.

Age Group Managers are not babysitters. Parents are required to be on hand during Nippers and to resume responsibility for their child at the conclusion of the day's events.

If you have to leave before events are finished, please inform your child's Age Group Manager BEFORE taking your child from the beach.

AGE GROUPS KEY CONTACTS FOR 2017 - 2018

Director of Junior Activities	Andrew Young	juniouractivities@cityofperthslsc.com.au
U13s	Jo DeMarchi / Ben Rogers	Under13@cityofperthslsc.com.au
U12s	Chris Browne	Under12@cityofperthslsc.com.au
U11s	Tim Swart / Damian Ryan	Under11@cityofperthslsc.com.au
U10s	Travis England / Clayton Dorrington	Under10@cityofperthslsc.com.au
U9s	Andy Carr	Under9@cityofperthslsc.com.au
U8s	Neil Johnson / Joel Ireland	Under8@cityofperthslsc.com.au
U7s	TBC	Under7@cityofperthslsc.com.au
U6's	TBC	Under6@cityofperthslsc.com.au



SURF SPORTS

JUNIOR SURF SPORTS MANAGER

For the 2018-19 Season, the Junior Surf Sports Manager is TBC.

COMPETITION:

A number of "Points Days" & Intra-Club Carnivals will be held across the season. These are designed to introduce Nippers to Surf Sports and give Nippers the opportunity to demonstrate

their athleticism and surf skills. It also allows Parents to practise their skills as Officials and learn about surf sports.

U8 - U13's Points Days

A cumulative points system operates. Nippers must be registered and compete in their correct age group to be eligible for points.

Points events held are for the Surf Race; Board Race; Ironman/Ironwoman (U10-U13 only); Beach Flags and Beach Sprint. Overall Champions will be awarded to the highest overall point score from the best 3 results from the 4 points days. 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.

Trophies are awarded as follows:

- Club Champions:
 - Champion Boy and Girl – Overall
 - Champion Boy and Girl – Water
 - Runner Up Champion Boy and Girl – Water
 - Champion Boy and Girl – Beach
 - Runner Up Champion Boy and Girl – Beach
- Age managers award – one per age group.
- Nipper Marathon: Medal on a ribbon – every girl and boy in the U8 to U13's

INTER CLUB CARNIVALS

U8 & U9's

SLSWA have also introduced "Little Nippers" Surf Sports Carnival for the Under 8 and Under 9 Nipper members, as a fun way to introduce sport to these younger age groups. The Little Nippers Carnivals will be held at safer locations and club volunteers will work together to help deliver introductory surf sports experience for these Little Nippers.

U10 – U13's

There are a wide range of opportunities available for members interested in participating in surf lifesaving sport. Surf Sports continues to be a retention tool for our club as well as a way for our lifesavers to display and practice the skills and abilities required to save a life on our beaches. For our Under 10 to Under 13 Nipper members (9-12 year old members), SLSWA provides Nipper Surf Sports Carnivals and Championships. Some events at the Junior State

Championships require pre-qualification, however most events at the States are for everyone to enter. A Nipper must also compete in one carnival over the season to be eligible to compete in the State Championships.

There is the ability for Under 10s to compete in the Under 11 age group in team events if there is place available. If you think your child falls into this category, please discuss it with your Age Group Manager. Please note the policy regarding ageing up for team events.

Competition against other clubs promotes fair play, club loyalty and gives children the opportunity to mix with their peers. It also allows City Nippers to display the surf skills they have acquired. Final selection of teams for team events will be the responsibility of the respective Age Group Manager and Junior Surf Sports Manager.

Entry is co-ordinated via your Age Manager and requires 2 steps: carnival entry payment (via club website Quicklinks Payment gateway) and notification to your Age Manager of events.



CARNIVAL EVENTS

Events for Under 10s to Under 13s are the same and are either water or beach based. A basic overview of the events is as follows:

WATER EVENTS

Surf Race: Competitors shall commence from the start line on the beach, swim round the buoys and return to shore and finish between designated flags.

Board Event: Competitors shall commence from the start line on the beach, paddle around the designated buoys and return to shore and finish between designated flags.

Ironperson Events: Consists of all three disciplines - swim-board-sprint. The order of sequence is drawn on the day and therefore varies from competition to competition. Competitors will swim around buoys, return to beach, run around flags, pick up board on start-change over line and enter the water for the board section. Competitors will complete the board leg and sprint to the finish line. Boards may be left at the water's edge.

Surf Teams: Is contested in the same manner as a Surf Race, however with a team of four. Upon completion, finishers are numbered sequentially; the numbers are then added together and the team with the least amount of points wins.

Board Relay: This event uses the board course and involves a team of 3 competitors in a relay format.

Cameron Relay: Team consists of 4 competitors; a swimmer, 2 sprinters and a board paddler. The sequence is drawn on the day but will be either swim-sprint-board-sprint or board-sprint-swim-sprint.

Board Rescue: Teams comprise of a patient and a rescuer. The patients shall swim to their allotted buoy and shall signify their arrival by touching the buoy with one hand and raising the other arm in a vertical position. The patient should then retire to the seaward side of the buoy. On receiving the signal, the Rescuer shall paddle to the allotted buoy. The patient shall then be positioned on the front of the board. Competitors return to shore passing across the line, both in contact with the board.

BEACH EVENTS

Beach Sprint: Competitors take up their positions on the words of the starter, followed by a whistle blast.

Beach Relay: The team shall consist of 4 members.

Beach Flags: Batons are positioned in line parallel to the start line, and shall be approximately in the centre of the space between competitors. Competitors shall lie face down, with their toes on the start line, heels together, hands on top of each other with finger tips to wrist and the head up. Elbows must be extended forward so that the chest lies flat on the sand. No scooping of sand or digging in of the feet is permitted. On the command "Heads Down" the competitors will stretch their chins forward and place the chin on their hands and await the start. At the starter's whistle blast the competitor shall get to his feet as quickly as possible and attempt to obtain a baton.

Rescue and Resuscitation (R&R): Is our traditional rescue and care event which epitomizes all core values of surf lifesaving. It begins at the U10 & 11 age groups. With a Two Person event which is all dry land resuscitation and drill based; then progresses to an Under 12 - 13 Five Person events 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.

March Past: This 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. 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.

CITY NIPPERS SURF SPORTS COACHING

City of Perth SLSC has a long proud tradition of high performance in the Surf Sports areas. Commencing as Nippers, there is structured coaching available in all disciplines, leading right into Senior Club.

Surf Sports creates a number of opportunities to travel and compete, not only in WA, but at a National and World level. The Club has a high number of competitors who travel to the

Australian Surf Life Saving Championships every year. This competition commences at U14 level and goes right through to Masters. There are other opportunities including Coolangatta Gold; Nutri Grain Iron Man / Woman Series; Interstate Team Competition at Manly to name a few. Opportunities are also available in First Aid, Champion Lifesaver and Champion Patrol competitions.

Many of our surf stars started in Nippers!! One of our most recent stars is Gabby Murphy.



Starting as a City Nipper, Gabby has gone on to win Seven Australian Championships – One in Beach Sprint, Two in Flags and Four in Beach Relay – all by 19!! Gabby has been selected in a number of State teams, SLSWA High Performance squads and toured Japan with the Australian under 20 team in 2014. A champion in both individual and team events, Gabby is a great example of what can be achieved in the Surf Sports area.



COACHING

Training will be available mid-week as well as Sunday mornings before Nippers during the summer months at City Beach. This will be for all U9s to U13s in a variety of surf lifesaving disciplines including board paddling and beach events. All training sessions are split into

separate tiers that run at the same time to cater for all skill levels – the tiers are skills based rather than age based. City of Perth SLSC is fortunate to have a number of coaches on offer across the various surf sports discipline. Talk to your Age Manager for further details.

Please Note: Parents are expected to bring their children to the coaches not just drop them at the front of the Club. Each child must have a parent or nominated adult on the beach during water activities for safety reasons or they will be unable to participate.



CARNIVAL WATER SAFETY

At every Carnival, each Club has to provide qualified members to undertake water safety. This means members with a Surf Rescue Certificate, Bronze Medallion, IRB Crew or Drivers and First Aid (or higher) qualification. Without volunteers to do this we cannot attend Carnivals. Please liaise with your Age Manager.

OFFICIALS

As part of the competition requirements of SLSWA, 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. The Club will provide training through SLSWA – talk to your Age Manager.

SURF CLUB IN THE WINTER

Surf club doesn't finish when summer does. Over the winter months nippers can transfer the skills they've learnt over the summer and participate in the Pool Rescue Competitions.

THE LAW

CHILD PROTECTION

All members (18 years and over) who volunteer at the club are now required to have a Working with Children (WWC) Check. This is a new SLSWA policy that has been introduced for the 2018-19 Season. The club will assist parent helpers/volunteers by providing the necessary forms at the Nipper Admin & NRC proficiency day on the 21st October 2018.

Tamsyn Young is the point of contact for any child, parent, guardian or any other Club member who wishes to seek any information or discuss any incident in relation to child protection. If Tamsyn is not available, please contact the Club on 9385 9232.

Protecting children from abuse is a responsibility that we must all undertake as adults, parents, coaches, officials and administrators. A child is defined as any member of City of Perth SLSC registered as a nipper, cadet, or junior up to 18 years of age.

City of Perth SLSC is committed to ensuring that the safety, welfare and wellbeing of children are maintained at all times during their participation in activities. City of Perth SLSC aims to promote a safe environment for all children and to assist all officials, coaches, managers, administrators and volunteers to understand child abuse issues, to recognise child abuse and to follow the appropriate procedures when reporting alleged abuse.

City of Perth SLSC follows the member screening requirements of Surf Life Saving WA.

