

## Season 2024-25



# Junior Members Handbook

Maintained by Secretary JASC Sawtell JASC Bylaws

Section 1 - Introduction to Sawtell Nippers

Section 2 - Induction Brief for New Parents & Nippers

Section 3 - Contacts

Section 4 - Carnivals and Competition

Section 5 - Boards and Equipment

Section 6 - Parents

Section 7 - Members Code of Conduct

## Section 1

### Introduction to Sawtell Nippers

#### What is/are Nippers?

Nippers are children who are members of a surf club's junior surf lifesaving program - in this case, **Sawtell Surf Life Saving Club**. Nippers also refers to the organisation that runs the program. You can say that your kids become Nippers when they join and that they are part of Nippers.

#### The Aim of Nippers

The aim of Nippers as quoted from the Surf Life Saving (SLS) Australia website:

*"Nippers is a fun way for children aged 5 to Under 14 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. Nippers includes the Junior Development Program which is designed to ensure children have fun at the beach, while participating in lessons that will provide them with a pathway to become a qualified surf lifesaver and a junior competitor (surf sport). Competition plays an important role in helping to strengthen and develop the skills of surf lifesavers."*

The beach is an integral part of life for millions of Australians and is a potentially very dangerous place to visit, so Nippers is a wonderful way to develop the knowledge and skills to use it wisely. For some kids, Nippers is beach fun on a Sunday morning. For others, it's about learning skills. And for others still, it's about being efficient and competitive in surf action. *Sawtell Nippers aims to cater for all, however, the underlying theme is surf-safety.*

**Nippers is not a place to learn to swim! However, swim proficiency is vital & should be addressed outside of Nippers.**

#### Membership

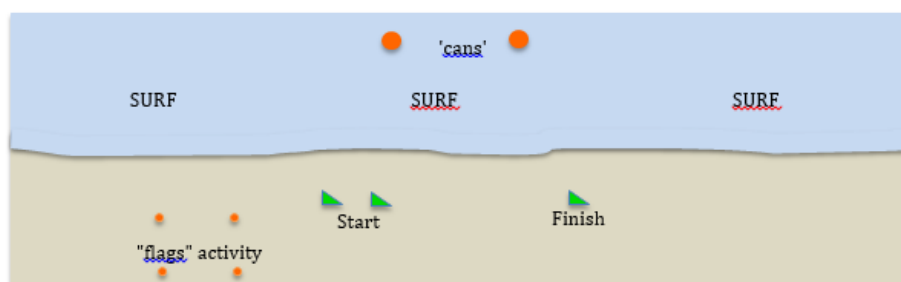
*To participate as a Nipper, your child must be a member of the Club.* It is a requirement that **at least one parent accompany their child at all activities**, and that parent, (the 'parent helper'), must also be or become a club member (Patrolling, General, etc). This is for insurance and safety reasons, and also so that we get a commitment of assistance from that child's family.

#### The Sawtell SLSC Clubhouse

As Nippers and as Nipper parents, the Sawtell SLSC clubhouse is *your* clubhouse too. However, the use of the building is controlled, and access is on an 'as needs' basis. Please use discretion and common-sense and be responsive to instructions from the Club Captain and Patrol Captain.

#### The Beach and the Activities

This is where the Nippers spend most of their time, because this is usually what Nippers is all about - the beach! The Nippers will run, swim, surf and play at the beach at Sawtell, but may also visit other beaches for training (Jetty) or carnivals. When you first visit the beach with Nippers, you might notice various buoys in the water and flags in the sand. These are setup by Nippers staff and parent-helpers before Nippers commences on the day. A typical arrangement might look like this:



These markers are placed for the more senior nippers as: start; finish; and turn-around points, for swims, board-paddles and beach-runs. Junior Nippers are confined to shallow water only. Activities include, but are not limited to:

- For older Nippers: a swim or board-paddle around the cans; a beach run; flags; a surf assessment (looking at wind, tide, drift, rips, etc); a mock rescue; a first aid workshop.
- For younger Nippers - shallow-water activities, beach games, sprints, flags.

#### Extra Training

When resources permit, Nippers volunteer coaches provide 'board-training' sessions for Nippers in the age groups U8s to U14s (Wednesday 400pm and Saturday 830am at The Jetty). Board Training is a great way to improve skills, cool off and stay fit.

### Competition

A common question from Nippers and parents is "Is Nippers about surf safety or is it about racing? My child does not enjoy competition but does enjoy learning about surf safety and how to be a life saver". At Sawtell Nippers, we do our best to cater for both. Participating in competition is not a requirement to become a surf-lifesaver. However, some of our Nippers enjoy the competitive aspects of surf sports and it is one way of improving fitness, honing skills, providing excitement and building team spirit.

### The Coloured Cap and Rashie

When your child joins Nippers, they will need to obtain a coloured cap (corresponding to their age group) and a pink hi-vis rashie. This cap colour will stay with them year on year (except for U6 & U14 groups). Your child MUST wear this cap and rashie whenever they are participating in Nipper's activities, to ensure they are highly visible to organisers and water safety. This is a strict safety requirement and helps us when organising activities. When participating in Competition however, our Sawtell black and white quartered competition cap is worn.

### Roles and Positions

Apart from the *management committee*\* roles that are typical of volunteer organisations, there are many other opportunities to get involved and play a role, including:

**Age Managers:** Each age group has one or more Age Managers. Age Manager/s (AMs) are responsible for the general well-being of their group; monitoring the confidence and skill-levels of the Nippers in their group; coordinating activities; recommending team combinations for carnivals in communication with coaches; and ensuring their Nippers are always safe. They are also a mentor for the group - a team leader - a person who assists their nippers to challenge themselves safely in an unpredictable environment. While not essential, it is preferred that AM's hold Bronze Medallion certification.

**Water Safety Personnel:** When the Nippers go out in the water, you will notice various members in orange rashies with them. These are Water Safety Personnel (must be proficient Bronze Medallion or SRC holders) who are there to help and encourage individuals when required.

**Officials:** Officials play an important part within our organisation and are integral to the ongoing delivery of our sport. Officials ensure competitions are run in a safe and secure environment, while maintaining rules and regulations.

**Beach Superintendent:** The Beach Super<sup>1</sup> is the overall coordinator of water activities and water safety during Nippers. The Beach Superintendent determines what happens and where, based on existing conditions. They also monitor and supervise activities in collaboration with Surf Patrol and IRB personnel, always maintaining contact by radio.

**IRB and Crew:** IRB are the Inflatable Rescue Boats we use during Patrol and for Water Safety. There are always IRBs active in the water, ready and watching for your child's safety during Nipper activities.

**Parent Helpers:** Setting up and running activities requires people power and we do rely heavily on help from parent helpers. The parent in your family who has also signed up as a member, is required to accompany their child/children at activities and to aid the Age Manager and/or Beach Super<sup>1</sup>. At Nipper registration we will discuss the possible ways you can be involved and ask you to commit to assisting in some way.

***There are many jobs that have to be done to run the Nipper Program. Parents are always needed for roles in Nippers – as officials, water safety, beach set-up and pack-up, BBQ, etc – Please help!***

\***Management Committee.** Sawtell Nippers is run by a sub-committee of the Club, called the *Junior Activities Sub Committee* (JASC).

### Awards

There are several awards in each age group. Awards may reflect Nippers competitive performance or sportsmanship and are presented at the end of the season at a fun social gathering

### The Sunday Morning Routine

#### 0845 - Muster

- Nippers must be lined up behind their flag (same colour as cap) with their Age Manager/s.
- Parents/carers must be present.
- Nippers/parents must ensure that the Nipper name is marked off on the roll.
- This is generally the opportunity the Juniors Chairperson or Age Managers will have to talk to parents and Nippers about safety, activities, news, and carnivals.

#### 0900 - Commence activities with Age Managers.

- Nippers & parents are not to leave the beach without first advising the Age Manager/s, for safety reasons.

#### 1045 - End of Activities:

- Return to Clubhouse and debrief per Age Group, with the Age Manager.
- Kids must be signed off (i.e. handed over to parent) by the Age Manager. Ensure you are with your child for sign-off!

#### Stay up to date

Throughout your involvement with Nippers, you'll need to be able to receive messages regarding timetables, venues and last-minute cancellations.

- **Join your Age Groups Whatsapp group**
- **Read emails from 'Surfguard' (SLSA's internal communication system)**
- **Checkout our Facebook page**
- **Age Managers use WhatsApp to communicate with the parents for their age group news**

Refer to **the Sawtell SLSC website ([sawtellsurfclub.com.au](http://sawtellsurfclub.com.au))** for contact details.

Everyone involved in our Club is a **volunteer** – please show patience and respect to everyone.

## Section 2

### Induction Brief for Nipper Parents

**Nipper parents must complete an Induction to Sawtell Nippers** to learn how Nippers operates and to understand the requirements of their membership. New members are required to understand and comply with the following:

1. **Read and understand this *Junior Member Handbook (JMh)*** - see our website.
2. **Be familiar with the Clubhouse and environs** (layout & usage of the Sawtell SLSC building & operating areas).
3. **The Club Management Structure.** The '*Club*' refers to the Sawtell Club as a whole. The '*JASC*' refers to the Junior Activities *Sub-Committee* of the '*Club*', which directly runs the Nippers program.
4. **Comply with Rules and Regulations.** Under the auspices of the Club, the North Coast Branch, SLSNSW and SLS Australia. For more information, please explore their respective websites.
5. **Committing to a role or task at registration.** Please let us know how you can be involved. It is expected that every parent/carer will commit to at least one role/task. There are a wide range of jobs required to run our Nipper Program, and we will work with you to find a role that you are comfortable with.
6. **JASC member positions.** Executive: Chairperson, Vice Chairperson, Secretary, Treasurer, Registrar, Beach Superintendent, Non-executive: Publicity Officer, Sponsorship Coordinator, Gear & Maintenance Officer, Water Safety Coordinator. These Members are the only attendees who have voting rights at a general meeting. Quorum = 5 for General Meetings.
7. **JASC Support Positions.** In addition to the committee positions, the JASC has created Support positions. These include Competition Manager, Awards Coordinator, and Clothing Coordinator.
8. **The role of Age Managers.** While Age Managers are not members of the JASC however, as vital members of the program they are always encouraged to attend meetings, as meeting discussions often relate to what happens on the beach! Age Managers also have their own set of guidelines/responsibilities laid down by SLSA.
9. **Clothing requirements:** Sunday Nippers coloured cap and rashie is mandatory, for Carnivals/competition: black/white Sawtell cap, black swimwear and competition/pink rashie.
10. **Nipper Awards.** Club Champion, Age Champion, Age Manager Award, Sabrina Tisdell Award. The Registrar records accrued points.

The points for Age Championships for the end of year tally are based on a weekly *minimum of 50% attendance* at season events, Club Championships and Branch carnival. Points are awarded for top 6 places of individual events only, so not for team events.

<b>Branch Carnival Points – per individual event</b>					
1 <sup>st</sup> – 6 points	2 <sup>nd</sup> – 5 points	3 <sup>rd</sup> – 4 points	4 <sup>th</sup> – 3 points	5 <sup>th</sup> – 2 points	6 <sup>th</sup> – 1 point
<b>Club Championship Points – per individual event</b>					
1 <sup>st</sup> – 6 points	2 <sup>nd</sup> – 5 points	3 <sup>rd</sup> – 4 points	4 <sup>th</sup> – 3 points	5 <sup>th</sup> – 2 points	6 <sup>th</sup> – 1 point

11. **Child Protection Requirements.** Working With Children Checks are required for: JASC Chairperson, Age Manager/s, Age Manager Asst, Water Safety personnel, Sport Coaches for under 18-only squads/teams.
12. **Sign the Member Protection Declaration (MPD).** Relates to responsibilities regarding criminal charges, anti-doping violations and any other matters which could constitute a risk to members, employees, volunteers, athletes or reputation. All new adult members (and any adult members renewing membership after a season's absence) are required to sign the SLSNSW MPD as part of membership.
13. **Adhere to the Member Code of Conduct.** In the interest of dealing proactively and constructively with any potential conflict involving members (including Nippers, spectators, parents etc), the Club has a *Code of Conduct* which sets a behavioural standard based on mutual respect, maturity, professionalism, common decency and best practice.
14. **Be aware of the risks and hazards associated with beach and surf.** Surf-based activities always carry an element of hazard and risk. Before Nippers engage in activities each session, Sawtell SLSC, performs an assessment of surf and beach conditions to mitigate against risk and determine precautionary safety measures. However, such hazards can never be eliminated altogether. Parents should be aware of the hazardous nature of the surf before allowing their child to participate.

- 15. **Stay Informed.** Sawtell SLSC will occasionally need to contact you to advise of events, timing changes, opportunities, meetings, etc. Primarily, we use **Surfguard to contact you by email** or WhatsApp via your age group chat.
- 16. **The Policy on Photography of Children.** To promote and report on the activities of Sawtell SLSC, the Club likes to be able to use various photographs of the Nipper activities for promotional material (newsletters, flyers, newspaper articles, the Club's Facebook page and the Club's website gallery). These photographs are usually taken by our members themselves or from a delegated Club photographer. As your child may feature in these photographs and in recognition of SLSA Policy 6.21, the Club needs your consent to use images of your child. **Please indicate whether or not you give this consent.** **Yes, I consent / No, I do not consent.**

My children's names are:

.....

- 18. **Help!** The Nippers program needs certain things from you as a parent.
  - We expect you to accompany your child during all Nipper activities. If you have more than one child at Nippers, then let the Age Managers know *which* child you will be with.
  - We expect you to assist your child's Age Manager if called upon.
  - We expect you and your child to cooperate with other members, especially the Age Manager.
  - Age Managers are not expected to deal with unruly behaviour from your child.
  - We expect Nippers to care for and carry their own equipment (where possible), and to follow the instructions of the Age Manager from sign-on to sign-off.
  - In addition to the items listed above please tell us how you can contribute to the running of nippers. Please select one or more of the following:
    - Administration
    - Social support
    - Age Management
    - Water safety
    - Setup/packup

19. **Sign this Induction:**

I .....agree to meet my obligations as a parent.

Signed .....

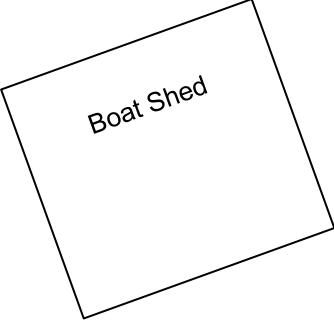
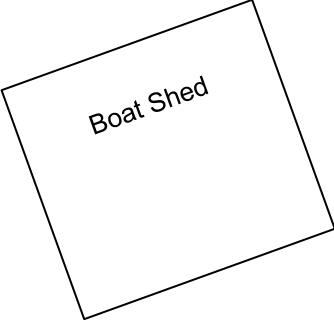
Date .....

### Familiarisation Map of Sawtell Surf Club

Nippers Notice Board



No Parking  
24hr emergency access  
required



### Section 3

## Contacts

**The Club** via its committee provides various functions for its members and for the wider community:

- Lifesavers for Sawtell Beach patrols
- A Nippers Program
- Coaching ('board-training') for Nippers
- IRB crews and services
- Training for Bronze Medallion, IRB, Rescue, First Aid, etc
- A first aid station
- Boards, rescue equipment, radios, etc
- 24hr callout rescue service
- A Clubhouse
- Surf carnival support

**The Nippers program** is only one part of Club operations and is run by a separate *sub*-committee of the Club known as the Junior Activities Sub Committee - JASC. **The JASC** consists of the following member positions:

- Chairperson
- Vice Chairperson
- Secretary
- Treasurer
- Registrar
- Beach Superintendent
- Water Safety Supervisor
- Gear and Maintenance Officer
- Publicity Officer
- Sponsorship Coordinator

In addition to the official positions on the JASC, additional support positions are in place to help run the Club, including

- Competition Manager
- Social Support Member
- Awards Support Member
- Clothing Coordinator



## Section 4

# Carnivals & Competition

### 1. Introduction

Nippers become eligible to participate at surf carnivals starting from the U8 age group. Sawtell SLSC encourages all eligible Nippers to participate in carnivals. Carnivals are a wonderful opportunity for Nippers to socialise, push themselves a little and become a part of the overall surf-sport spectacle. Carnivals involve both individual and team events in several disciplines. Team events especially, provide Nippers with opportunities to work together, practice sportsmanship, share the highs and lows of competition and foster a spirit of camaraderie.

**Parents are requested and encouraged to assist all the members of their Club and especially the Club's setup and pack-up operations during Carnival and Competition events.**

### 2. List of Carnivals

Sawtell Surf Life Saving Club is affiliated with the **North Coast Branch** of the Surf Lifesaving Australia Movement. The Clubs which form the North Coast Branch are Woolli, Minnie Water, Red Rock, Woolgoolga, Coffs Harbour, Sawtell, North Beach, Urunga and Nambucca Heads.

- Annual Club Championships are held at Sawtell – in January.
- Three Branch carnivals are held each season (Jetty and Woolgoolga). Competition points from these carnivals count toward selection for the Interbranch Carnival.
- The annual Branch Championships are held at a local Club (rotating venue) - usually in February.
- The annual Interbranch Carnival is typically held early mid-December.
- The annual NSW Country Championships carnival is typically held early January or February
- The annual State Championships are typically held in March.
- The annual Australian Championships ('Aussies') are typically held at the end of March for U13's and over.

### 3. Entry Fees

The Club will cover the cost of fees for all North Coast Branch Carnivals and NSW Interbranch. Parents are responsible for NSW Country & NSW State Championships and Australian Championships ("Aussies"). Please refer to the *Club's* policy document or the **Competition Manager**.

### 4. Eligibility for Competition

- Potential competitors and their parent/guardian must be financial members of the Club.
- Potential competitors must have successfully completed their *Preliminary Evaluation* and *Competition Evaluation* swims (pool and ocean proficiency swims) - even if only participating in sand events.

### 5. Selection for Teams and Events

Team events are great fun and build team spirit. Nippers learn important values as part of a team such as working together, mateship, and sharing in the highs and lows of competition. We strongly encourage our Nippers to participate in team events. For many it is the highlight of the competition.

- If a competitor nominates and is subsequently selected for a Team event, there is an expectation of adhering to that commitment. Late withdrawals are accepted in case of an injury or any extreme circumstances. However, withdrawing from a Team without reason as mentioned above will affect other team members and may lead to exclusion from participation in competition.
- Team Selection is determined based on collaboration and discussion between the Competition Manager, Coaches and Age Managers.
- Performance is the main criterion. However, commitment, attitude, consistency in training and injury are also considered.
- All age relays (sprint and board) and March Past will be selected by the relevant discipline coach.
- Run Offs, Paddle Offs, and Swim Offs may be held at the discretion of the Age Managers or Coaches. Run-offs are likely to occur between male and female competitors for the All-Age Relay events and Cameron relay.
- Due to the complexities of the Board Rescue event, teams should be discussed by the Age Managers and Coaches earlier in the season. Board Rescue competitors are encouraged to train and complete in their teams to develop combinations.
- In most situations, the Age Manager will also be a parent of one of the potential team members. As Age managers cannot be removed from this selection process, impartial objectivity is essential to avoid any conflict of interest, and they should advise the JASC chairperson of their selection

- A higher-performing Nipper from a lower age group *may* be selected for a higher age-group team, however, not at the expense of a willing nipper in that higher age-group. i.e. *Age-group has priority over performance*.
- It is inappropriate for parents to approach Age Managers, Coaches or other competitors with complaints about team selection or negative comments about any competitor's performance. Such behaviour will not be tolerated by Sawtell SLSC. Equally poor sportsmanship and sledging by competitors will not be condoned and will result in exclusion from individual events and or removal from the beach as a minimum.
- If a competitor does not wish to be considered for a team event, they are to inform the age manager and coaches when indicating entry for a carnival. (For team events at Country, State and Aussie Championships.)

## 6. Responsibility

- The *Competition Manager* has overall responsibility for the Club's representation at a carnival.
- The *Age Manager* has overall responsibility for their group. Jobs include ensuring competitors have registered; rollcall; organising teams; warm-up; checking-off competitors at an event; being available during and after an event should assistance be required.
- The *competitor* is responsible for their own behaviour, sportsmanship, care of equipment, professionalism, representation of Sawtell SLSC, getting to events on time.
- Parents/carers will support their kids and Sawtell Nippers.

## 7. Before the Carnival

- Prepare all equipment and clothing etc. (see checklist).
- Board paddlers must ensure their board has been scrutineered and has a scrutineer sticker on it *before* participation. Competitor's using Club-owned boards are reminded of their duty of care for that board.

## 8. On Arrival at the Carnival

- Competitors should arrive no later than 30 minutes prior to the start of marshalling for the first event.
- All Nippers should check in with their Age Manager and thereafter *keep* in contact with the Age Manager. When an event is called, the Age Manager will advise the relevant Nippers and arrange for them to proceed to the marshalling area. Parents should also maintain contact with the Age Manager.

## 9. During the Carnival

- Always Wear the competition-approved high-vis pink vest and the Club's competition cap (Black & White) when competing.
- Make good use of time! Due to factors beyond the Club's control, carnival organisation can sometimes result in a burst of successive events in a short space of time followed by periods of waiting for events. We encourage all carnival-goers to make the best of these situations, by socialising and recuperating in the slow times and communicating and assisting in the busy times.
- Competition areas are out of bounds to those not directly nominated as officials for that area. A Club, competitor or Team may be disqualified for any breach.
- Parent/s or guardian must always be present.
- Ensure adequate fluid intake, healthy high-energy food, shade, warm/cool clothing and regular application of sunscreen.
- At the conclusion of a race, Nippers should remain at the finish line, wearing their club cap, until dismissed by officials.

## 10. At Completion of the Carnival

- Parents are required to assist in the packing up of tents and equipment and ensure the club area is left clean.
- Parents and Nippers need to ensure that their Age Manager has signed them off.

## 11. Code of Conduct

- Parents, Age Managers and Nippers are reminded of the Club's Code of Conduct and the broader theme of decency, good sportsmanship and Club representation.
- Parents who wish to register a complaint in relation to Team Selection may approach the JASC Chairperson or the Club President. Under no circumstances should parents *approach Age Managers, other parents or competitors*.

- All members are requested to read and understand the complete version of Sawtell SLSC Code of Conduct at the end of this handbook.

## 12. Reserves/Substitutes

Occasionally at a carnival, a competitor may not be able to compete in an event due to circumstances beyond their control. In such cases the Age Manager may select a substitute. Also, if an athlete is not within the competition area when the event is being marshalled, the Age Manager or Competition Manager may immediately substitute the athlete for a reserve. However, if that team then qualifies for the next round, the Coach or Competition Manager may select the original competitor to compete in that round.

## 13. Protests

SLSA Surf Sports Manual stipulates SLSA policy which allows for **competitors and Team Managers** (Sawtell Competition Manager) to lodge protests **under certain conditions**. Protests must be lodged within five minutes of the conclusion of that event. If parents choose to lodge a protest, they must report to the Age Manager who will report to the Team Manager – **parents and Age Managers must not approach Carnival Officials unless accompanied by the Team Manager.** *Failure to do so may result in disqualification of the club.*

## 14. Competition Events

- **Swim Race:** Competitors commence from the start line on the beach, swim around the buoys and return to finish between the designated flags.
- **Board Race:** U9 and U10 use foam boards, older ages use fibreglass boards. Competitors commence from the start line on the beach, paddle around the buoys and return to finish between the designated flags. The finish is judged on the chest of the competitor crossing the judging line on his/her feet whilst holding the board.
- **Iron person:** Competitors swim around the buoys, return to the beach, run around the flags, pick up their board on the start/change-over line and enter the water for the board section which follows the same route toward the finish line.
- **Wading Race:** (U8) Run through knee to waist high surf. The competitors may wade, dive and/or swim their way around the water section of the course.
- **Wade Relay:** Involves the same course as the Wading Race but with teams of 4 members. Each member completes the course and must tag the next competitor until all have completed the course.
- **Swim Teams:** Involves 4 members swimming the same course as the swim events. Each finishing member of the team is given a place number and the team with the lowest score is the winner.
- **Board Relay:** Follows the board course and involves teams of 3 competitors.
- **Cameron Relay:** (U11 to U14). Team consists of 4 competitors, a swimmer, 2 sprinters and a board paddler. Sequence is usually, swim-sprint-board-sprint.
- **Board Rescue:** For ages U11 to U14. Teams comprise of a patient and a rescuer. The patients shall swim to their allotted buoy and signify their arrival by touching the buoy with one hand and raising the other arm in a vertical position. The patient should then wait on the seaward side of the buoy. On receiving the signal, the Rescuer paddles to the allotted buoy where the patient is then positioned on the front of the board. Competitors return to shore passing through the Rescue competition line, *both* in contact with the board.
- **Beach Sprint:** Competitors take up their positions on the instruction of the starter, followed by a whistle blast.
- **Beach Relay:** Teams consist of 4 members.
- **All Age Relay:** Teams consist of 7 members, each from a different age group (U8 to U14). Competitors run in order from youngest to oldest.
- **Beach Flags:** Batons are positioned in a line parallel to the start line and will be approximately in the centre of the space between competitors. Competitors lie face down, with their toes on the start line, heels together, hands on top of each other with fingertips to wrist and their head up. Elbows must be extended forward so that the chest lies flat on the sand. No scooping of sand or digging in the feet is permitted. On the command "Heads Down" the competitors stretch their chins forward and place their chin on their hands and await the start. At the starter's whistle blast, the competitor shall get to his/her feet as quickly as possible and sprint to obtain a baton.
- **March Past:** The March Past event is one of the traditional events held at a Nippers carnival and other competition is stopped where necessary to allow members to participate. It is the ultimate team event with 12 members marching in unison. They are judged on such things as arm swing, leg action, body carriage and the team's ability to hold their formation throughout the march. This is an opportunity to demonstrate club pride and commitment to excellence.

- **Rescue & Resuscitation:** R&R is another surf lifesaving event with a proud tradition, the event simulates the rescue and resuscitation of a 'patient' and the teams are assessed on areas such as marching, uniformity and following correct resuscitation procedure. Two person R&R is for members from U10's to U14's. One **team** member is the 'patient' and the other performs the rescue. The competition is held on the water's edge and does not require swimming. Five person R&R is for the U12's to U14's. It is based on the traditional method of performing rescues with the reel, line and belt. The team members fill the role of patient, beltman, reel-man, and linesman who simulate a rescue, carry the patient from the water and resuscitate them. The rescue is done in waist deep water only. Both events provide members with excellent resuscitation and teamwork skills.
- **The Buchanan Relay:** Mix of 4 x U/8s (wade & 3 runners), 1 x U/10 (swim), 1 x U/9 (board)

### **Nippers Carnival Checklist**

- Club Cap
- Swim cap (if desired)
- Competition-approved* pink hi-vis rashie
- Shade Shirt (use during marshalling, etc for sun-protection)
- Broad-brimmed hat
- Towels
- Goggles
- Water Bottle/Drinks
- Snacks/Food
- (Black) Bathers/Swimmers
- Warm Clothes
- Labels on clothing, equipment if required.
- Sunscreen
- Beach Coat/Hoodie
- Sunglasses
- Raincoat, umbrella
- Bag/Carryall
- Board/wax
- Folding chair
- Beach umbrella

## Section 5

**Boards & Other Equipment**

The following points are extracts from the Sawtell SLSC Bylaws, which is the overriding authority.

- Gear Steward is responsible for all gear and its maintenance.
- Rostered patrols have priority on any craft and equipment.
- Members must take every care to maintain the good condition of Club equipment.
- If any equipment is damaged while being used by a member it must be reported immediately to the Gear and Maintenance Officer and/or the Competition Manager (if during training or competition).
- Members using Club craft (board, ski or other) for competition or competition training, are responsible for getting the craft to and from the water and for the condition of the craft while in their use, and for washing and storing it appropriately after use.
- Members using craft or equipment for competition or competition training are to adhere to any conditions issued and amended by the Gear and Maintenance Officer and the Competition Manager; Club craft may have to be shared with other Sawtell Nipper competitors.
- All members using the gym need to complete an induction to the gym so they are aware of any conditions regarding the use of the gym that may be issued and amended by the Committee from time to time. These conditions will be posted on the notice board in the gym.

## Section 6

**Parents**

Nipper programs all over the country, operate entirely from volunteer help. And generally, the more you get involved, the more your child will enjoy Nippers and the more rewarding it is for you.

Please note that at least one parent/guardian/carer of each Nipper must be a 'Member' of Sawtell SLSC and the Club values all contributions from parents.

**At Nippers registration we will discuss your involvement. The expectation is that every parent will take on a role so that the Nipper program can run smoothly.**

Roles include:

- Committee Members.
- Age Managers and Assistant Age Managers.
- Water Safety Personnel (must hold SRC or Bronze Medallion).
- Officials
- Beach Captain
- IRB Crew and drivers
- Board training coaches and assistant coaches
- Equipment management
- Set-up (8AM) and pack-up (11AM) of beach equipment each Sunday.
- Education & training personnel
- Fundraising coordinators
- Carnival assistance (set up, pack-up)
- Carnival official (training provided)
- Social committee (carnival BBQs, social events, presentations etc).

**Water Safety Personnel (WSP) are always needed!**

Interested parents are encouraged to obtain their Bronze Medallion and become Water Safety Personnel (WSP). As Nipper activities cannot be conducted without the requisite number of WSP (set by SLSA), it is essential that *as many parents as possible* obtain their Bronze Medallion to assist with water safety. Activities cannot be conducted without the required ratio of WSP.

Further information about the Bronze Medallion course can be obtained from the Club's Training Officer.

**Carnival Officials are always needed!**

At carnivals, each club is required to provide a minimum number of water safety and carnival officials. A 'Carnival Officials' course is also available for interested parents and is a great way for you to contribute as a parent helper.

**Important Reminder:**

**A parent or guardian MUST be at the beach with your child at all times during junior activities.**

## Section 7

## Sawtell SLSC

### Members Code of Conduct

1. Respect the rights, dignity and worth of others.
2. Be fair, equitable, considerate and honest in all dealings with others.
3. Be open to feedback and accept responsibility for your actions.
4. Be familiar with, and maintain an uncompromising adherence to, all SLSA standards, rules, regulations and policies.
5. Use Club facilities and equipment appropriately, taking care of such facilities and equipment correctly.
6. Refrain from any action that may abuse, harass or intimidate others.
7. Preserve and protect the standing and reputation of SLSA.
8. Understand the consequences of any breach of SLSA's Member Protection Policy or Codes of Conduct.

#### Spectators.

1. Children play sports for fun. Children do not play for the entertainment of spectators, nor are they miniature professionals.
2. Applaud good performances, and the efforts of your child, and his/her opponents. Congratulate *both* on their performances, regardless of the outcome.
3. Respect the official's decision. If there is a disagreement, follow the appropriate procedures to appeal decisions. Teach the children to do likewise.
4. Never ridicule or scold a child for making a mistake during competition. Positive comments are motivational.
5. Condemn the use of violence in any form, be it from spectators, officials or participants.
6. Encourage competitors to compete according to the rules and officials' decision.
7. Demonstrate appropriate social behaviour by not using bad language, harassing competitors, Age Managers or officials.
8. Relax and enjoy yourself.

#### Competitors.

1. Compete for fun and not just to please parents or Age Managers.
2. Always play by the rules.
3. Never argue with an official. If you disagree, ask your Age Manager to approach officials in the proper manner.
4. Verbal abuse of officials or other competitors, deliberately fouling or provoking others, is not acceptable, nor permitted in any sport.
5. Work equally hard for yourself and for your team.
6. Be a good sport. Cheer ALL competitors.
7. Treat all competitors as you would like to be treated.
8. Do not interfere with, bully or take advantage of another competitor.
9. Cooperate with your Age Manager, teammates and opponents. Without them there is no competition.
10. ENJOY YOURSELF!

#### Parents.

1. If children are interested, encourage them. If they are not willing, do not force them.
2. Focus on the child's efforts and performance rather than the overall outcome of an event. Help the child set realistic goals related to their ability, rather than focus on the emphasis on winning.
3. Teach them that an honest effort is just as important as victory so that each result can be accepted without undue disappointment.
4. Encourage children to play according to the rules.
5. Remember children learn best by example. Applaud good performances by all.
6. Support efforts to remove verbal and physical abuse from sport.
7. Recognise the value and importance of helping and becoming involved. Even the smallest amount of help will be appreciated.
8. *Parents are NOT to approach the Age Manager, other parents or competitors regarding team selection;* however, parents may contact the Competition Manager or the JASC Chairperson.