

## Training nights Friday 5pm to 6.30pm

### OUR NEW NIPPER COORDINATORS

**GREG COHEN** (Greg has been involved in running nipper training as an Age Manager and watersafety at Frankston Lifesaving Club for a number of years.)

**KIRSTY SEYMON** Kirsty has been a lifesaver since a teenager. She has run a nippers program at another club for many years, she was involved in training our cadets (13 TO 18 year olds last season). She will be taking on the administrative side of running nippers. She will be involved in nippers night during school holidays as she teaches swimming on Friday nights.

Training will begin on Friday 6<sup>th</sup> November, This is also going to be **CLUB REGISTRATION DAY**

#### **\*\*\*\*\* IMPORTANT INFORMATION\*\*\*\*\***

**Under the LIFESAVING VICTORIA Member Protection Policy all Lifesaving Club members are required to hold a current “Working With Children’s Check”, it is a requirement that the club receive a copy of the of the member’s volunteer application receipt number and, when issued, volunteer WWC Check card number.**

**THEREFORE at the time of renewing club registration or joining the club we require you to provide your WWCC application receipt or WWCC card number.**

(at the bottom of this document is information regarding what you need to put on the form for Frankston Lifesaving Club)

\*\*\*\*We are going to attempt this season to provide information on the website <http://www.frankstonlsc.org.au/> rather than sending out emails with information so please keep a check on the website, (Nippers Page and Clubbies Corner Page)\*\*\*\*

IF YOU WERE INVOLVED IN NIPPERS LAST SEASON YOU WILL KNOW THAT THERE ARE A LARGE NUMBER OF CHILDREN INVOLVED IN NIPPERS. WE EXPECT THAT THERE WILL BE A LOT MORE WANTING TO JOIN UP THIS SEASON. IN ORDER FOR US TO RUN A SUCCESSFUL NIPPERS PROGRAM WE NEED VOLUNTEERS TO OBTAIN THEIR WATERSAFETY QUALIFICATIONS OR THEIR AGEMANAGERS QUALIFICATIONS AND ASSIST WITH THE NIPPER PROGRAM. THE INFORMATION ABOUT THESE QUALIFICATIONS ARE LISTED FURTHER ON IN THIS DOCUMENT. PLEASE CONSIDER COMPLETING ONE OF THESE QUALIFICATIONS

There may be some Friday nights that do not run due to inadequate numbers for watersafety and/or agemanagers. (These often happen when there is a LifeSaving Victoria nippers carnival on the next day (Saturday) as many of the agemanagers and watersafety are attending the carnival.) Friday 5<sup>th</sup> of March is more than likely to be a non nippers night as the State Nipper and Senior Championships begin at 8am on Saturday 6<sup>th</sup> March at Lakes Entrance. Decisions regarding these days have not been made as yet but information will be provided on the website on the nippers and clubbies corner page prior to the day.

Due to the numbers of nippers we cannot run training indoors if the weather is too wet or unsafe to have the kids training on the beach therefore when we have extreme weather conditions Friday training will be cancelled

Because we have a lot of children enrolled in nippers it is not practical to contact everyone if training is going to be cancelled, we therefore we are ask parents to use their discretion as to whether they bring their kids along to Friday night training when the weather is too extreme.

Please note however, if the weather is such that the children cannot go in the water but it is ok for running beach activities training will run on the beach.

When you arrive at the beach on nippers night. Sign your child in on the list (if not on list write their name on the list according to the following information) Red Caps – Under 6 & 7, Yellow Cap – Under 8 & 9, Under 10 & 11 blue cap, Under 12, 13, & 14 Club Cap. Collect the appropriate colour cap and line up with the colour group. (If no caps left use your club cap) They can be purchased at the uniform shop for \$10.

Please Note the following expectations:

- Nippers are not permitted to leave the beach during the session unless accompanied by a parent/guardian.
- Parents must notify Age Managers if they are removing their child from the group before the scheduled finish time.
- **Parents are expected to assist the running of the program.**
- It is the responsibility of parents to ensure Nippers are Sun Smart and well hydrated while on the beach. It is strongly advisable that Nippers wear a wetsuit to protect against cold conditions.
- **Nippers must be supervised by parents after nippers training if they are staying in the water and must remove their training cap and wear their club cap if using equipment after training.**
- **No equipment to be used before nippers program.**
- **Nippers is not intended as a swimming lesson. All people running nippers are parents, not swimming teachers.**

Everyone who helps with anything to do with running nippers is doing it on a voluntary basis. Most people are parents of nippers attending nippers. The more people who help out the better the program is for the nippers.

Every family is expected to help in some way throughout the season. Although we have Age Managers and Watersafety people working with the nippers there is also a need for other people to be with each group to help manage the nippers and run the activities. To facilitate this every family will be rostered on one or more nights throughout the season with each of the groups. (You will be put with a group that one of your nippers is in).

What is expected of the person when they are rostered on for the night.

- Stay with the coloured group you are rostered with.
- Assist the age manager with, organising the activities, eg setting out flags, marshalling children etc.(this is a great way to learn about the activities the nippers do on nippers nights.
- Assist the Age manager supervising and controlling the nippers.
- After training, assist with packing up equipment boards etc.
- Assist with cleaning out the downstairs clubrooms so they are ready for the patrollers the next day, (sweeping sand out of the clubroom entry, cleaning out the changerooms, putting all the rubbish out of the small bins into the wheelie bin)

### **CARNIVALS (Competition)**

There are a number of Lifesaving Victoria Carnivals throughout the season for under 8 agegroup up

*\*\*STATE Championships are usually held on the Long Weekend in March*

If nippers are intending to compete at Lifesaving Victoria Carnivals -parents **must** notify the carnival organiser by the week prior to the carnival, so the nippers can be registered. (there will be a list to mark down you intention of attending these carnivals on Nippers training nights)

PLEASE Note the club is charged double the carnival fee for late entries.

## **Awards:**

Children need to have the following abilities in order to participate in nipper activities.

### To Participate in Nipper Program at Club

#### Preliminary Skill Evaluatin (Still Water eg:pool)

Under 6 Nil Shallow water activities

Under 7 Nil Shallow water activities

Under 8 25 metre swim (any stroke)/ 1 minute survival float deep)

Under 9 25 metre swim (any stroke)/ 1 minute survival float water)

Under 10 25 metre swim (freestyle)/ 1 1/2 minute survival float water)

Under 11 50 metre swim (freestyle)/ 2 minute survival float water)

Under 12 100 metre swim (freestyle)/ 2 minute survival float water)

Under 13 150 metre swim (freestyle)/ 3 minute survival float water)

Under 14 200 metre swim (freestyle) -less than 5 minutes

### To Compete at Life Saving Victoria Competitions

#### Competition Evaluation (Beach/Open water)S-Badge

Nil - Shallow water activities

Nil - Shallow water activities

Nil - (No Competition in water except wade -waste

Run -Swim- Run 50m-150m-50m (open

Run -Swim- Run 50m-150m-50m (open

Run -Swim- Run 50m-288m-50m (open

Run -Swim- Run 50m-288m-50m (open

Run -Swim- Run 100m-288m-100m (open

Surf Rescue Certificate

Lifesaving carnivals are run at Bay Beaches and at Surf Beaches.

When children compete at lifesaving carnivals there are water events, for children to be capable of competing in the water safely they need to have a certain level of fitness and swimming ability.

Therefore Lifesaving has an ability assessment called the Pre Competition S-Badge. We have to assess all children wanting to compete at carnivals for the S-Badge. The children who pass this assessment receive a badge which they have sewn on to their bathers.

Anyone who does not have the S-Badge on their bathers at a carnival cannot compete.

This season we will assess only assess the children for their S-Badge if they are going to compete at Lifesaving Victoria Carnivals. If you want your child assess you will need to let Greg Cohen know.

**Please Note: S-Badges must be completed by 31<sup>st</sup> December in the current season to be eligible to compete at the Life Saving Victoria State Championships for the season These are usually held on the long weekend in March.**

(NB: Under 14 agegroup children competing at carnivals also have to have their SRC (Surf Rescue Certificate). Training and assessment dates for this have been advertised on Clubbies corner and are part of the Senior awards.)

Please remember, even though your child might be able to swim 50 or 100 metres in a swimming pool it is a lot more difficult to do this in the open water especially in surf. The water events at a lifesaving carnival usually require children to swim even further than the above distances therefore it is very important that when we assess children that we make sure they complete the above S-Badge requirements competently. If your child does not achieve their S-Badge on the first try it may be a good idea to give them some extra swimming practice either at a pool or the beach before trying again.

Please note the S-Badge is only required if your child is going to compete at carnivals in **water** events.

If you don't believe your child will be able to achieve their S-Badge please let us know.

### Surf Education

When we run groups on nippers night we cover a number of lifesaving skills. These skill lead toward the children being awarded the following awards.

- Under 6 & 7: Surf Play (1 and 2)
- Under 8 & 9: Surf Aware (1 and 2)
- Under 10 & 11: Surf Safety (1 and 2)
- Under 12 & 13: Surf Smart (1 and 2)

You need to notify carnival organiser well in advance if your child intends to compete at the State Championships as all nippers competing are required to have the relevant Surf Ed Award processed, usually by the end of January.

## **WATER SAFETY**

We need to have people qualified in Watersafety in order to run nipper's training, we cannot let the nippers go in the water without this. Due to this we have to cap the number of nippers who can go into the water according to the numbers of watersafety we have in attendance on nipper night.

Each year we offer the Surf Life Saving Bronze Medallion course to parents. great opportunity for you to improve your fitness and develop your understanding of surf and life saving skills. (You never know when you might need them!) The program also ensures that we have a group of parents who are qualified to run water activities each year; however we never seem to have enough.

### ***A candidate***

- Must be a minimum of 15 years of age on the date of examination

The requirements for a Bronze are:

- Certificate II in Public Safety (Aquatic Rescue)
- Signals – 10 correct
- 200m Run – 200m Swim – 200m Run (8 minutes or less)
- Board or Tube rescue (flippers optional)
- A patient assessment on a live patient and demonstration of lateral
- Position
- 1 & 2 Person CPR on a Manikin (adult or child or infant), including O2 supplemented CPR
- Theory Assessment Paper
- Must be a financial member of the club

If you are interested in completing this certificate the 1<sup>st</sup> training is Sun 18<sup>th</sup> Oct week 1, Sat 24<sup>th</sup> Oct week 2, Sat 31<sup>st</sup> Oct week 3 and Sat 7<sup>th</sup> Nov week 4 with the assessment on Sunday 8<sup>th</sup> Nov This will be run at Frankston Lifesaving Club 9 am to approx 5pm by Craig Stoodley. crstoods@bigpond.net.au

Nippers who are 13 years old and up can complete a certificate SRC (Surf Rescue Certificate) and act as watersafety on nippers nights and at nipper carnivals. The training dates are the same as above.

The requirements of this are:

- Signals – 10 correct
- 100m Run – 100m Swim – 100m Run (5 minutes or less)
- Board or Tube rescue (flippers optional)
- A patient assessment on a live patient and demonstration of lateral
- position
- 1 & 2 Person CPR on a Manikin (adult or child or infant),
- Theory Assessment Paper

### **Age Managers:**

Many of our Age Managers also hold watersafety certificates, but not all. To become an age manager you need to complete a course complete an online course on the Lifesaving Victoria website. The job of the an Age Manager is to organize and run the activities on the beach and in the water on Nipper training night. If you are interested in doing this please let us know and we can get you into a course. (the above watersafety qualification are not required for this certificate).

\*\*\*\*Please note: membership fees are reduced (\$20 less in family membership) for members who complete watersafety/age managers courses and help run nippers training.

## **FUNDRAISING**

As the club is a voluntary organization we need to fundraise to run the nippers program.

We have some fundraising activities already scheduled and we need volunteers to help with these.

**The last few years we have run a BUNNINGS BBQ.**

**We also run a canshake twice a year. You will be notified of the dates**

We try to have Sausages for \$2 available after training each nippers night, the bar is also open so come upstairs after training, it's a great way to meet other members.

**WE NEED VOLUNTEERS PREPARED TO ORGANISE FUNDRAISING ACTIVITIES THEREFORE IF YOU ARE INTERESTED PLEASE LET US KNOW**

#### **Parents Code**

- Do not make an unwilling child participate in the activity
- Nippers should be involved in sport for their enjoyment, not yours
- Encourage nippers to play by the rules
- Encourage the effort being as important as the result
- Work towards improving skills and sportsmanship
- Do not yell or abuse a child for making a mistake
- Recognise and encourage good play or efforts
- Do not publicly question an official's decision

#### **WORKING WITH CHILDREN'S CHECK**

**There is no charge for a WWCC if it is for voluntary activities.**

**Contact your nearest Australia Post Office to obtain an application form and lodge your form**

**Members are to complete the following standard LSV volunteer details**

#### **Details of Child-Related Work**

11. List the area(s) ...

***Use the following codes:***

**1 0** (overnight camps)

**70** (Clubs & Associations)

#### **Details of Organisation/s**

12. Which organisation(s) ...

Name of primary Organisation: ***Insert details for Life Saving Victoria***

**LIFE SAVING VICTORIA**

**200 THE BOULEVARD**

**PORT MELBOURNE VIC 3207**

**9676 6900**

Name of other Organisation: ***Insert details for your club, eg***

**Frankston Lifesaving Club**

**WELLS STREET**

**FRANKSTON VIC 3199**

**9783 9730**

#### **EXEMPTIONS**

The WWCC must be obtained by all members 18 years and over with **no exemptions** under this policy.

This includes members whose professions require a police check for employment purposes including teachers and police officers.

NB for existing members – this information is also on the back of your club membership renewal form. If you did not receive a renewal in the mail please contact Craig Stoodley