



2014/15 Nippers Information Manual

Nipper Delegates: James 0423 074 391, Ray 0424 699 193,
or email on nipper.delegate@cpslsc.org.au



Welcome to Cape Paterson Lifesaving Club

Congratulations on becoming part of this exciting program – we hope you will enjoy your time with the club. This booklet will provide you with all the information you need about the Nipper program. Please read it clearly and if there are any questions contact the Nipper Delegates.

If you have a child between 5 and 13 that loves the beach and you'd like them to learn some skills in the surf, then Cape Paterson Nippers is an excellent way to introduce your child to the surf and sand:

- ✓ Our Nipper program is for Children aged 5 (as at 30/09/2014) to 13 and includes developing surf awareness and surf education. Nippers will we learn skills on the beach and in the water whilst having fun.
- ✓ Following the Surf Education program, Nippers will have a good awareness of beach hazards such as waves and rips and also have a basic knowledge of resuscitation and first aid skills.
- ✓ Competition is offered that incorporates fun and teamwork. Events for Nippers involve swimming, board paddling, wadding, running, beach flags, and relays. Competition is optional.

WHAT DOES NIPPERS INVOLVE?

A basic knowledge of water safety is vital when swimming at the beach and the Nipper Program aims to teach children surf awareness, surf skills, lifesaving skills and competition / teamwork skills. Nippers should end up with a good awareness of beach hazards like surf and rips and a basic knowledge of resuscitation and first aid skills.

Children are allocated to their age groups (age taken as on 30 September) and an age-appropriate program is provided which includes theory and practical activities.

WHAT AGE GROUP WILL MY CHILD BE IN?

Age groups are calculated as follows:

Whatever age your child is on 30 September, 2014 is the age they will be recorded at for the entire season. I.e; if your child is 5 on the 30 September, 2014, they are in the Under 6 age level. If your child is 10 on the 30 September, 2014, they are in the under 11 age level, etc.

Age groups range from Under 6 through to Under 14, and children stay at that age level for the entire Nipper season.

WHAT ABOUT COMPETITION?

Competition is offered that incorporates fun and teamwork. Events for Nippers involve swimming, board paddling, wading, running, beach flags, "Iron Nipper" and relays. Refer to the Nippers Events Calendar for competition dates.

All children who wish to compete at carnivals must obtain their Proficiency badge (S Badge). This is typically assessed at the start of the season. There will be opportunities for re-assessing throughout January if requested.



“S BADGE”

To maintain safety and lifesaving standards, Surf Life Saving Australia has a set of standards of competency that Nippers must achieve before being eligible to compete in water events at carnivals. Nipper Delegates or nominated Club representative will test and assess this ability.

All competing swimmers are required to complete an annual “S” Badge Proficiency test which will be valid until 31 December the following year.

Once your child obtains their “S” Badge their results will be entered on the Surf Life Saving Australia database.

Nippers will not be able to participate in water events at carnivals if they have not completed their “S” badge and had their result entered on the SLSA database. Carnival race organisers will check each nipper prior to the carnival event to ensure that they have achieved their “S” badge.

(NB: actual badges are no longer handed out to Nippers, as has been the case in previous years)

SAFETY GUIDELINES – HI-VIS VEST

Surf Life Saving Australia introduced a new safety requirement for season 2011-12.

ALL Nippers competing at carnivals **MUST** wear an approved fluorescent high visibility vest during **ALL** water events. **This has also become mandatory during local Nipper sessions throughout Surf Life Saving Clubs.**

To comply with these changing requirements, Nippers enrolling with Cape Paterson SLSC will be required to wear the approved high visibility vest at each Nippers session. Nippers from last season should retain this vest for use this coming summer; for newcomers, or kids who have outgrown theirs, new vests are available for \$20.

WHEN AND WHERE?

Please refer to the Nipper events calendar for all sessions dates and session times. This calendar also outlines all social activities offered for Nippers. We meet at the Cape Paterson Surf Life Saving Club and head down to First Surf beach for practical activities.

WHAT DOES NIPPERS COST?

Fees must be paid before your Nipper can commence training. Payment ensures your child is insured by Life Saving Victoria. You can secure “Early Bird” fees (see below) by registering on or before December 1, 2014).

Fees are as follows:

\$95.00 – First Nipper (this included one parent associate member) (*Early Bird: \$90*)

\$65.00 – All subsequent Nippers (*Early Bird: \$60*)

Another option is to join the club under a Nipper Family Membership Package:

* 2 adults + 1 child/student – \$130 (*Early Bird: \$120*)

* 2 adults + 2 children/students – \$190 (*Early Bird: \$180*)

* 2 adults + 3 children/students – \$240 (*Early Bird: \$230*)



HOW DO I JOIN THE CAPE PATERSON NIPPERS PROGRAM?

Online registrations are currently open. This is the best way to join as you will secure your child's place. There are limited spots available for the program, so get in early!

We also have a registration session at Cape Paterson Surf Life Saving club on 27 December, 2014 between 2-4pm (followed by the first Nippers session).

TO GUARANTEE YOUR PLACE REGISTER ONLINE AS EARLY AS POSSIBLE.

WHAT FORMS DO I NEED TO FILL OUT?

After joining and paying online, the Parent support form and Nipper medical form need to be completed. These forms **MUST** be posted in prior to first session. If your child completes swimming lessons with a school or club, a photocopy of their current level certificate must be provided.

Postal Address:

NIPPER DELEGATES

Cape Paterson Surf Life Saving Club

PO BOX 192 Camberwell

Camberwell, VIC, 3124

Nippers **WILL NOT** be able to attend sessions until these forms are received. These forms can be found at the end of this booklet – please do not put multiple Nippers on single forms.

IS THERE NIPPERS APPAREL?

There is a range of Cape Paterson Nipper Apparel, including rash vests both short and long sleeve, bathers, tracksuit pants, hoodies, wide brim hats and much more. These can be purchased throughout the season. Nipper Caps be purchased at the registration day and first session.

Club Caps and Wide brim sun smart hats are compulsory so we can identify Nippers on the beach and in the water.

WHAT SHOULD I BRING TO NIPPERS?

It is the responsibility of parents to ensure Nippers are Sun Smart and well hydrated while on the beach. A hat and nipper cap is compulsory to all sessions. Bathers, rash vest, towel, sunscreen, drink bottle and warm clothes are necessary. Optional: goggles, wet suit.

SAFETY

As you will appreciate with our program being run by parent volunteers, we do not provide a "Swim School" program. Safety is most important. Our surf lifesavers provide water safety however we encourage parents to also jump in and help.



WHAT HAPPENS WITH INCLEMENT WEATHER?

In the event of heavy rain or extreme heat (38 degrees) nipper session will not run. A notice will be placed at the club gates informing you of this status and a text message will be sent if you have included your mobile in the membership application.

DO I NEED TO SUPERVISE MY CHILD WHILE AT NIPPERS?

All Nippers need to be supervised during Nipper Sessions. This is a legal requirement. Please do not use Nipper sessions as a baby-sitting service.

NIPPER BOARDS

Cape Paterson Life Saving Club is a well-equipped club. During Nipper sessions they will be taught how to use and care for boards. This includes how to take gear out and return it correctly without damaging it.

If Nippers wish to use the club equipment outside nipper training sessions, they may do so only during patrols and when accompanied by an adult. Equipment must be returned at the end of patrol. Supervision is required to make sure equipment is not damaged, and is returned clean and to the correct storage area.

WHAT PARENT / GUARDIANS CAN DO TO HELP?

Parents can become involved and are encouraged to in many areas of club activity, such as:

- ✓ Age Group Managers
- ✓ Parent / Guardian Helpers
- ✓ General 'hands on' whilst Nippers are training on the beach;
- ✓ Cook the BBQ after Nippers
- ✓ Supporting the club fundraising events and social outings.

Nipper Age Managers are volunteers who run one of the age levels. Age managers are given training and all the resources required to run each session (Please note: a "Working With Children Check" is required for all Age Managers). The Nipper Delegates are always available for assistance with any questions age managers have.

Nipper helpers assist the Age Group Manager with their age group. They help run games and activities throughout sessions. They always help with water safety when the age group is doing swimming, wade or board work.

Nipper BBQ is cooked by Nipper Parents / Guardians each Saturday. We encourage you to put your name down for these fundraising and social gathering events.

Parents / Guardians complete the Parent/Guardian Support form and can nominate to assist with one of the groups for all sessions or for a nominated day only.

WHAT HAPPENS WHEN MY CHILD IS TOO OLD FOR NIPPERS?

When your child turns 13 they can still be involved in Nippers and do their Surf Rescue Certificate (SRC) – the first formal step to lifesaving. If they complete their SRC they can patrol the beach. For more information on the SRC please contact the Junior Club Captain.



NIPPER SESSION RUNNING ORDER

Sign in: 9:20 – 9.30am

Welcome and Explanation of session: 9:30 – 9:40am

Nippers in session: 9:40 – 11:20am

Pack up of Equipment and back to club: 11:20 – 11:25am

Good bye and next session information: 11:25 – 11:30am

Sign off: 11:30 – 11:40am

All Nipper Parent / Guardians must sign in your Nippers before starting each session and sign off at the end of training in order to account for all children on the beach. This will happen at the clubhouse. Please arrive during sign in time to do this.

BASIC RESUSCITATION CERTIFICATE

Nippers aged 10 and upwards can complete their Basic Resuscitation Certificate in addition to the Nipper program. This certificate teaches them basic first aid and CPR skills. There is no additional cost to complete this program. Further information will be available at the first Nipper session.

CARNIVALS / COMPETITION

Nippers have the opportunity to compete at Junior Carnivals and our Club Championships throughout the season. We encourage all nippers to join in the fun and excitement of carnivals. As many families midway through January, we have moved the Club Championships forward this year to support participation numbers.

The club is charged a fee of \$15 per Nipper to assist with this commitment we ask for a \$5 entry fee for each Nipper to compete in the Junior Carnivals. This will be payable the weekend session prior to the carnival to secure entries. Club cap, wide brim hats, hi-visibility vest and long sleeve tops are compulsory at competitions.

Competition information will be available closer to the date.

SOCIAL AND FUNDRAISING EVENTS

We have several social events arranged throughout the season including Tin Shake, Nippers Night Outs, Snail Race, and BBQs. Please refer below for more information

WHO SHOULD I CONTACT IF I WANT MORE INFORMATION?

If you would like more information about our Nipper program at Cape Paterson please contact our Nipper Co-ordinator James Weston 0423 074 391 or Ray Rust 0424 699 193 or email nipper.delegate@cpslsc.org.au



Nipper Calendar 2014-15

Dec 27	Nippers Registration & Apparel sale	2.00 – 4.00pm
Dec 27	Nipper Session #1 (followed by Nip'n'Sip)	4.00 – 6.00pm
Dec 29	Nipper Session #2	9.30 – 11.30am
Dec 30	Nipper Session #3	9.30 – 11.30am
	<i>Optional: Resus and Emergency Care (Under 10-14)</i>	
Dec 31	Tin Rattle / Sausage Sizzle in Wonthaggi	9.30 →
Jan 2	Nipper Session #4	9.30 – 11.30am
	<i>Optional: Resus and Emergency Care (Under 10-14)</i>	
Jan 3	Tin Rattle around Cape Paterson	9.30 – 11.30am
	Nipper Session #5 (followed by Nip'n'Sip)	4.00 – 6.00pm
Jan 5	Nipper Session #6	9.30 – 11.30am
Jan 6	Nipper Session #7	9.30 – 11.30am
Jan 8	Nipper Session #8	9.30 – 11.30am
Jan 9	Nipper Session #9	9.30 – 11.30am
Jan 10	Nipper Session #10 – Nippers Club Championships and BBQ Lunch	
		9.30 – 11.30am
Jan 14	Nipper Session #11	9.30 – 11.30am
Jan 17	Nipper Session #12 (followed by Nip'n'Sip)	4.00 – 6.00pm
Jan 21	Nipper Session #13	9.30 – 11.30am
Jan 24	Nipper Session #14 (followed by Nip'n'Sip)	4.00 – 6.00pm

Contacts:

Email: nipper.delegate@cpslsc.org.au

James Weston 0423 074 391

Ray Rust 0424 699 193

NB: dates subject to change



NIPPER PUBLICITY – NIPPER IMAGES

Dear Parents,

At Cape Paterson Surf Life Saving Club, we celebrate the efforts of our Nippers by mentioning their participation in events and their achievements in our newsletter and website.

Occasionally, photographs of Nippers are included in promotional and advertising material for the club. We also use photographs of Nippers in our Annual Report and Promotional Flyers.

We invite local press to events and they are expected to follow Nipper policy on the publication of photographs of Nippers. Our club website is now operational so photographs of events may be entered on the site. Individual and Group photos will be published and Nippers identified by their first name and age level.

If you do not want your child's photo taken or included in the above mentioned publications please contact the Nipper Delegates.

James Weston and Ray Rust
Nipper Delegates, CPSLSC



Cape Paterson Surf Life Saving Club Nipper Medical Information Form

Nipper's Name: _____

Photo Permission: Yes or No Sex: M / F Date of Birth: _____

Nipper Age Group – age at September 30, 2014: (please circle one)

Under 6 Under 7 Under 8 Under 9 Under 10 Under 11 Under 12 Under 13 Under 14

Primary Address while at Nippers

Town: _____ Postcode: _____

1st Primary Carer's Name: _____ Relationship to Nipper: _____

Telephone Number: _____ Mobile Number: _____

2nd Primary Carer's Name: _____ Relationship to Nipper: _____

Telephone Number: _____ Mobile Number: _____

List any other family members attending Nippers: _____

Nipper Emergency Contact (*Only list if different from above*)

Name: _____

Telephone Number: _____ Mobile Number: _____

Relationship to Nipper: _____

Family Doctor's Name: _____

Address: _____

Telephone Number: _____

Current Ambulance Subscription: Yes or No



Swimming Ability

*If your child has completed swimming lessons please attach a photocopy of the swimming level they are up to. **All Nippers must be able to swim. Nippers is not a swim school program.***

The Nipper can swim: Yes or No

Swimming level (circle): Beginner Confident Experienced

Swimming School Certificate Attached: Yes or No

Medical Condition Details

Does the Nipper suffer from any of the following impairments (circle)?

Hearing

Vision

Speech

Mobility

Does your Nipper suffer from Asthma?

If yes please complete attached Asthma management plan (*follows*)

Does the Nipper have any other medical conditions? Yes or No

If yes, please specify: _____

Symptoms: _____

If my child displays any of the symptoms above please:

Inform Doctor: Yes or No

Inform Emergency contact: Yes or No

Administer Medication: Yes or No

Other: _____

Does the Nipper take Medication? Yes or No

Name of Medication: _____

Is this medication take regularly or only in response to symptoms?: Preventative or Response

Indicate usual dose of medication taken: _____

Indicate how frequently the medication is taken: _____



Medication is usually administered by: Nipper Age Manager Other: _____

Medication is stored: with Nipper with Age Manager Other: _____

In the event of illness to my child whilst at Nippers, I authorise the Age Manager or Nipper Delegate, where necessary, to consent to my child receiving medical attention as may be deemed necessary by a medical practitioner and administer such first aid as the Age Manager or Nipper Delegate judge to be reasonably necessary.

Signature of Parent/Guardian: _____

Date: __/__/__



Nipper Asthma Management Plan



Nipper's name:		
Date of birth:	Medical practitioner contact:	
Asthma Medication at Nippers:		
Parent/career contact:	Parent/career information (1)	Parent/career information (2)
	Name:	Name:
	Relationship:	Relationship:
	Home phone:	Home phone:
	Mobile:	Mobile:
USUAL ASTHMA ACTION PLAN		
Usual signs of student's asthma Wheeze _____ Tightness in chest _____ Coughing _____ Difficulty breathing _____ Difficulty speaking _____ Other (please describe) _____	Worsening signs of student's asthma Increased signs of: Wheeze _____ Tightness in chest _____ Coughing _____ Difficulty breathing _____ Difficulty speaking _____ Other (please describe) _____	What triggers the student's asthma Exercise _____ (refer to managing EIA) Colds/Viruses _____ Pollens _____ Dust _____ Other Triggers (please describe) _____
Does the student need assistance taking their medication? Yes No If yes, how? _____		
Asthma medication requirements usually taken: (Including relievers, preventers, symptom controllers, combination)		
Name of Medication (e.g. Flixotide, Ventolin)	Method (e.g. puffer & spacer, dry powder inhaler)	When and how much? (e.g. at home, 1 puff in morning and 1 at night, before exercise)

Nipper's Asthma First Aid Plan (please be as detailed as possible):



Cape Paterson Surf Life Saving Club Nipper Anaphylaxis Management Plan

Nipper's name:		
Date of birth:	Medical practitioner contact:	
Severely allergic to:		
Medication at Nippers:		
Parent/carer contact:	Parent/carer information (1)	Parent/carer information (2)
	Name:	Name:
	Relationship:	Relationship:
	Home phone:	Home phone:
	Work phone:	Work phone:
	Mobile:	Mobile:
	Address:	Address:
Medical practitioner contact:		
Emergency care to be provided at Nippers in case of an allergic reaction:		
EpiPen® storage:		



Parent/Guardian Support Form

This is an expression of interest form. You will be contacted by the Nipper Delegates with a final roster and further information regarding your interest. Training will be available for all with regard to your role.

I would be interested in being an Age Manager for the age level written below.

Full Name: _____

Age Level: _____

** You will need to be available for majority of sessions. Please contact the Nipper Delegates if you are unsure if you are suitable. We can be very flexible.*

I would be interested in being a Parent / Guardian Helper for the age level written below.

Full Name: _____

Age level: _____

Contacts:

Email: nipper.delegate@cpslsc.org.au

James Weston 0423 074 391

Ray Rust 0424 699 193

I can run the BBQ on certain days (We need a few people to run the BBQ each time)

Full Name: _____

Dates and times: _____