



Port Nippers Information Guide 2022-2023

Port Melbourne Life Saving Club

This information guide provides details of the Port Melbourne Life Saving Club Nippers and Junior Life Saving Program for the coming season.

Finalist for 'Nipper Program of the Year – 2021-2022 Season'

Australian for life.



Port Nippers Information Guide 2022-2023

Port Melbourne Life Saving Club

Welcome

Welcome to the Port Melbourne LSC Nippers Program for the 2022-2023 Life Saving Season.

The Port Melbourne LSC has been running our Nippers Program for many years now, each year our program gets bigger and better as we experience the national trend of families returning to the beach and recognizing the quality of Junior Programs that Life Saving Clubs provide.

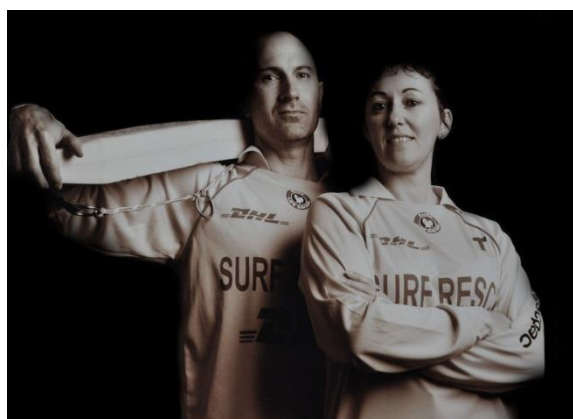
We strive each year to insure that the quality of our program is at the highest standards. We constantly update our equipment and ensure that the beach and Club Rooms are safe and welcoming.

As a small and friendly Life Saving Club the goal of our Nippers Program is to promote beach safety, community involvement, learn Life Saving Skills and most of all to have fun.

I look forward to seeing you all down the beach this summer and hope everyone has a great time at Port Nippers.

Darrel & Belinda Gill

(Chief Instructor & Nipper Coordinator & Age Managers)



The Team

Our Nipper's Program is run by certified SLSA Age Managers who are dedicated and skilled in delivering Junior Programs. All of our Age Managers are parent volunteers and give up their time to provide the program for your children. We would like one adult member of each family to become an Age Manager. Please consider becoming an Age Manager. Our senior trainers each have over 25 years Life Saving experience and are Certified SLSA Trainers and Assessor's.

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Program Dates for 2022-2023

Month	Days
December 2022	4 th , 11 th & 18 th
January 2023	29 th
February 2023	5 th , 12 th , 19 th , & 26 th
March 2023	5 th , 12 th , 19 th , & 26 th

*As most of our members and Nipper Coordinators take holidays over the Christmas break, there will only be one session for the month of January.

Set Up and Pack Up

Age Groups will be on a roster to help set up the beach for each Nipper session. It will be the responsibility of all Nippers and Parent to help pack the equipment away after each session.

The Sunday morning program consists of: -

Time	Activity
10:45am	Roll Call
10.50am	Aerobic Warm Up
11:00am	Break into age groups
12 Noon	Finish
12.00 - 12:30pm	Lunch (Sausage Sizzle)

Nippers can stay longer and use the equipment provided they have parental supervision at all times.

All Nippers registered in the program must have a parent/guardian registered as well.

BBQ

We offer a BBQ after every session and require the assistance of parents to run the BBQ. Parent volunteers will be asked for to prepare, cook the sausages and clean up after each week. There will be a timetable and at least 6 parents will need to be rostered each week.

Nippers can have one sausage after the session. Not all Nippers are out of the water at the same time – so we need to make sure that we provide a sausage to all Nippers. Once all of the Nippers are out of the water and Age Managers have had a sausage then the Nippers may have another (if there is any left).



Age Managers

As the popularity of our Nippers Program increase's we are looking for parents to participate in managing the program and helping out behind the scenes. We ask that at least one adult member of each family become an Age Manager as part of their membership.

We run an Age Manager Course at the start of each season. The course takes 3 hours (2 x 1½ hour sessions) (with some pre-course paperwork to complete in your own time) and some on the job training during the program.

The more Age Managers we have the more your children will benefit from the program e.g. smaller groups, more water and beach time for each child.

Darrel and Belinda will guide you through what is required and you will be teamed up with a Qualified Age Manager to develop your skills further. Nippers is a sport that you can participate in with your child – we need your help!

Nipper Age Categories

The age group for the season is determined as at midnight on the 30th of September at the commencement of that season (32nd Edition, Competition handbook).

Category	Name	Age Group	Age	Flag Colours
	Nemo	under 6 (Grey)	1 st Oct 2016 to 30 th Sept 2017	
	Jelly Fish	under 7 (Light Blue)	1 st Oct 2015 to 30 th Sept 2016	
	Dolphin	under 8 (Red)	1 st Oct 2014 to 30 th Sept 2015	
	Whale	under 9 (Purple)	1 st Oct 2013 to 30 th Sept 20014	
	Octopus	under 10 (Yellow)	1 st Oct 2012 to 30 th Sept 2013	
	Pelican	under 11 (White)	1 st Oct 2011 to 30 th Sept 2012	
	Seagull	under 12 (Blue)	1 st Oct 2010 to 30 th Sept 2011	
	Sting Ray	under 13 (Green)	1 st Oct 2009 to 30 th Sept 20010	



Program Information

The Nipper Program is on every Sunday morning 10.45am to approximately 12:30pm from early December to late March.

During the sessions your child will be taught from the SLSA Surf Education Program (Surf Ed). The Surf Ed program is made up 6 interrelated strands;

- Safety
- Surf Awareness
- Rescues
- First Aid & Resuscitation
- Communication
- Teamwork

As well as having fun, your child will learn vital lifesaving skills that will not only benefit them whilst on the beach but in every aspect of their life. The skills they learn may someday save the life of a friend or family member.

Nipper Events

Beach Events

- Beach Sprints - running over a set distance on sand (50 – 70m)
- Beach Flags – lying flat on sand, then getting up and running a short distance to grasp lengths of hose standing in the sand.
- Beach Relays – teams of four run a relay over a similar distance to the beach sprints.
- Surf Wade – running through shallow water around markers (for younger age groups)

Water Events

- Surf Swim – swimming from the beach around a ‘U’ shaped course 80 meters long.
- Board Race – similar to surf swim, but paddling boards around the course.
- Run-Swim-Run – a race combining 2 sprints along the beach separated by a swim leg.
- Iron Man/Woman – a race involving running on the sand, swimming and paddling a board around a set course.
- Board Relay – a team paddles their boards in turn around the course.
- Tube Rescues – Lifesaving skills development
- Surf Ski's

Junior Lifesaver Program

From the age of 12 we start to teach more advanced lifesaving skills to our Nippers. They will learn rescue techniques using rescue boards and rescue tubes, water survival skills and CPR.



What is expected from our Nippers

Each child should arrive at least 15 minutes before the 10.45am start time.

- They need to have their name marked off the roll every week (at 10.45am), this year we will use iPads to sign all the nippers in and out,
- Club Cap to be secured on their head,
- Rash vest or wet suit on,
- Sunscreen applied,
- Ready to listen to instructions,
- Must pick up the board and not drag it across the concrete,
- And most of all have **FUN**.

Once the Aerobic warm up activity is completed the Nippers line up in their age groups and are then led by their Age Manager to the relevant activity area to start the day's session. It is important that your children listen and follow the instructions of their Age Manager for their own safety and the safety of others.

In the water, Patrollers and Age Managers are responsible for your child's safety. You may assist your child (only), unless permission has been given by friends or family of other members to assist their child in the water, under the supervision and direction of your child's appointed Age Manager.

Nipper Equipment

Over the last few seasons the club has purchased a range of Nipper boards from proceeds of the Nipper program fees and government grants.

The club has;

- 140 foam boards
- 15 Red-Fin boards
- 40 G-Boards
- 15 Malibu boards suitable for experienced 12 – 14 year old's

The club has invested a lot of money in this equipment so please look after the boards and don't leave them unattended on the beach.

Bringing friends to the beach

Only members can participate in the Nippers Program and use club equipment. Whilst your child can bring a friend along to the beach they can only watch the program, they are unable to participate.

If your children's friends would like to take part in the Nippers Program we can enroll them if there are places available or place them on the waiting list.

If you require any further information or assistance contact Belinda (after 7.00pm at night), via email Belinda.Gill@education.vic.gov.au (at any time) or my mobile (after hours only and not during work hours) on 0403 509 479.

What is expected from our Nipper Parents

- become an Age Manager,
- should ensure their child is on time and are ready for the session,
- will be expected to help set up the courses on the beach,
- will be expected to pack up the courses on the beach,
- help with their child in the water and on the beach,
- take the boards to the beach and help pack them away,
- assist if directed by an Age Manager,
- BBQ's, parents will be rostered on and responsible for all aspects of the BBQ.

We expect all parents to help out with the Nipper sessions. Each week you attend with your child, try to help in a different way. Help set up or the pack up and then the following week with the beach activities etc. We do not want to see the same parents doing the same thing each week; the work load needs to be shared around.

If you are staying at the beach after Nippers has finished, children must either wear their cap or rash vest so the Patrol members know your child is part of the Nipper Program and they can use the boards in your presence.

As a Parent or Guardian you are required to be at the beach at all times during the Nipper program.

Water Safety (Bronze Medallion and Surf Rescue Certificate)

The club must meet water safety conditions set out by Life Saving Victoria. We must have one Bronze qualified Lifesaver for every 10 Nippers when in the water. We therefore are encouraging as many parents as possible to complete their Bronze or SRC qualification. The club pays for this award and will be running Bronze courses during the season. You will receive a free Patrol Uniform and can also help out with patrolling the beach; this not only benefits the club but also provides you with valuable skills that one day may help save the life of a friend or family member. Contact the Patrol Captain for details on when the next course will be run.

Pictures

Only authorized photographers are allowed to take pictures or video during Nipper sessions. Due to child protection laws any parent or member of the public seen taking unauthorized pictures will be asked to leave the beach if their actions are deemed to be suspicious. This policy has been established in line with child protection and anti-child pornography laws and assists in keeping your children safe. An official club photographer will take random photos during the season which will be made available for you to download (to a USB disk) of your children at the end of the season (upon request).

If for any reason you do not want your child's photo to be taken, please let us know. All original pictures will be destroyed on request.

Please report any suspicious activity to the Patrol Captain or an Age Manager

Surf Rescue Certificate (SRC)

At the age of 13 our nippers are now ready to qualify to Patrol the Beach. They will be taken through a training program that will qualify them to wear a Patrol Uniform and be part of Lifesaving Operations.

A full training course will be run for SRC's during). All training is run at our club and is free of charge to Nippers graduating to Cadets.

For more information on our SRC and Bronze program please see our Chief Instructor (Darrel Gill – training@portmelblsc.com.au).



COVID - 19

In 2020, to operate a 'normal COVID Safe Nippers Program' we needed to make some adjustment and have a COVID Safe Plan.

- These adjustment will be in play for the 2022-2023 season. Some adjustments are below.
- Parents will need to QR Code at all sessions, this included yourself, partner and ALL siblings.
- The beach area will be defined and only nippers will be allowed to enter the area. Parents will need to stay around the outside of the area, unless you are assisting the Age Group.
- Hand Sanatiser will be avalibale for use.
- Each piece of equipment will need to be rinsed before it is put away.
- One group at a time will be asked to come up for their sausage.

As the season progresses and if there anything changes, you will be kept informed of the requirements.

Working With Children Checks (WWCC)

Port Melbourne LSC and Life Saving Victoria have a moral obligation to protect its young members (U18) and also a State legal requirement to ensure all young members are protected from physical and sexual harm. This legal requirement involves all members 18 years and older who undertake volunteer work that;

'usually involves, or is likely to involve, regular direct contact with a child in connection with a service, body, place or activity specified in sub-section (3) in circumstances where that contact is not directly supervised by another person. Source: Working With Children Act 2005 (Vic)'

To ensure that our club complies with Life Saving Victoria policy we require **all** members to have completed a WWCC prior to being accepted in the Nipper Program or as a financial member of the club.

How to obtain a WWCC

Step 1.

Submit your details online

- Go to the WWC Check website
- Fill out the form online
- Print out the application summary with all the details you entered

Step 2.

Go to a participating Australia Post outlet to lodge your application, taking with you:

- The application summary
- Relevant proof of identity documents (100 points required)
- A passport size photo
- The application fee, if you are applying for an Employee card

For more details:

Go to the WWC Check website closer to July for details of when applicants can start filling out the form online. <http://www.workingwithchildren.vic.gov.au/>

Read and complete the required information using a black pen. Use the following codes in 'Details of Child-Related Work'

- 42 (Clubs and Associations)

In the "Details of Organizations' (Section E), please enter both Life Saving Victoria and Port Melbourne Life Saving Club details:

Primary Organization: Life Saving Victoria	Other Organization : Our Club
Life Saving Victoria PO Box 353, South Melbourne Vic 3025 Phone: 9676 6930	Port Melbourne Life Saving Club PO Box 67, Albert Park Phone: 9646 8773

Refer to LSV Member Protection policy for more information.

<http://lsv.com.au/wp-content/uploads/Working-with-Children-Check-Policy-HRM-PO-0102.pdf>

What does Membership Entitle You To

As part of your "Family Membership' you have access to the Life Saving Club during the opening hours of Patrol on Weekends and Public Holidays. Times will vary during the summer period.

You and your family members listed on your membership can use certain equipment e.g. Nipper Boards while the beach is patrolled. Upon pack up time all equipment must be returned prior to the close of the day.

Nippers can use the boards, however they must have on their Nipper Cap or Nipper Rash Vest. Before taking out a piece of equipment, you must ask the Patrol Captain or a Patroller on the beach, so they can see that you have the cap or rash vest on.

The equipment that you use, **MUST NOT** be given to anyone else, if you have finished with it, you **MUST** return it to the rack in the club house. Do not lend the equipment to anyone else on the beach. **DO NOT** leave the equipment at the water's edge.

If you are unsure, just ask a Lifesaver, a Patroller or Belinda.

You can also have access to the toilets in the club house (pending NO COVID restrictions).

We are on Facebook and Instagram – Like us to keep updated with events/changes to the program. We use Social Media during the season to inform parents of changes or cancellation of the program. Each week we like to post a few pictures of each session.

Code of Behavior



Spectators

- Children play sports for fun. They are not playing for the entertainment of spectators, nor are they miniature professionals.
- Applaud good performance and efforts of your child and his/her opponents. Congratulate both on their performance regardless of the outcome.
- Respect the official's decision. If there is a disagreement follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- Never ridicule or scold a child making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence in any form, be it from spectators, coaches, officials or participants.
- Encourage competitors to compete according to the rules and officials decision.
- Demonstrate appropriate social behavior by not using foul language, harassing competitors, managers, coaches or officials.
- Relax and enjoy yourself because that is what sport is supposed to be about.

Nippers

- Compete for fun and not just to please parents or coaches.
- Play by the rules.
- Never argue with an official. If you disagree have your manager approach the official in the proper manner.
- Control your temper. Verbal abuse of officials or other competitors, deliberately fouling or provoking others is not acceptable or permitted in any sport.
- Work equally hard for yourself and your team.
- Be a good sport. Cheer ALL good competitors and support the not so good.
- Treat all competitors, as you would like to be treated.
- Do not interfere with, bully or take advantage of another competitor.
- Co-operate with your coach, team-mates and opponents. Without them there is no competition.
- ENJOY YOURSELF.

Parents

- If children are interested encourage them to play. However, if they are not willing do not force them.
- Focus on the child's efforts and performance rather than the overall outcome of the event. This assists the child to set realistic goals related to their ability rather than the emphasis on winning.
- Teach them that an honest effort is just as important as victory so that each result can be accepted without undue disappointment.
- Encourage to play according to the rules.
- Remember they learn best by example. Applaud good performance by all.
- Support efforts to remove verbal and physical abuse from sporting activities.
- Recognize the value and importance of helping out and becoming involved. Even the smallest help will be appreciated.

Bullying

- Bullying in any form will not be tolerated. If you see an issue, please bring it to the attention of the Age Manger or go and see Belinda.

Signal

The poster below are the signals that all Nippers should be familiar with. Start practicing these signals now.

