

NORTH ENTRANCE SLSC



Helping **FUN** Teamwork Competition **SURF SKILLS** Building confidence

COMMUNITY Risk awareness Future Lifesavers **Friendships**

NIPPERS **SURF AWARENESS** Pathways

Volunteering Fitness **OVERCOMING FEARS** Life skills **RESPECT**
Inclusiveness

WELCOME TO NORTH ENTRANCE SLSC NIPPERS

This handbook provides all the information you need for the upcoming Nippers Programme at North Entrance SLSC for the 2019-2020 season. It is aimed at new Members and returning Members alike.

You have joined a Club that is family orientated and dedicated to building community. We are passionate about helping our Members, young and old, develop the necessary water skills to ensure a life-long passion for the ocean. We are an inclusive Club and pride ourselves on making activities both fun and educational for Nippers of all ages and abilities.

The Club aims to educate our Nippers about all aspects of water safety and assist them in developing surf skills. We encourage participation at all levels, with a focus on fun and sportsmanship, by providing a healthy competitive environment each Sunday.

The Club operates entirely on volunteer help. We would like to invite all parents/guardians to join in the fun by adopting a role on a Sunday or by becoming an active Member if possible. We cater for all skill sets and for most jobs, you don't need surf lifesaving experience. Please come and have a chat about membership.

STAY CONNECTED



www.northentranceslsc.com.au



<https://www.facebook.com/northentrancesurfclub/>
<https://www.facebook.com/NorthEntranceNippers/>



<https://www.instagram.com/northentrancesurfclub/>
http://instagram.com/nslsc_nippers



Nth Enny SLSC (Team App)



jacsec@northentranceslsc.com.au
secretary@northentranceslsc.com.au
deputy@northentranceslsc.com.au

EXECUIVE BOARD & JUNIOR ACTIVITIES COMMITTEE (JAC)

Club Executive	President	Nathan Horswell
	Deputy President	Czes Lawicki
	Treasurer	Dave Chaffer
	Club Captain	Luke Byatt
	Secretary	Patrick Jacob
JAC	Chairperson/ Nipper President	Czes Lawicki
	Secretary	Kelly Macdonald
	Recorder	Corinne Knauer
	Assistant Recorder	Aidan Bone
	Water Marshall	Nathan Horswell
	Chief Judge & Carnival Competitor Coordinator	Aidan Bone
	Starter	Mick Rice

SUNDAY NIPPERS

Nippers will be held each Sunday, starting at 8:45am. All Nippers will meet at the Club and a decision regarding the conditions will be made by the JAC Chairman and Water Safety Marshall in discussion with the Club Coach.

If alternate venue or activities need to be arranged due to weather and ocean conditions, notification via Facebook will be made prior to Nippers starting. On Branch Carnival Days, Sunday Nippers will continue to run at North Entrance.

Activities on a Sunday Nippers will involve a variety of experiences, progressively programmed to build water confidence and skill in a safe and supportive environment. While there will be a Club Championship, there will only be four-point score days held over the season (see later section). The remainder of the Sunday Nippers will be focused on building surf skills while not under strict racing conditions.

The basic events, according to age, are tabulated below:

Age Group	Sprint	Flags	Wade	Swim	Board	Iron Person
U/6 U/7 U/8	✓	✓	✓			
U/9 U/10	✓	✓		✓	✓	
U/11 U/12 U/13 U/14	✓	✓		✓	✓	✓

Each Nippers session on a Sunday will conclude with a special medal presentation by Club legend Col Laing. Col will select the recipient based on their effort and attitude during the morning. The medal winner will be presented and escorted from the beach via a Nippers Guard of Honour.

Sunday events will be organised and run by the Junior Activities Committee (JAC). Should you have any questions please do not hesitate to contact any member of the committee on the day the issue arises.

This season the Age Champion will be determined over **4 Club Championship days** held throughout the season (if weather permits). The competitors **3 best totals** will be added up to determine their club score, which will allow some flexibility with sickness and other commitments.

On Club Championship days, the competition area may be roped off. Only competitors and judges will be allowed in the area. The Chief Judge's decision will be final. Any competitor that receives assistance during Club Championships will automatically be disqualified as per the Surf Sports Manual.

REGISTRATION and MEMBERSHIP INFORMATION

Registration is simple and links are available online via our Club Website. Alternatively, please ask a member of our JAC at Nippers for assistance either via email/phone or in person on any Sunday before Nippers starts at 8.45am.

Your child's **age group** is determined by the age they are on the 30th September 2019, i.e. if your child is 9 on this date, he/she will be in the under 10's. At least one parent is also required to be a financial Member of the Club and be present on Nipper Sundays with your child.

Membership Category	Fee	Minimum Patrol Hours for Competition
U/6 – U/14	\$100 *	N/A
U/15, U/17, U/19	\$100 *	25 hrs rostered patrols
Active	\$60	25 hrs rostered patrols
Active Reserve	\$60	12 hrs rostered patrols
Associate	\$60	N/A

*Family membership is capped at \$200. We encourage and support use of the Active Kids Vouchers for membership.

Rookies (U/13-U/14) are requested to join a patrol. Where possible they will be rostered with family members or friends. U/14s are requested to commit to 20 hours of patrol.

Any enquires please contact:

- **Kelly MacDonald (JAC Secretary) on 0403 673 378, or**
- **Patrick Jacob (Club Secretary) on 0451 326 094**

PROFICIENCY TESTING

POOL PROFICIENCY (Preliminary Evaluation)

(Toukley Aquatic Centre, Hedor Street TOUKLEY)

A pool proficiency swim is required to be completed by all Nippers (U/8's and above) participating in Sunday events, **prior to** participation in any junior activity. If a child cannot attend a Pool Proficiency set out by the Club, they will be required to contact the Junior President or Secretary to make alternative arrangements before the start of Nippers.

OCEAN PROFICIENCY (Competition Skill Evaluation)

(TBC AT NIPPERS PRIOR TO FIRST CARNIVAL)

For Nippers that will compete for the Club at recognised carnivals (including beach events and stand up surfing), an ocean proficiency swim must be successfully completed before a Nipper is eligible to compete. This is to maintain safety in the surf.

SURF EDUCATION AWARDS

Every Nipper will also participate in Surf Education Training (Age Awards) throughout their regular Sunday Nipper sessions.

Age Group	POOL PROFICIENCY	OCEAN PROFICIENCY	Surf Ed Awards
U/6	N/A (shallow water activities only)	N/A (no competition)	Surf Play 1
U/7	N/A (shallow water activities only)	N/A (no competition)	Surf Play 2
U/8	25m swim (any stroke) 1min survival float	N/A (no water competition, except for wade which takes place in waist deep water)	Surf Aware 1
U/9	25m swim (any stroke) 1min survival float	150m open water swim	Surf Aware 2
U/10	25m swim (any stroke) 1.5min survival float	150m open water swim	Surf Safe 1
U/11	50m swim (freestyle) 2min survival float	200m open water swim	Surf Safe 2
U/12	100m swim (freestyle) 2min survival float	200m open water swim	Surf Smart 1
U/13	150m swim (freestyle) 3min survival float	200m open water swim	Surf Smart 2
U/14 ^	200m swim (freestyle, in less than 5 minutes) 3min survival float	200m open water swim	Surf Rescue Certificate Note: SLS Assessor (SRC/Bronze) required for this award

NOTE ^: To compete in carnivals, U/14 must have successfully completed the SRC award or SRC requalification before 31st December 2019.

CLUB UNIFORM

All Nippers are required to wear a North Entrance Surf Club Cap (purple and white quarters) on their head and tied securely at the start of each race.

All Nippers are also required to wear a **pink rash vest** if taking part in water events.

North Entrance SLSC swimwear is available, though this is not a compulsory piece of Club uniform. However, they do look great!!

Nippers cannot wear wetsuits during Club Championship (point score) competition, only approved swimwear such as speedos, jammers, one or two-piece swimsuits. During ordinary Sunday Nippers, wetsuits are permitted.

Uniforms will be available for purchase at the Club on a Nippers Sunday and some uniform days during the pre-season. Please check Club website for details.

For further information regarding uniforms, contact **Louise Laing on 0408 861 829**.

KEY DATES *(keep your eye on Club website and Facebook in case of changes)*

Saturday 12th October 2019

- **Pool Proficiency Swim**, 11.30am-1.30pm at Toukley Pool, for all Nippers, U/8 and above unless otherwise arranged with Surf Club admin

Sunday 20th October 2019 – NESLSC

- **Nippers start**
- **Ocean Proficiency Swim** for U9 – U14 Age group.
- Buy, swap, sell wetsuits/ boards/ etc. See Facebook and Website for more nearer the date.
- Registration of new members and uniform sale

Refer to the table of carnival dates at the end of this guide for further information.

TRAINING

Training sessions are available to all Nippers, whether they are planning to compete in local carnivals or not. These generally consist of board paddling, though will include some swim training and ironman training as the season progresses.

Training is currently held on Friday afternoons at 4:30pm. The location is dependent upon conditions, though is generally at our home beach, Toowoona Bay, or in the Channel. Everyone is encouraged to meet at the Club at 4:15pm where a decision will be made as to the training location. All attempts will be made to post decisions regarding training (confirming time and location) on the Nippers facebook page.

We have a dedicated group of trainers who will endeavor to support all Nippers at training. However, based on conditions, skill level and trainers available, there may not always be a training option for your child on a given day. Additional helpers are always welcome, so please come ready to have a paddle with the kids yourself.

If you are looking for some extra training for your child, please contact a member of the JAC. We have lots of resources around training programs that we can assist your child with

CLUB BOARDS & EQUIPMENT

U/9 - U/10 Foam boards only
U/11 - U/13 Fibreglass boards
U/14 Racing Mals

Club boards will be provided for use on a Sunday for Nippers from U/9 age group and up. Should a family wish to purchase and use their own boards they are required to meet the criteria as specified by SLSA. Alternatively, a hire arrangement may be entered into between family and NESLSC if eligibility criteria are met, please see below.

Eligibility Criteria for Board Hire

To be eligible to enter into a board hire agreement with NESLSC, a Nipper competitor (and parent/guardian) must sign a hire agreement, which outlines responsibilities and required commitments of the Nipper and their family with respect to representing the club at carnivals and attending the training sessions as prescribed by the Club Coach. There will be a nominal hire charge and any repairs will be the responsibility of the competitor.

Any member, who uses club equipment, is requested to return it to its proper place, clean & without damage. Any damage sustained during use is to be reported to the Club Captain so repairs can be arranged.

SURFING

We will be holding surfing competition on a Sunday morning prior to Nippers, pending suitable conditions. All participants must have their proficiency (Ocean Swim and Surf Education) to be able to participate. Surfers must register with **Nato Horswell 0408 616 922** by 7am each Sunday.

If there are enough competitors, heats will start at 7.15am.

Parental assistance will be required and may involve the parent accompanying the competitor into the water. Scoring and judging is typically conducted by parents and competitors under the direction of the Surfing Coordinator.

SURF EDUCATION

Our Deputy President and Water Safety Officer will engage all Nippers in the appropriate surf awareness and surf safety curriculum. This will be held every Sunday and makes up a large part of our commitment to safety at the Club. There will be adequate provision for each Nipper to complete their Surf Education Award and may involve the assistance of Age Managers at certain times. On completion of Award, each Nipper will receive 50 Club points.

JUNIOR COMPETITOR INFORMATION

All Nippers are encouraged to represent the Club and compete at local carnivals to further build their skills. There is certainly no pressure to compete, though it is a great experience for the kids to be involved in. There are individual races on the beach and in the water, as well as team events. There are 3 local carnivals held over the season, followed by a Branch Championship (Central Coast) and then the State Championships. Please let Aidan Bone (the Carnival Competitor Coordinator) know if your child is interested in competing.

All competitors must have completed their Ocean Proficiency test before registering as a competitor at carnivals (A competitor must be proficient even if intending to only do beach events at the carnivals).

For the latest up to date information on competition, check out our Club Website and the **Nth Enny SLSC** page via **Team App**. Most carnivals commence at 8am sharp and accordingly our Junior Competitors are requested to be on the beach and report to their Team Manager by 7.30am.

Teams for carnivals will be selected by means of a series of Trials to be held at NESLSC. The Deputy President and President will select the team in discussion with the Club Coach and Chief Judge. Team selections are based on results from Club Trials, attendance and performance at Club training and competitors age. Any queries or disputes will be referred to the Deputy President and Junior Activities Committee (JAC), and if still unresolved, referred to an independent Masters committee for a final ruling. The Club Coach or JAC's authorised spokesperson (Carnival Competitor Coordinator) will make any changes deemed necessary on the day of the Carnival. The Carnival Competitor Coordinator will provide age Managers with Club Age Managers identification for the carnival.

Specific Carnival Rules will be outlined on the day of the carnival by the Carnival Competitor Coordinator and parents are requested to adhere to these. Any discretion may eventuate in a deduction of points.

NOTE: Late entry fee will be the responsibility of the individual and if competitors who are entered at the carnival do not compete then their parent will be asked to pay the full amount of the entry fee.

All results and medals won by Nippers at the carnival will be presented at the Club house following the event, or if this is not possible, at the following weeks Nippers.

INTER-BRANCH: Inter-Branch selection trials is a state-run carnival for pre-selected competitors in the U/12 - U/14 age groups chosen to represent the Central Coast Branch. There will be two selection trials with dates to be advised. Our Carnival Competitor Coordinator and Club Coach will advise individuals as to who would be eligible to attend selections. If you have been selected and are unable to attend, please contact either the JAC Secretary – Kelly Macdonald or Club Secretary Patrick Jacob so that a letter can be sent to Branch (extenuating circumstances only will allow exemption). Members involved in Development Squad, Inter-branch etc, will receive an average of their points gained throughout the season in their absence.

STATE TITLES: All children are eligible to enter, though **must pay their own entry fee. The Club will reimburse fees to competitors who attend the Titles.** A final date for payment will be advised. State Titles will be held at **Swansea Belmont Friday 28th February to 1st March 2019.**

AWARDS

All competitors must attend at least **5 Nipper Sundays** and compete at Club Championships & advise that they are attending the presentation day to be presented with an award. Any competitors who have not satisfied the above may request special consideration, to be ruled on by the JAC.

POINTSORE

Placing	Points Accrued @ Carnival/s			
	Club Championships (4 off)	Local (3 off)	Branch (1 off)	State (1 off)
1 st	8	10	12	15
2 nd	7	9	11	14
3 rd	6	8	10	13
4 th	5	7	9	12
5 th	4	6	8	11
6 th	3	5	7	10
All other participants who <u>complete</u> the event	1	1	1	1

- Team competitors will accrue the above points for 1st – 6th places (finals only).
- There are 10 regular Nipper Sundays where participants will receive 10 points for participating on the day, though there is no point score. We are encouraging the kids to work on their skills and will be mixing ages to meet their ability.

PROTESTS

The Chief Judge will be one of the most qualified officials on the beach. It is their role to deal with protests in a fair and reasonable manner. The chief judge's decision will be final in all events.

GYM

The Club gym, located beneath the Function Centre, is available to all Members. An induction will be provided by arrangement if required. Please contact the Gym Coordinator for further information (**Scott Knauer, 0420 997 260**). ***Children (under 15) are not to use the Gym equipment at any time, unless they are under the supervision of an adult member of the club for training purposes only.***

OCEAN HOUSE at NESLSC - HALL/FUNCTION CENTRE HIRE

Our Function Centre facility is available for hire, please visit the Club website for details. We have reduced rates for members.

Contact **Tanya Best** on **0402339986** for more details and prices.

Note: we reserve the right not to book 18th or 21st birthdays.

THE BAR

Members with their families and friends are welcome to join us at the Clubhouse Bar on Friday nights and Sunday afternoons. We will be hosting live music and guest caterers from time to time, so keep an eye out on our website and social media channels for details.

Every Friday night there is a meat raffle and members number draw. You can only win if you're at the Club.

This Club enforces the responsible service of alcohol and all other licensing regulations. All our staff are licensed under the regulations. Underage drinking is not permitted nor tolerated.

Children are not permitted on tiled area near the bar.

Minimum dress code of shirt, shorts and footwear.

TRADING HOURS	Friday	4.30pm – 10.00pm
	Sunday	4.00pm – 8.00pm

GENERAL INFORMATION

WE NEED YOU!

We love to have our families involved each week at Nippers and invite you to get involved as much as you can. We require at least one parent present during Nippers and also to be a financial member. If you are able to assist with water safety (as a Bronze or SRC holder) please let the Deputy President or Water Safety Marshall know during Nippers – **DON'T BE SHY WE CAN ONLY FUNCTION WITH PARENT SUPPORT!**

There is also a need for officials and water safety swimmers at our Sunday events and Carnivals. **We also run Bronze Medallion courses for parents, with theory sessions on Monday evenings and practical sessions on a Sunday after Nippers.**

Club General Meetings – First Sunday of the month, 2pm-3pm. All welcome to attend.

Please remember we are all volunteers with our own kids and jobs just doing our best to ensure that you and your Family get the most out of your season at North Entrance Surf Club.

Finally, thank you for joining the North Entrance family. If you have any questions, please do not hesitate to ask one of the committee members.

CARNIVAL DATES for 2019/2020 SEASON (check with Club and Central Coast Branch Websites for updates)

The three local carnivals, Branch and State are highlighted in purple text below. All other carnivals are extras and for information only.

Carnival	Location	Date	Entries Close
Under 12's - Beach Open Carnival	TBA	Saturday 26-OCT-2019	23-OCT-2019
Under 12's - Open Carnival	TBA	Sunday 27-OCT-2019	23-OCT-2019
Kracka Board Challenge	Swansea Belmont SLSC	Sunday TBA	TBA
Junior Carnival 8's - 15's	Umina	Sunday 03-NOV-2019	30-OCT-2019
Newcastle Permanent Ironman Round 1	TBA	Saturday 16-NOV-2019	13-NOV-2019
Toowoan Bay Ocean Swim	Toowoan Bay	Saturday 23-NOV-2019	TBA
Junior Carnival 8's - 15's	TBA	Sunday 01-DEC-2019	27-NOV-2019
Newcastle Permanent Ironman Round 2	TBA	Sunday 15-DEC-2019	11-DEC-2019
Gardner Iron Person	Wamberal SLSC	Saturday 04-JAN-2020	31-DEC-2019
Catho Board Challenge	Catherine Hill Bay	Sunday TBA	TBA
Newcastle Permanent Ironman Round 3	TBA	Saturday 18-JAN-2020	15-JAN-2020
Junior Carnival 8's - 15's	TBA	Sunday 19-JAN-2020	15-JAN-2020
CC Branch Junior Championships	TBC	Sunday 02-FEB-2020	29-JAN-2020
NSW Junior Championships	Swansea / Belmont	Friday 28-FEB-2020 to Sunday 01-MAR-2020	TBA
Australian Youth Championships	Broadbeach & North Burleigh	Saturday 18-APR-2020 to Sunday 19-APR-2020	TBA

MEMBER PROTECTION POLICY

NB: For complete and updated copies of all of SLSA's policies, visit - www.slsa.asn.au

The 2019-2020 Membership Protection Officers are:

Member Protection Officers	Samantha Bellamy	0408699897	samtoucan75@hotmail.com
	Kaylah Douglas	0411120145	kaylah.andrews@hotmail.com
	Sharlene Evans	0414597166	evanssharlene1@gmail.com

There are SLSA regulations surrounding the Working With Children Check process. Please check in with one of our Member Protection Officers to get the latest information. Or check the SLSA Policy at https://www.surflifesaving.com.au/sites/site.test/files/Policy%206.05%20-%20Member%20Protection_0.pdf

North Entrance SLSC is committed to the health, safety and well-being of all its members and is dedicated to providing a safe and welcoming learning and recreational environment for all its members participating in Surf Lifesaving activities. The Member Protection Policy (Document 6.05) conveys a message to all SLSA members, and prospective members, responsible for surf lifesaving activities, particularly those involving members under 18 years of age, about minimising risk exposure of these members.

All SLSA members, particularly age managers, coaches, officials, leaders, trainers and management personnel, have a responsibility to provide safeguards dedicated to the well-being of other members. The abuse of youth members, by other members or external source, is not acceptable and SLSA encourages all incidents of such abuse as described above to be reported immediately to the appropriate authorities.

Where such a protective procedure does not exist SLSA encourages the use of the SLSA Regulation 6.1 - Grievances; and SLSA Regulation 6.2 – Judicial Procedures; for addressing reports, notification or accusations of improper behaviour by an SLSA member. The SLSA Equity Policy also should be referred to when addressing issues relating to harassment of a member by another member or outside source.

Abuse is defined as anything which individuals or organisations do, or fail to do, that directly or indirectly harms people or damages their prospects of a safe and healthy development. This includes physical abuse, emotional abuse, inappropriate training, inappropriate touching, sexual abuse and neglect.

(National Association for the Prevention of Child Abuse and Neglect, 2000)

CODE OF CONDUCT

North Entrance SLSC endorses the following Code of Conduct for SLSA members. As a SLSA member you should meet the following requirements in regard to your conduct during any SLSA sanctioned activity. Operate within the rules of surf lifesaving including national and international guidelines that govern SLSA.

North Entrance SLSC expects all members, supporters, advisors and associates of SLSA to abide by a Code of Conduct which upholds the principles and values of the organisation and our Member Protection Policy. Members should recognise that at all times they have a responsibility to a duty of care to all members of SLSA. Specifically: -

General Code of Conduct

The Codes should be followed at all times and by all Members and all people involved in any way with SLS. Members and all people involved in any way with SLS will:

- a) respect the rights, dignity and worth of others—treat others as you would like to be treated yourself
- b) be ethical, considerate, fair, courteous and honest in all dealings with other people and organisations
- c) be professional in, and accept responsibility for your actions
- d) be aware of and follow—at all times—SLS' standards, rules, policies and procedures and promote those standards, rules, policies and procedures to others
- e) operate within the rules and spirit of the sport, including the national and international guidelines that govern SLS
- f) understand the possible consequences of breaching the Codes and/or this Policy
- g) report any breaches of the Codes or this Policy to the appropriate PPA
- h) refrain from any form of Abuse, Harassment, Discrimination and Victimisation towards others
- i) raise concerns regarding decisions of PPA through the appropriate channels and in a timely manner
- j) provide a safe environment for the conduct of activities in accordance with any relevant SLSA policy
- k) show concern, empathy and caution towards others that may be sick or injured
- l) be a positive role model to all
- m) respect and protect confidential information obtained through SLS activities or services; whether individuals and/or organisational information
- n) maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to the role(s)
- o) ensure that any physical contact with others is appropriate to the situation and necessary for the person's skill development
- p) refrain from intimate relations with persons over whom you have a position of authority
- q) agree to abide by the Codes
- r) maintain a duty of care towards others
- s) be impartial and accept the responsibility for all actions taken.