



JUNIOR ACTIVITIES COMMITTEE (JAC)

“NIPPERS”

Information Booklet

2023 - 2024



Training the Lifesavers of Tomorrow

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Welcome to Yamba Nippers



The JAC, Age Managers and Yamba Surf Lifesaving Club would like to welcome all nipper families, old and new, to the 2023-24 season at Yamba.

This year we will continue teaching beach safety and surf skills to all our youngest members with the aim of developing the next generation of surf lifesavers.

The Nipper program's aim is to educate through age appropriate activities which develop the skills required to be a lifesaver. Our focus is to create a fun and safe environment for all participants. Being a Nipper is more than just another sport. It is a pathway to being a member of one of the oldest volunteer organisations in Australia that is community respected and provides invaluable service. And while we are at it, we get the opportunity to create great relationships and memories for life.

Nippers will generally be held on Sunday mornings from 8:45am –10:30am See the calendar for full details. At times we may need to cancel or move Nippers based on surf conditions. Additionally, the Yamba SLSC conducts a program of training sessions throughout the season, which are available to all of our junior members.

This handbook provides a summary of all the information a Yamba nipper will need for the upcoming surf season.

If you have any questions or feedback during the season please contact your Age Managers in the first instance, or Committee members listed within this book.

James Kemp

JAC Chairman 2023/24

Yamba Nippers Sponsors

Yamba Surf Club Nippers are grateful for the support provided by the community. In particular, our valued sponsors below. We are currently looking out for new sponsors for the 2023/2024 season. If you know anyone who would be interested in supporting our 'lifesavers of the future', please contact our Sponsorship Committee via email: nippers@yambaslsc.com.au



Signcraft



oceanstays.com.au



Yamba Surf Life Saving Club

Yamba Surf Life Saving Club was founded on September 9th 1908, and is one of the oldest surf clubs in the world. The club celebrated its 100 years of continuous service in September 2008. It is very proud of the fact that in its first 100 years, no lives were lost through drowning on Main Beach whilst patrols were operating.

Yamba Surf Life Saving Club is a charitable community-based organisation, established with objectives including providing a safe aquatic environment, education in methods of surf lifesaving, and promoting community service and sporting competition through surf lifesaving.

Yamba Surf Life Saving Club is one of ten clubs within the Far North Coast Branch (FNC) between Yamba and the NSW/QLD border.

Yamba Surf Life Saving Club is operated by volunteers, with the control and management of affairs undertaken by the Board of Directors.

YAMBA SURF LIFESAVING CLUB INC BOARD of DIRECTORS 2023-2024

Chairman of Board..... Joe Dougherty
Deputy Chairman Chris Moran
Administration Director TBC
Finance Director..... Tim Small
Lifesaving Director Frances Aird
Surf Sports Director Jim Dougherty
Education Director..... Jill Ennever
Junior Activities Director..... James Kemp
Clubhouse Director Kim McFarlane

Club Registrar..... Cathy Dougherty

CLUB CONTACT INFORMATION

Telephone: 66462463 (Club office)
Email: office@yambaslsc.org.au

Administration (Club Office – Sue-Ellen Hyne): office@yambaslsc.org.au
Club Secretary: secretary@yambaslsc.org.au
Event Coordinator: events@yambaslsc.org.au
Nippers: nippers@yambaslsc.org.au
Website: www.yambaslsc.org.au

OFFICE HOURS

**Monday, Wednesday, Friday
10.00am-1.00pm.**

Office is located upstairs in clubhouse (entry from roadway)

Junior Activities Group

2023/24 Junior Activities Committee (JAC) Members

J.A. Chairman _____ James Kemp
J.A Supervisor _____ Melinda Brown
J.A Secretary _____ Tash Hancock
J.A Registrar _____ Rebecca St John

Volunteer Age Managers

Under 7's _____ TBC
Under 8's _____ Ashlee Kemp/Belinda Chapman
Under 9's _____ TBC
Under 10's _____ Rosie South/Kylie Myers
Under 11's _____ Kendall O'Brien/Rebecca St John
Under 12's _____ TBC
Under 13's _____ Tash Hancock/Dan Jones
Under 14's _____ Lorraine Allen

Water Safety Coordinator _____ Matt Chapman/Dave Erbacher

BBQ Co-ordinators _____ David & Sandy Blunt

Junior Activities Publicity Officer _____ Rebecca St John

Code of Conduct

The following **Codes of Behaviour** have been adopted by the Yamba SLSC Junior Activities Committee (Nippers). **By joining Yamba SLSC Junior Activities - each Nipper, Parent or Caregiver acknowledges and accepts these Codes of Conduct.**

Parents, Caregivers & Spectators Code of Behaviour

- Children participate in sport for their own enjoyment and development.
- Encourage and praise children for participation and effort.
- Encourage children to always play by the rules.
- Remember children learn best by example.
- Appreciate good performances and skilful play by **all** participants, to promote good sportsmanship.
- Respect officials, age managers and coaches' decisions and teach children to do likewise.
- Show appreciation for age managers, administrators, coaches and officials.
- Respect the rights, dignity and worth of others.
- If you disagree with any decisions of the Nippers team, raise the issue through the Nippers supervisor. Do not question the volunteer's judgement and honesty in public.

Nippers' Code of Behaviour –

- Participate for your own enjoyment and benefit.
- Respect our clubhouse and the equipment you use, wash it and return it after use and report any damage.
- Treat all participants as you would like to be treated yourself. Do not bully, put other people down or take unfair advantage of another nipper.
- Co-operate with your age managers, water safety officers, teammates, coaches, officials and opponents.
- Wear your nipper cap at all times during nippers and pink singlets for water activities.
- Be a good sport and applaud all performances; encourage others.

Nipper of the Week

Each Sunday during Nippers activities, the Age Managers choose one member - who has participated well and exhibited good sportsmanship and co-operation - for the 'Nipper of the Week' award.

Photography

Conforming to SLSA policy and the Australian Sports Commission, Yamba SLSC will ensure that a high level of care is exercised with photographic images, particularly with junior members.

Each parent will be asked to fill in a 'Photography Permission Form' on joining Yamba Nippers. This is particularly important for those parents who **do not** wish photos of their children to be used in any way.

Please be mindful of the privacy of others when posting photos on social media.

The Nippers Program

Who can Join Yamba Nippers?

In 2023/2024, Yamba Nippers is from Under 7s to Under 14's. Children must be turning 6 on or before the 30th of September 2023, for Under 7's. All other age groups are determined by their age on or before the 30th September 2023.

Note: Proof of age/birth certificate must be sighted for all new children

Age Groups for 2023/2024

Age Group		Birthdate between these Dates
Under 7	Green cap	01 October 2016 to 30 September 2017
Under 8	Blue cap	01 October 2015 to 30 September 2016
Under 9	Pink cap	01 October 2014 to 30 September 2015
Under 10	Yellow cap	01 October 2013 to 30 September 2014
Under 11	Red cap	01 October 2012 to 30 September 2013
Under 12	Purple cap	01 October 2011 to 30 September 2012
Under 13	Yamba club cap	01 October 2010 to 30 September 2011
Under 14	Yamba club cap	01 October 2009 to 30 September 2010

How to Join Nippers

A full list of Club membership fees can be found on the club website www.yambaslsc.com.au

A summary is listed below.

Note: Yamba SLSC is registered with the **Active Kids Program** – obtain your Active Kids voucher number BEFORE going online to join or renew.

NEW members i.e those who haven't been a member of ANY surf club before:

- Go ONLINE to join.sls.com.au
- Follow instructions to 'create an account' and login. **Join the adult first, then create a family group** when prompted to add additional family members.
- Complete the details required for each member to **APPLY** and then **MAKE PAYMENT**.

EXISTING surf club members:

- Go ONLINE to members.sls.com.au
- Login with your existing Username
- Make sure you 'create a family group' (do the adult first) and add your family members. This saves having to add everyone's details separately.
- Follow the instructions to RENEW and MAKE PAYMENT

This renewal process for each individual member is completed each year

YAMBA SLSC Fees 2023/2024

ASSOCIATE MEMBER (Parent)	- \$65
NIPPER	- \$75
FAMILY (concession for adult/nippers in the same family)	- \$200
ACTIVE PATROLLING MEMBER	- \$30

Nipper Days

Nippers is held at Main Beach Yamba, although if conditions do not allow we will consider moving to a more suitable location. Any Nipper information for the coming Sunday will be sent out via text and posted on the Yamba Nippers Facebook group .

What does a Sunday at Nippers look like?

- 8.00am- Beach Set Up by rostered age group. Age managers will let parents know of their turn.
- 8.45am- Arrive for sign on. All Nippers must sign on prior with their Age Manager
- 9.00am- Activities commence.
- 10.30am- Activities cease, Nippers to sign off.
- 10.30am- Sausage sizzle most Sundays
- 11.30am- Yamba SLSC Handicap swim race.

Activities on the day are both beach and water based. There is an education component that Nippers will complete over the first half of the season. To obtain their relevant Surf Safe Certificate at season end Nippers MUST complete their education component.

Weather Cancellation

- Cancellation of Nippers or carnivals will be communicated via the following;A text message sent to your mobile number as listed on your registration. It is important to keep your details up to date.
- A post on “Nippers Yamba Surf Club – Members Only” Facebook group.

What to Bring

- coloured nipper cap,
- pink hi-viz singlet
- goggles,
- sunscreen,
- water bottle,
- towel, and
- sun protection clothing and hat.

Skull Cap Policy

- All nippers must wear their coloured skull caps at all times during nippers.
- Skull caps are to be removed after sign-off.
- The wearing of skull caps is a requirement to comply with Surf Life Saving safety regulations.
- Yamba's gold and black skull caps must be worn whilst competing at all surf carnivals.

High Visibility Singlets

All nippers who participate in water activities (Under 8's up) will be given a Yamba Surf Club high visibility singlet free of charge.

- It is Yamba SLSC Nippers policy that high visibility singlets are mandatory for Nippers participating in all water activities.
- Children will not be allowed to participate in water events if they do not have their singlet on. You can sometimes find spares in the equipment room if you've forgotten one.

Swimwear is available for purchase most Sunday mornings at the clubhouse or from the club office during office hours.

Throughout the season there are multiple carnivals. Whilst we encourage all nippers to compete, carnival attendance is not compulsory. As a general rule the carnivals are as follows:

- Far North Coast Branch carnivals – held at beaches between Fingal and Yamba (including Yamba's home carnival)
- Far North Coast Branch Championship Carnival- at a selected venue in the FNC Branch
- NSW Country Championships - hosted at a selected venue north of Newcastle or south of Wollongong
- NSW State Age Championships- hosted at a selected venue usually in Sydney or surrounds

All nippers from U8 and up can compete at carnivals.

Equipment

Yamba SLSC supplies all equipment needed for Sunday activities and Carnivals, including Nipper Boards. As we are a club funded by donations and sponsors, it is important we all take responsibility for the handling, care and returning of all equipment.

Boards

Boards are available for use by club members only. Boards can be used during Nippers Sunday activities and other times when the board shed is open (most patrolled weekends). If you use the boards, it is your responsibility to care and return them to the board shed after each use.

- Do not leave boards lying on the beach in the sun for extended periods
- Do not sit on boards on the sand
- Lift and carry boards, do not drag them across the sand
- Wash boards after use with fresh water, supplied at the board shed
- Report any damage to Yamba SLSC.

Surf Education

Surf Life Saving Surf Education Program (Surf Ed)

The 'Surf Ed' program is an integral part of our Junior Activity Program. The program is based on a clearly defined structure and outcomes established by SLSA to aid the children's lifesaving development. The surf education components must be completed by December 31st, each season.

All nippers are able to gain their respective Surf Ed award for their age group during the season, subject to a minimum number of attendances prior to December 31st. Listed below is a summary of the awards for each age group.

- U7 Surf Play Two
- U8 Surf Aware One
- U9 Surf Aware Two
- U10 Surf Safe One
- U11 Surf Safe Two
- U12 Surf Smart One
- U13 Surf Smart Two
- U14 Surf Rescue Certificate

Resuscitation Certificate

Candidates for this course need to be 11 years or older. Yamba Nippers have under 12 age group complete this training each season. This training will be conducted in the latter half of the season. Upon completion, Nippers are awarded Surf Life Saving accreditation in Resuscitation which becomes a part of their future skill set when training for the SRC, and toward joining the volunteer lifesaving service.

Surf Rescue Certificate - SRC

Candidates for this course need to be 13 years or older and are training to become patrolling members. U/14 Nippers train for their SRC on Sunday mornings during Oct/Nov and are assessed in early December. They are then allocated to a senior patrol team for the second half of the season.

Junior Group Evaluations (Proficiency)

Surf Lifesaving Australia sets the minimum standards of water proficiency that each child **must** attain before being eligible to participate in club water activities, training or competition. Prior to commencement of the Nippers water-based activities, the Junior Preliminary Evaluation skills must be attained. Junior Competition Evaluations are completed to ensure all nippers who wish to compete at carnivals have sufficient ability, strength and fitness.

MINIMUM AQUATIC SKILL	U7	U8
Floatation	Back or front float for minimum 5 seconds, recover to stand.	
Submersion	Submerge to retrieve object from bottom of water with hands (e.g., dive ring)	
Propulsion	Push and glide from wall, kick (distance 2-3 metres) recover to stand.	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).
CONTINUOUS SKILL SEQUENCE	Wade through water (distance 5 metres) float on back or front (5 seconds) recover to stand, submerge to retrieve object from bottom of water with hands, recover to stand.	Swim on front through water any stroke 20 metres, followed by back or front float (5 seconds) followed by submerge to retrieve object from bottom of water with hands (do not recover to stand between each task).

MINIMUM AQUATIC SKILL	U9	U10	U11
Floatation	Front to back float or back to front float - 5 seconds each side. Tread water and/or sculling for minimum 1 minute.		Front to back float or back to front float - 5 seconds each side. Tread water and/or sculling for minimum 2 minutes.
Submersion	Submerge to retrieve object from bottom of water with hands (e.g., dive ring)		Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (e.g., dive ring)
Propulsion	Survival stroke(s) breaststroke and/or sidestroke and/or sculling for minimum 50 metres.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or sculling for minimum 50 metres.	Swim on front through water any stroke for 50 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or sculling for minimum 50 metres
CONTINUOUS SKILL SEQUENCE	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for minimum 1 minute, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).		Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for minimum 2 minutes, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).

Junior Group Evaluations (Proficiency) cont.

MINIMUM AQUATIC SKILL	U12	U13	U14 (SRC)
Floatation	Front to back float or back to front float - 5 seconds each side. Tread water and/or sculling for minimum 3 minute.		
Submersion	Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from of water with hands (e.g dive ring).		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, retrieve object from of water with hands (e.g., dive ring).
Propulsion	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.		Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.
CONTINUOUS SKILL SEQUENCE	Swim on front through water any stroke using combination of breaststroke, sidestroke, freestyle for 100 metres, followed by tread water and/or sculling for minimum 3 minutes followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).		Swim on front through water any stroke using combination of breaststroke, sidestroke, freestyle for 200 metres, followed by tread water and/or sculling for minimum 3 minutes followed by forward or backward roll/somersault underwater, recover to surface, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).

Surf Carnivals

Summary and Surf Carnival Day Information

- Yamba Surf Club is part of the **Far North Coast Branch** of Surf Lifesaving which runs from Yamba to Fingal near the Qld border.
- **The U8 to U14** nippers are able to compete at carnival level. **Notice of competing in a carnival must be given to the JAC Coordinator the Sunday prior to the carnival.** You cannot just turn up at a carnival.
- Nippers must participate in their **Surf Education Award** by attending a minimum **66%** of regular nipper activity days to be eligible to compete at carnivals.
- Competitors must have passed the relevant **Competitions Skills Proficiency** before they can attend a carnival.
- Branch carnivals usually begin at **8.30am** and finish around **4pm**. Parental assistance is required at Carnivals. Help is needed to erect and take down tents, carry gear from our gear trailer to the beach and return at the end of the day.
- There is a **ratio of competitors to water safety and officials**. Courses are available for these roles and are usually quite easy – half day sessions.
- **Yamba SLSC competition caps and Yamba club swimmers MUST be worn while competing.** Pink Hi-Viz singlets are required for water events. No jewellery to be worn at any time.
- Parents, unless performing in uniform as officials, are NOT permitted in the competition arena.
- The JAC Co-ordinator or Team Manager is the only person from our Club eligible to lodge a **protest** regarding any alleged infringement of the rules.
- The Carnival is under the direction of the Carnival Referee. The Referee can alter or even cancel a program if adverse surf, beach or weather conditions prevail, please stay contactable and keep an eye on our Facebook page for updates.
- No Alcohol and no Smoking is permitted within the Carnival area.
- Code of conduct applies, and breaches may result in team penalties occurring.

Yamba Club Championship Days

Club Championship Days are about friendly in-house competition on Main Beach. **All age groups and abilities participate** in some serious and not so serious events. Details and dates of these will be advised through the season.

Nipper Competition Events

Individuals

- WADE RACE - (U/8) - Competitors sprint from the start line into the water and wade around a set course.
- SURF RACE- (U/9-U/14) - Competitors sprint from the start line into the surf and swim around a set of buoys and return to shore.
- BOARD RACE - (U/9-U/14)- Paddling a board from the beach, out through the break, around a set of buoys and back to shore.
- IRONMAN/WOMAN - (U/10-U/14) – Swim, board and run. The order of the board and swim leg is decided at the start of each carnival
- BEACH FLAGS - lying flat on the sand, then getting up and running a short distance to grasp lengths of hose standing in the sand. The event is run over a number of rounds with a child eliminated each round until there is an eventual winner.
- BEACH SPRINT - Run either 50m or 70m on the setup beach track.

Teams

- MARCH PAST - Teams of 12 are judged on their ability to march around the main carnival area. This event is steeped in tradition as it was initially designed as an event for clubs to parade in their colours.
- CAMERON RELAY - (U/11-U/14) JNR/SNR- Team 4 members: 1 swimmer, 2 runners, and a board paddler.
- BOARD RESCUE - (U/11-U/14)-JNR/SNR- Team consists of 2 competitors, a swimmer and a board paddler. Swimmer swims to the buoys and signals the board paddler to rescue him. Both return to beach on the board and run to the finish line both holding the board.
- ALL AGE BEACH RELAY - (U/8-U/14) – A beach event with 7 team members, 1 from each age - youngest to oldest.
- SWIM TEAMS - (U/9-U/14) – Competitors (4 per team) sprint from the start line into the surf and swim around a set of buoys and return to shore.
- WADE RELAY - (U/8) – Competitors (3 per team) sprint from the start line into the water and wade around a set course.
- BOARD RELAY - (U/9-U/14) - a relay team of 3, individually paddle around the course and sprinting to tag their teammate.
- BEACH RELAY - Team of 4, individually run the set track to pass the baton to their teammate.
- BUCHANAN RELAY – 4 U/8s (3 runners, 1 wader), 1 U/9 and 1 U/10(for board and swim legs).

Nipper Club Awards

Age Championship Pointscore

1 male and 1 female champion and runner-up from each competition age group (U8's-U14's) is awarded a trophy at the end of the season. This is determined by the following point system.

- 3 points are awarded for participation on a recognised Nippers Activity Day. Any child representing Yamba SLSC at an SLSA recognised Carnival or events on days that clash with Nipper Days will be awarded the 3 participation points in addition to carnival points gained on the day.
- 1 point will be awarded for attendance at Far North Coast Branch JAC Carnivals, Country and State Championships, plus 1 point for participation in each individual event. When a Nipper declines to attend a Carnival, 1 point only will be awarded upon attendance at alternate activities if available.
- Club Championship Day/s: Placing in individual races will earn the following points –First 6, Second 5, Third 4, Fourth 3, Fifth 2 and all other entrants completing the event – 1 point.

Nipper Major Perpetual Awards

Competition Result Awards

Norma Doulis Memorial Award

Awarded to the Nipper with attendance of the combination of the highest points/placings for individual **water events** at Carnivals and taking into account Club Championship and attendance performance.

Des Eamens Memorial Award

Awarded to the Nipper with the combination of the highest points/placings for **beach events** at Carnivals and taking into account Club Championship and attendance performance.

Junior Club Champion

Awarded to the Nipper with the highest overall combination of carnival results and taking into account Club Championship and attendance performance.

Senior Nipper Awards

Jack Goddard Memorial Award (Junior Lifesaver)

Awarded to a senior Nipper, U12 and up, who has a broad concept of all aspects of lifesaving and has a great attendance and participation record. Nominations will be decided and awarded by Nipper Committee & Age Managers.

John Muggleton Award (Junior Club Person)

Awarded to a senior Nipper, U12 and up, who has active participation at all times through regular Nippers, training and carnival participation; is a good role model and active helper for younger nippers; is active in other tasks associated with the general running of nippers and surf club activities.

Parents may enquire about their child's point score up until 13th December 2023.

Enjoy the 2023/24 season
with Yamba Nippers!

Yamba Nippers Calendar 2023/24		
Date	Activity	Beach Set Up
24/09/2023	Nippers	U14
01/10	Nippers	U13
08/10	Nippers	U12
15/10	Nippers	U11
22/10	Nippers	U10
29/10	Nippers	U9
05/11	Yamba Carnival	
12/11	Nippers	U8
19/11	Carnival TBC	
26/11	Club Age Champs	ALL
03/12	Nippers/Interbranch	U7
10/12	Branch Champs@ Byron Bay	
17/12	Christmas Nippers	ALL
24/12	No Nippers	
31/12	No Nippers	
07/01/2024	Yamba Ocean Swim	
14/01	Nippers	U14
21/01	Nippers	U13
26/27/28/01	Country Titles @ Warilla	
04/02	Nippers	U12
11/02	Nippers/Club Age Champs	U11
18/02	Nippers	U10
25/02	Nippers	U9
03/03	Nippers	U8
7/8/9/10/03	State Age Titles @ Queenscliff	
17/03	Nippers/State Titles - Seniors	U7
24/03	AGM & Presentation	
31/03	No Nippers - Easter	
07/04	No Nippers	
13 & 14/04	Aussies @ Sunshine Coast U13,14	
21/04	Aussies@ Sunshine Coast Seniors	

*Note: The calendar is an indication only, activities and dates may change at short notice due to circumstances.