



KIAMA DOWNS DOLPHINS

KD DOLPHINS 2018/19 INFORMATION BOOKLET

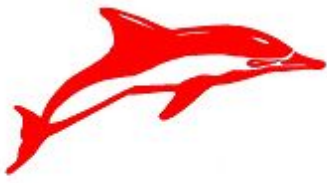
Introduction

Welcome to Kiama Downs Surf Lifesaving Club Inc. and the Kiama Downs Dolphins. We would like to extend a warm welcome to all new and re-joining members to the 2018/2019 Nippers season. The club has a proud history covering over 30 years, providing safety on our local beaches and surf education for all ages. We hope that you will find your time with our club an enjoyable and rewarding experience.

This Information Booklet provides information regarding surf club activities throughout the season. It sets out the objectives we would like to achieve as a junior club and for our Junior Surf Life Savers. It also provides information relating to the responsibilities and behaviours expected of Nippers and their parents/carers.

As a Junior Committee we undertake to fairly administer the Nipper activities at the club. We will be open and transparent in our deliberations and we welcome the contribution of Nippers and their parents. For Nippers to be successful it must remain a fun activity for all children. Children's sport, at times, can get caught up in politics and parental aspirations, with the fun aspect of the sport forgotten. Let's not forget that Nippers is for the children to learn about surf and beach conditions, practice and refine their skills and most of all have fun. We all share a collective responsibility to make sure that we do not forget this objective.

Please keep this booklet handy as a reference guide and if you have any questions about any aspect of the KD Dolphins, just ask your Nipper Age Manager or one of the other Junior Committee Members.



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Junior Development

Surf Life Saving Australia Junior Development Program is more commonly known as 'Nippers' and is open to children between the ages of 5-14 years.

During the Nippers season children will learn about surf awareness and safety through the "SurfEd" program. As they get older they are able to participate in board paddling, surfing, swimming, sprinting, wading and fun activities and games, dependent on their ages and abilities. At Kiama Downs SLSC the emphasis is on having fun whilst developing skills.

Nippers is held on Jones Beach at Kiama Downs SLSC on Sunday mornings from 8:45am to approx. 11am and runs from early October through to March. The Kiama Downs SLSC Nippers program includes lessons that are tailored to each of the nipper age groups, ensuring the content is relevant, in line with lifesaving and surf sports most up to date training standards and most of all ... fun! Practicing these skills helps develop competence and confidence in the surf environment. It also allows children to compete in Club, Regional and State life saving carnivals. Surf Life Saving Australia (SLSA) also conducts junior development camps in every state as well as the National Junior Surf League & Development Program.

All children are encouraged to "have a go" at activities, but no one is forced to participate in any activity that they are not comfortable with or don't want to do. As such, surf education is gradually introduced to the children each year with the objective that at the age of 13 they can obtain their Surf Rescue Certificate (SRC), which enables them to start patrolling our beach.



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Objectives of KD Dolphins

The Club aims to provide the best possible opportunities for Nippers:

- to learn about and understand the surf and beach environment
- to participate in and enjoy a variety of club activities
- in tuition and coaching to achieve the National Age Group Accreditation
- to make the transition from Nippers to Cadets through to Senior Surf Lifesavers
- to promote camaraderie and build relationships through involvement in the club's social activities
- to compete at a range of levels

Child Protection

All members involved in working directly with Nippers children are required to complete a Member Protection Declaration form and MUST have a current Working with Children Check number.

These details are to be sighted by the club Registrar at pool proficiency or by the commencement of the Nippers season.

Refer to the KDSLSC Website Membership page for more information:

<http://kiamadownssurf.com/membership/>



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KDSLSC Junior Committee

Below is a list of the elected committee members for 2018/19. Contact information and a communication plan will be provided closer to the season start.

Position	Name	Position	Names
Chairperson	Fred Siasat	Under 6 (1)	Jocelyn Quinn
Vice Chairperson	Anthony Hourigan	Under 6 (2)	Candice Cross
Secretary	Gary Trudgett	Under 7 (1)	Ryan Bourke
Competition Coordinator	Naida Guy	Under 7 (2)	Alana Egan
Education Coordinator	Emily Wright	Under 8 (1)	Daniel Hill
Registrar (1)	Kath Boniface	Under 8 (2)	Scott Wells
Registrar (2)	Narelle Douglas	Under 9 (1)	TBA
Beach Set Up (1)	Ryan Bourke	Under 9 (2)	TBA
Beach Set Up (2)	Thane Irvine	Under 10 (1)	Anthony Hourigan
Uniform Coordinator (1)	Renee Miller	Under 11 (1)	Daniel Norris
Uniform Coordinator (2)	Hana Singleton	Under 11 (2)	Max Gunning
Water Safety Supervisor	Bob Willetts	Under 12 (1)	Lee Singleton
Water Safety Supervisor	Graham Miller	Under 13 (1)	Gary Trudgett
Water Safety Supervisor	Steven Guy	Under 13 (2)	Stacy Burgess
		U14 / SRC (1)	Peter Grose

Registration

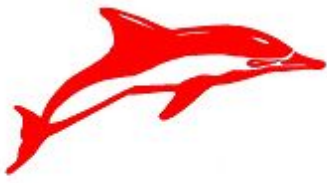
To join our club as a new member or to renew your existing membership please go to the KDSLSC Website Membership page via the following link and follow the instructions:

<http://kiamadownssurf.com/membership/>

U/6 and U/7 Membership

SLSA allow for members from 5 years of age (Under 6). Due to the special needs of this age group, SLSA has determined that the key focus for U6 and U7 junior activity be play, participation and fun. No competition will be held for these age groups other than that involved in fun games.

A child may join a Club as soon as he/she turns 5 years of age. No Club is to accept membership of a child until they have reached the age of five years to comply with insurance requirements. A child who reaches five years of age after 30th September of that season may join Nippers at that time; however, this child will be required to stay in the U/6 Nippers age group the following season.



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SLNSW Code of Conduct

Surf Life Saving NSW is committed to conducting its operations in a professional manner at all times and in all contexts. Personnel representing Surf Life Saving are expected to act in accordance with the Surf Life Saving Code of Conduct. Parents are requested to take the time to read the information and share the knowledge with their children.

Kids Code

Please:

- Play to enjoy the sport
- Follow instructions and the rules
- Do not throw sand, it can be dangerous
- Do not argue with the official's decisions. In a carnival situation, the team manager can ask the necessary questions
- Try to control your temper and be a good sport
- Remember the aim is to have fun and improve your ability
- Always stay with your age group
- Nipper caps must be worn at all times
- Listen to your Age Manager and team mates
- Competing is most important, winning is a bonus

Note: Because of the risk of disrupting or endangering others in the age group, any nipper who does not follow the above code may be asked to leave the beach on the day.

Parent/Guardian Code

Please:

- Ensure your children understand the above kids code
- Be present on the beach at all times
- Do not make an unwilling child participate in a sport
- Children are involved in sport for their enjoyment, not yours. Don't spoil it by being too intense
- Encourage the effort, it is as important as the result
- Work towards improving skills and sportsmanship
- Do not yell/ abuse a child for making a mistake, they are trying as hard as they can
- Do not publicly question an official's decision
- Be on your guard against projecting your own aspirations onto your child
- Recognise the value and importance of volunteer coaches
- Remember to sign your Nipper/s off with both their Age Manager and the Registrar when leaving the beach early

Spectators code

Please:



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- Applaud good efforts by your own team and their opponents
- Show respect for your teams opponents. Without them there would be no competition
- Condemn the use of violence in all forms
- Respect ALL decisions made by the officials
- Encourage competitors to always play according to the rules
- Do not use profane language or harass competitors, coaches or officials

KDSLSC Code of Cooperation

Parent Involvement & Responsibility

Children show a more positive response and improvement if parents are close by or involved in activities, particularly in the younger age groups. The Junior side of Surf Lifesaving can be a very rewarding experience for the whole family. The kids learn valuable skills in a safe and fun environment and parents can contribute to their education by supporting the Club and becoming involved. We therefore encourage parents to participate in the organisation of activities through our Family Membership. Our Insurance Policies also require that all Nippers, parents and helpers become financial members of the club.

Children are required to be under parental supervision at all times. Parents must accompany their child to their respective age group on the beach. All parents/caregivers are expected to remain on the beach throughout Nippers and make themselves known to their child's Age Manager and to offer assistance when required. This ensures that each child's Age Manager knows who they have in their care and that a parent is close, should they need to contact them for any reason eg: we may decide to relocate to Minnamurra River, or activities may conclude early due to adverse conditions. If you have any questions or concerns, or if your child has any medical condition that may restrict him or her in any way, please speak with your Age Manager. Parents are required to be on hand during the entirety of Nippers and to resume responsibility for their child at the conclusion of the day's events.

Children MUST obtain their parents' permission prior to re-entering the water upon completion of the day's events and swim between the flags. Before doing so, caps must be removed at the completion of the day's formal activities and handed in at the sign-on desk where Nippers must mark their names off. If you have to leave before events are finished, please inform your child's Age Manager BEFORE taking your child from the beach.

Parents are invited to gain their Bronze Medallion, Surf Rescue Certificate (SRC) or a Surf Lifesaving Award such as First Aid, Advanced Resuscitation or Radio Operator. Other areas of interest may include becoming an Age Manager, Skills Coach, Carnival Official or Recorder. Those parents who have gained their Bronze Medallion can assist with Club or Carnival surf events as a Water Safety Officer.

Please note that it is a SLSNSW and Kiama Downs SLSC requirement that parents without the relevant Surf Lifesaving qualifications are unable to assist with Nipper water activities.



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Nipper Information

Nippers Eligibility

The below table provides the SLSA eligibility information relating to Age Group and Proficiency Evaluation for the 2018/19 Season:

Age Group	Birth Date Range	Proficiency Evaluation	SurfEd Award
u6	1 Oct 2012 – 30 Sep 2013	<ul style="list-style-type: none"> From a standing position in waist deep water perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position 	Surf Play 1
u7	1 Oct 2011 – 30 Sep 2012	<ul style="list-style-type: none"> From a standing position in waist deep water perform a front glide, kick for 3 metres and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position 	Surf Play 2
u8	1 Oct 2010 – 30 Sep 2011	<ul style="list-style-type: none"> 25 metre swim (any stroke) 1 minute survival float 	Surf Aware 1
u9	1 Oct 2009 – 30 Sep 2010	<ul style="list-style-type: none"> 25 metre swim (any stroke) 1 minute survival float Untimed 150 metre ocean swim (competition) 	Surf Aware 2
u10	1 Oct 2008 – 30 Sep 2009	<ul style="list-style-type: none"> 25 metre swim (freestyle) 90 second survival float Untimed 150 metre ocean swim (competition) 	Surf Safe 1
u11	1 Oct 2007 – 30 Sep 2008	<ul style="list-style-type: none"> 50 metre swim (freestyle) 2 minute survival float Untimed 288 metre ocean swim (competition) 	Surf Safe 2
u12	1 Oct 2006 – 30 Sep 2007	<ul style="list-style-type: none"> 100 metre swim (freestyle) 2 minute survival float Untimed 288 metre ocean swim (competition) 	Surf Smart 1
u13	1 Oct 2005 – 30 Sep 2006	<ul style="list-style-type: none"> 150 metre swim (freestyle) 3 minute survival float Untimed 288 metre ocean swim (competition) 	Surf Smart 2
u14	1 Oct 2004 – 30 Sep 2005	<ul style="list-style-type: none"> 200 metre swim (freestyle) in less than 5 minutes 3 minute survival float Untimed 288 metre ocean swim (competition) 	Surf Rescue Certificate



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Surf Education Awards

An important aspect of our Kiama Downs Nippers' Sunday morning activities is surf education training and awareness. The topics that are taught include:

- Surf Awareness
- Surf Skills
- First Aid
- Resuscitation

The extent to which each topic will be taught will depend on the age group and is covered in the SLSA Instruction and Examination Manual. Age Managers and trainers will supervise the training and it is expected that all our members between the ages of 7 and 12 will be assessed and are required to gain their respective Surf Education award for their age group every season prior to 31st December. The 13 and 14 year old group will receive instruction and training in order to achieve the Surf Rescue Certificate.

Children who wish to compete at Branch and State Championships must have achieved their respective age award as well as competition skills evaluation.

For U6 & U7's training is given in beach events, water safety and surf awareness on an educational basis only. There are no competitive/point score events for these age groups.

Hats , Sunscreen & Water Bottles

Children are encouraged to wear protective clothing, sunscreen and hats while taking part in Nipper activities. Children may wear a sunhat with a peak for protection – just place the nippers cap over the top. Sunscreen is available on the beach each Sunday morning if you forget before you leave home.

It is also advisable for parents to have a labelled water bottle available for the child's use, particularly on hot days. Water bottles can be placed in the age manager bag for convenience whilst moving around the beach. Please ensure you take your water bottle with you at the end of the beach sessions.

Caps & Rash Vests

All children participating in Nippers are required to wear a Nipper cap and pink rash vest for the duration of each Nipper event, including Sunday Nippers and any other organised Nipper event. These will be provided as per the following:

- A cap will be handed to all Nippers during sign-on each Sunday. The caps must be returned to the Surf Club at the end of each Nipper event
- A rash vest is required to be purchased at the beginning of the season and is yours to keep, launder and ensure that it is worn to Nippers each week



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Club Uniform

Nippers are encouraged to wear the Kiama Downs Surf Club uniform throughout the season. Rash vests, swimwear and club uniforms may be purchased through our Swimwear/Uniform Committee (see pg 3). Go to the Uniform section of our club website for more information on sizing and pricing. A uniform order can be downloaded from there. Nipper caps must be worn by all Nippers, U6-U14, and pink vests by all U8-U14 whilst on the beach. Our Club swimmers and club competition caps are compulsory when competing at any carnival.

Beach Set Up and Pack Up

Every week before Nippers can commence, equipment (boards, flags, ropes, buckets etc) must be collected from the Nipper storeroom and assembled on the beach. Likewise, at the conclusion of Nippers it must all be packed away. This is done on a rotational basis by age group being led by Age Managers. A roster will be published at the beginning of the season and can be found on our website and at the entrance of the nippers room. Each activity has a laminated page describing how to correctly set up activity and equipment required.

Gear Rules

- Look after it and respect it
- Put it back CLEAN (hose all sand off)
- Put it back in its proper place
- All club boards MUST be returned to the club by 11:30am
- All caps, pink vests and water safety uniforms to be rinsed and hung up to dry
- If you damage a board, report it to your Age Manager or a member of the committee straight away. This will allow us to have repairs carried out quickly and have it ready for the next weekend.

Junior Activities Skills Evaluations (Proficiency)

The Junior Activities Preliminary Skills Evaluation (Pool Swim) and the Junior Activities Competition Skills Evaluation (Open Water Swim) will be overseen by an accredited assessor as per SLSA requirements.

Junior Activities Preliminary Skills Evaluation (Pool Swim)

Many activities that will be completed by children as part of junior activities will be conducted in the water. To ensure that all children have a suitable swimming ability to allow them to participate in these activities, SLSA has developed a Junior Preliminary Skills Evaluation for each age group. These are conducted at the beginning of each season at Kiama Leisure Centre and every junior member from U8-U14 is required to participate in this evaluation prior to any junior activity being undertaken. See Nippers calendar for dates and times of proficiency swims.



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Junior Activities Competition Skills Evaluation (Open Water Swim)

From the age of 8 (Under 9) juniors can begin to compete in inter-club competition. To ensure that all junior members that wish to compete have the ability, strength and fitness standard to complete the course they must be able to complete the junior competition evaluation for their age group.

NOTE: U/14 members who have successfully completed the SRC award or SRC proficiency after 1st July 2013 and prior to commencing Junior Activities for the 2013/14 season are not required to complete the Junior Activities Preliminary Skills Evaluation or the Junior Activities.

Junior Competition

To be eligible to compete in inter-club competition, a junior member must have completed the Junior Activities Preliminary Skills Evaluation and the Junior Activities Competition Skills Evaluation. They also need to have achieved the appropriate surf education award for their age by 31st December. Any member who has not completed these requirements by the 31st December who seeks to compete must apply in writing to the State Director of Lifesaving clearly identifying reasons for not completing requirements by 31st December.

Carnivals

It is a requirement of Surf Life Saving NSW that all competitors confirm participation by registering by 8:00am on Carnival days. Parental assistance will also be required at this time for setting up. Transport of, and return of boards for Carnival use is the responsibility of individual competitors. Note: Competition at Carnivals starts with the Under 8 age group. Clubs are expected to provide water safety and Officials when attending carnivals.

Compulsory Carnival Requirements

To be eligible to compete at Carnivals, it is necessary to have completed Junior Activities Preliminary Skills Evaluation. To be eligible to compete at a championship event they also need to have achieved the appropriate surf education award for their age by 31st December.

Local Carnival entry requires notice to be given to Club Recorders or Competition Registrar at least a week prior to the Carnival. If you intend to compete at Country or State Championships please advise our Club Junior Committee Registrar by November of that season.

Achievements

Nippers will be acknowledged for their achievements at an end of season presentation. Various awards will be presented. These awards will include but will not be limited to:

- Age Champion



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- Water Champion
- Beach Champion

Age Champion awards have set criteria which includes attendance and participation at no less than 8 Nipper days, including tri-club nipper days and club championships and best 2 results of 3 Club Championship days.

Club Competitor of the Year

Points will be allocated to competitors for all events and positions gained at NSW Surf Lifesaving recognised Local, Branch and State Carnivals.

Club Championships

Each season the Club Championships are held over three (3) Sundays – see Nippers calendar for dates. To be eligible for the Club Championship final point score, Nippers must attend a minimum of 8 designated Club Calendar days – including Club Championship days and tri-club days. These days will only go ahead at the discretion of the committee. Unfavourable conditions may lead to postponement until the next scheduled day. The Club Championships involve the Under 8 to Under 14 age groups. Under 6 & 7 Nippers will participate on their normal Sunday activities.

Events for the Under 8's will be the sprint, beach flags and wade. Other Age Group events will be the sprint, beach flags, swim and board. Under 11 to Under 14 will also have an Iron Person event consisting of a swim, board and run.

Board Training

Board training runs throughout the Nipper Season and depends on volunteers for registration and water safety. It is primarily for U9-U14's however younger children may be offered training if we have volunteers willing to teach. These children must be supervised by a parent in the water with them. We meet at the Surf Club to collect boards etc. and travel to Minnamurra River or stay at the beach depending on conditions. Participants are responsible for the collection of their nominated Club board and return to the Nippers storeroom at the end of each session. Further details will be advertised.

Age Manager Requirements

Age Managers play a vital role in caring for and nurturing future Life Savers. They are important to the growth, retention and development of our Junior Members during their journey through surf education.

Age Managers are assigned to each age group and are responsible for recording attendance and organizing various Nipper activities and the following lists the Prerequisites and requirements to be an Age Manager (as per the SLSA Age Managers Workbook);

Prerequisites;



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- Be a current financial member of a club
- Have completed the relevant state working with children check requirements
- Must be a minimum of 16 years old
- Becoming an Accredited Age Manager (This is a Mandatory SLSA requirement)

To become a qualified age manager you must do the following within a twelve (12) month period:

- Attend an SLSA Age Managers theory course or complete online course
- Have the SLSA Age Managers workbook completed and assessed by the course presenter
- Sign the Code of Conduct acknowledgment (Page 6 of the SLSA Age Managers Workbook)
- Undertake a 2-hour on-the-beach practical session to gain an introductory understanding of surf skills (at branch/state discretion, this may be waived if the participant has a surf background such as proficient Bronze Medallion)
- Work with an experienced age manager mentor in your club to complete the required Third Party Form (Page 14 of the SLSA Age Managers Workbook) and have it signed off by an approved assessor/mentor
- Return your completed Third Party Form and Certification Form (Page 15 of the SLSA Age Managers Workbook) reports to your course presenter or State Office as advised at the theory course

The main duties and responsibilities of all the Age Managers are as follows;

- Encourage the children in their age group to participate, enjoy, co-operate and compete in all activities of the Club.
- Keep weekly records of each child's attendance.
- Record all Point Scoring event results.
- Instruct the children in their age group of the necessary requirements of Surf Education.
- Assist in the instruction of the correct techniques of the events the children may participate in at point score and carnivals.
- Keep the children and parents informed of the requirements of the age group and of Club information.
- Make the children in their age group aware and encourage sun protection.

Requirements for Water Safety

Kiama Downs Nippers activities will be run in accordance with Surf Life Saving Australia and NSW Requirements to ensure safety at all times. We appreciate and acknowledge the degree of support provided by involved parents/carers who have achieved the relevant qualifications. Anyone wishing to obtain a Surf Rescue Certificate (13 yrs & over) or a Bronze medallion (15 yrs & over) should refer to our website for training enquires or see any of the Junior Committee members.



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KDSLSC Calendar

We strongly encourage the social side of Kiama Downs Surf Club, as it is important for Club morale and the fostering of team spirit and cooperation. We have some great social events coming up; please access our Club Calendar via the below link so you can mark these dates in your diary. You will be kept informed of details of all the Fun Events via social media, email and our club website.

<http://kiamadownssurf.com/club-calendars>

Please note: every effort has been made to ensure that the details contained in this booklet are correct at the time of publication, but may be subject to change.

Feedback

If you have any suggestions on how we may improve our activities for the children please contact any member of the committee or email juniors@kiamadownssurf.com

There is also an open invitation for all Club members to attend any Committee Meetings, which will be held at 6pm on the first Monday of every month at the Surf Club.