



## **Welcome to Jan Juc Surf Life Saving Club 2021/2022 Nippers Season**

Yes, it is that time of year again when we put the winter coat away and dust off the thongs and shorts, heading into summer as we welcome back our Jan Juc families and say a big hello to our new members.

Sunny days and good waves have been booked and we are ready to launch Nippers 2021/22!

If you are new to the club you may be asking what is Nippers all about? Well, we are glad you asked because this is what we aim to deliver:

*Nippers is about having fun, making lasting friendships, and teaching an appreciation and enjoyment of the ocean. Whatever the goal, be it simply to improve water safety and confidence, become a surf lifesaver or a champion iron athlete the program will teach the foundation skills needed.*

Nippers offers a fantastic journey of personal development and not just for the kids. Nippers is run 100% by volunteers and we ask all Nipper parents to help in some way. The range of roles you can help out with are listed in the 'Other information' section. You would be amazed how much the whole family can take away from participation in the program.

The following series of questions and answers will help you understand how things work.

### **What age group will my child be in?**

Age groups are set by Surf Life Saving Australia (SLSA) and are listed in the following table.

<b>Period in which the Nipper was born</b>	<b>Age group</b>	<b>Surf Education Award</b>
1 Oct 2014 – 30 Sept 2015	Under 7	Surf Play 2
1 Oct 2013 – 30 Sept 2014	Under 8	Surf Aware 1
1 Oct 2012 – 30 Sept 2013	Under 9	Surf Aware 2
1 Oct 2011 – 30 Sept 2012	Under 10	Surf Safe 1
1 Oct 2010 – 30 Sept 2011	Under 11	Surf Safe 2
1 Oct 2009 – 30 Sept 2010	Under 12	Surf Smart 1
1 Oct 2008 – 30 Sept 2009	Under 13	Surf Smart 2
1 Oct 2007 – 30 Sept 2008	Under 14 - Juniors	Surf Rescue Certificate (SRC)

## ***Which Nippers program is right for my child?***

Jan Juc SLSC runs two programs:

1. A **season-long Surf Sports Program** where nippers (U7-13) train weekly and are coached in racing, safety and water skills in board, wade, beach running and surf swimming.

There are a number of weekly training sessions tailored to our Nippers goals, commencing on **7 November** and running through to the Victorian Junior Lifesaving Championships on **25-27 February**.

Surf Sports Program nippers are encouraged to participate in the Summer Holiday Program.

2. The **Summer Holiday Program** runs over a two-week period (8 sessions) commencing **Monday 27 December 2021**. This program provides all children (U7-13) the opportunity to participate, learn and have fun. It focuses on:
  - Basic First Aid
  - Awareness of beach hazards such as rips, waves, rocks etc.
  - Introducing aspects of the surf sport activities such as board paddling (age dependent), surf swimming, body surfing, wading, beach sprints and beach flags.

Each age group is taught specific skills and activities. A nipper who achieves all the skills of their age group will attain the Surf Education Award.

## ***What about COVID Safe rules and regulations?***

To ensure we conduct activities in a planned and COVIDSafe manner within the requirements set by the Victorian Government we follow a Life Saving Victoria COVIDSafe plan.

## ***What are the pre-requisites for Nippers?***

Set by our governing bodies, SLSA and LSV; these pre-requisites are for the safety, at all times, of our junior members.

### Preliminary Swim Assessment

Evidence of a nipper's swimming competency is mandatory for all nippers and must be provided before participating in any water-based activities. Evidence can take the form of:

1. Return of this [Preliminary Swim Assessment 2021-2022](#) form to the Club Office after it is signed by a parent AND a qualified coach, swim teacher or lifeguard;
2. A nipper's Competition Skills Evaluation (S-Badge) from the 2020/2021 season - no assessment is required but a parent will need to complete this [Preliminary Swim Assessment 2021-2022](#) form to indicate that the nipper can still meet the requirements;
3. Assessment by the Age Group Coach at a club organised pool based session (details on **TeamApp**);
4. Assessment by the U7 Age Group Coach as part of the early sessions at the beach (Under 7 Nippers only).

The impact for nippers who are unable to complete any of the above options is:

- Under 7&8 - Can participate in Nippers, the club will provide modified activities.
- Under 9-13 - Unable to participate as activities will require the nippers to swim the minimum swim assessment distance. VicSwim or attending swim lessons would be more beneficial to the child.

## Competition Skills Evaluation (S-Badge)

Mandatory for a nipper to participate at junior carnivals in ANY event for U12 & U13 nippers or water events (excluding wade) for U9-11 nippers.

A nipper must complete an open water swim (refer table below) for their age group. They must swim confidently in a continuous (i.e. no rest breaks) freestyle with head in the water.

There will be opportunities to attain the S-Badge during nipper sessions in the early part of the season. Coaches are on hand to encourage and assist your child achieve this nipper milestone.

For safety reasons a S-Badge will only be awarded when we are sure the nipper can swim the required distance competently and correctly. It can take some time for children to build their confidence and we will support every nipper in their endeavour to complete this. It is recommended parents take their children for some open water swimming experiences before attempting their S-Badge.

Age Group	Preliminary Swim Assessment		Competition Skills Evaluation	
	Swim Distance	Survival Float Time	Swim Distance	Swim Time Limit
U7	Front glide & kick for 3metres	30 second (back float)	nil	
U8	25 metres (any stroke)	1 minute	nil	
U9	25 metres (any stroke)	1 minute	150 metres	12 mins
U10	25 metres	1.5 minutes	150 metres	11 mins
U11	50 metres	2 minutes	288 metres	12 mins
U12	100 metres	2 minutes	288 metres	10 mins
U13	150 metres	3 minutes	288 metres	9 mins

### ***Do the Nipper Programs teach my child to swim?***

NO – Nippers is not a learn to swim program and we strongly advise that you enrol your child in swimming lessons all year. The Preliminary Swim Assessment has strict minimum swim requirements that your child must be able to complete prior to commencing the Nipper Programs; this is not only for your child's safety but also for the safety of others.

If your child wishes to compete at carnivals in water events, they will need to qualify for their S-Badge.

**Please advise your child's Age Group Team Manager if your child is not a competent swimmer.**

### ***What are the Nipper Awards?***

#### Surf Education Award

At the completion of the Summer Holiday Program, participants are eligible for an award specific to their age group.

To attain this award, nippers MUST attend nipper sessions, complete their theory booklets and attend the First Aid session. Additionally, U12-13 nippers MUST have gained their Competition Skills Evaluation (S-Badge).

**Attainment of the relevant junior Surf Education Award is a prerequisite to be eligible to compete in the Victorian Junior State Championships.**

### Nipper Accomplishment Award

Awarded to any nipper who completes as a member of Jan Juc SLSC:

- Every year of Nippers U8-13; AND
- The Surf Rescue Certificate (SRC) as an U14.

This is awarded at our Senior Presentation ceremony at the end of the season.

### ***How do I stay up-to-date?***

All nipper parents are strongly encouraged to download the **TeamApp** for smartphones and join the Jan Juc Surf Club team. The TeamApp can be downloaded from your preferred App Store.

TeamApp is our main method of communication; it is used to:

- share important notices, updates and relevant information;
- pay entry fees for carnivals, championships and events;
- purchase Club merchandise;
- sell second-hand boards;
- ask questions.

For Facebook users, it is recommended you join "[Go Juc](#)" – Jan Juc Surf Club Group.

# NIPPER SURF SPORTS (COMPETITION) PROGRAM

## How does my child get involved in the Surf Sports Program?

Nippers (U7-13) and their parents must be members of [Jan Juc Surf Life Saving Club](#) which will automatically register them with Life Saving Victoria (LSV) and Surf Lifesaving Australia (SLSA).

Nippers must also register their intent to participate in the Surf Sports & Summer Holiday Programs.

During the program, coaches work with the nippers on skill development and fitness. It is not compulsory for nippers to compete at carnivals however we encourage nippers in this program to participate in one or more surf lifesaving carnivals and championships run by Life Saving Victoria (LSV). Competitions are a great way to improve skills and make friends whilst representing the club. Most of all it is about having a go – nobody leaves a competition without a personal story to tell.

There are 2 key weekly training sessions, supplemented with dedicated fitness and swimming sessions:

- Sunday morning: Surf Sport & Skill Essentials (Foundation session for everyone)
- Wednesday evening: Technique & Competition Coaching (Open to anyone interested in competing and/ or honing their techniques).
- Friday evening: Intensity water training for Nippers wanting to develop their competitive edge.
- Tuesdays & Thursdays: Open water swimming sessions are available through the season for Nippers to help improve their ocean swimming for competitions.

Sessions are generally at the following times, please check the [Club Calendar](#) for full details.

Day	Time	Commencing	Location	Age Group	Description
Sunday	9:30 – 10:30am (arrive at 9:15am for pre briefing)	7 Nov 21	Jan Juc Beach	U7-8	Surf Sports & Skills Training
	9:30 – 11:30am (arrive at 9:15am for pre briefing)		Jan Juc Beach	U9-13	Surf Sports & Skills Training
Wednesday	5:15 – 6:30pm	1 Dec 21	Torquay Front Beach	U9-13	Technique and Competition Training
Friday	5:15 – 6:30pm	TBC	Torquay Front Beach	U11-13	High Intensity Iron event training
Tuesday & Thursday	TBC	TBC	Cosy Corner	U10+ at least at swim squad level	Open water swimming

### ***What does my child need to bring to the sessions?***

Nippers need to be ready for a variety of training opportunities and for each session they should bring:

- Competition cap (aka Nipper cap) & fluoro rash vest, available from the [Juc Shop](#)
- Runners, shorts, t-shirt, hat
- Bottle of water
- Bathers, towel & goggles
- Sunscreen (applied before and during the session);
- Wetsuit and silicone swim cap are optional, **but advisable**
- Nipper board (U9-U13) or Body Board (U7-U8)

### ***What board is needed for Nippers?***

Nippers are trained in the use of nipper, or rescue boards. Nippers commence with a body board (U8), progressing to a soft top board (soft board) with handles (U9-10), then transitioning to a fiberglass board (hard board) with handles (U11-13).

Jan Juc SLSC have some boards available for hire (refer [2021-2022 Board Allocation Agreement](#)), an [application](#) and [Bond & Hire fee](#) MUST be submitted prior to collecting a board.

Hire boards are soft boards. U11-13 nippers who want hard boards are encouraged to purchase their own.

Hard boards can be bought new, although many are available second-hand as nippers progress or 'grow out' of their boards. Second-hand boards sold within the club are advertised on the **TeamApp**, and there is also a Facebook group '[New/Used Surf Craft Victoria](#)', where members from Jan Juc and other clubs post second-hand boards for sale.

### ***In which events can Nippers compete?***

A variety of individual and team events are offered at carnivals. Teams are selected by the team manager and coaches before the carnival day. Competitors can generally choose their individual events on the day, however at some carnivals individual event entry numbers may be limited. In this case team managers and coaches will select entries. Teams are made up of 4 nippers, apart from board relay which is a team of 3.

Events include the disciplines of swim, iron, board, wade, sprint, run and flags. For U12-13s there is also the belt and reel, and board rescue events.

U8s do not have any swim or board events.

U7s do not compete at carnivals apart from the Torquay/Jan Juc Friendly Carnival.

***How do I register for carnivals and does it cost any money?***

Each nipper who wishes to compete at a carnival must have their name registered with the team manager at least 7 days before the carnival date. We will ask for names and have opportunities for you to record your child's name but it is the responsibility of the parent to ensure the Club has your child's name by the due date. Nippers will not be allowed to compete at the carnival if this has not been done, Life Saving Victoria do not accept late registrations.

All Junior Carnivals attract an additional cost and must be paid 7 days prior to the event, similarly the Junior Championships must be paid 14 days prior to the event. This must be paid through your Members Area account or via the TeamApp Store. Early payment allows us to cross check that we have registered the correct children for the carnival, without a payment, your child may miss out.

# SUMMER HOLIDAY PROGRAM

## ***Does it matter that my child hasn't participated in Nippers before?***

No. Each child will be taught what is required for their particular age group. The Summer Holiday Program is open to all children regardless of their previous experience.

## ***What will my child learn?***

Each age group has a series of skills and information that will be taught. So you are aware of these skills, each nipper will be issued with an 'award' booklet which will be marked throughout the program as the skills are learnt.

## ***What do I need to bring to the Summer Holiday Program sessions?***

We recommend you have the following items ready for your child on the beach and be on hand with them when your child needs them:

- competition cap (aka Nipper cap) – provided in the Nipper pack for new members;
- fluoro rash vest (provided in the Nipper Pack);
- bathers, swim cap, towel & goggles;
- wide brimmed hat & sunscreen (applied before and during the session);
- bottle of water;
- warm clothes (dependent on the weather);
- wetsuit; even on warm days, Victorian waters can be cold.

Items can be purchased from the Jan Juc Shop.

## ***Who are the Summer Holiday Program Age Group Managers?***

The Age Group Managers are our junior members of the Club (aged between 14 and 20) who have been nippers and have completed an induction course which equips them for the role. They have agreed to volunteer their time to assist the Club and support nippers in the Summer Holiday Program. This unique part of our program provides leadership skills, mentoring and team spirit to our Club atmosphere. They are backed up by adults if needed.

## ***My child has enjoyed the Summer Holiday Program so much they would like to learn more and start Surf Sports training. How does this work?***

We welcome all nippers to our Surf Sports Program. If you would like to continue on and start competing for our Club all you need to do is contact the Nipper Committee. The only extra cost involved is to attend carnivals.



# SAFETY AT NIPPERS

JJ SLSC provides a number of protection measures to ensure our Nippers are as safe as possible:

- All members involved with nippers who are over 18 (including all Nipper parents) are required to have a Working with Children Check.
- A water safety check list is carried out at every session.
- All Age Group Managers in the Surf Education Program are equipped for the role through an induction course and SRC/Bronze Medallion course. Most are experienced Lifesavers or Lifeguards.
- The required number of water safety officers are in the water with the nippers at all times.
- A first aid officer is available at each session as well as at carnivals.
- A first aid kit, oxygen and defibrillator is at every session and carnival.
- If conditions are precarious, the program will be adjusted accordingly.
- A Member Protection Officer is available for all Junior Members.
- A COVIDSafe plan is in place

Our programs are not a babysitting service. A responsible adult **MUST** be present at the sessions at all times. If you are called away in an emergency you **MUST** notify the Age Group Team Manager and leave a contact mobile phone number. Whilst every effort is made to ensure our Nippers are kept safe we remind you that this is an ocean sports program with inherent risks. You play an important role in understanding your child's capability and limitations and we ask you to advise the relevant coaches and age managers of any concerns throughout the program.

## OTHER INFORMATION

### ***Is there a uniform?***

The [Jan Juc SLSC shop](#) stocks an extensive variety of Club clothing.

All nippers must wear a competition cap along with a fluoro rash vest during all sessions so they are easily identifiable to coaches, age group managers and water safety. This is a Surf Life Saving Australia requirement for all participants. All Nippers are issued with a fluoro rash vest so they are easily identifiable during water activities.

It is compulsory to wear the Club competition cap and pink competition rash vest at Carnivals. Nippers must also have a t-shirt and bucket hat to marshal in.

It can however, inspire great Club spirit at Carnivals (particularly Victorian Junior Lifesaving Championships) when our team members are in some part of the Club clothing. It can provide a great sense of belonging and Club pride.

JJ SLSC is a SUN SMART CLUB. All nippers are required to wear a broad brimmed hat, sunscreen and rash vest.

Wetsuits are not compulsory but very advisable in Victorian waters.

### ***What do I need to do as a parent?***

All of the people who make Nippers happen each year are volunteers. We expect every parent to help in some way as part of the Nipper program.

Jobs range from Committee Members, Coaches & Team Managers to Water Safety, Officials, Equipment set up/pack or cooking the BBQ. We are always looking for parents to help out so please let us know in which are you are interested and we can find you a suitable job.

As well as the reward of seeing our kids develop, the Jan Juc Surf Life Saving Club also provides great opportunities to develop skills for parents. This includes officials, first aid, bronze medallion and IRB courses. Please let your team manager know if you are interested.

It is also important that you are on the beach and available at all times for your child.

Please ensure your [Working with Children Check](#) is current for the safety of all our Nippers. All members must have a Working with Children Check if they are over 18.

### ***What happens to images taken of the nippers?***

By becoming a member of a Surf Life Saving club you consent to the Club using your name, image, likeness and performance in any surf lifesaving activity at any time to promote the Club, by any form of media. As per Clause 8 of the Membership Application/Renewal.

### ***How do I find out what is happening around the Club?***

There are many ways to find out about Club news, ensure you provide an email address that is checked regularly:

- [Club Mail](#): A weekly email to members with information about all areas of the club.
- [Team App](#): Enables us to send out information which is easily accessible via your smartphone or email. We urge all parents to sign up. TeamApp can be downloaded from your preferred App Store.
- [Via Text Message or email](#): The Club will send an SMS or email to specific groups with urgent or important information. **Please ensure the Club has a relevant Mobile Phone Number and email** recorded on each Nipper membership record.
- [Website](#): As much information as possible will be posted on the website. (Note: The website is currently being upgraded to be the central point of information and communications. Further information will be provided once the upgrade is complete)
- [Facebook](#) – “Go Juc” Jan Juc Surf Club – please join this group
- The start of every session is used to share information and to give important announcements. Please try to be available for this time.

### ***What happens after Nippers?***

There are many opportunities for young people in the senior areas of the Club.

- Patrol Jan Juc beach (this includes those who have attained land-based awards only)
- Compete in senior carnivals
- Specialise in areas of competition at a State or National Level
- Become involved in many leadership and personal development programs including becoming an Age Group Manager for the Summer Holiday Program!

Speak to our Juniors' Manager for more information about life after Nippers.

### ***Code of Conduct***

We all love our sport, but what is equally important is the way the game is played and the manner in which our sports people conduct themselves. Our [Code of Conduct](#) identifies a series of key principles on which young competitors, parents, coaches, officials and spectators should base their sporting involvement. The Codes will ensure that young people develop good sporting behaviours and have an enjoyable experience of sport, which will encourage them to remain involved throughout their lives.

# COSTS

## **What does Nippers cost?**

We have two options for Family Membership:

- |                                                                               |       |
|-------------------------------------------------------------------------------|-------|
| 1. Family Membership – For one parent/carer and one dependent (U21)           | \$210 |
| 2. Family+ Membership – For two parents/carers and unlimited dependents (U21) | \$350 |

Both options are at concessional rates and include the following for each nipper:

- a “Nipper Pack”, which includes:
  - T-shirt;
  - Rash vest;
  - Bucket hat
- free registration for the Summer Holiday Program and Surf Sports Program
- competencies booklet
- S-Badge testing
- Life Saving Victoria awards coaching & training
- equipment use (excluding board hire)
- free entry to Junior Juc Bash or Danger 500

Possible Additional Costs:

- |                   |        |
|-------------------|--------|
| Board Hire & Bond | \$ 180 |
| Competition Cap   | \$ 15  |

There is no refund or credit (full or pro-rata) for any payment.

If you have any other questions regarding membership or payments, please contact the office on:

Email: [info@janjucsurfclub.com.au](mailto:info@janjucsurfclub.com.au)

Phone: 0475 265 820

## Office Hours (excluding public holidays)

September to March	9.30am – 2.30pm	Tuesday and Thursday
April to August	9.30am – 12.30pm	Tuesday