



LEADING IN INNOVATION

BONDI BURNING PALMS BRONTE CLOVELLY COOGEE CRONULLA ELOUERA ERA GARIE  
MAROUBRA NORTH BONDI NORTH CRONULLA SOUTH MAROUBRA TAMARAMA WANDA

## NIPPER CLUBS CHECK LIST SUNDAY MORNING

2019 / 2010 Pre-Season Meeting - August 2019  
Prepared by Doug Hawkins: Director Junior Development

### **Nippers Check List: Sunday Morning Sessions**

- ❖ Age Manager - the person who manages the Age Group - has the SLSA Age Managers Award and is a current financial member.
- ❖ This is for Sunday morning sessions where the aim is to deliver a fun, engaging, learning and friendly session working for the benefit of ALL the Nippers.
- ❖ Any aspect of Competition Training or events or specific distances can be used for competition training at other sessions.
- ❖ The NSW Govt WWC - Branch is directing that ALL Parents working with Nippers have their current WWC
- ❖ Patrol must be Operational prior to Nippers commencing: Can be a Nipper Parents Patrol, as long as it meets Patrol SOP Requirements, and signed in to SurfCom.

### **Actions:**

- Risk Assessment done and signed with and by the PC -
- Electronic or on Paper Version - copy to the Club via either version.
- RA done by BM holder only - should be the Water Safety Supervisor. Reference Lifeguards if required re conditions

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- Nippers arriving in long sleeve T-Shirt (as per SLSA Sun Safe Policy)
  - Noting: “Pinkies” are for water use only as hi vis, and offer no sun protection and also retain body heat.
- Drinks and Sunscreen for Nippers all done prior to the session.
- Ensure Nipper Emergency Response Kit (NERK) is on the beach and checked.
- IRB is operational and on the beach
- Water Safety Supervisor has a Radio and has performed a radio check with Patrol and has designated Call Sign for the session.
- Age Manager Award holders sign in to ensure SLSNSW ratio of 20:1 is covered (Nippers to Award Holders) - this ratio covers the entire Nipper team, not just an Age Group - so IF you have 400 Nippers signed in, therefore you need 20 people on the beach with the SLS Age Managers Award.
- All Nippers signed in on Sign In/and afterwards on the Sign Out sheet
- Age Manager also has a full list of the Nippers from Surfguard with Proficiency details, Emergency Contact details and who the contact is, and any health issues relating to the Nipper.
- Age Assistants briefed on the Session - all must be accredited via the SLSA Age Managers Course, and be a financial member.
- No-one works with the Nippers unless a Member and trained - obviously this applies differently to SME's, such as SRC or BM Holders as they have specific training.
- Water Safety being Current Member and Proficient in SRC /BM have all Signed in and are briefed on the day/session and have Orange Rashie and cap, or red and yellow rashie and Orange Cap
- Ensure Water Safety Ratio is correct for the whole session as per the SLSA WS Policy 1.1 and as per the Risk Assessment risk level (Low - Medium - High) that was agreed on.

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- Risk Assessment assessed each hour, or as conditions change.
- Age appropriate equipment is ready and all checked for Safety
- Age Manager gives a Safety briefing to all the Nippers - Checks Signals Awareness
- Age Manager gives a session briefing to all the Nippers - Outlining what they are looking to achieve today - this could be just fun..!!
- Sessions should cover water skills development, personal development, lifesaving skills - All, team work, Signals, games, education, environment, surf awareness, SLS awareness, first aid, Patrol Operations..club history, etc
- Set distances in the water based on skills, and what skill or step you want them to learn that session - can use various lengths at one time.
- Ensure Skills are taught step by step...
- In some of the older age groups recommend creating “Patrols” within the Nipper Age Group, and change out each fortnight, and appoint “PC’s and VC’s” to work with their teams.
- SLSA Signals session each week — action based, and make it fun...
- Utilise BM holders for all Lifesaving Training - only those who know and understand the material within an SLS arena should teach the material.
- Specialist trainers for Boards who can teach the skill steps.
- Referencing the SLSA Age Guides as to what to achieve each session in Skills base
- Session break: Check on Nippers that they are all good and enjoying - drinks and sunscreen - any questions?
- Check Water Safety are all good - Check in with Age Assistants who are working with the Nippers
- Review the session at end with the Nippers - talk about next weeks session and any questions ...



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- Debrief the Age Assistants - any questions, updates or changes - talk about next weeks session in preparation.
- Attend the Nipper session debrief held by the Nipper Chairperson for the morning session
- Write up a session report (positive) to go in the Club Newsletter.
- Prepare for next weeks session:
- Write email to all the Nipper families re the session (how good it was) and what the Age Group will be doing next week.



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## PROGRAM AND SKILLS ASSESSMENTS FOR END OF SEASON PER AGE GROUP

### SLS SYDNEY SEASON 2019 - 2020

Endorsed by SLS Sydney JDC Executive

Age Mangers are encouraged to use the SLSA Resus Certificate and Radio Certificate resources and supporting information.

#### As per SLSA Curriculum:

##### Under 11's

- 1 Person CPR - DRSABC
- All SLSA Signals
- Board and tube rescue - Conscious only - small distances - focus on comms and technique...
- Surf Awareness as per SLSA

##### Under 12's

- 2 x person CPR
- All SLSA Signals
- Board and Tube rescue - Conscious and Unconscious Tube
- First aid - Bleeding and shock, Marine stingers, strains and sprains
- Body Systems
- Surf Awareness

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Under 13's

- 2 person CPR and defib
- All SLSA Signals
- Board and Tube rescue - Conscious and Unconscious
- First aid - Patient mgt, Bleeding and shock, Marine stingers, Breaks, Strains and Sprains Cardiac
- Surf Awareness
- Body Systems
- Radio Intro

Under 14's

- 2 person CPR and defib
- All SLSA Signals
- Board and Tube rescue - Conscious and Unconscious
- First aid - Patient management, Bleeding and shock, Marine stingers, Breaks, strains and sprains, Cardiac issues. Temperature related issues (cold and hot)
- Surf Awareness
- Body Systems
- Radio usage on Patrol
- Patrol Mgt
- Carries for Rescues and patients (no one person carries)

***Referencing SLSA Manuals and Age Guides August 2019***



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## SLSA NIPPER SEASON EDUCATION OVERVIEW FOR SLS SYDNEY NIPPERS

Attached with this Overview is the Education section from the SLSA Age Mgrs Award Presentation for reference and application.

The current SLSA Age Guides and the Age Manager Learner Guide are available on the SLSA Members Portal for download and SLSNSW Nippers section

All CPR and Board and Tube Rescue Videos are available on the SLSA Members Portal for download and via the SLS Sydney Nipper USB

Every SLSA Age Manager should have a Learner Guide - Read it and apply

Every SLSA Age Manager should have the appropriate Age Guide - read it and apply the Lessons in the program across the Season.

As Nippers is realistically about four things being Fun - Friendship - Learning and Lifesaving skills then Education plays a big role.

Each season each Age Groups need to be signed off as per the skills details in the front of each Age Guide - see example attached for U11's - that they are competent in the skills listed.

This is for their Surf Education and needs to be completed by Dec 31st, and in SurfGuard by that date - otherwise no competing outside their Club for the rest of the season

Referencing the **Nipper Checklist and Education Pathway to SRC** - program skills as per each Age Group.

The Age Manger ensures that each Nipper are taking steps each season towards the U14's, and learning and building all the time..and not overwhelmed by lots of new skills in the U14's

As a reference - say for the Board rescue - hard to do if you can't paddle a board and get through waves - so they will need certain skills first as they build to the final skill of rescuing.



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For the Education Officer for Nippers, some Surf Clubs have this as the Assistant CTO of the Club, so the connection is there and process and reporting is in place...and they are accountable within the whole scope of the Clubs Education Program (One Club approach of course)

Surf Education should not just be held on rainy days or just big surf days, as Nippers then understand its the backup session and not the priority session...Should be part off the entire Calendar each week.

Education on Lifesaving Skills, wet and dry, should only be taught by BM or SRC holders who know their stuff - just like our Coaches in surf sports...

Nipper programs can be delivered as per the detail outlined in the previous aspects of this document.

The Nipper Calendar should reference the building up of these skills and application through fun and team based activities, then it will be a great Nipper season at your Club. Realising this is what Sunday mornings are really about.

As stated each Age Guide has the season requirements in the front section for the Age Mgr to reference and deliver on.

Club CTO's are responsible for ALL Education and LS Skills learning across the whole Club.

END:

***SLS Sydney JDC ENDORSED***