



# ELOUERA SLSC

Junior Development Committee (JDC)  
ELOUERA NIPPERS GUIDE BOOK  
Season 2011/12

Further information at  
[www.eloueranippers.com.au](http://www.eloueranippers.com.au)

Please note this document is regularly updated to ensure it remains fresh and relevant to the needs of all but most importantly the nippers of Elouera SLSC

**Our mission at Elouera SLSC is to encourage and educate our nippers to be competent and safe on the beach and in the surf so that, should the need arise, they are able to save a life**

### **MESSAGE OF WELCOME**

- The aim of this Guide Book is to ensure that nippers are able to work as a team for the benefit and advantage of Elouera SLSC.
- Sunday Elouera Nippers is about induction, education, awareness, competition, sportsmanship, participation and fun.
- Surf knowledge and techniques are gradually introduced to nippers in relation to their age and ability - ultimately at the age of 13, they will attain their Surf Rescue Certificate (SRC), which is one short step below the Bronze Medallion.
- It is hoped that everything you need to know about Elouera Nippers is contained in this guide. It gives the guidelines that our Instructors and Age Managers will abide by when selecting teams and, most importantly, explains the standards that nippers need to achieve when aspiring to represent Elouera SLSC.
- Elouera SLSC has some fine traditions and it is hoped that this Guide Book will ensure that our nippers reap maximum benefit from the opportunities that are presented to them at Elouera SLSC.

**The objectives of the Elouera Nippers' JDC is to ensure that those nippers who register with Elouera SLSC are provided with:**

- The best possible facilities to enjoy their activities.
- The best possible opportunity to participate in Surf Lifesaving activities.
- The best possible tuition and coaching to complete the Surf Education Program.
- The best possible opportunity to compete for Elouera SLSC.
- A friendly, happy and safe environment.
- An inclusive training programme for nippers who want to conduct additional surf lifesaving education and surf and beach training during the week.

## **SUNDAY ELOUERA NIPPERS**

**To enable Sunday Elouera Nippers to run smoothly please take note of the following**

- Sunday Elouera Nippers commences at **9.00am**. Nippers assemble behind their Age Group signs at **8.50am** so that Age Managers can mark the attendance register and the Director of the Elouera Nippers' JDC can outline the day's activities.
- Nippers are to wear their Elouera Age Group cap clearly marked with their name.
- A recurring theme in this Guide is parent participation. Parents will appreciate their nipper's progress far more if they play an active role in assisting their respective Age Instructor/Manager.
- At the conclusion of events, please collect your nipper from his or her Age Instructor/Manager.
- Parents will be expected to assist their Age Instructor/Manager when they are the Duty Age Group (once per season).
- Nippers must obtain their parents permission prior to re-entering the water after Sunday Elouera Nippers. In all cases nippers must remove their Elouera Age Group cap at the conclusion of nipper activities. This is a safety consideration as there is an assumption that some supervision is being exercised by the Club if a nipper has a cap on.
- Any nipper that needs to leave the beach early must inform his or her Age Instructor/Manager **BEFORE** leaving.
- **DURING SUNDAY ELOUERA NIPPERS A PARENT OR GUARDIAN IS REQUIRED TO BE AT THE BEACH AT ALL TIMES.**
- **SUNDAY ELOUERA NIPPERS IS NOT A CHILD MINDING SERVICE AND CHANGES CAN BE MADE AT THE LAST MINUTE DUE TO THE WEATHER.**

## ACTIVITIES AT ELOUERA NIPPERS

### Surf Lifesaving Education

Each week all nippers will receive surf education, **governed by SLSA to enrich the lives of the junior members through a delivery of surf life saving knowledge and skills.**

The Instructors/Age Managers will be tutored on these lessons to, in turn, teach them to their groups each week. The lessons are age specific, covering topics on sun safety, Ecosurf, club history, personal health & fitness, personal safety & well being, the human body, emergency services, first aid, resuscitation, signs & signals, preventative action, as well as principals of flags, sprints, board, surf swimming.

This is a certificate course which is issued to all those who complete it. It is also accompanied by a individual “passport” for each child to have ticked off when they have covered each set topic - this may be kept by the AM/I for safety and returned to the child at the end of each season.

**Note: the course must be completed each season before the end of December, persons joining late or missing lessons or in the incorrect age group may not receive the award.**

### Beach Events

- **Beach Races.** Running over a set distance on the sand (50m-75m depending on age).
- **Flags.** Lying flat on sand, then getting up and sprinting a short distance to grasp a “flag” (hose) standing in the sand. The event is run over a number of rounds with nipper/s eliminated each round until there is an eventual winner.
- **Beach Relays.** Teams of 4 (or more in an All Age Relay) run a relay over a similar distance to the Beach Races. The baton hand over generates an additional degree of complexity, uncertainty and excitement.
- **Surf Wade.** Running through shallow water around a heavily supervised course (usually just for younger Age Groups).

## Water Events

- **Surf Swim.** Swimming from the beach around a string of buoys and back to the beach.
- **Board Race.** Similar to the Surf Swim but around an apex of buoys.
- **Iron Person.** A combination of the Surf Swim and Board Race.
- **Board Relay.** A team of 3 race as a relay around the Board Race course.
- **Surf Team.** A team of 4 nippers enter the water together and swim around the Surf Swim course. Points are awarded for position. The points are then calculated to generate a winning team (usually the team with the fewest points).
- **Cameron Relay.** A 4 person relay involving a Surf Swim, Board Race and 2 Beach Sprints.
- **Board Rescue.** A 2 person team. The swimmer swims to their respective buoy and is then 'rescued' by the board paddler. Both nippers must then paddle back to shore on the same board.

## March Past

The March Past is the ultimate team event with 12 nippers in a team. The team marches around a rectangular course and is judged on marching skills, body carriage and the team's ability to hold their formation throughout the march. All the nippers work together with the winning team scoring the lowest number of errors.

## Rescue and Resuscitation (R&R)

R&R is another traditional surf life saving event with a proud history. The event simulates the rescue and resuscitation of a 'patient' and nippers are assessed on areas such as marching, uniformity and following the correct resuscitation procedure.

- 2 Person R&R is for U10-U13 nippers. One nipper will simulate the patient and the other performs the rescue. The competition takes place on the water's edge and does not require the patient to swim.
- 5 Person R&R is for U12-U14 nippers and is based on the traditional method of performing rescues with the reel, line and belt. The nippers fill the roles of patient, beltman, reelman and linesmen and simulate a rescue, carry the patient from the water and resuscitate them. The rescue is done in waist deep water.

## **INSTRUCTORS & AGE MANAGERS**

### **Instructors and Age Managers are allocated to each Age Group and are responsible for organising and conducting activities**

The main responsibilities of the Instructors and Age Managers are as follows:

- Encourage the nippers of their Age Group to participate, enjoy, co-operate, learn and compete in all activities.
- Keep weekly records of each nipper's attendance.
- Keep weekly records of results.
- Introduce their nippers to surf education and surf rescue techniques.
- Organise the nippers of their Age Group at carnivals, which includes marking the attendance sheet, team selections and marshalling the nippers for their allocated events.
- Keep the nippers and parents up to date with Age Group and Elouera SLSC information.
- Make the nippers of the Age Group aware of sun protection.
- Develop an esprit de corps between the nippers in their Age Group.

### **Parents are encouraged to make themselves known to their nipper's Instructor & Age Manager and to offer their assistance**

## PARENT INVOLVEMENT

- Helpers are always needed to ensure that the day's events run smoothly and safely.
- Throughout each season, training is arranged for any parent interested in obtaining their Bronze Medallion. This has proved very successful over the past few seasons. It is essential that as many parents as possible obtain their Bronze Medallion to meet the minimum water safety requirements for SLSA. It also helps teach our nippers, as well as being a great example to them.
- **It is also emphasised that parents are not allowed to enter the water on a Sunday to assist with Nipper activities unless they hold their Bronze Medallion or SCR and are invited to assist by the Age Instructor/Manager.**
- Parents without qualifications can also play a key role in Elouera Nippers as:
  - Parent helpers.
  - Committee members.
  - Age Managers & Age Managers' assistants.
  - Carnival assistants (by gaining their officials accreditation).

Any person assisting with nipper activities is required under NSW legislation to complete a Prohibited Employment Declaration.

## **PARTICIPATION PROFICIENCY**

No nipper will be able to participate in water events at Sunday Elouera Nippers without first completing a Preliminary Skills Evaluation. The Preliminary Skills Evaluation Standards, which contribute towards a nipper's Surf Education certificate, are as below:

- Under 8: 25 meter swim 1 minute survival float
- Under 9: 25 meter swim 1 minute survival float
- Under 10: 25 meter swim 1.5 minute survival float
- Under 11: 50 meter swim 2 minute survival float
- Under 12: 100 meter swim 2 minute survival float
- Under 13: 150 meter swim 3 minute survival float
- Under 14: 200 meter swim 3 minute survival float

Additionally, an Elouera Nippers Proficiency Swim is to be completed prior to a nipper completing the Competition Skills Evaluation in open water. The Elouera Nippers Proficiency Swim standards are as below:

- Under 9: 200m in 6 mins
- Under 10: 200m in 6 mins
- Under 11: 200m in 5 mins
- Under 12: 200m in 5 mins
- Under 13: 200m in 5 mins
- Under 14: 200m in 5 mins and complete SRC during season.

## **Competition Skills Evaluation**

To maintain safety and life-saving standards, SLSA has set a minimum standard of proficiency that nippers must achieve before being eligible to compete in a carnival. No nipper will be able to participate in a carnival without first completing their Competition Skills Evaluation. This includes beach competitors. The Competition Skills Evaluation Standards are as below:

- Under 8: As per Preliminary Skills Evaluation
- Under 9: Minimum 150m open water swim
- Under 10: Minimum 150m open water swim
- Under 11: Minimum 288m open water swim
- Under 12: Minimum 288m open water swim
- Under 13: Minimum 288m open water swim
- Under 14: Minimum 288m open water swim

There is no set time to complete the swim, however, the assessor must be confident that the nipper can complete the swim safely and with confidence.

### **Uniforms**

- Elouera SLSC official competition uniform is a royal blue, sky blue and white cap (different from Age Group caps) and an Elouera SLSC swimming costume.
- Club costume and caps are compulsory for all nippers competing at carnivals.
- Club costumes can be purchased from the friendly Elouera Nippers' Shop which is open every Sunday.
- Nippers who are selected to represent Elouera SLSC at the State Championships will also be expected to purchase an Elouera State Championships uniform which will be available through Elouera SLSC.

### **SLSA EDUCATION AGE AWARDS**

An important aspect of our Elouera 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 of these topics will be taught will naturally depend on the Age Group and is covered in the SLSA Instruction and Examination Manual.

The Elouera Nippers' JDC Chief Instructor will co-ordinate and supervise the training regularly throughout the season.

The U14 Age Group, will attain their SRC through the Senior Section of the Club. There are a number of courses held each season and it is important to remember that prior to competing in Senior Section U14 events nippers must have passed their SRC and be up to date with their patrol hours.

## CARNIVALS

**We encourage all nippers to compete and represent Elouera Nippers. Carnivals are fun and engender fine team spirit. Often the support offered to an up and coming nipper by their team members is quite humbling and can be as beneficial as a parent/guardian's support**

Carnivals are sub divided, by the Elouera Nippers' JDC, into 4 categories as follows:

- **Category 1 Carnivals.** These are carnivals when nippers enter on an individual basis. Though the carnival will be endorsed it is not officially supported by the Elouera Nippers' JDC. (An example maybe entering a carnival whilst in Queensland on holiday). Naturally, your Age Manager will be interested in your results but they will not contribute to any future team selection.

- **Category 2 Carnivals.** These are carnivals that are being officially supported by the Elouera Nippers' JDC. **Team events selection will be at the Instructor/Age Manager's discretion, with the aim of encouraging maximum participation from nippers.** Results will be formally recorded and will influence future team selection. Category 2 Carnivals are the Sydney Water Series, NSW Premiership Series, and any Sydney Branch endorsed carnival that the Elouera Nippers' JDC decrees will be a Category 2 Carnival.

- **Category 3 Carnivals.** These are carnivals that are being officially supported by the Elouera Nippers' JDC. **Team events selection will be at the Instructor/Age Manager's discretion, with the aim of entering the strongest possible teams and achieving the best possible results.** Attendance at the carnivals must be endorsed by respective Age Managers. Category 3 Carnivals are the Cronulla IMB, South Maroubra, Elouera, 4 Way Carnival, Sydney Branch Carnival and the State Championships.

- **Participation Carnivals.** During the season Elouera Nippers will run a number of 'Sunday Morning Carnivals' with the aim of encouraging maximum participation and having fun.

## **ELOUERA NIPPERS' JDC SELECTION CRITERIA**

### **Category 1 Carnivals and Participation Carnivals**

- There are no selection criteria for these Carnivals.

### **Category 2 Carnivals**

- Age Instructors/Managers will select teams with the interests of the nippers taken into account.
- Attendance at Elouera Nippers, enthusiasm, and potential will all be taken into account by the Age Manager.
- All teams will be promulgated 2 weeks prior to a carnival.
- Participation is to be confirmed by parents to the Age Manager at least 1 week prior to the carnival.
- Where numbers permit, Girls & Boys teams will be entered.
- The JDC Executive Committee will resolve issues governing team selection.
- Any notice of appeal against a selection must be raised and submitted in writing 10 days prior to the carnival to the JDC Executive, through the Elouera Nippers' JDC Secretary. This will allow sufficient time for the JDC Executive to convene and announce its decision at least 1 week prior to the carnival\*.
- The JDC Executive gives an undertaking to provide a fair and impartial assessment of each hearing. Should a conflict of interest exist with a member of the JDC Executive they shall be excused from that particular hearing.
- Age Instructors/Mangers will formally record results and these will be passed to the Elouera Nippers' JDC within 5 days of the carnival.

### **Category 3 Carnivals**

- The strongest nippers will be selected by Age Instructors/Managers.
- Age Group teams will be promulgated 2 weeks prior to a carnival.
- From the Age Group team the strongest relay teams will be selected by Age Instructors/Managers.
- The teams selected shall comprise of the strongest competitors so that Elouera has the best team possible in the race.
- All relay teams will be promulgated 2 weeks prior to the carnival\*.
- There are no sibling rights.

- Participation is to be confirmed by parents/guardians to the Age Instructor/Manager at least 1 week prior to the carnival.
- The JDC Executive will resolve issues governing team selection.
- Any notice of appeal against a selection must be raised and submitted in writing 10 days prior to the carnival to the JDC Executive, through the Elouera Nippers' JDC Secretary. This will allow sufficient time for the JDC Executive to convene and announce its decision at least 1 week prior to the carnival\*.
- The JDC Executive gives an undertaking to provide a fair and impartial assessment of each hearing. Should a conflict of interest exist with a member of the JDC Executive they shall be excused from that particular hearing.
- Age Instructors/Managers will formally record results and these will be passed to the Elouera Nippers' JDC within 5 days of the carnival.
- The State Championships Team will be limited to 8 nippers (as a guide 4 Beach and 4 Water) from each gender and Age Group (March Past and R&R nippers are counted separately). The Elouera Nippers' JDC will hold 15 'wildcard' entries which can be awarded at the discretion of the JDC Executive.
- Only nippers selected for the State Championships will be allowed to order and wear the Elouera State Championships Uniform.

\* See State Championships Team for separate appeal process for relay team selection for State teams only

### **Age Instructors/Managers Selection Protocols**

Instructors/Managers will utilise the JDC Selection Criteria and the following protocols when it comes to team selection – a nipper's:

- results at other Category 3 carnivals will carry greater weighting than results at Club Championship Days.
- results at Club Championship Days will carry greater weighting than Club Training Days.
- results in the 6 weeks (or part thereof if the season is less than 6 weeks old) leading up to the team selection will carry greater weighting than results prior to that team selection. These results shall be used to confirm team selection and settle any dispute.

Age Instructors/Managers will take into account a nipper's attendance, attitude and application at all Elouera Nipper events when making team selections.

## **State Championships Team**

- The State Championships Team will usually be selected prior to the mid-season Xmas break with nippers selected based on results to that point. Age Instructors/Managers will utilise the JDC Selection Criteria and the Selection Protocols set out in this Guide.
- Please note, relay teams will be finalised and advised to the nipper's parents/guardians following the Branch Championships. Again, Age Instructors/Managers will utilise the Selection Protocols when determining relay teams. Whilst individual performances are paramount, competitors ability to "work well together" will be taken into consideration along with overall team balance.
- Any notice of appeal against a selection for the State Championships Team must be made as per Category 3 Carnival set out above except for relay teams where the notice must be lodged within 48 hours that relay teams selection announcement with the JDC Executive undertaking to respond with a decision within 24 hours.

## **ELOUERA NIPPERS' JDC CARNIVAL PROTOCOL**

- Nippers should arrive at least 30 minutes prior to the start of a carnival. Nippers should be well rested and Elouera SLSC costumes and Elouera SLSC competition caps must be worn.
- If a nipper is sick and unable to attend a carnival it is the responsibility of the nipper's parent or guardian to inform the Age Manager as soon as possible.
- Should a nipper be suffering illness or injury they have a responsibility to advise their Age Manager prior to competing.
- Nippers will register with their Age Instructor/Manager on arrival at the carnival.
- During the carnival nippers should stay around the Elouera SLSC tents, keep in contact with their Age Instructor/Manager and not go anywhere without asking their Age Instructor/Manager or parent/guardian. When an event is called, the Age Instructor/Manager will advise relevant nippers and arrange for them to proceed to the Marshalling area.
- Should a nipper feel he or she has been unfairly impeded by another competitor or that an irregularity has occurred, there may be grounds for a protest. Note that "luck of the prevailing conditions" is an integral part of surf sports and not a basis for protest, nor is the judges' order of finishing. Should a protest be considered warranted, the nipper must immediately notify the Age Instructor/Manager. A protest must be lodged within 5 minutes of the finish of the race. In the first instance, the decision as to whether a protest is justified rest solely with the Age Instructor/Manager.

If the Age Instructor/Manager determines a formal protest should be lodged the Elouera Nippers' JDC Director and Surf Sports Manager will be notified.

- The procedure to withdraw from an event for any reason begins with the nipper discussing the reason with their Age Instructor/Manager or carnival official if the nipper is “on the line” or already started in an event. The Elouera Nippers' JDC encourages responsible decision making and will respect the right of a nipper to choose their level of involvement within the team.
- Nippers should have plenty of fluids, high energy food, keep in the shade and reapply sun-screen regularly.
- At the conclusion of a carnival, the Age Instructor/Manager will 'release' the nippers and ensure they are passed into the care of a parent or guardian. Parents are requested to assist in packing up the tents and equipment and to ensure the area is left clean.

### **ELOUERA NIPPERS' JDC CODE OF CONDUCT FOR ALL ELOUERA NIPPERS AND PARENTS/GUARDIANS**

- Age Instructors/Managers shall coordinate and organise competitors for all Category 2 and 3 carnivals. They are held responsible to the Elouera Nippers' JDC and must comply with the rules of SLSA for the conduct of the nippers under their care.
- All nippers must be under the supervision of an adult, or a person appointed by the Age Instructor/Manager.
- Age Instructors/Managers will not tolerate any bad behaviour at a carnival.
- The consumption of alcohol by parents, whilst at a carnival, will not be tolerated.
- Any nipper or parent found by the Age Manager to be in contravention of the Code of Conduct shall be suspended from the carnival by the Chairman of the Elouera Nippers' JDC or his representative. The offender will be cited to appear before the Elouera Nippers' JDC for further action.
- This Code of Conduct shall apply to all Elouera nippers and their parents.

**FINALLY**

**NIPPERS ARE CHILDREN AND THEIR ENJOYMENT  
IS THE FIRST PRIORITY**