

NAROOMA NIPPERS 2020-2021 SEASON





Welcome to the 2020/21 Nipper season at Narooma SLSC! We would like to take the opportunity to welcome new members and to also welcome back some familiar faces. As a club we hope that this season will be as successful as previous years and we look forward to watching our Nippers develop their skills and love of the water after the challenging year 2020 has presented us with!

The Nippers Co-ordinator, Age Managers and Water safety personnel who are responsible for organising Nipper activities, consists of parents like you. These people volunteer their time to make our club great every year. Most of our volunteers have children who either are Nippers or have been in the past so they have first-hand knowledge of being a Nipper parent. As a club we strongly believe in the value of surf education for

the well-being of our children at the beach. If you can help in any way, please don't hesitate to let us know.



Nipper's is held Sunday mornings between 9am and 11am and some Saturday afternoons between 3.00 pm – 5.00 pm. Parents must accompany their child to the beach and have them signed in with age managers for briefing prior to Nippers at 8.50am (2:50 on Saturday afternoon sessions) This year with COVID laws, we use this for our reg as well as QR code for COVID tracking purposes. A parents/caregiver is expected to remain on the beach throughout Nippers. This ensures that the child's Age Manager knows who they have in their care and that a parent is close by if needed. You are more than welcome to accompany your child's group throughout activities or assist age managers, help with the BBQ, please just ask. Many hands make light work!

There are set activities and events for all Nippers to participate in. They are designed to combine the elements of education, such as team cooperation, knowledge of the beach and of surf conditions, as well as physical skills of running and water skills on boards etc. The knowledge and skills learnt at nippers are skills for life.

ESSENTIALS FOR NIPPERS

- ☑ A positive attitude.
- ☑ Parent, Grandparents, Guardians COVID checked & on beach.
- ☑ Sunscreen applied.
- ☑ NSLSC Nippers cap, pink vest, and swimmers
- ☑ Water bottle
- ☑ Goggles (optional but strongly encouraged as surf skills develop)
- ☑ Wetsuit (optional but particularly useful at season start)
- ☑ Towel
- ☑ A smile and a sense of adventure!



WHAT TO DO ON NIPPER'S DAYS

- Assemble at 8.50am ready, COVID check in complete for briefing on the day's activities and any other information. Our briefings change each week as our activities change depending on water conditions and weather.
- There will be several plastic tubs labelled by age group placed with age flags. This is where goggles, drink bottles and towels can be stored. These tubs travel to different activities so kids have all of their equipment needed.
- Age Managers will call a roll at the beginning of Nippers. Children must stay with their Age Manager at all times, if children must leave their group, to go to the toilet etc, the Age Manager must be told prior to them leaving and will go with a buddy or their parent/ guardian.
- At the conclusion of Nippers, parents must sign children off the attendance roll with Age Manager and Nippers must **REMOVE** their cap after being signed off. This is our signal that they are back in responsibility of their parents, not age managers.
- Nippers will rotate through activities (water wades, swim, boards, beach, games and SLS education). No child is to enter the water unless authorized by the Age Manager, children age U8 and above need to participate in a

proficiency swim to ensure our ratios are correct for best management of swimmers and non- swimmers with water safety personnel.

WHAT DOES MY CHILD NEED TO KNOW TO PARTICIPATE?

Children who join Surf Club can look forward to having fun, meeting friends and learning surf skills that will enable them to progress to competent Surf Life Savers. Age groups at Narooma range from a minimum age of 5 years (U/6) up to a maximum age of 13 years (U/14) on a seasonal basis as Juniors. The age group for the season is determined as at midnight on the 30th September at the commencement of that season eg if your child is 7 years old already on the 30th September 2020 they will be in the U8 age division.

Children need to participate in a skills evaluation for water activities from U8 and up. **This does not limit your child's ability to do Nippers at Narooma or do water activities each week such as the swim, wade or boards, but informs us whether we need extra water safety personnel to assist children in the water.** Children that need extra support in water activities that do not meet the achievement standards cannot go away and compete though. Children in U6 & U7 do not need to do a water proficiency assessment as we ensure we have smaller ratios of water personnel for their activities, and teach the skills needed to make their Award.



	PRELIMINARY EVALUATION	COMPETITION EVALUATION	SURF EDUCATION AWARD LEVEL
U6 (no prelim evaluation required, skills will be learnt through Nippers sessions)	Children will learn at Nippers how to stand 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 (no prelim evaluation required, skills will be learnt through Nippers sessions)	Children will learn at Nippers how to stand in waist-deep water, perform a front glide, kick for 3m 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	25 m swim (any recognised stroke) 1-minute survival float	Nil (no water competition, except for wade which takes place in waist deep water)	Surf Aware 1
U9	25 m swim (any recognised stroke) 1 minute survival float	Minimum 150 m open water swim (any recognised stroke)	Surf Aware 2
U10	25 m swim (any recognised stroke) 1.5 minute survival float	Minimum 150 m open water swim (any recognised stroke)	Surf Safe 1
U11	50 m swim (any recognised stroke) 2 minute survival float	Minimum 200 m open water swim (any recognised stroke)	Surf Safe2
U12	100 m swim (any recognised stroke) 2 minute survival float	Minimum 200 m open water swim (any recognised stroke)	Surf Smart 1
U13	150 m swim (any recognised stroke) 3 minute survival float	Minimum 200 m open water swim (any recognised stroke)	Surf Smart 2
U14	200 m swim (any recognised stroke, in less than 5 minutes) 3 minute survival float	Minimum 200 m open water swim (recognised stroke)	Surf Rescue Certificate (SRC)

CARNIVALS

Carnivals are an **optional** activity for all Nippers. Our club has a set competition calendar showing the local carnivals that it will support. See next page for this year's calendar. We normally setup our own club tent and supply all boards and equipment to the children within our club. Each year there are also opportunities to compete for Narooma outside the regular Far South Coast Branch Carnivals. Please talk with your child's' Age Manager, or Nipper's Coordinator for more details if your child thinks they would like to attend these carnivals as participation is subject to individual assessment. **Please note that your child must pass the competition swim distances in the ocean as per surf lifesaving requirements detailed to compete at carnivals.** Prepare for a full day of outdoor activity by ensuring that you have ample healthy food, water,



sunscreen, appropriate clothing, club swimmers, club competition cap and a hat. Each club that hosts provides a BBQ, but always good to bring your own refreshments as it can be a busy day. All Nippers to report to Age Managers ASAP to be marked off. Enjoy the day, support each other, have fun and be proud to be part of Narooma Surfers Lifesaving club.



2020/2021 Narooma Nippers Calendar

Sun	18 Oct	10-2	Registration Day @ Surf Club
Sat	24 Oct	9am-11am	Pool Proficiency swim for U8 age and up (at the pool)
Fri	31 Nov	5pm	Welcome to new season BBQ Friday Frothies
Sun	1 Nov	9am	First Nippers @ Narooma
Sun	8 Nov	9am	Nippers @ Narooma
Sun	15 Nov	9am	Nippers @ Narooma
Sun	22 Nov	9am	Nippers @ Narooma
Sun	29 Nov	9am	Nippers @ Narooma
Sat	5 Dec	7.30am	FSC Youth Carnival BERMAGUI (U14-19)
Sun	6 Dec	9am	Nippers @ Narooma
Sun	13 Dec	7.30am	FSC Junior Nippers Carnival @ NAROOMA (U8 -U14)
Sat	19 Dec	3-5pm	Twilight Xmas Break up Nippers and BBQ on the Beach
Sat	16 Jan	7.30am	FSC Senior Carnival PAMBULA
Tue	26 Jan	8am	Australia Day BBQ Breakfast at the Beach
Fri-Sun	29-31 Jan	7.30am	Country Championships Cudgen Headlands TBC with COVID rulings
Sun	31 Jan	9am	Nippers @ Narooma
Sun	7 Feb	9am	Nippers @ Narooma
Sat	13 Feb	7.30am	FSC Senior Nippers Carnival BROULEE
Sun	14 Feb	7.30am	FSC Junior Nippers Carnival BROULEE (U8-U14)
Sun	21 Feb	9am	Nippers @ Narooma
Sun	28 Feb	9am	Nippers @ Narooma
Fri-Sun	26-28 Feb	9am	NSW State Age Championships Swansea Belmont TBC with COVID rulings
Sun	7 Mar	9am	Nippers @ Narooma
Sun	14 Mar	9am	Nippers @ Narooma
Sat	20 Mar	8am	FSC Nippers Senior Carnival TATHRA
Sun	21 Mar	7.30am	FSC Nippers Juniors Carnival (U8 -U14) TATHRA
Sun	28 Mar	9am	Final Nippers @ Narooma (adults BYO swimmers for the slip n slide!)

Keep an eye out on our Narooma Surf Club Facebook page for updates for

Friday night Board training for U8+, Friday Frothies and changes to routines due to weather, COVID changes etc

