

Kirra Nippers



Helping kids “be the best at being me!”

Information Handbook 2018/19

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Welcome to Kirra Nippers

On behalf of the committee I welcome last years members back to the club and extend a warm welcome to all the new members for the 18/19 Nippers Season. Please take your time and read through this brochure as it has loads of information for you.

Kirra is a club that prides itself on its fun family environment where all the kids get a fair go. Our goal is to encourage our Juniors to have fun and learn how to stay safe on our beautiful beaches and to provide the opportunity to train and compete in surf sports.

We believe we provide some of the best training for nippers on the Gold Coast with our nipper Sunday rotation system which has the Juniors rotating through 4 training and education stations during the nipper Sunday session. The nipper Sunday program begins at 08:30 with sign on ready for a 08:45 start on the beach. We finish at 11:30 with a barbecue on the lawns at the front of the club house. U6-U7 age group finish at 11:00 depending on conditions and levels of enthusiasm.

Kirra SLSC has won many patrol awards in recent years which is testament to the level of education our club provides. We also have various training sessions available to those who want to do more than our Sunday sessions and we encourage all to come along to these sessions to further enhance their surf skills.

Again, a warm welcome to all nippers and parents, I look forward to a happy and fun filled season with you all.

Cody Byrnes

Junior Activities Chairperson



Contacts

Position	Name	Email	Phone
JAC	Cody Byrnes	codybyrne@hotmail.com	0417 856 422
Deputy JAC	Darrin Jones	darrin_kirsten@bigpond.com	0402 776 048
Team Manager			
Secretary	Alisha Haynes	nippers@kirraslsc.com	0432 726 003
Treasurer			
Registrar			
Registrar	Ann Holtzapffel	wordpecker@optusnet.com.au	
Water Safety Officer			
Training & Education Officer			
Carnival Nominations			
Clothing Coordinator	Jane Dennie	debeerfamily33@gmail.com	
Publicity Officers	Loretta Cassone	rex76@optusnet.com.au	
BBQ Coordinator			
Gear Stewart	Darrin Jones	darrin_kirsten@bigpond.com	0402 776 048

Check website for most up-to-date position contacts and information

www.kirrasurfclub.com.au

Age Managers

Position	Name	Phone
U15	Darrin Jones	0402 776 048
U14	Shannon Hill	0413 117 686
U13		
U12	Wanda Hanlon	0400 282 102
U11		
U10	Ella Kinneally	
U9	Belinda Hoskins	0428 973 366
U8		
U6 & U7	Kylie Costanzo	0400 889 877

Check website for most up-to-date position contacts and information
www.kirrasurfclub.com.au

What is Nippers?

Junior Activities of Surf Life Saving has been operating in Queensland since 1965 and now boast one of the largest membership totals. The Junior Activities (Nippers) has become one of the most successful children's development and sporting programs within Australia. Nippers start learning about Surf Life Saving and Surf Awareness through the Surf Education Program.

Nippers is designed to provide an educational experience in a wide range of subjects and skills within the aquatic/marine environment and to prepare junior members for eventual transition to the marine/aquatic patrol environment of the senior movement. The Program aims to promote the spirit of camaraderie and citizenship within the community.

Surf Life Saving Australia (SLSA) has a set of competency based awards for each age group. The nipper program aims to teach all the competencies to the Juniors over the season so that each Nipper receives the award (certificate) applicable to their age group. Our goals are aligned with SLSA Junior development objectives which are;

- To provide the best possible lifesaving experience for all Juniors with the view to encouraging long-term active participation.
- To provide opportunities for Juniors to participate in and enjoy lifesaving and competition in an aquatic environment by offering a wide variety of activities suited to the skill and maturation levels of all Juniors.
- To ensure the Juniors are safe on Australia's beaches through the provision of Surf Safety Education Programs.
- To develop a team based philosophy encompassing leadership, camaraderie, teamwork, and fun.
- To promote social, emotional and physical growth and development in a healthy and safe environment.

About Kirra Surf Lifesaving Club

Kirra Surf Life Saving Club owes its beginnings to a tragedy that occurred on January 6th, 1916. On that day two friends went swimming on the unpatrolled beach and immediately got into trouble. Sadly one of the friends drowned. The local community acted swiftly and a public meeting was called on January 7th 1916 where it was decided that the Kirra Surf Life Saving Club be formed. The Mission statement for the Kirra SLSC is; "to serve the bathing public of Kirra beach and its surrounding areas by protecting life, preserving safety and preventing incidents by proactive and contemporary lifesaving practices through vigilance and service." The club has a long and proud history and celebrated it's 100th Anniversary in 2016. You can read more information about the club on our website at www.kirrasurfclub.com.au



Point Danger Branch

Kirra SLSC is in the Port Danger Branch along with the following clubs:

Tallebudgera	North Kirra	Pacific
Kirra	Palm Beach	Coolangatta
Currumbin	Rainbow Bay	Bilinga
Tweed Heads/ Coolangatta (TH&C)		

Point Danger Branch was established in 1924. The clubs of Point Danger Branch patrol the surf beaches of the southern Gold Coast, in environments from open surf beaches to rocky river mouths. The Point Danger Branch supports the Clubs with the necessary administration to maintain the highest standards of Surf Life Saving.

Surf Life Saving Queensland has 59 affiliated clubs in 6 branches.

Age Groups

The minimum age for Junior Activities is 5 years (U/6) up to a maximum age of 13 years (U/14) on a seasonal basis (age for a season is determined as at midnight on 30 September at the commencement of that season). For example - a member turns 10 years on 26 April 2018; he/she will be registered as an 10 year old (U/11) for the 2018/2019 season. A member turns 12 years on 4 October 2018 he/she would be registered as a 11 year old (U/12) for the 2018/2019 season.

AGE GROUP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP
U6	2012	2012	2012	2013	2013	2013	2013	2013	2013	2013	2013	2013
U7	2011	2011	2011	2012	2012	2012	2012	2012	2012	2012	2012	2012
U8	2010	2010	2010	2011	2011	2011	2011	2011	2011	2011	2011	2011
U9	2009	2009	2009	2010	2010	2010	2010	2010	2010	2010	2010	2010
U10	2008	2008	2008	2009	2009	2009	2009	2009	2009	2009	2009	2009
U11	2007	2007	2007	2008	2008	2008	2008	2008	2008	2008	2008	2008
U12	2006	2006	2006	2007	2007	2007	2007	2007	2007	2007	2007	2007
U13	2005	2005	2005	2006	2006	2006	2006	2006	2006	2006	2006	2006
U14	2004	2004	2004	2005	2005	2005	2005	2005	2005	2005	2005	2005

Proficiency & Surf Education Awards

Pool Evaluation and Competency Beach Evaluation

All children must pass the Pool Evaluation and a Competency Beach Evaluation before they may participate in water based activities.

Competition Evaluation

All children must satisfy the competency test before they may compete in Carnivals

All members are required to gain their respective Surf Education Award for their age group during the season. Those wishing to compete must complete their award and Competition Evaluation prior to the close of entries of their respective Branch Championships.

All children must complete their award for their age group during the season. A certificate is awarded upon completion of the award.

Each age group must complete difference distances

	Preliminary Evaluations		Competition Evaluation	Age Award
	Pool Evaluation	Competency Beach Evaluation (Run-Swim-Run)		
Under 6	Kick on wall with face in water 30 second float	Nil (shallow water activities only)	NA (No Competition)	Surf Play 1
Under 7	Torpedo (push off wall) with face in the water 30 second float	Nil (shallow water activities only)	NA (No Competition)	Surf Play 2
Under 8	25 metre swim (freestyle) 1 minute survival float	25m-25m-25m Run-Wade-Run	Run - Wade - Run (25m x 25m x 25m)	Surf Aware 1
Under 9	50 metre swim (freestyle) 1 minute survival float	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim (competition course distance as per competition manual)	Surf Aware 2
Under 10	50 metre swim (freestyle) 1.5 minute survival float	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim (competition course distance as per competition manual)	Surf Safe 1
Under 11	100 metre swim (freestyle) 2 minute survival float	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Safe 2
Under 12	100 metre swim (freestyle) 2 minute survival float	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Smart 1
Under 13	150 metre swim (freestyle) 3 minute survival float	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Resuscitation Award is a pre-requisite to Surf Smart 2
Under 14	200 metre swim (freestyle, in less than 5 minutes) 3 minute survival float	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Rescue Certificate

Sign On/Off Requirements

Sign-on

- When arriving for Nippers, please ensure your child goes to the sign-on desk where they will be signed for the day.
- Nippers should then line up behind their correct bucket where the Age Managers will meet their groups.

Sign-off

- It is just as important to 'Sign off' at the completion of Nipper activities.
- Once signed off, Nipper caps must be removed.

We have no problem with children leaving early for any reason but please ensure their Age Manager is notified and your child signs-off.

What to bring

It is the parents' responsibility to make sure your child/children have the following items in order to commence Nippers each week:

- Water bottle
- Age colour Nipper cap on and tied up is compulsory
- Pink High Vis rashie is compulsory
- Sunscreen applied
- Towel



WHAT IS REQUIRED OF ME AS A PARENT?

At least one parent for each Junior member must remain on the beach each Sunday while the child/children are participating in Junior Activities (even in the older age groups, in case of an emergency). Children participating in the under 6's and under 7's age group must have a parent / guardian accompanying them at all times.

Parents should introduce themselves to the child's Age Manager. Feel free to approach your Age Manager to obtain their contact details so that you can more easily communicate with them on issues relevant to your child's age group. Like any voluntary Associate the club relies heavily on the active involvement of parents. The club cannot function without people volunteering their precious time.

There are a number of ways you can assist our club. We require all families to assist in activities on Sundays, around the club during the season and at Carnivals as part of registration.

What Job can I do to help?

We expect parents to assist their children and the Age Managers by supporting any of the following activities:

On the Beach:

- Water Safety (SRC or Bronze Medallion qualifications – dates for new courses are available at the office)
- Official [Officials Course available, please enquire on course dates and cost]
- Beach Set-up for Activities
- Beach Tidy up after Activities
- BBQ duties on nominated Sundays
- Assist Age Managers in beach only activities
- Special duties as designated by the Age Manager

Other:

Fundraising Initiatives:

It is an expectation that families assist with fundraising

- Assist and support the Nipper BBQ (all profits go back to Nippers)
- Selling Raffle Tickets in the Supporters Club
- Assisting with major fundraising

Working With Children Check

Surf Life Saving at all levels is committed to health, safety of its Members and is dedicated to providing a safe and enjoyable environment for participants in Surf Life Saving activities.

The Child Protection Act now makes it mandatory for organisations to screen people working with children/youth.

The 'Working with Children Check' is a detailed assessment of a person's suitability to work with children under the age of 18 and is designed to ensure that only suitable people are employed, operate businesses or volunteer where they have regular contact with children.

Kirra Surf Lifesaving Club requires all members over the age of 18 to complete a Blue Card form.

Communication

Your E-Mail and your Age Manager are your primary points of contact for information.



It is vital that you have provided the Club with a designated e-mail address for Nipper communication throughout the season.

We are now posting information on a Facebook Page. This is a closed page so you will be required to search for "Kirra Nippers" and then request to be added.

The Club will also produce and e-mail regular Newsletters throughout the season.

If you have any questions or have any changes to your details during the season, please email nippers@kirraslsc.com

If bad weather or surf conditions force the cancellation of Nippers, we will endeavour to send an SMS to all parents the night before or early on the morning of Nippers.

Set up / BBQ Roster

As many of you may be aware there is a lot of work that goes into each Nipper day. To help spread the workload, each parent is asked to put their name down on the Roster to help out on a day that suits best.

At the completion of Nippers each Sunday, groups are asked to pack up the last area that they have been in. This also includes ensure all boards etc are off the beach.



Lost Property

Any lost property will be in the lost property basket which is located in the clubhouse. Any items left at the end of the season will be discarded.

Nipper Calendar*

2 Sep 18	Sign on	Club Banora pool
9 Sept 18	Sign on	Club Banora pool
23 Sep 18	Nippers Start	
28 Oct 18	U8 –U10 PDB Teams Carnival	Pacific
18 Nov 18	U8-U10 Little Dudes	Coolangatta
24 & 25 Nov 18	Gold Coast City Titles @ North Kirra	
2 Dec 18	Club Champs, Round 1	
9 Dec 18	Christmas Break Up	
16 Jan 19	Nippers Re-Start	
27 Jan 18	Club Champs, Round 2	
02 & 03 Feb 19	U11-U14 PDB Champs	NKI
10 Feb 19	U8-U10 PDB Champs	Bilinga
17 Feb 18	Club Champs, Round 3	
08—10 Mar 19	Qld Youth State Champ	Burleigh
17 Mar 18	Last Day of Nipper on Beach	
17 Mar 18	Nipper AGM	
23 Mar 18	Presentation	

* At time of printing, the calendar is correct but is subject to change.
Please check the Nippers events category in the Club calendar on our website (www.kirrasurfclub.com.au) for most up-to-date calendar and keep an eye on notice board and Newsletters.

Officials And Training Courses

8 Sep 18	Officials Course	PDB
9 Sept 18	Observers Course	PDB
16 Sept 18	First Aid Course	Tugun
27 Oct 18	Officials Course	PDB
24 Nov 17	First Aid Course	Currumbin
17 Nov 18	Officials Course	PDB
5 Dec 18	Officials Course	PDB
13 Jan 19	First Aid Course	Talle
09 Mar 19	First Aid Course	Pacific
12 May 19	First Aid Course	Palm Beach

Other Events

01 Sept 18	Club Proficiency	Kirra
06 & 07 Oct 18	Coolangatta Gold	
7 Oct 18	Club Proficiency	Kirra
12—14 Oct 18	Tweed City Collection (H2H)	Tweed Heads
20 Oct 18	House to House Collection	Brisbane
9 Dec 18	Club Proficiency	Kirra
16 Dec 18	Club Proficiency	Kirra



Uniform

Jane Dennis is the Clothing Co-ordinator for the 2018/19 season. The club uniform stand (next to the registration desk) is open Sunday mornings before nippers starts. Other times can be arranged by emailing nippers@kirraslsc.com.

Cash and EFTPOS facilities are available at all times.



Uniform & Clothing Available

Hi Vis Rash shirts (long sleeve & singlets)

Girls 1 and 2 piece bathers

Boys jammers and racers

Nipper Caps (Green & Blue/Yellow)

Hooded towels

Peak Caps

Various other items during the season

Fundraising and Sponsorship

Kirra Surf Club and Nippers rely on fundraising and sponsorships to operate. This not only allows us to keep our membership prices down, but to have the equipment we require to run a safe Nipper program.

Fundraising

The Nipper BBQ is the primary source of fundraising for Nippers. This includes the normal Sunday BBQ as well as special event BBQs

We also get involved in the annual Lifesaving Surf Appeal.

ALL Nippers who compete at carnivals will be required to attend 3 major fundraising events for the club (Surf Appeal/House to House collection, Cooly Classic, Cooly Rocks BBQ). By attending these events the club will pay for the carnival entry fees which can be as much as \$50 per carnival.

This fundraising also goes towards purchasing new equipment and boards.

Sponsorship

We are always looking for sponsors to help out. If you are interested in sponsoring in some way, please speak to someone on the committee.



Code of Conduct

- Respect the rights, dignity and worth of others.
- Be fair, equitable, considerate and honest in all dealings with others;
- Be professional in, and accept responsibility for actions;
- Use facilities and equipment for their proper purposes, and care for and maintain such facilities and equipment correctly;
- Refrain from anything which may abuse, intimidate or harass others;
- Remember that the child is participating in surf lifesaving for their own enjoyment.
- Focus on the child's efforts and performance rather than winning and losing.
- Show appreciation for good performance by all participants.
- Never ridicule or yell at a child for making a mistake.
- Respect officials decisions and teach the children to do likewise.
- Never physically or verbally abuse or harass anyone associated with Nipper activities (eg. coach, official, age manager, etc.).
- Be a positive role model for others.

This code of conduct applies to everyone involved with Nippers.

Breaches of this Code of Conduct will be referred to the Nipper Management Committee and may be referred to the Kirra SLSC Grievance Officer where disciplinary action may be taken.

Nipper Events and Disciplines

These can be divided into two groups – beach events and water events. Not every event is completed each week. Weekly training leads up to these events, some of which are carnival events.

Beach events include:

Beach races – running over a set distance on the sand

Flags – lying flat on the sand, then getting up and running a short distance to grasp lengths of hose standing in the sand. The event is run over a number of rounds with a child eliminated each round until there is an eventual winner,

Beach relays – teams of four run a relay over similar distances to the beach races

Surf wade – running through shallow water around a heavily supervised course (usually for younger age groups)

Water events include:

Surf swim – swimming from the beach, around buoys and back to the beach

Board race – similar to the surf swim, but paddling boards around the course

Run-Swim-Run – a race combining two sprints along the beach, separated by a swim leg,

Iron Man/Iron Woman – a race involving running on the sand, swimming and paddling a board around a set course

Board relay – a team of three paddle their boards in turn around the course

Cameron relay – a four person relay involving a surf swim, board race and two beach sprints

Board rescue - a two person event where one person swims out to a buoy and the second paddles out on a board and then both return to the beach on the same board

Carnivals Information

There are several Carnivals that Kirra attends each year. Carnival participation is available to Nippers of all levels of ability. Carnivals are generally either U8-U10 and U11-U14. Participation is not mandatory, normal Nipper Sunday program still operates during Carnivals, except when they are held at Kirra.

How to enter your child in a Carnival

If you would like your child to compete in a Carnival, please complete the nomination form for the Carnival which can be found at the sign-on desk. Before completing the Carnival Nomination Form, please ensure that your child has completed Pool Evaluation, Competency Beach Evaluation and Competition Evaluation. If you are unsure if they have, please speak to your age managers. Carnival Nomination Forms must be returned by the due date along with a \$5 fee for each Carnival. Forms and fees must be paid to the registrars at the sign-on desk.

Team Selection Policy

Kirra competes in a number of team events at Carnivals during the season and at the State Titles. Selection into teams is made by the Age Managers, Team Manager, Coaches and the Junior Activities Chairperson. Selection is based on performance, reliability, attitude, commitment, team spirit and loyalty

Carnival Day

- Competitors are to wear Kirra club cap and a Pink High-Vis Singlet
- Please ensure you bring healthy food, water and plenty of sunscreen
- Assistance of all parents before and after Carnivals, pitching and taking down tents and setting up equipment will be required
- No jewellery to be worn during competition
- All competitors must be accompanied by an adult for the duration of the Carnival

Carnivals Information Con't

- Parents must let the Age Managers know as soon as possible if their child has decided not to attend a carnival or participate in an event once nominated. Nippers who nominate for competition and do not attend will be required to reimburse the club for the entry costs.
- No child will be forced to compete if they do not want to or the Age Manager thinks they are not capable. Their decision is final and we ask all parents to support this.
- No drinking of alcohol or smoking within the Carnival area
- No photography or videoing is permitted in the Official competition areas without a permit
- Most of all enjoy, have fun and support each other at the carnival and be proud to wear your club colours.

Officials and Water Safety for carnivals

Without qualified Officials and accredited Water Safety personnel, the Nippers are unable to compete in Carnivals. The club is required to supply a minimum of one Official and 1 Water Safety per 10 competitors. This means that we need to have a significant number of parents, guardians or friends who are willing to participate as Carnival Officials and Water Safety..

The Club also supports and encourages adults to achieve First Aid, Resuscitation, Surf Rescue Certificate (SRC), Bronze medallion and other qualifications. The Club will pay the fees for most accredited courses. Point Danger Branch runs several Officials Courses throughout the year, these only take approx 4 hours. The club runs several SRC and Bronze courses, please contact your Age Manager, Committee Member or club website calendar for further information. Please consider getting involved and helping the children in this way- you'll find it is very fulfilling and lots of fun.

If your child is competing in Carnivals, the club has an expectation that you will support the nippers/club in some form as part of the Good Member Policy.

Good Member Policy

The club's Good Member Policy ensures that each club member is fulfilling both their patrolling and fundraising obligations on behalf of the club. In return for fulfilling the Good Member Policy criteria the club will provide coaching support and pay for carnival entries. It is YOUR responsibility to ensure that you meet the club's Good Member Policy.

The conditions of the policy are outlined below:

1. Entries to sanctioned carnivals which include Point Danger Branch, Queensland State, Ocean Roar Series and the Aussie Title Carnivals only.
2. You must endeavour to make 100% of your rostered patrols. Records will be kept at the club and updated weekly. If you miss a patrol you will be required to do a makeup patrol. Any dispensation from this can only be given by the Club Captain for extenuating circumstances.
3. All members and particularly members who plan to compete must attend the H2H collection or may contribute a cash donation of \$250 per Active member over 15 years of age per season or raise the amount through other means, or \$150 per Active member under 15 years of age and if more than one in the family a total payment or funds raised of \$250 per family per season.
4. In the case of Nippers they must have attended 75% of Sunday Nippers.
5. In the case of Senior Competitors the Surf Sports Officer and respective Coaches are required to confirm competitors training attendance for their discipline.
6. Assist at, at least two club sanctioned events/activities for a minimum of 3 hours at each event/activity prior to the Queensland State Titles each season.

A register of fundraisers will be kept in the Surf Club office. Any competitor who hasn't completed their club fundraising obligations will not have their entry fees paid for by the club for any of the remaining Carnivals in the respective surf season.

Club Championships

The club holds its own internal Championships each year. There is a male and female Champion trophy in each age group and there is also an Age Manager Award that is awarded to the 'most deserving Nipper' in each age group by their Age Manager. In 2017/18, the club age Champion will be determined using the top 2 total point results from the 3 Championship rounds. Having 3 rounds provides increased competition experience and results in an individual NOT being disadvantaged through missing a single Championship round through sickness, holidays, other family commitments, etc. Water events may need to be cancelled due to adverse conditions. Where possible, the round may be rescheduled.

Points are allocated as follows:

- 1st—6 points
- 2nd—5 points
- 3rd—4 points
- 4th—3 points
- 5th—2 points
- 6th—1 point



Care of Boards

Boards are very expensive both to purchase and to repair. Please look after boards by:

- Always carry - Do not drag
- Lay with fin up (like a shark)
- Wash with tap water after use
- Return to board rack when finished
- Check for damage before and after use
- Do not use damaged boards
- Treating it like it was your own!
- Boards are only to be used during approved training sessions, carnivals and during Sunday Nippers. Once training has finished or at the completion of Sunday Nippers all boards are to be returned to the Nipper storage area.
- Nipper boards are not be ridden by adults
- Foam Nipper Boards are only for U8, U9 and U10
- Fibreglass Nipper Boards are for U11, U12 and U13
- U14 and U15 use full size Malibu paddle boards
- No standing on Nipper Boards under any circumstances, both in the water and on the beach
- Do not leave boards across pathway at the front of the Club
- Do not drag boards across concrete or on the beach, they must be carried



Boards & Gear (con't)

- Do not leave boards on the beach to go for a social swim, ensure boards are returned to storage room first
- Please report all damage to boards to the Coach or Gear Steward so they can be fixed and returned ASAP. Damaged boards are not to be taken into the water.

These rules also apply for Bogie Boards which should only be used from (6 & U7)

Facilities

Parents and nippers have access to all club facilities. Parents are to accompany nippers in the showers at all times.

Outdoor showers are available for nippers to water off.



Training Sessions

Kirra Nippers is not just a Sunday event. The club offers mid-week training and coaching sessions to all Nippers at no cost to Nipper families. **All Nippers attending these sessions must wear a pink high visibility vest and club caps.**

No vest = no training.

These sessions are normally broken down in to Board, Ironperson, Sprints and Flags. These sessions are held after school and on Saturday mornings. Training sessions are for Under 10 to Under 14 Nippers.

Training is held at Kirra Beach. Please check the club website or Nipper Newsletter for current days and times.

If conditions are unsuitable at Kirra, training may be held at Jack Evans Boat Harbour, but once again contact Club Coaches for details.



Surf Education Awards

Surf Life Saving Australia (SLSA) has a set of competency based awards for each age group. The Nipper Program aims to teach all the competencies to the Juniors over the season so that each nipper receives the award (certificate) applicable to their age group. There is also a Preliminary Assessment (Pool Swim) that must be completed prior to participation in water based activities. See table on subsequent pages for more detail. To be eligible for a Surf Education Awards, 50% attendance is required.

Surf Play 1 & 2 (Under 6 & Under 7)

Surf Play is the program designed for the most junior members. There is no award for Surf Play – the focus is on play, participation and fun. Activities and games will be the focus of the sessions with a number of simple beach safety and awareness lessons available such as: basic safety practices during activities, what makes up a beach environment, sunsmart guidelines, the importance of having an adult with them at the beach, what a lifesaver is and what they do, wading, beach sprinting and beach flags.

Surf Aware 1 (Under 8)

Surf Aware 1 is the first of the Junior Development awards. The focus is on understanding, identifying and demonstrating sunsmart guidelines and dangers that relate to themselves, as well as what it means to feel safe. They learn to recognize whether they are, or someone else is, in an emergency situation and how to get help. Ecosurf discusses the beach environment and communities Surf Lifesavers operate in. Surf sports skills focus on; body boarding, wading, dolphin-diving, beach sprint starts and beach flags starts.

Surf Aware 2 (Under 9)

Surf Aware 2 builds on Surf Aware 1. Personal Safety Networks are introduced so participants are comfortable asking for help; Ecosurf talks about the impact Surf Lifesavers can have on the beach. Safety of self steps up a gear by introducing safety tips and the ability to identify hazardous surf conditions. As an U9, participants can begin to use a nipper board, so basic board positioning and paddling is introduced. Other surf sports skills focus on; body surfing, sand running technique and diving for a beach flag.

Surf Education Awards

Surf Safe 1 (Under 10)

The first of the Surf Safe awards Surf Safe 1 begins to get a little more specific in its lessons introducing a number of new topics. Participants will identify adults at the Surf Clubs they can ask to help them. In Ecosurf they focus on water conservation and in sun safety the spotlight is on the consequences of skin damage. Participants learn about rips, recognizing unsafe behaviors and relating these areas to preventative actions. Resuscitation is introduced for the first time with an opportunity to experience CPR on a manikin. Rescue techniques are also introduced for the first time as participants learn to use body boards to assist distressed swimmers and experience rescue tubes. Surf sports skills focus on; entering and negotiating the surf on a board and beach relay baton changes.

Surf Safe 2 (Under 11)

Surf Safe 2 takes a significant step up in the level of content. As U11's they have the ability to learn more technical aspects of lifesaving and are able to be more physical in surf sports skills. Participants are encouraged to persist when needing help and Ecosurf gets into energy conservation. There is a strong focus on recognizing 'at risk' people and recognizing and managing patients suffering from a range of basic First Aid cases. As a 10 year old participants can learn how to perform CPR and there is an opportunity to work towards a Resuscitation Certificate. There is also a strong section on communication both interpersonal and through beach signage. There is a significant percentage of surf sports skills which focus on; board dismounts, catching waves on a board, board relay, surf swimming techniques, crouching beach sprint starts and iron man / iron woman and Cameron relay transitions.

Surf Smart 1 (Under 12)

Surf Smart 1 continues similar to Surf Safe 2. Participants begin to learn about their rights and responsibilities as a member of SLSA. The Ecosurf lesson looks at how weather impacts on the beach environment. Personal health & wellbeing and sun safety is focused on skin cancer and staying fit and healthy respectively. The role of patrols is first introduced to this award as is the managing rips and using them to assist in rescues. As an 11 year old, participants can work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate). This certificate comprises of lessons in the human body, complete basic First Aid and Resuscitation. Some more signals are introduced that compliment the first set previously learnt. Previous board skills come into play as participants learn how to conduct a board rescue. The focus of surf sports skills is to complete all the skills in each skill set and includes; rolling under a wave on a board, diving under large waves, beach sprint arm and leg drive and beach flags race strategies..

Surf Smart 2 (Under 13)

The last of the Junior Development Awards, Surf Smart 2 looks to wrap up the skills and knowledge learnt in all the previous awards. Participants learn about what the SLSA Member Safety and Wellbeing Policy is, and in Ecosurf they tackle the issues of Global Warming and Climate Change and how they will impact on surf life saving. Surf Safety is wrapped up into the 10 Surf Safety Tips, Communication focuses on the importance of communicating with beach users, Patrols identifies other professional emergency services and participants will experience performing a tube rescue. Participants can work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate). This certificate comprises of lessons in the human body, complete basic First Aid and Resuscitation. The focus of surf sports skills is on bringing all the skills learnt in previous awards together to participate in an event for each of the disciplines: board race, board rescue, surf race, run-swim-run, beach sprint, beach relay, beach flags, ironman/ironwoman and cameron relay.

Surf Rescue Certificate (Under 14)

After Nippers (Youth Development Program)

A primary objective of the Junior Activities is the introduction to the Senior Club after the age of 14. From here members are asked to perform voluntary beach patrols utilising skills learnt during their Junior years.

The reward for those who continue on to the Senior ranks is considerable. In return for a members patrolling service, the Club offers a range of facilities and services such as comprehensive coaching programs, a large array of life saving skills and awards, and competition opportunities. Juniors initially enter into the Under 15 category and will undergo the Bronze Medallion qualification, at 15 years of age.

Youth members are also invited to get involved in Point Danger Branch activities such as:

- Youth Involvement Program (Recognition and Rewards program)
- PDB Team X-Treme
- Camps (including Emu Gully)
- Inter club challenges (including The Amazing Beach Race)
- Interclub exchanges

Our goal is for Kirra SLSC youth to be a positive role models for our Nippers. You will see them every Sunday morning doing various activities and helping our Water Safety personnel.

Thank you to Kirra Nipper Sponsors



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Club Contact Details

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