

# **Ulverstone Surf Life Saving Club**

## **Nipper Information**



Ulverstone Surf Life Saving Club is overseen by a Board of Management consisting of a number of volunteer office bearers nominated & elected by the members of the club at the Annual General Meeting held in June of each year.

**President:** Matthew Potter - 0458 282 263

**Vice President:**

**Treasurer:** Anthony Spinks - 0428 405 603

**Secretary:** Colin Wood - 0439 686 146

**Surf Sport Captain:** Michael Purton - 0409 430 168

**Junior Activities Co-ordinator:** Prue McCulloch - 0400 854 391

**Life Saving Captains:** Jack Wood - 0447 058 572  
Nick Wood - 0427 081 551

Other key roles within the club include:

**Registrar:** Ann Eustace - 0407 357 230

**First Aid Officer:** Heather Bryer

**Uniforms Officer:** Liz Eustace - 0417 523 601

Website: [www.ulverstoneslsc.org](http://www.ulverstoneslsc.org)

Club Email: [ulverstoneslsc@gmail.com](mailto:ulverstoneslsc@gmail.com)

Phone: 6425 2404

P.O.Box 234 Ulverstone 7315

# 2016/2017 Nipper Calendar

Fri Oct 7 – Season Launch

Sun Nov 13 – Pool proficiency session  
(9-10am – Ulv. Indoor Pool)

Fri Nov 18 – Training Starts for U8-U14(BBQ)

Sun Nov 20 – Pool proficiency session  
(9-10am – Ulv. Indoor Pool)

Tues Nov 22 - Training

Fri Nov 25 – Training

Tues Nov 29 – Surf Education Course

Fri Dec 2 – Training (BBQ)  
- Nemos first training

Tues Dec 6 – Training

Fri Dec 9 – Training

Tues Dec 13 – Training

Fri Dec 16 – Training (BBQ)

Tues Dec 20 – Training

Fri Dec 23 – Training & Christmas  
Break-up (BBQ)

Tues Dec 27 – No Training

Fri Dec 30 – No Training

Tues Jan 3 – Training

Fri Jan 6 – Training (Counter Meal)

Tues Jan 10 – Training

Fri Jan 13 – Training (Counter Meal)

Tues Jan 10 – Training

Fri Jan 13 – Training (Counter Meal)

**Sat Jan 14 – Penguin Junior Carnival**

Tues Jan 17 – Training

Fri Jan 20 – Training (Counter Meal)

Tues Jan 24 – Training

Fri Jan 27 – Training (Counter Meal)

Tues Jan 31 – Training

Fri Feb 3 – Training (BBQ)

Tues Feb 7 – Training

Thurs Feb 9 – Training

**Sat Feb 11 – Clifton Beach Junior Carnival**

Tues Feb 14 – Training

Fri Feb 17 – Training (BBQ)

**Sat Feb 18 – Burnie Junior Carnival**

Tues Feb 21 – Training

Fri Feb 24 – Training (BBQ)

Tues Feb 28 – Training

Thurs Mar 2 – Training

**Sat March 4 – Carlton Park Junior  
Championships**

**Sun March 5 - Carlton Park Junior  
Championships**

Tues Mar 7 – Training

Fri Mar 10 – Training & Senior State  
Championships Set Up

Sat Mar 11 – Ulverstone hosting Senior  
State Championships

Sun Mar 12 – Ulverstone hosting Senior  
State Championships

Tues Mar 14 – Training

Fri Mar 17 – Last Training (Fun Night) (BBQ)

**Fri Mar 31 – Break Up/Award Night**

## Welcome

Joining Nippers is a great way to meet new friends, learn water-safe skills & become involved in surf lifesaving. It is a great family activity suitable for all ages, regardless of skill level or experience with water activities.

The main aim of our "Nippers" program is to provide a rewarding experience for all our members. Children will form strong friendships as they learn and develop beach and water skills and are provided with surf education. Children will also have the opportunity to participate in state-wide carnivals throughout the season; these carnivals are a great opportunity to learn from others and put new or developed skills to the test in a competitive but supportive environment.

## Club Membership

To participate in Nipper training all children and at least one of their parents/guardians must be members of the Ulverstone Surf Life Saving Club.

As well as providing access to training and activities, joining our club provides you with the use of our equipment and opportunity to gain skills and awards in many water-related disciplines, e.g. Water Safety, Surf Rescue, Bronze Medallion, IRB (rescue boat) Driving and Crew and Resuscitation. Our club provides a relaxing social environment for the whole family, particularly on a Friday night after training, and our function room and bar has the best views on the North West Coast.

If you are not yet a member and would like to join our club please contact our Registrar, Ann Eustace (0407 357 230) or the club secretary, Colin Wood (0439 686 146).

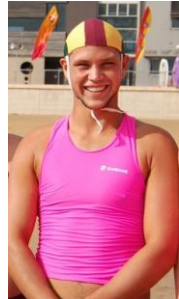
### **MEMBERSHIP RATES 2016-17**

Family.....	\$399
Active & Active Reserve.....	\$182
Patrolling Member.....	\$110
Youth/Junior member.....	\$155
Social Member.....	\$45
Nemo's (Under 7's) .....	\$100

## Training

Training is held on a Tuesday and Friday night and starts with a brief meeting each night in the Senior Board Shed for parents and children at 5.25pm. Children will then start training at 5.30pm. Training will finish between 6.30 – 7.00pm depending on weather and water conditions. Please note that all children must have a responsible adult present for the entire training session.

Ulverstone competition caps and high visibility lycra vests **must** be worn at all training sessions and can be purchased from Liz Eustace at training. Wetsuits can, and are encouraged to, be worn for training. We have a limited selection of wetsuits for sale at the club. Please ask Prue McCulloch if you would like to check these out.



Children are grouped according to age when competing in carnivals and are usually grouped this way during training. To help you determine which age group your child will train, and potentially compete, in the age groups are listed below. Proof of age/birth certificates must be shown for all new children joining Ulverstone Surf Life Saving Club.

<b>U/15</b>	<b>1st October 2001 to 30th September 2002</b>
<b>U/14</b>	<b>1st October 2002 to 30th September 2003</b>
<b>U/13</b>	<b>1st October 2003 to 30th September 2004</b>
<b>U/12</b>	<b>1st October 2004 to 30th September 2005</b>
<b>U/11</b>	<b>1st October 2005 to 30th September 2006</b>
<b>U/10</b>	<b>1st October 2006 to 30th September 2007</b>
<b>U/9</b>	<b>1st October 2007 to 30th September 2008</b>
<b>U/8</b>	<b>1st October 2008 to 30th September 2009</b>

We have five training groups, and each child is allocated to a training group based on their age, skill level and proficiency. Our groups and their coaches for the 2016/17 season are:

- Nemos (6 and under): Liz Eustace
- Dorys (U/8 & U/9): Benny Parsons
- Seals (U/10 & U/11): Lyndon O'Neil
- Dolphins (U/12 & U/13): Cathy Woodhouse
- Seniors (U/14+): Charlene Best & Mick Purton

### **Junior Activities Preliminary Skills Evaluation**

Before beginning training all children must successfully complete a Junior Activities Preliminary Skills Evaluation (proficiency). The Junior Activities Preliminary Skills Evaluation includes a swim and a float which is progressively increased by age group and can be done either in a pool or open water.

We have hired the Ulverstone Pool on **Sunday November 13** and **Sunday November 20** from **10.00-11.00 am** and encourage you to bring your child to one of these sessions to be evaluated. There will be a cost of \$4.00 per swimmer but the pool will be available for a swim or play for the hour.

U/8	- 25m swim (any stroke) - 1 min survival float
U/9	- 25m swim (any stroke) - 1 min survival float
U/10	- 25m swim (freestyle/front crawl) - 1½ min survival float
U/11	- 50m swim (freestyle/front crawl) - 2 min survival float
U/12	- 100m swim (freestyle/front crawl) - 2 min survival float
U/13	- 150m swim (freestyle/front crawl) - 3 min survival float
U/14	- 200m swim (freestyle/front crawl within 5min) - 3 min survival float

## **Surf Education Program**

The Surf Education program is designed to engage and educate our young members across all Surf Life Saving activities whilst developing a well-rounded surf lifesaver.

Every junior member is expected to achieve the relevant Surf Education Award appropriate to their age group during the season. Completion of the relevant junior surf education award is a prerequisite to be eligible to compete in the Junior State Championships. All under 14 members wishing to compete in the Junior State Championships will also be required to have completed their Surf Rescue Certificate (SRC).

Surf Education will be conducted on Tuesday November 22<sup>nd</sup> from 5.30pm.

## **Parent Participation**

Our Nipper program is run by volunteers and we encourage you to get involved. There are many ways to be involved, including:

- Water safety (SRC or bronze medallion preferred)
- First Aid Officer at trainings
- cooking BBQ of a Friday night
- join the Set-up/Pack-up crew (teams are rostered on for a month, three times a year)
- handing out or washing and putting boards away at training
- assisting in the kitchen with counter meals during January
- packing and/or towing the craft trailer to carnivals
- A Team manager is required each Carnival
- Marshalls, judges and area helpers at carnivals.

Please let Prue McCulloch know if you are interested in helping.

All adults who have contact with the Nippers in a volunteer role, e.g. coach or water safety officer, must have a current Working with Children card. If you have a current Working with Children card, please show it to Prue McCulloch to be photographed and stored on file.

If you would like to apply for a Working with Children card go to [http://www.justice.tas.gov.au/working\\_with\\_children](http://www.justice.tas.gov.au/working_with_children). It will cost \$18.36 for a volunteer card and can take up to six weeks to be approved.

## Uniform

Liz Eustace is our current Club Uniform coordinator. The club is working towards a new updated style of uniform that will be introduced progressively over the next two/three years. Bathing suits and hats will be introduced into this season. Liz or Prue will be able to assist with any uniform enquiries.

## Medical Conditions

Please ensure you let your child's coach and the Junior Activities Co-ordinator, Prue McCulloch, know of any medical conditions which may affect your child's participation in training sessions.



## Communication

There are various ways that information will be communicated to Nippers and parents during the course of the 2016/17 season; they include: before training briefings at 5.25pm, emails, the Nipper News Notice Board (in front of the clubrooms during training), text messages and Facebook.

## Lost Property

Please label your child's clothing and equipment in case that something is left behind or lost. If items are found they will be placed in our 'Lost & Found' container in the main shed.

## First Aid

If a child requires first aid during a training session they need to let their coach know so they can be directed back to the First Aid Officer. Children should never leave a training session without first talking with their coach.

## Showers

Showers are coin operated and cost \$1.00. Only \$1.00 coins can be used, please bring correct change. When the coin is inserted all four shower heads are turned on. We expect all children to be considerate when using the showers by being quick and making space for others.



## Social Media

Social media offers the opportunity for people to gather in online communities of shared interest and create, share or consume content. As a member-based organisation, we recognise the benefits of social media as an important tool of engagement and enrichment for our members.

Surf Life Saving Australia (SLSA), its state centres, branches and clubs have long histories and are highly respected organisations. It is important that Surf Life Saving's reputation is not tarnished by anyone using social media tools inappropriately, particularly in relation to any content that might reference the organisation. When someone clearly identifies their association with Surf Life Saving (SLS), and/or discusses their involvement in the organisation in this type of forum, they are expected to behave and express themselves appropriately.

Due to the unique nature of Surf Life Saving in Australia, the boundaries between a member's profession, volunteer time and social life can often be blurred. It is therefore essential that members make a clear distinction between what they do in a professional capacity and what they do, think or say in their capacity as a volunteer.

Social networking sites allow photographs, videos and comments to be shared with thousands of other users. Ulverstone Surf Life Saving Club (USLSC) members should be considerate to others and should not post information when they have been asked not to or consent has not been sought and given. They must also remove information about another person if that person asks them to do so.

*This information has been adapted from the SLSA Use of Social Media Policy 6.20.*

## Sun Safety

We encourage all members, including parents, to be Sun Safe. Parents are responsible for making sure their children have sunscreen applied. Please ensure your family has hats and water bottles/drinks available at training and carnivals.



## **Photography**

Parents are allowed to take photos of their child/children. These are not to be SHARED or put on ANY social media without the express consent of the parents of any child who can be identified. All parents taking photos must be wearing some part of the club uniform so they can be identified as a club member. The club has a private Facebook page where pictures are shared within our club.

## **Board Handling**

Children will use Nipper boards & foamies regularly during trainings. Boards will be handed out by volunteer parents. Boards must only be accessed when instructed by a coach; children and parents are not to access club boards without their coach's request/permission or at any other times.

When carrying a board, it is important that they are not dragged. Two children carrying two boards together (one child at the front and one at the back of each board) is one way to prevent dragging the board.

Boards must be hosed after every use before being put back in the shed.

Please note that children are not to claim a particular club board as their own. They are expected to take the board they are handed.

Selected Nipper boards are available to be used when the club is patrolling the beach on weekends or public holidays. These boards are in the main senior board shed. Only registered members of the club may access these boards and it is at the discretion of the Patrol Captain.

## **Sponsorship**

Banjós were the major sponsor at the 2015/16 Open State Championships that we hosted and will be again for the 2016/17 season. As well as sponsoring the Open State Championships, Banjós are offering the Ulverstone Surf Life Saving Club (USLSC) 10% of every USLSC member's in-store purchase back to the club as ongoing sponsorship. This has the potential to raise a lot of money for our club

and is a great way to help/support the club without having to give any extra time or commitment. Jen Donnelly will be at the club during training sessions to hand out Banjo cards which can be used when shopping at Banjos.

## **Friday Night = Social Night**

There is a great atmosphere at the club on a Friday night after training with the bar open upstairs all year round and counter meals offered during January.

This year we will be running a BBQ after training every second Friday night (except for January) to encourage you to stay and socialise after training and also to provide an easy option for a lazy tea at the end of the week.

More information will follow but please contact Prue McCulloch if you are able to help occasionally with cooking the BBQ.

## **Concerns/Questions**

If during the season you have any questions or concerns please speak with your child's coach or the Junior Activities Co-ordinator, Prue McCulloch. We strongly encourage you to come to one of us so that we can address a concern or answer your question quickly. We also encourage you to do this so that a positive and enjoyable environment can be maintained.

## **Awards/Recognition**

At the start of each year two Under 14 competitors (one boy and one girl) are selected as Nipper Captains. This is a special achievement and carries some responsibilities within the club. Under 14 competitors may also be chosen to represent the club in the state junior lifesaver of the year competition.

Nipper achievements and successes are recognised at the end of each season. A selection panel consisting of Age Managers and Coaches decides upon the recipients. The awards available are:

**Surf Education Awards** are presented to all children who complete the Surf Education Program.

**Encouragement Awards** are presented to one male and one female from each age group. Encouragement awards are based on efforts throughout the season, attendance at training and competitions, attitude towards coaches/managers/peers and sportsmanship.

An **Age Achiever Award** is presented to the strongest competitor in each age group, based on the season's carnival results.

The **Champion Competitor Award** is presented to the Nipper who has the highest aggregate score for individual events at carnivals.

The **SRC Award** is presented to the Under 14 Nipper who has made the most significant contribution to patrols during the season.

The **Binni Wilson Award** is presented to the Under 14 Nipper who has made the most significant all round contribution to Nippers and the Ulverstone Surf Life Saving Club.

# Carnivals

## Junior Activities Competition Skills Evaluation

From the age of 7 (Under 8), juniors can begin to compete in intra-club, inter-club and state competitions (carnivals). To ensure that all junior members that wish to compete in any inter-club, state competition have the ability, strength and fitness standard to complete the courses they must be able to complete the Junior Activities Competition Skills Evaluation for their age group.

The Junior Activities Competition Skills Evaluation will be completed during training and must be completed by those children wanting to attend carnivals. Children are not allowed to enter carnivals without having passed this evaluation. Safety at training and training groups will also reflect each child's confidence and ability.

U/8	- Wade around two buoys horizontal to shore (Only water competition is wade which takes place in knee deep water).
U/9	- 150m open water swim within 12 minutes (continuous freestyle*).
U/10	- 150m open water swim within 11 minutes (continuous freestyle*).
U/11	- 288m open water swim within 12 minutes (continuous freestyle*).
U/12	- 288m open water swim within 10 minutes (continuous freestyle*).
U/13	- 288m open water swim within 9 minutes (continuous freestyle*).
U/14	- 288m open water swim within 9 minutes (continuous freestyle*).

\* Continuous freestyle is deemed to be a continuous visible over arm swimming action with a scissor kick and face in water (with the exception of swimming when looking for buoys or landmarks). Stopping, breast stroke or side stroke are not permitted.

There are times when, due to a lack of numbers, children compete in the age group immediately above their own at carnivals, e.g. Under 10 competitors might compete in an Under 11 team. Children who wish to compete in team water events in the age group immediately above their own must pass the proficiency for that age group.

## **Carnival Fees**

If your child wants to compete in carnivals this season, payment for each carnival must be received (online via the [Ulverstone Surf Life Saving Club website](#)) the Tuesday before the carnival.

No payment = no entry.

## **Carnival Day**

More information will be provided prior to each carnival but below is some general information to help prepare you.

- Competitors should come prepared with:
  - Ulverstone competition cap
  - High visibility lycra vest
  - Club bathers
  - Multiple towels
  - Wetsuit (will find out on the day if allowed to wear it)
  - Warm clothes
  - Drink bottle and food
  - Hat and sunscreen – long covering sun-smart clothing
  - Picnic rug/chair (optional)
- Competitors must report to the Team Manager (TBA) to have their name checked off upon arrival. Competitors should then locate and stay close to their Age Manager.

Age Managers for the 2016/17 season are:

U/8: TBA

U/9: Simon Angilley

U/10: Jillian Temple & Emma Eustace

U/11: Lyndon O'Neil

U/12: TBA

U/13: Deb Walton & Cathy Woodhouse

U/14: TBA

- Competitors must follow all instructions of their Age Manager during the carnival.
- Once the Team Manager welcomes competitors and shares relevant information, the Junior Captains will lead all Ulverstone competitors in a warm up.
- Parents are not allowed into the competition area but have areas to watch and cheer from.
- It is expected that everyone will help with unloading and packing up gear at carnivals. Help at our surf club to pack/unpack equipment is also greatly appreciated.
- Photography Policy is determined before each carnival.
- If you unexpectedly find out that you cannot make it to a carnival, please contact the Junior Coordinator
- Most carnivals have a well-stocked canteen but it is advisable to pack food just in case.
- The club tent is provided for shelter and as a gathering point for our club. When putting gear in our area please be mindful to leave space for competitors to rest under the tent.
- Sun safety is the responsibility of the parents

## **Codes of Conduct**

As a Surf Life Saving Tasmania and Ulverstone Surf Life Saving Club member you should meet the following requirements in regard to your conduct during any SLST sanctioned activity:

### **Competitor's Code of Conduct**

- Participate by the rules.
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials and sledging other competitors, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you.
- Be a good sport. Applaud all good efforts made by your team or other club's competitors.
- Treat all competitors in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, team mates and fellow competitors. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of others.

### **Parent's Code of Conduct**

- Remember that children participate in lifesaving for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children always to participate according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.



- Remember that children learn best by example. Appreciate good performances and efforts by all competitors.
- Support all efforts to remove verbal and physical abuse from training/competitive activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of others.

### **Spectator's Code of Conduct**

- Remember that people participate in surf lifesaving for their enjoyment and benefit, not yours.
- Applaud good performance and efforts from all individuals and teams. Congratulate all competitors on their performance regardless of the event's outcome.
- Respect the decisions of officials and teach young people to do the same.
- Never ridicule or scold a young competitor for making a mistake. Positive comments are motivational
- Condemn the use of violence in any form, whether it is by spectators, coaches, officials or competitors.
- Show respect for your team's opponents. Without them there would be no competition.
- Encourage competitors to follow the rules and the officials' decisions. Do not use foul language, sledge or harass competitors, coaches or officials.
- Respect the rights, dignity and worth of others



**Junior Activities Coordinator:**  
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