



2022 / 2023

Nippers Handbook

NORTH NARRABEEN SURF LIFE SAVING CLUB INC

Affiliated with the Surf Life Saving Association of Australia
NORTH NARRABEEN JUNIOR SURF LIFE SAVING CLUB

www.nnslscnippers.com





Contents

| | |
|--|-----------|
| Contents | 3 |
| Welcome to North Narrabeen Surf Club | 5 |
| Nippers on Sundays | 6 |
| Sunday Events | 7 |
| Beach Events | 7 |
| Water Events | 7 |
| Skills and Training Days | 7 |
| Surf Educational Days | 7 |
| SLSA Proficiency Requirements | 8 |
| Carnival Proficiency Requirements | 8 |
| Point Score Days | 9 |
| Point Score Championship Awards | 9 |
| Club Championships | 10 |
| Eligibility to compete in Club Championships | 10 |
| Club Championship Awards | 10 |
| Gear Rules | 11 |
| Important Information | 11 |
| SLSA Rules and Regulations | 12 |
| Age Groups | 12 |
| Age Awards | 12 |
| Carnivals | 13 |
| What to do at Carnivals? | 13 |
| Carnival Events | 14 |
| Beach Events | 14 |
| Water Events | 15 |
| Qualifying for Events at Carnivals | 16 |
| Selection for Carnivals – Beach/Water | 16 |
| Know the Competition | 17 |
| Coaching and Tuition | 18 |
| BEACH | 18 |
| WATER, BOARD & BOARD RESCUE | 18 |
| RESCUE & RESUSCITATION (R & R) | 18 |
| MARCH PAST | 18 |
| Social and Fundraising | 18 |
| AGM and Presentation Day | 19 |
| Perpetual Trophies | 19 |
| Criteria and Voting Procedures for Awards | 20 |
| NNSLSC Juniors Calendar 2014-15 | 21 |



| | |
|--|-----------|
| Junior Committee Members | 21 |
| Age Managers 2018–19 | 22 |
| Benefits of Club Membership | 23 |
| Conduct Guidelines | 24 |
| Guidelines for Age Managers | 26 |
| Equipment | 26 |
| Age Groups 6 – 7s | 26 |
| Under 8 Age Groups..... | 26 |
| Under 9 – Under 14 Age Groups | 26 |



Welcome to North Narrabeen Surf Club



On behalf of all members of North Narrabeen SLSC, we would like to extend a very warm welcome to all Nippers and their families and we are planning yet another fine season at North Narrabeen.

Everything you need to know about North Narrabeen JAB (Nippers) is covered in this booklet, including club calendar – social events, rules and regulations etc. Please keep it as a handy reference book. If you require any further information, please feel free to ask any Age Manager or Committee member.

Nipper parents are encouraged to join the Club as a Junior Associate member and help out with the management and training of the children. By joining the Club, parents are covered by a “WorkCover” insurance against accidents on the beach and at carnivals.

Our aim at North Narrabeen is to educate our children to be competent and safe on the beach and surf equipment. Surf knowledge and techniques are gradually introduced to the children in relation to their age and ability; ultimately at the age of 13 they will attain their Surf Rescue Certificate (SRC), which is one step below the Bronze Medallion.

Whilst all children are encouraged to improve their surf skills through regular competition, no child is forced or pressured to do something he/she does not want to do. Ultimately we want the children to have **FUN** at Nippers and enjoy coming to the beach each Sunday.

Coaching in both water and beach events is available to all Nippers who wish to improve their skills.

Timed pool swims and water proficiency requirements are compulsory for Nippers so we encourage parents to persist with swimming lessons for your children. Various levels of tuition from learn to swim to squad are available in the area.

March Past and R&R have a proud tradition at North Narrabeen and we hope to keep this tradition alive in the Nippers. Anyone wishing to join our March Past Team should notify their Age Manager.

A BBQ is held at the Clubhouse after Nippers on select Sundays, requiring parent helpers who are coordinated on a rotating roster. Please support them to the best of your ability. All proceeds go towards new gear and equipment.

Troy Adams

Chairman, North Narrabeen Juniors Committee



Nippers on Sundays

The objectives of North Narrabeen Junior Activities Board are to ensure that those children who register with the Club are provided with:

- The best possible facilities to enjoy their activities
- The best possible opportunity to participate in the Club activities
- The best possible tuition and coaching to complete their Surf Education Program
- The best possible opportunity for competition
- The best possible opportunity to learn and understand the surf and the beach
- An atmosphere which encourages and fosters the transition of children into the senior movement
- A friendly, happy and safe environment for the children.

To enable Nippers to run smoothly on Sundays please take note of the following:

- Nippers commences at 8:00am Ages 6-8 and Older Groups to start 9:15 am. Children need to assemble on the beach behind their age group signs at the designated times to enable Age Managers to mark the rolls.
- Children MUST compete in their appropriate age group (NO EXCEPTIONS)
- Children are to wear their green (U6, U7) or white (U8 to U14) North Narrabeen Nippers cap – these are to be marked clearly with the child's name.
- Children must have sunscreen applied.
- Nippers in U9-U14 age groups competing in water events MUST wear a SLS sanctioned high-visibility singlet (available for purchase from the clothing store).
- Nippers MUST complete the surf swim to be eligible to compete in the board race.
- At the conclusion of events, parents MUST sign their children out from their Age Manager. Once signed out, Nippers are to remove their green or white caps.
- Please assist your child's Age Manager where ever you can, eg; place judges or helping with the wade etc.
- Ensure you regularly check our website: <https://northnarra.org.au/> and calendar <https://northnarra.org.au/events/>

IMPORTANT NOTE

WATER SAFETY is of paramount importance and the more parents that are willing to assist and be involved in helping the children to become comfortable and competent in the surf, the more they will benefit. The Water Safety personnel are all qualified and can be identified by their **ORANGE WATER SAFETY VESTS**.





Sunday Events

- U6, U7, U8 - Assemble on the beach at 8:00am at the Northern end of the beach
- U9 to U14 – Assemble on the beach at 9:15am in front of the Clubhouse
- Events begin at designated times sharp
- Carnivals begin at 7:30am unless otherwise stated
- A regular BBQ is held on the deck after Nippers – check the event calendar on our website for dates. This is a great opportunity to meet other Nipper families and everyone is welcome. Staffing is on a roster basis by the parents & Age Managers
- Surf Sport Events (Surf Swim) is held at the Patrol Tent at 11am each week after nippers – for all interested Associate Members and competent nippers.

Beach Events

- 15m Flags U6-U10
- 15m Flags U11-U14
- 50m Sprint U6 & U7
- 70m Sprint U8-U10
- 70m Sprint U11-U14

Water Events

Wade and water event locations will be decided on the day according to water conditions.

- Wade U6-U7
- 25m Swim/Wade U8
- 150m Surf Swim U9-U10
- 288m Surf Swim U11-14
- 250m Board Race U9-U10
- 330m Board Race U11-U14

Skills and Training Days

The aim of these days is to make them fun with emphasis on confidence building, fitness and skills training. Nippers will be organised into groups. These days may incorporate a mix of team events and skills instruction. Some conditioning training and training races may be held as well. The educational 6s and 7s may do normal race day events and team events.

Surf Educational Days

These days will cover lifesaving techniques, first aid and surf awareness. Parents are encouraged to participate.



SLSA Proficiency Requirements

For safety and development reasons, junior activity participants need to successfully complete preliminary assessment. This evaluation must be undertaken prior to commencing any junior activity training or competition and consist of the following:

| Age | Swim | Survival Float |
|----------|----------------------------|----------------|
| Under 8 | 25 metre swim (any stroke) | 1 minute |
| Under 9 | 25 metre swim (any stroke) | 1 minute |
| Under 10 | 25 metre swim – freestyle | 1.5 minutes |
| Under 11 | 50 metre swim – freestyle | 2 minutes |
| Under 12 | 100 metre swim – freestyle | 2 minutes |
| Under 13 | 150 metre swim – freestyle | 3 minutes |
| Under 14 | 200 metre swim – freestyle | 3 minutes |

These times must be witnessed by one of the following officials – Chief Instructor, Level One Official or Level One Coach.

Carnival Proficiency Requirements

To maintain safety in the surf, the minimum requirements for children in age groups U9 and above who are wishing to compete in Junior Activities at recognised carnivals, will be an Open Water swim.

SLSA requires all competitors to complete an Open Water swim. These requirements are:

- Under 8 – nil
- Under 9 and 10 – 150m Open Water Swim
- Under 11, 12, 13 and 14 – 288m Open Water Swim

This Open Water swim must be witnessed by one of the following officials – Chief Instructor, Level One Official or Level One Coach.



Point Score Days

A competitor must compete in their age group according to birth date to be eligible to score points (see page 11 for Age Group birth dates).

3 point score days will be conducted throughout the 2018-2019 season and points are allocated in the following manner:

All competitors must complete the events unassisted to be awarded points.

| | | |
|----------------------|-----------------|----------|
| Placing in an event: | 1 st | 5 points |
| | 2 nd | 4 points |
| | 3 rd | 3 points |
| | 4 th | 2 points |
| | 5 th | 1 point |

In each age group an overall and individual event point score is conducted.

Point Score Championship Awards

Under 8 Age Group:

Overall point score champion (combination of 3 events)

- Beach Sprint
- Beach Flags
- Surf Wade

Under 9 to Under 14 Age Groups:

Overall point score champion (combination of 4 events)

- Beach Sprint
- Beach Flags
- Surf Swim
- Board Race

These awards will be decided based on a calculation of points from each of the 3 point score days.

For a competitor to be eligible for a point score trophy he/she must compete in a minimum of 60% of Sunday events throughout the season - representative duties are counted as attendance.

A child must first complete the swim event to be eligible to compete in the Board Race to demonstrate their ability to handle the surf conditions on the day.



Club Championships

The Club Championships will be conducted on 17th February 2019. Conditions on this day will decide which events take place. If postponed due to conditions backup dates have been allocated in the Club calendar. All championship events are started from scratch.

All competitors must complete the events unassisted to be awarded points.

Points are awarded in each event as follows:

- 1st place 5 Points
- 2nd place 4 Points
- 3rd place 3 Points
- 4th place 2 Points
- 5th place 1 Point

IMPORTANT NOTE

Should there be a tie for any placing the following placing is not awarded. This rule applies to all age groups.

Eligibility to compete in Club Championships

- A competitor must be a financial member of the Club.
- A competitor must compete in their age group according to birth date to be eligible to score points (see page 12 for Age Group birth dates).

For a competitor to be eligible for a trophy, he/she must compete in a minimum of **60%** of Sunday events preceding the club championships - representative duties are counted as attendance.

- The first 3 places in each event are eligible for a medal or a trophy.
- The competitor with the greatest number of points from all events shall be the **overall** age champion. Overall placing shall be awarded to 1st, 2nd and 3rd.

Club Championship Awards

Under 6 and Under 7 Age Groups:

- Educational members do not compete in Club Championships.

Under 8 Age Group:

Overall Club Champion (combination of 3 events)

- Beach Sprint
- Beach Flags
- Surf Wade

Under 9 to Under 14 Age Groups:

Overall Club Champion (combination of 4 events)

- Beach Sprint
- Beach Flags
- Surf Swim
- Board Race



Iron Person Events comprising of swim, board race and run.

- **Junior Iron Person:** 12s and under Boy and Girl
- **Under 13 Iron Person:** 13s Boy and Girl
- **Under 14 Iron Person:** 14s Boy and Girl
- **Opens Board Riding:** Boy and Girl

Gear Rules

- Don't leave it on the beach
- LOOK AFTER IT, the equipment we have is valuable
- Put it back clean (hose the sand off)
- Put it back in its proper place
- Boards set aside as competition boards are to be used **ONLY** for competition at Carnivals
- Non-competition boards may be used after events are finished – at the discretion of the Gear Steward or a member of the Executive Committee.
- We encourage parental control to assist the children with the boards in particular as they can be easily damaged.
- No equipment is to be removed from the beach unless approval has been given in writing by the Executive Committee. The Executive Committee will not entertain any such request unless it is in writing and tabled at the monthly committee meeting.

IMPORTANT NOTE

FOAM BOARDS are to be used only by Under 9 and Under 10

FIBREGLASS BOARDS are to be used by Under 11 to Under 14

Important Information

QUALIFIED WATER SAFETY OFFICERS WEAR ORANGE shirts, thus ensuring unmistakable identification. They are responsible for the safety of the children participating in water events.

PATROL MEMBERS WEAR CAPS WITH RED AND YELLOW QUARTERS. They are responsible for the safety of people swimming in the patrol area. These are the only areas in which swimming is allowed.

These simple rules ensure the safety of you and your children. The Patrol Captain, the Water Safety Officer and the Beach Lifeguard are responsible for selecting the area where our water events will be held on the day.

Should these events be cancelled due to the unsafe surf conditions they may be transferred to the lake or an alternative location.



SLSA Rules and Regulations

CAPS MUST BE WORN AT ALL TIMES WHILE PARTICIPATING IN AN EVENT.

A child must NOT wear their cap in the water unless they are competing in a water event. Swimming is only allowed in the patrol area for those not competing. These rules are strictly adhered to at carnivals, so let's practise them at our beach at all times. Carnival Officials can become quite harsh about the water rules and may reprimand any club not obeying them.

CAPS MUST BE REMOVED AT THE CONCLUSION OF SCHEDULED EVENTS.

Age Groups

Age groups are determined by the child's age as at 30 September 2022. Children are eligible to compete in carnivals and Sunday morning Nipper activities if they are born between the following dates:

| | |
|---|----------|
| 1st October 2008 to 30th September 2009 | Under 14 |
| 1st October 2009 to 30th September 2010 | Under 13 |
| 1st October 2010 to 30th September 2011 | Under 12 |
| 1st October 2011 to 30th September 2012 | Under 11 |
| 1st October 2012 to 30th September 2013 | Under 10 |
| 1st October 2013 to 30th September 2014 | Under 9 |
| 1st October 2014 to 30th September 2015 | Under 8 |

The following Age Groups are Educational Members only and are NOT awarded competition points for Sunday activities:

| | |
|---|---------------------|
| 1st October 2015 to 30th September 2016 | Under 7 - Green Cap |
| 1st October 2016 to 30th September 2017 | Under 6 - Green Cap |

IMPORTANT NOTE

Proof of age is mandatory for all new members - original or certified copy of a birth certificate or passport will be accepted. Under no circumstance can a child compete in an age group lower than the group to which they belong as set out in the above classifications. Children must train and compete in their correct age group each Sunday to be eligible for any points and/or trophies.

Under 8 and above MUST complete a proficiency swim at the commencement of the season. Proficiency swims will be held on Sunday 9th October 2022. Cap required, goggles optional.

SLS Association specifies that no Club is to accept membership of a child until they have reached the age of 5 years to comply with insurance requirements. **A child who turns 5 years of age AFTER 30th September 2022 may join Nippers at that time however, this child will be required to stay in the Under 6 Age Group the following season.**

Age Awards

Children competing at a State Carnival must have passed their respective age proficiency and age award levels. The **Under 14** must be in training for their Surf Rescue Certificate (SRC) which will be completed prior to 31st December 2022.

Regular Sunday sessions are set aside for education when all age groups are tutored and tested.



Carnivals

- Carnivals begin at 7:30am unless otherwise noted.
- Carnivals are an important part of the Junior Activities section of Surf Life Saving promoting friendly competitive and social inter-club relations.
- Children of all skill levels can be involved, and are encouraged to compete at Carnivals as long as they have met the minimum proficiency levels.
- Carnival events provide new levels of competition and challenges from our weekly Sunday events and help develop a great sense of Club spirit and unity.

A TIMED OPEN WATER SWIM MUST BE COMPLETED TO BE ELIBIBLE FOR COMPETITION.

What to do at Carnivals?

- Carnival participation begins the week before the carnival. To enter the carnival, you **MUST** complete the registration form and submit to the Competition Secretary **at least one (2) weeks prior** to confirm your intention to compete.
- When you arrive at the carnival you **MUST** physically register at the registration table usually located near the Surf Club. Upon registration, you will receive an age stamp on your arm. This stamp is required for you to compete at the carnival.
- Once you are registered find your Age Manager and/or the Clubs Team Tent.
- The Club will cover your entry fee of \$25 (\$45 for Branch Carnival) per child. However, non-attendance costs the Club money and as a result you will incur the cost of the registration.
- If you are unable to attend, ie; sickness, please notify your Age Manager ASAP.

THERE ARE NO REGISTRATIONS TAKEN ON THE DAY OF THE CARNIVAL.

IT IS COMPULSARY FOR A PARENT / GARDIAN TO BE IN ATTENDANCE AND HELP WITH CARNIVAL DUTIES FOR EACH COMPETING CARNIVAL PARTICIPANT





Carnival Events

Carnivals include events which are not regularly conducted as part of our Sunday competition. The following is an outline of these events.

Events are either Open (Boys and Girls competing), Boys Only or Girls Only.

Beach Events

Sprint

Boys and Girls

Ages: Under 8 to Under 14 age groups

Open Ages: Under 8 to Under 14

Relay

Open Ages: Under 8, 9 and Under 10

Boys: Under 11 to Under 14

Girls: Under 11 to Under 14

*4 competitors to a team

All Age Relay

1 competitor from each age group

*7 competitors to a team

Beach Flags

Boys and girls

Ages: Under 8 to Under 14

| Race Distances | Relay | Sprint | Flags |
|------------------------|-----------|-----------|-----------|
| All Age relay | 70 metres | | |
| Under 8s to Under 10s | 70 metres | 70 metres | 15 metres |
| Under 10s to Under 14s | 70 metres | 70 metres | 15 metres |

March Past

12 competitors to a team: 1 standard bearer, 1 belt person, 6 reel squad, 4 rear tank

2 Person Rescue and Resuscitation

Open Ages: Under 10 to Under 13

*2 competitors to a team: 1 rescuer, 1 patient (positions decided by draw)

5 Person Rescue and Resuscitation

Open Ages: Under 12 to Under 14

*5 competitors to a team: 1 rescuer, 1 reel person, 1 cardiac operator, 1 resuscitator & 1 patient



Water Events

Wade and water events will be decided on the day according to water conditions. All swim distances are 80 metres from waist deep water. Board distances for most events are 120 metres from the water's edge.

Wade

Boys and Girls

Under 8 Age group

Wade Relay

Open

Under 8 age group

*4 competitors to a team

Surf Swim

Boys and girls

Under 9 to Under 14 age groups

Surf Teams Race

Open

Ages: Under 9 to Under 14 (in age groups)

Board Race

Boys and girls

Ages: Under 9 to Under 14 (in age groups)

Board Relay

Open

Ages: Under 9 to Under 10 (in age groups)

*3 competitors to a team

Boys and Girls

Ages: Under 11 to Under 14

*3 competitors to a team

Board Rescue

Boys and Girls

JUNIOR: Under 11 and Under 12

SENIOR: Under 13 and Under 14

*2 competitors to a team: 1 Swimmer (Patient), 1 Board Paddler (Rescuer)

Cameron Relay

Open

JUNIOR: Under 11 and Under 12

SENIOR: Under 13 and Under 14

*4 competitors to a team: 1 swimmer, 1 runner, 1 board paddler and 1 runner



Iron Man

Boys Ages: Under 11 to Under 14 (in age groups)

Swim, board paddle and run

Iron Woman

Girls Ages: Under 11 to Under 14 (in age groups)

Swim, board paddle and run

Board Riding

Boys and Girls

Ages: Under 13 and Under 14 (in age groups)

Qualifying for Events at Carnivals

Some events at the State Carnivals are only open to competitors who have qualified through gaining a place at the Branch Carnival. These events are:

- 2 Man Rescue and Resuscitation – 3 teams per branch
- All Age Relay – 2 teams per Branch
- Cameron Relay
- Board Rescue
- Board Relay
- Surfboard riding

Events at the Branch Carnival are open to all competitors.

Selection for Carnivals – B e a c h /Water

The coaches shall use the following criteria to determine selections:

- Run offs – may include baton changing ability
- Training – attendance (60% attendance at Sunday events), attitude and potential improvement
- Previous results – inter and intra club events
- Must attend training with the team

Teams will be selected at the discretion of the Age Manager.



Know the Competition

Listed below are the cap identification colours of the Sydney Northern Beaches Branch Junior Activities Clubs.

| | |
|-----------------|---|
| NORTH NARRABEEN | White |
| AVALON | White with Red and Green central stripe |
| BILGOLA | Blue and Yellow quarters |
| COLLAROY | Red |
| DEE WHY | Royal Blue & White with horizontal strip sections |
| FRESHWATER | Maroon and White quarters |
| LONG REEF | White and 2 Blue stripes |
| MANLY | Sky Blue |
| MONA VALE | Dark Green and White quarters |
| NARRABEEN | Gold with Purple half moons |
| NORTH CURL CURL | Yellow with 2 Green central stripes |
| NORTH STEYNE | Black and Gold quarters |
| QUEENSCLIFF | Red with central Royal Blue Stripe |
| SOUTH NARRABEEN | Orange |
| SOUTH CURL CURL | Royal Blue, Yellow and White section |
| WARRIEWOOD | Maroon, White & Grey stripes |

HOW to SPOT the "ENEMY"

"We will fight them on the beaches..."

Club Cap Designs:

- Avalon Beach: Established 1925
- Bungan Beach: Established 1953
- Collaroy: Established 1911
- Dee Why: Established 1912
- Freshwater: Established 1908
- Long Reef: Established 1950
- Manly: Established 1911
- Mona Vale: Established 1922
- Narrabeen: Established 1964
- Newport: Established 1909
- North Curl Curl: Established 1922
- North Palm Beach: Established 1945
- North Steyne: Established 1907
- Palm Beach: Established 1921
- Queenscliff: Established 1924
- South Curl Curl: Established 1918
- South Narrabeen: Established 1922
- Warriewood: Established 1949
- Whale Beach: Established 1937



Coaching and Tuition

BEACH

Beach Tuition Officer TBC

WATER, BOARD & BOARD RESCUE

Water Safety Officer Matthew Ingersole

Board Coach Darren Marshall

Water Tuition Officer TBC

RESCUE & RESUSCITATION (R & R)

Coach Vacant

MARCH PAST

Coach & Manager Vacant

Training days and times are determined once the number of participants is known and the most convenient time for the majority can be established. These times are then published in the Nipper Newsletter and on the website.

Social and Fundraising

Funds are always needed to keep our Club and equipment in first class order. Our hard working Social and Fundraising Committee need YOUR support. The social functions can only be a success if we have your attendance and support so come along and have some fun.

Members are always welcome at the Clubhouse. The Club is open from 3pm onwards on Friday, Saturday and Sunday.

Each Friday in January a BBQ is held on the deck at the Clubhouse. Refer to the weekly Nippers Newsletter and website for actual dates. Bring your friends and join us for a very enjoyable evening.



AGM and Presentation Day

The final official event of our season is the Annual General Meeting and presentation of awards and trophies. This will be held on 24th March 2019.

A new Committee is elected for the next season. All interested parties may self-nominate for a position. **However, please be genuine!** If you are unable to fulfil the obligation you have committed yourself to or organise a replacement for that position – chaos results. The workload reverts to people who are already fully committed.

The Presentation Day. This is what the children have been looking forward to all season. Children not receiving a trophy will be presented with a medallion. Sydney Northern Beaches certificates are also presented to children who have won a place at a domestic carnival.

Our highest awards are the Nancy Domanski Trophy, the Norma Thompson Award, the Endeavour Shields, the Alice Greer Memorial Award, the Anthony Bales Memorial Trophy, the 'Silver' McGuinness Award, the Ross Young Award and the Most Outstanding Carnival Representative.

We require at least 60% attendance before nominations can be considered for any of the following major awards.

Perpetual Trophies

| | |
|---------------------------------------|--|
| Anthony Bales Memorial Trophy | Under 8s Point Score Winner |
| Most Improved Swimmer | Chosen by the Water Secretary and Water Tuition Officer |
| Norma Thompson Award | Senior Ironperson |
| Jim Casey Award | U13 Ironperson |
| Alice Greer Memorial Trophy | Junior Ironperson |
| Junior Endeavour Award | Open to Under 9, 10 & 11 |
| Senior Endeavour Award | Open to Under 12, 13 and 14 |
| Silver' McGuinness Award | Most Improved Beach competitor chosen by Beach Secretary and Beach Tuition Officer |
| The Nancy Domanski Award | Open to Under 12, 13 and 14 |
| Ross Young Perpetual Trophy | Most dedicated March Past competitor |
| Most outstanding Carnival Rep | Open to Under 8 – 14 |
| Darren Marshall Board Paddling | Most improved Board Paddling U8-14 |



Criteria and Voting Procedures for Awards

Endeavour Award

Criteria: The member who tries hard every week, has a go at everything and doesn't give up easily. Someone who shows effort, participation, application, attitude, attendance, cooperation and team spirit.

Voting: Nominations in writing stating why you feel that person is worthy of this award. The recipient of this award is nominated and voted by the Age Managers Junior (Under 9-11), Senior (Under 12 – 14), Surf Rescue Trainer (for Senior only), Water and Beach Tuition Officers. Each person can nominate a minimum of 2 and a maximum of 3 members for the award. If an Age Manager's child is nominated they forfeit their vote. This award can only be won once in the Junior Age Group and once in the Senior Age Group.

Junior Age Group – Under 9, 10 & 11

Senior Age Group – Under 12, 13 & 14

The Nancy Domanski Memorial Award

Criteria: Awarded to the one person who best typifies the spirit of North Narrabeen Nippers. Someone who helps and puts themselves out for the club, they may or may not be a top competitor. Someone who is a good role model and who the club is proud of.

Nominations by: Age Managers Under 12 – 14, Surf Rescue Trainer, Water and Beach Tuition Officers, March Past Coach and R & R Coach.

Voting: Nominations in writing stating why you feel that person is worthy of this award. The nominations are then handed to the Voting committee (Under 12 – 14 Age Managers, Beach, Water, March Past and R&R Coaches, SRC and the Club Executive Committee) for discussion and vote. One vote per person by secret ballot. Minimum of nine votes.

Junior Lifesaver of the Year

Nominated by Age Manager U14 and U13, SRC Trainer, Water and Beach Tuition Officers, March Past and R&R Coaches. Nominations are discussed and voted on by the above plus the Executive Committee. The selected juniors are then invited to Nominate for selections by the Branch.





NNSLSC Juniors Calendar 2022-23

***Dates subject to change**

Junior Committee Members

| Position | Name |
|-----------------------------|-------------------|
| Chairperson | Troy Adams |
| Supervisor | John Perry |
| Secretary | Mark Franz |
| Treasurer | Troy Adams |
| Registrar | Lisa Keep |
| Assistant Registrar | - |
| Competition Secretary | Gee Lee |
| Gear Steward | John Perry |
| Water Safety Officer | Matthew Ingersole |
| Board Coach | John Perry |
| Swim Coach | John Perry |
| Manager & Coach March Past | VACANT |
| Clothing Manager | Rachel Briggs |
| BBQ Coordinator | Graham Price |
| Newsletter & Website Editor | Sarah Ryan |
| Marketing & Sponsorship | Sarah Ryan |

To contact the Committee please email nippers@northnarra.org.au



Age Managers 2022-23

| Age Group | | Age Manager |
|----------------|---------------|-------------|
| Educational 6s | Boys Girls | Mark Franz |
| Educational 7s | Boys Girls | |
| Under 8 | Boys Girls | |
| Under 9 | Boys Girls | Mark Franz |
| Under 10 | Boys Girls | |
| Under 11 | Boys Girls | |
| Under 12 | Combined | |
| Under 13 & 14 | Combined | |

If you are interested in becoming an Age Manager please contact:

Troy Adams or John Perry or email nippers@northnarra.org.au



Benefits of Club Membership

At North Narrabeen Surf Lifesaving Club you can:

- ✓ Achieve your Bronze Medallion
- ü Achieve your Silver Medallion ü
- Update your First Aid
- ✓ Gain you Surf Life Saving or Resuscitation Certificate
- ✓ Become a Nippers Age Manager
- ✓ Tone up in our well-equipped gym
- ✓ Enjoy the North Narrabeen hospitality
- ✓ Relax and enjoy the magnificent view from our balcony.

We look forward to seeing your name on our membership list.





Conduct Guidelines

Surf Life Saving Australia Policies and Codes of Conduct are the final determining factor in any situation, however members are asked to make themselves aware of the following guidelines. For further information we recommend that you visit www.slsa.com.au

1. Introduction

- The Code of Conduct is intended to promote honest and responsible conduct within the Surf Club and sets the behaviour standards for all to strive for.
- As a member of North Narrabeen, all persons are expected to uphold the Surf Club's Constitution, traditions and values.

2. Vigilance and Service

- As a club member, you must abide by the policies and responsibilities specified in the Code of Conduct and Club Constitution.
- The Club values and expectations are applicable to all persons within North Narrabeen Surf Club premises and wherever the Club is represented in any Surf life saving activity.
- Compliance with the Club Constitution and Code of Conduct is a requirement of your membership of North Narrabeen Surf Club and Surf Life Saving Australia (SLSA).
- This Code of Conduct should be read in conjunction with the Club Constitution and SLSA Standard Operating Procedures.

3. Customer Service

- The Club's purpose is to provide a dedicated Safe Beach environment, not only to club members but also to all beach users.
- As a member of North Narrabeen, you should always be polite and helpful and show respect and consideration for all beach users, taking note of persons with special needs such as the elderly, people with disabilities and persons from diverse cultural backgrounds.
- Members who do not deal directly with diverse beach users must nevertheless ensure that the decisions and actions are consistent with these principles.

4. Accountability

All North Narrabeen members must understand their duties and responsibilities to ensure they perform at the competency level of their positions in the Club. Failing to maintain the competency required as per the Club Constitution may result in cancellation of membership.

5. Appropriate Behaviour

In the interest of health and safety and to provide harmony at North Narrabeen and within the community, it is vital that all members maintain an appropriate standard of behaviour, as per this Code of Conduct and the club Constitution:

- Be open and honest.
- Be diligent in your duties
- Maintain accurate records where/when required, in order to be able to support decisions made
- Use Club facilities and resources in an effective and efficient manner
- Show respect and consideration to all Club members and customers
- Work and cooperate as a team (more hands means safe and less work)
- Be fair and treat all persons equally. Be impartial and never discriminate and follow the policies and procedures set down by the Club and SLSA.
- Stay up to date with changes in Club and SLSA policy
- Be environmentally aware (i.e. Water usage, recycling)
- Never harass any person. If you witness harassment, report it immediately to appropriate Club officials.
- Comply with SLSA policies regarding smoking, alcohol and substance abuse
- The user of any communications device to harass any person will not be tolerated under the Communications Act.
- All monies are to be accounted for and collected by club appointed persons.

6. Conflict of Interest

All club members must ensure that their personal interests and activities (financial or otherwise) do not conflict with the performance of their duties in the Club.



The onus is on you to seek advice from Club officials as to whether you could be influenced in the way to perform your duties as a member or appointed person. If you believe you have a conflict of interest, the full facts should be provided to the Club in writing in order to protect your reputation and that of the Club. The Club executive will review the facts in accordance with the Club Constitution, Code of Conduct and SLSA Standard Operating Procedures.

7. **Gifts and Benefits**

- You must never ask for or demand any gift or benefit for yourself, or anyone else in connection with your duties as a Club official or member.
- Gifts, tokens of appreciation and/or benefits may be accepted on behalf of the Club, with the Executive determining if such gift and/or benefits should be passed onto a member for their efforts.
- Note that trivial gifts or benefits, such as chocolates, or modes refreshments at a working party are excluded from this clause.

8. **Corrupt Conduct**

- Every member has an obligation to report any actual or potential corrupt conduct to the Executive. No member shall be disadvantaged or discriminated against for reporting corrupt conduct.

9. **Attendance / Rosters**

- It is the responsibility of all members to report for duty of any kind in the Club as rostered, and if unable to do so, to make every effort to contact the appointed person to cover any shortfall in personnel.

10. **Use of Resources**

- All members who use Club resources shall do so as directed by appropriate personnel, or in accordance with the Club Constitution and Code of Conduct. It is the obligation of all members and officials to ensure resources are utilised in an economical, safe and considerate manner.
- No member is to be on club premises or to utilisation club resources without permission.

11. **Use of Information**

- Only appointed personnel shall have access to confidential or private information about other members. Such personnel are obliged to ensure all SLSA policies and procedures regarding privacy are strictly followed.
- The misuse of information is considered to be corrupt conduct in accordance with the Independent Commission Against Corruption Act 1998 and is prosecutable by law.

12. **Public Comment and Political Participation**

- Only appointed persons or club Executives are authorised to respond to any media calls or comment, or to sanction individual member response.

13. **Occupation Health and Safety**

- All members of North Narrabeen must adhere to all policies and procedures as outline by SLSA, as well as legal obligations under the Occupational Health and Safety Act 2000 (NSW), and the Workplace Relations Act.

14. **Alcohol and Other Drugs**

- No member shall use, keep or sell any illegal substance, including alcohol during any Surf Life Saving activity.

15. **Change of Contact Information**

- It is an obligation to inform the Club administration if you have moved or your contact details change, so that in the event of an incident the club or other authority can contact you or a family member.
- Failing to do this may result in your membership being suspended / cancelled until such time as your contact details are up to date.

16. **Criminal Charges**

- Any member who has been charged or convicted of a serious criminal offence must immediately inform the Club administration in writing. All information will be kept confidential.
- The Club Executive will seek further advice through all available avenues and report back to such member on the status of their membership. The Club Executive reserves the right to automatically suspend membership pending the outcome of investigations.

17. **Legislation and Policies**

- All Club members are required to follow and implement all legislative and appropriate authority policies in order to preserve our Club membership in SLSA.



Guidelines for Age Managers

All Age Managers to arrive for team briefing in the Club House at 9am. Please be on time as this is an important start to the day. This is a good time to plan your morning and talk to other Age Managers and find out what they are planning for their morning.

At 9:15am we will move down to the beach. Start marking your roll so that you are ready to start Nippers at 9:30am sharp

Equipment

Ages 6, 7 and 8 each have their own bin with flags and poles – please make sure these are on the beach – ask a parent/s or bring them yourself.

There is one bin for all other age groups to share.

Age Groups 6 – 7s

Flags – Sprint Race – Wade – Relay Sprint – Relay Wade. All events can be conducted a number of times. Relays are a great way to get everyone involved. Remember, we are trying to educate our younger children to enjoy the water and the beach. Age Managers should feel free to introduce novelty events of their choice. Feel free to ask the parents to become involved, it will make for a fun Sunday morning for all involved.

Under 8 Age Groups

This is an important year for our children. For those children who wish to compete at carnivals, this is the 1st year of competition. Flags, sprint race, wade, sprint relay and wade relay are competition events and should be conducted each Sunday. Again, relays are a great way to get everyone involved and all events can be conducted a number of times. As the season progresses 'mini' surf races and 'mini' board races should be introduced. Help from the parents will be invaluable so don't be afraid to ask and always remember to inform the water safety officer.

Under 9 – Under 14 Age Groups

Sunday morning events will consist of flags, sprint race, surf race, board race and relays. All children are at different levels of competence in the water. The Under 9's especially being their 1st year in the surf. Some children will have to be helped and coached along. The not so confident should be set a small swim or board task each week. As the weeks go on, add to the task as their confidence grows. Our aim at North Narrabeen Nippers is to have all children confident and happy to enter the water.

All events should be conducted each Sunday and please remember if you are unsure ask your Age Manager co-ordinator or a Committee Member.

If you are unsure of the surf conditions please consult the Water Safety Officer, the Surf Club Patrol, Age Manager Co-ordinator or a Committee member.

Have fun and be sure you keep the children happy, busy and safe on the beach.

