



## **Brighton Surf Life Saving Club – South Australia**

Brighton Surf Life Saving Club was formed in 1952 and today is one of the largest clubs in South Australia. Senior members patrol the beach on Weekends and Public Holidays, Junior members or 'Nippers' learn Surf Life Saving skills as they progress through their Age Groups. Competition in the form of Surf Carnivals is offered to Nippers, Seniors and Masters.

The Surf Life Saving Season runs from October to February/March with a two week break over Christmas.

This booklet presents the Aims, Objectives and other information which outlines the purpose, responsibilities and requirements of all parties involved at Brighton Surf Life Saving Club.

The Esplanade, Brighton P.O Box 10 Brighton. SA 5048  
[www.brightonsurfclub.com](http://www.brightonsurfclub.com)

### **Aims**

The Brighton Surf Life Saving Club (BSLSC) is committed to ensuring that all members have the opportunity to maximize the enjoyment and benefits they get from their life saving experiences.

We are proud to have developed a safe, enjoyable environment in order for all young people to be able to participate without fear of injury, ridicule or failure. We aim to provide opportunities to develop skills and leadership qualities that will lead to ongoing involvement in the BSLSC and be of benefit to the community.

### **Objectives**

Our club's objectives are to provide:

- Opportunities for all to participate regardless of their ability
- Suitable programs for the teaching of Surf Life Saving Skills
- An environment that encourages enjoyment & the development of skills and self esteem
- Co-operation through the development of team skills
- The opportunity to understand the concept of fair play
- The opportunity for individuals to achieve their personal goals

# Nippers

Children from age 5 to 13 yrs are known as Nippers. The Nipper program at Brighton SLSC runs on Saturday afternoons from 1.30 to 3.45 pm and includes:

- Surf safety,
- Board paddling
- Sprints
- Swimming
- Basic resuscitation and
- First aid

while emphasizing fun and participation. We do not teach children to swim but help them to develop surf swimming techniques

## Age groups

Nipper Age Groups begin with Under 7 and go up to U14.

The age group for your child is calculated according to their **age on the 30<sup>th</sup> September**. If a child is already 9 on the 30<sup>th</sup> September, they will go into the Under 10 Age Group, and so on. They remain in the same age group for the season.

## Under 7s

Brighton SLSC runs an U7s program for 5 and 6 yr olds. In U7s, parents - or a Guardian - **are also required to be a member** so they are covered by SLSA insurance, to undergo a Police Screening Check **and must remain on the beach supervising their child as an Assistant Age Group Manager**. The key focus is Play, Participation and Fun. Water activity is limited to shallow water. Child must have turned 5 by 30th September to start.

## Under 8s - U13s

These age groups all require the completion of a Preliminary Swim - to demonstrate competence - before allowing deep water activity. The U9-U13 also complete a run-swim-run and a timed open swim to gain their Red Patch, the minimum requirement for participation in carnivals and State Titles. U7 & U8 do not compete.

## U14 and over

Surf Life Savers between the ages of 13 & 15 are taught basic Surf Life Saving skills. U14s complete the Surf Rescue Certificate. They can now assist on beach patrols and are able to compete in senior carnivals in the Under 15 division. At 15, a Surf Life Saver may sit for the SLSA Bronze Medallion. This Award enables a member to actively participate in patrols and is the first basic Award required as a Senior member

## Cadets

Life Savers from age 15 to 19 are known as Cadets. Once they have attained the Bronze Medallion, they have the opportunity to train and gain Awards and skills in all levels of life saving as well as to compete at carnivals and State Titles. They must also meet patrol obligations. This group are encouraged to stay involved with the nipper Age Groups as trainers and mentors and to help with water cover.

# Saturday Nippers Program

Nippers must wear the red skull cap with their Age Group number on the front. Club coloured bathers are preferred.

- **1.30 pm** Nippers & parents meet on the beach with Age Group Managers
- **1.45—2pm** Briefing and warmup, divide into age groups, roll call with Age Group Managers
- **3.45—4pm** pack up, sign off, removal of boards etc from the beach, wash boards and return all equipment to the club
- **4.00 pm Club swim**, a handicap event for all members. Competent Nippers may join in.

*\*The above times may vary depending on weather conditions or other special circumstances*

At the end of training, Nippers must sign off with their Age Group Manager. On signing off they are able to remove their cap and are no longer in the care of the Age Group Manager. Showers are available in the Club house and all club members are encouraged to stay and enjoy the social aspect of the club.

## Nipper Requirements Checklist

All Nippers are required to have:

- Club cap with age group number (compulsory)
- \*Bathers – Club ones available from Uniform shop
- Broad brimmed hat – Club one available
- Long sleeved t-shirt/rash vest — Club ones available
- Towel
- Sunscreen
- Water bottle with cool water or sports drink

Optional:

Goggles

Sunglasses

Shorts—Club ones available

Sports / carry bag

*\*When participating in carnivals members are required to wear club coloured bathers.*

## Age Group Managers

Each Age Group is co-ordinated by at least two parents as Age Group Managers. These volunteers are club members who have undergone a Police Check. And an Age Managers Course. They are recognized by their sun safe Age Group Manager shirts.

## Board Training

During the season additional training sessions may be organised. These sessions are not compulsory and are run by volunteers. Times will be advised in the newsletter and in the Club House. Members are welcome to bring their own board.

## Care of Boards

Training and competition equipment is very expensive both to purchase and repair.

- Boards should **be carried** not dragged and should **be laid fin up**.
- **Never stand on a Nipper board. Always hold the handle.**
- Damages or losses are to be reported immediately to the Gear Steward or Age Group Manager so that repairs can be made.
- Each board must be washed in fresh water and returned to the appropriate area in the Club after use - not left on the beach.
- Club boards may only be used at recognized sessions. This includes Saturday Nippers, carnivals and Board Training times as advertised.

Equipment that conforms to SLSA regulations will be used. Equipment will be maintained and checked regularly and must only be used for the purpose it was designed. It is the responsibility of all members to use equipment appropriately, transport and store properly and take all steps necessary to maintain it.

## Other Information

The Brighton SLSC is an affiliated member with Surf Life Saving South Australia. Registration, membership and nipper participation is governed by SLSA requirements.

### Membership/Registration

Surf Life Saving Australia (SLSA) offers membership to both males and females from the age of 5 upwards through the various clubs. To become a full member, a Registration form needs to be completed and membership fees paid to the Club. At Brighton, this fee covers SLSA insurance fees, use of boards and other Club equipment & facilities, Nipper Surf Education manuals and Nipper Competition fees. Membership fees are advertised in the clubrooms, on the club website, and in the newsletter.

**All Membership fees must be paid by the 30<sup>th</sup> November.** Returning members can re-register at dates as advertised by the Club. Insurance covers Club and SLSA endorsed activities.

### Car parking

Car parking in the areas adjacent to the Surf Club are usually full on Saturday afternoons. No cars are to be parked on the apron in front of the club this is a loading zone only. Many parks are usually available in the Brighton Railway Station carpark. For those able to, riding your bike may also be an alternative.

## **Come N Try**

Brighton usually commences the season with two 'Come and Try' days for newcomers to join in with the Nippers. These allow children and parents to experience Nippers before deciding to join. A **Waiver** form is completed for each Come and Try day. After Come and Try new members need to register and pay their membership fees to continue with Nippers. Children who miss the advertised Come and Try days may still Come and Try twice during the season before deciding to join.

## **Communications**

A Nipper newsletter is usually distributed monthly during the Nipper season (more often if necessary) and is available in the Club House or from your Age Manager. Most communication will be electronic via email or club website, so make sure you include an email address when you register.

## **Competition/Surf Carnivals**

Nipper carnivals for Under 9's upwards are held separately, usually on a Sunday, at various metropolitan and southern beaches. They are not compulsory, but attendance at carnivals does form part of the Brighton selection criteria for teams for Junior State Titles. More information about carnivals can be found in the 'Carnival and Competition' section at the back of this handbook and dates and locations will be published in newsletters.

## **Grievances**

If you have a complaint or a grievance relating to the operation of Brighton Nippers then please contact either the Club President, the Junior Chairman or the Member's Representative.

## **Mandatory Reporting**

Brighton SLSC has 5 Mandatory Reporting officers in keeping with the national Nipper safety policy. These reporting officers are displayed on the Club notice board.

## **Police Screening Check**

All committee members, Age Group Managers and anyone over 16yrs of age who has any role with coaching or supervising Nippers is required to undergo a Police Screening Check.

## **Trophy Presentation Day**

Is the last official event of the Nipper season, usually held 3-4 weekends after the State Titles. All nippers and their families are invited. Every Nipper from U7s to U10s receive a participation trophy, and the older age groups their Club Champion trophies.

## **Uniform shop**

Uniform items needed for Nipper training and carnivals are available from our Uniform shop at reasonable prices. A price list is displayed inside the Club house. The shop is open during Registration Days, Come and Try Days and before and after Nippers. Please bring cash or chequebook—no EFTPOS.

## **Parents.... How you can help**

The Brighton SLSC operates entirely on volunteers. There are many areas where we need parents to get involved, such as Age Group Managers, Coaches, Officials, Committee members, Uniform shop, Fundraising, organizing social events, sponsorship, to help cook the weekly BBQ or with food sales in the kitchen. Ask your Age Manager or look for rosters in the Club House where you can add your name.

Parents can also assist on the beach during Nipper training or after training by making sure all the equipment gets back up to the Club and boards all get washed and put away.

Mums and Dads can volunteer as Officials & Coaches. Have a go—if you like it, then we can arrange for you to attend training and courses.

## **Membership....What's in it for me?**

Parents are encouraged to become members. A family membership enables use of club facilities, change rooms, showers, social area and bar facilities. Only registered members are covered by SLSA insurance. Club equipment may be used by members who are Bronze holders (or training for their Bronze).

Use of the Club gymnasium is primarily for Bronze holders. Other users may be authorised by the Committee.

## **Bronze Medallion**

Parents may also develop their own skills and can complete their Bronze Medallion whether for personal satisfaction or to assist with Nipper training and water cover (at training and at carnivals).

We also need one Bronze holder for every 5 Nippers in the water.

Parents who achieve their Bronze Medallion are then eligible to participate in the beach patrols and to go on and sit for additional awards including First Aid Certificate, Resuscitation and Advanced Resuscitation Certificates, IRB Drivers License, Jetboat Drivers License, Helicopter Rescue Team & Radio Team.

Bronze holders who have performed 16 hours patrol duties – this can include Nipper water cover – can also compete at carnivals at Senior and Masters level, both locally and at the annual National Titles.

Please remember - the Surf Club is not a child minding service. We need parents in attendance during activities to assist and ensure the safety of all children.

## **Policies**

### **Asthma**

If your child has Asthma please fill out the Asthma form available from your Age Manager or in the Club House and liaise with the Age Group Manager. Any medication should be clearly labelled.

### **Hydration**

Fluid replacement will be actively promoted. All participants should have their own water bottle with name clearly marked.

### **Inclement/Hot weather policy**

If the temperature is forecast at 38° or higher, Nippers at Brighton WILL NOT be held. Carnivals will usually proceed under the direction of the carnival referee and events may be modified or cancelled as the carnival progresses.

### **Injuries**

Injuries will be dealt with under SLSA guidelines by the Senior Patrol.

## Physical preparation

Participants will be instructed to warm up, cool down and in skill development methods. Sessions contain instruction and information on safety & techniques relevant to the activities.

## Sun Smart policy

Each child is required to have protection from the sun including a T-shirt, broad brimmed hat, sunscreen and water or sports drink in their own bottle clearly marked with their name.

## Codes of conduct

The following Codes of conduct have been developed to help everyone involved in junior sport to promote fair play and appropriate behaviour.

### Participant's Code

- Play by the rules
- Never argue with an official, coach or manager
- Work equally hard for yourself and the BSLSC
- Treat other participants as you would like to be treated yourself
- Co-operate with your manager, coach and other participants
- Participate for your own enjoyment not to please others – the aim is to have fun and improve your skills

### Age Manager's and Coaches' Code

- Young people participate for pleasure, winning is only part of the fun
- Never ridicule or yell at anyone for making a mistake
- Be reasonable in your demands on time and energy
- Operate within the rules and the spirit of the competition
- Ensure that participants' time with you is a positive experience. All young people are deserving of equal attention and opportunity
- Ensure that equipment and facilities meet safety standards
- Respect the rights and dignity of every person involved

### Parent's Code

- Remember that children participate in sport for their enjoyment (not yours) – your first question should be “Did you have fun?” not “Did you win?”
- 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
- Never ridicule or yell at a child for making a mistake or losing
- Remember that children learn best by example. Appreciate good performances by all participants
- Support all efforts to remove verbal and physical abuse
- 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 every young person involved

Bad sporting behaviour is unacceptable, unnecessary and it can be unlawful. **Play by the rules.**

# Awards

Nipper members will be assessed in various awards and activities. They must be 'proficient' to compete at carnivals and able to do their survival float before they undertake water activities.

## Preliminary float and swim

To be able to commence any water activity or training Nippers are required to be able to:

Age Grp	Survival Float	Swim
U 8	1 min	25 metres any stroke
U 9	1 min	25 metres any stroke
U 10	1.5mins	25 metres <i>over/arm</i>
U 11	2 mins	50 metres <i>over/arm</i>
U 12	2 mins	100 metres <i>over/arm</i>
U 13	3 mins	150 metres <i>over/arm</i>
U 14	3 mins	200 metres <i>over/arm</i>

## Red Patch

To compete at carnivals in **water** events a member must achieve the following timed ocean swims:

Age Group	Swim	Time
U 9	175 metres	within 12 mins
U 10	175 metres	within 11 mins
U 11	275 metres	within 12 mins
U 12	275 metres	within 10 mins
U 13	275 metres	within 8 mins
U 14	As per Surf Rescue Cert. Criteria.	

## Surf Education

Brighton follows the Surf Ed Program which is also used in schools. The Manual is included in club membership fees and will be worked through with the Age Group Managers over the season. Children will be assessed and when completed will have their names forwarded to State Centre for recording their achievements.

N.B If a child joins after U8, e.g. Under 10 he/she must achieve the U8 and U9 Awards as well in the first year.

We hope that your child will enjoy their time at Nippers and that they will continue into the Junior and Senior ranks. Surf Life Saving is a great community service and can be a very rewarding activity. Your family's decision to join Brighton Surf Life Saving Club will no doubt be a long and enjoyable one.

Remember – Always swim between the flags

## Brighton Jetty Classic Swim

This is an annual open water swim run by the Brighton SLSC, held on the first Sunday in February. All members are required to help in some way, either as a member on an organising committee, with water cover, or as part of rostered support duties on the day.

All members are also encouraged to swim!

## Sponsorship

The Brighton SLSC is a volunteer organization and as such always welcomes appropriate donations of cash, goods or services to assist us in our operations. Many Nipper parents over the years have been most generous in their support of the club and we thank them very much.

If you can help sponsor the club in any way, please contact the Junior Chairman or Club President.

## Junior (Nippers) Competition and Carnivals

Carnivals play a major role in promoting Surf Life Saving. They offer competition to keen participants and an opportunity for competitors to test their skills and fitness as well as a chance to interact with members from other clubs.

Carnivals are not compulsory and participants must be 'proficient' – have completed various swims and surf education requirements according to their Age Group at Nippers - to be eligible to compete.

This section outlines the requirements and commitments necessary by all parties in relation to carnivals and competition.

## Carnival Information

### Who can compete?

Carnivals are **not** compulsory but members are encouraged to participate. U7s & U8s do not compete at Carnivals. Competitors are required to wear their club cap with Age Group numbers and club coloured bathers. Competitors must have achieved their **Red Patch** to compete in water events. Events are open to all Registered and Proficient members on the day. For Junior State Titles, clubs must nominate teams and competitors at least 2 weeks prior to the carnival date.

### Carnival locations

Carnivals are held throughout the season, mainly on Sundays at both Metropolitan and Southern beaches as far south as Port Elliot. One Club usually 'hosts' each carnival which involves setting up the beach, coordinating the day, catering and cleaning up. All Clubs provide volunteers to act as Officials, Judges and Water cover. Check the newsletter for carnival dates and locations, or the SLSA website: [www.surfrescue.com.au](http://www.surfrescue.com.au)

### 'Teams' or 'Individual' carnival

Carnivals may be designated as 'individual' or 'team' carnivals, meaning individual carnivals will have only individual events and include flags, while team carnivals run only team events. March Past is usually held at all carnivals.

## **What to bring**

Most carnivals will have an 8.30 am start which means parents and competitors need to be at the beach by 8.15 am. Carnivals are always well attended so get there even earlier to ensure a park and a good spot on the beach. Be prepared for a long day on the beach and bring your own shade, chairs, sunblock, bathers and towel, drinks, lunch and snacks, hats, and clothing appropriate for the weather. The Club provides a large tent for competitors to meet and shelter.

## **Setting up**

Our Club also designates each carnival to an Age Group who will be responsible for transporting the Club tent and equipment to and from the carnival and for erecting and dismantling the tent. Set-up time 7.45 am – If you are able to assist see your Age Group Manager.

## **Where to meet / Club Tent**

The Brighton tent is set up at the carnival for Nipper competitors to store their gear and as a meeting point. Members need to meet their Age Group Manager by 8.20 am and have their names recorded. A carnival program and structure is determined before the commencement but may be altered as conditions change. It is essential to let your Age Group Manager know your movements and to find out when your next event is. Most carnivals start with March Past at 8.30 am and end between 2 & 4 pm.

## **Sun smart policy**

Competitors waiting for the start of an event or a heat should keep their hat and t-shirt on until just before the start. Keep re-applying sun block and drink water at regular intervals. Ensure you have enough food/snacks as proper meal breaks are unlikely.

## **Carnival protocol**

During a carnival, only Age Group Managers wearing their bibs, Officials (in white) and Media personnel are allowed in the carnival area. Jewelry, watches, earrings, chains etc, must not be worn for safety reasons. Please do not play in the carnival area and be ready to be marshalled at any time.

At major carnivals e.g. Junior State Titles, disqualifications can result if spectators and parents encroach into competition areas.

Remember - that the walkways are for walking in, not areas for observing carnival events.

## **Cancellation of carnivals**

If inclement weather makes cancellation of the carnival likely it may be announced on the radio at 8am. If not, you will need to go to the beach. On very hot days a carnival will often proceed with some events and cancel or modify others as the day progresses.

## **Judging / Protests**

If you feel you have been judged unfairly, a protest may be lodged through the Team Manager (i.e. not directly with the Official). A protest which directly challenges a Finish Judge's decision e.g. in sprint placings, will not be accepted. If there is jostling in relay changes, a protest would be appropriate as no competitor is permitted to impede the progress of any other competitor.

The Team Manager must submit protests in writing within five (5) minutes of the incident.

## **Behaviour**

**Bad sporting behaviour is unacceptable, unnecessary and it can be unlawful.** Play by the Rules. Please refer to the Codes of conduct listed earlier in this booklet.

## State Teams

Early in the season the club is asked to nominate Seniors as well as boys and girls from U13 to U15 to try out for the State Team. A State Team and a Development Squad will usually be selected. Teams compete over several days usually in mid January and may have to travel interstate.

**Members of these teams must have attained the Award for their Age Group before they leave.**

## Junior State Titles

This is a two-day carnival to mark the end of the season. One day is devoted to individual events and the other to team events. Medals are presented to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> places and points are awarded from 1st to 6th placing.

## State Title Nominations

State Titles is the only time that clubs have to nominate a list of individual names prior to the day. Clubs also have to submit the number of teams entered in each event. There are several events where numbers are restricted, but the smaller clubs do not always enter the maximum number of teams for these events so larger club's reserve teams often get in. These events are:

- **All Age Beach Relay** – 2 teams
- **Cameron, Surf Teams and Board Relay**– 2 teams & a Reserve team
- **Board rescue** - 3 teams & a Reserve team
- **Beach Relays**
- **Iron man/woman** - 3 individuals plus a Reserve

The Individual events - **Flags, Sprints, Swim and Board** - are open to all members provided they meet the entry requirements: i.e. must

- be Registered & financial
- have passed their **Red Patch** for water events
- have attained the Surf Ed Award for their Age Group
- as individuals, compete in their appropriate Age Group

## Selection Criteria

Where an Age Group has an oversupply of candidates for events, inclusion in team events may be based on some or all of the following criteria:

- Equity
- Attendance at Sat nippers
- Represented their club at carnivals, both in teams and as individual
- Ability in all conditions
- Participation & Attitude
- Follows instruction given

Age Group Mangers have the difficult task of selecting the names and will try to ensure that each competitor will have the best opportunity to represent the Club at State Titles. Remember that the aim is to enjoy the carnival, to represent our Club and to do the best we can, both as individuals and as a Club.

# Nipper Carnival Events

## **All Age Beach Relay**

A team sprint consisting of six members, one in each age group from U9 to U14 running from youngest to oldest

## **Beach Flags - U9 to U14 yrs**

Competitors in this event lie face down on the sand and after a whistle blast spring to their feet, turn around, and sprint before diving for a rubber baton located in the sand. The beach flags is a knock-out event and in each round one competitor drops out until there is only one person remaining.

## **Beach Sprint & Relays - U9 to U14 yrs**

Individual sprints and relays are held. Teams of four runners make up a relay team who exchange a rubber hose (baton) at the end of each leg

## **Board Races - U10 to U14 yrs**

Board races involve paddling surfboards from the beach and out through the break, around a set of buoys and back to the water's edge.

## **Board Relay - U10 to U14 yrs**

Consists of three paddlers completing the board course in a tag system with the third paddler crossing the line to complete the race

## **Board Rescue Races - U11 to U14 yrs**

Each team consists of two competitors, a swimmer who swims out to the can and signals to be 'rescued' by the board paddler

## **Cameron Relay - U11 to U14 years**

Each team consists of four competitors, a swimmer, two runners and a board paddler

## **Iron Man & Iron Woman - U11 to U 14 yrs**

Involves a swim leg, a board paddling leg and a beach sprint

## **March Past**

Teams of 12 are judged on their ability to march correctly to a pre-determined drill around the main Carnival area.

## **R & R - Rescue and Resuscitation**

This is a strict, set, disciplined event allowing team members – male & female - to demonstrate their learned skills in teamwork, rescue, patient assessment, resuscitation and patient recovery/care

## **Surf Races - U9 to U14 yrs**

Competitors sprint from a line on the beach into the surf where they swim around a set of coloured buoys and then return to shore

## **Surf Teams Race**

Teams consist of four members all of whom must complete the course. The combined placings of the four members are calculated to achieve a position in the race. The team with the lowest calculation is the winning team

## **Wading Races - U9 & U10 yrs**

A short run followed by a wade in knee deep water and a run to the finish line. This is considered a beach event.

### **Wade Teams Relay Race - U9 & U10 yrs**

Teams of four with one competitor at a time to complete the course and tag the next member. This is considered a beach event.

For full details of all events, see the Competition Manual. A copy is available in the Club House or from SLSA. For further information check these websites:

[www.surfrescue.com.au](http://www.surfrescue.com.au)    [www.slsa.com.au](http://www.slsa.com.au)



**The life of the beach.**