



# Port Fairy Surf Life Saving Club Parent Presentation

Nippers 2014-15

# Lifesaving



The Port Fairy SLSC is here to provide a safe and enjoyable aquatic experience for all visitors to our beaches.

Life Saving Clubs have been an integral part of Australia's waterways, with volunteers providing education and training in lifesaving activities as well as providing the iconic "SWIM BETWEEN THE RED AND YELLOW FLAGS" patrolled areas.

# Port Fairy SLSC Aims



We encourage all children to achieve, do their best and develop to their full potential, whilst learning new skills and having fun.

Our nipper program provides a safe and friendly environment where both nippers and parents can learn and enhance their knowledge about lifesaving and to prepare our nippers to be patrolling members of our club.

# Benefits of Participation



There are numerous benefits to all people, particularly children, for participating in activities such as lifesaving. Not only do we want our children to be safe around water, they will also benefit physically, socially and personally from being involved.

## **Physical benefits:**

- Being safe around water
- Improving fitness, strength, flexibility and co-ordination
- Improving general health
- Developing a wide range of motor skills
- Establishing healthy behaviours that young people will carry throughout their lives

## **Social benefits:**

- Developing communication, interpersonal, leadership and co-operation skills
- Creating lasting friendships
- Increasing interest in accepting responsibility
- How to deal with winning and losing
- Providing a avenue for responsible risk taking

# Benefits of Participation



## Personal benefits:

- The enjoyment factor
- Improving self-esteem and confidence
- Improve the ability to concentrate, facilitating better performance at school
- Learning self-discipline, commitment and responsibility
- Learning organisational skills and how to share
- Learning how to deal with pressures and stress
- Encouraging health related behaviours i.e better eating habits

# Junior Development



Junior lifesaving is more than just a series of surf education and surf sports activities on the beach. Life Saving develops people.

Lifesavers need to be skilled in beach, water and lifesaving skills. But they also need to be equipped with the personal and interpersonal skills necessary to work as part of a lifesaving team.

We endeavor to develop well rounded junior lifesavers with life skills that include:

- Confidence
- Organisation
- Getting Along with Others
- Persistence
- Resiliency

# What do kids want?



- Have fun
- Learn and Improve
- Be with their friends

Our Club wants it's nippers to be able to :

- Experience skilled and sensitive leadership through their coaches, officials and administrators
- Have input into how sport is provided for them
- Participate in an inclusive, positive and caring environment

# Nurturing and Sustaining Lifesavers

Lifesavers are nurtured in an environment that values contribution, friendship, trust, respect, caring and responsibility. This environment encourages acceptance, confidence and risk taking.

The motivation for surf lifesavers to give freely of their time is found in surf life saving environments that support:

- Safety and Support
- Caring and Camaraderie
- Teamwork and Trust
- Respect and Responsibility

As part of the lifesaving community, each lifesaver makes a commitment to actively encourage behaviors that support this nurturing environment.

# Parent Involvement



We encourage parents to share experiences of Nippers with their children.

Come down, meet and socialise with likeminded people.

Give yourself a purpose, become part of an iconic movement and show your kids what you can achieve!

# The areas you can assist



Your contribution in any of the following roles would be greatly appreciated:

- Gain your Surf Rescue Certificate or Bronze Medallion
- Become a Team Manager
- Assist the Age Group Manager during training
- Become an Official
- Water safety
- Volunteer to help with the BBQ
- Assisting in the setting up of the beach and carrying down of the equipment
- Washing off boards or helping pack up the beach equipment at the end of training
- Assist in fundraising events/activities

# Parent Bronze Medallion



You too could become a lifesaver by completing your Bronze Medallion.

This will give you the opportunity to learn or practice current skills and show your kids what you can accomplish.

The whole family can then become involved in the Club and share the experiences together.

# Parent Bronze Medallion



Any parents that are interested in completing their Bronze Medallion should contact our Nippers Coordinator, Gerard Cashill, any one of our other Nippers officials, or any of our patrol team, whether at a Nippers session or not.

# What does this mean for the Club?



- We can ensure that all on the beach are trained members
- All water safety are Bronze Medallion holders
- Effective and efficient Nipper Training
- Parents and kids can patrol together
- Strong focus on family involvement
- Increase in retention and engagement with the youth of the club

# The role of the Age Manager



The Age Manager has one of the most important roles with the Nipper Program. They are responsible for caring and for nurturing the future lifesavers.

The role is to both help and develop our young people into lifesavers of the future and to provide that supportive environment in which they can learn and develop.

We are always looking for new Age Managers and assistants to become involved. Your commitment of time and effort to contribute to the development of young lifesavers will be highly valued.

# Age Manager – Role Description



- An Age manager is responsible for the care, safety, well being and development of the junior lifesaver
- You are responsible for facilitating the development of lifesaving skills and personal skills
- You will play a fundamental role in the delivery of a learning program that encourages and develops young lifesavers
- Whilst you may not have all the skills and understandings in all areas of program delivery, your role will be to seek out and utilise expertise from within your club.

# Junior Development Resource



If you require assistance to plan your nipper session, take a look at the Junior Development Resource Kit. It is a 'one stop shop' for an age manager to deliver the requirements for the specific junior age group award, i.e. Surf Aware 1.

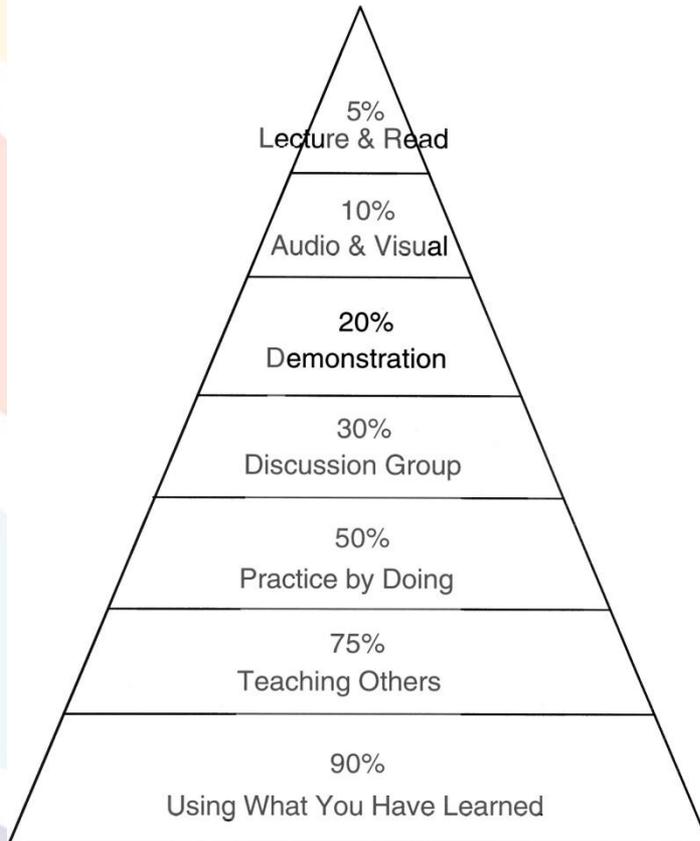
It is designed to help guide both an experienced Age Manager and someone completely new to the role.

The 4 main parts to the guide are:

- Award Summary
- Lesson Plans
- Junior Surf Sports – Coaching Points
- Junior Surf Sports – Events

# How do your children learn best?

## The Learning Cone



Everyone learns at different rates and this slide demonstrates that the more senses involved in teaching, results in a greater learning curve.

# Effective Feedback



For skills to be conveyed effectively, feedback is an essential part of the process.

**Positive:** Be positive in your remarks when communicating to the people as this leads to encouragement and high motivation.

**Immediate:** Skill performance will remain vivid for only a short period of time after performance so that feedback is required soon after the performance so they do not forget what they have done.

**Encouragement:** Your job is to be both supportive and should encourage the youngsters whilst teaching them. Encourage them to make informed decisions.

**Constructive:** When describing an error suggest possible remedies

**Clear:** If the children have difficulty in understanding the skill you are talking about it may be necessary to break the skill down into individual parts. This may even mean that you could use a video to slow it down and explain it to them.

**Specific:** It should only concern the task that they have been doing

# The Nipper Program



Nippers start learning about surf awareness and safety through the Surf Life Saving Education Program – Surf Ed.

The main aims of the program are to:

- Develop surf awareness
- Increase confidence and skills in beach related activities
- Offer training to those wanting to pursue competition or awards
- Instil and re-enforce sun smart philosophies
- Encourage enjoyable and healthy participation
- Progress members towards surf awards
- Promote a positive non-threatening environment
- Meet new friends

# The Nipper Program



- Delivered in a competency structure
- Flexible program
- Provides a pathway to the Surf Rescue Certificate

The modules of the course are aligned directly to those contained in the Surf Rescue Certificate, providing a more direct pathway from the Surf Education program to the Surf Rescue Certificate.

# The Nipper Program



Along with the Surf Education Program, Nippers are also able to participate in board paddling, swimming, running, wading and other activities and games.

Practising these skills allows the children to compete in club and state carnivals while representing their clubs.

While competition is an important element, the surf awareness and education aspect is a primary aim.

# Nipper Age Groups



The minimum age for children to participate in Nippers is 5 years (U/6) up to a maximum age of 13 years (U/14).

The emphasis for U6 and U7 age groups is to allow for nippers is to have fun and experience a small taste of lifesaving. They participate in shallow water activities only.

# Creating a Safe Environment



The motivation for Lifesavers to give freely of their time is found in life saving environments that support:

- Safety and Support
- Caring and Camaraderie
- Teamwork and Trust
- Respect and Responsibility

One of the important roles that the Club has is to provide this safe and supportive environment for junior members.

# Creating a Safe Environment



It's important to remember that should you be a member over the age of 18, you are required to obtain a Working with Children (WCC) Check .

# Code of behaviour - Nippers



- Play by the rules
- Do not argue with an official
- Control your temper
- Work hard for yourself and your team
- Treat all participants as you would like to be treated
- Cooperate with your coach, Age Manager, teammates, and opponents
- Participate for your own enjoyment
- Respect the rights and dignity of all other participants
- Respect the equipment you use
- Respect the club house
- Be a good sport and applaud all good performances

# Code of behaviour - Spectators



- Encourage children to participate
- Focus on the child's efforts
- Encourage children to play according to the rules
- Never ridicule or yell at a child
- Appreciate good performances by all participants
- Respect officials' decisions
- Show appreciation for Coaches, Age Managers, Officials and administrators
- Respect the rights and dignity of others

Age Group	Preliminary Assessment (Pool or open water)	Competition Skills Evaluation (Surf/open water)	Junior Development Program Award
Under 6	Nil (shallow water activities only)	Not required (no competition)	Surf Play One
Under 7	Nil (shallow water activities only)	Not required (no competition)	Surf Play Two
Under 8	25 metre swim (any stroke) 1 minute survival float	Not required (no water competition, except for wade which takes place in waist deep water)	Surf Aware One
Under 9	25 metre swim (any stroke) 1 minute survival float	150m open water swim within 12 minutes	Surf Aware Two
Under 10	25 metre swim (freestyle/front crawl) 1 1/2 minutes survival float	150m open water swim within 11 minutes	Surf Safe One
Under 11	50 metre swim (freestyle/front crawl) 2 minutes survival float	288m open water swim within 12 minutes	Surf Safe Two
Under 12	100 metre swim (freestyle/front crawl) 2 minutes survival float	288m open water swim within 10 minutes	Surf Smart One
Under 13	150 metre swim (freestyle/front crawl) 3 minutes survival float	288m open water swim within 9 minutes	Surf Smart Two
Under 14	200 metre swim (freestyle/front crawl within 5 minutes) 3 minutes survival float	288m open water swim within 9 minutes	Surf Rescue Certificate

# Nipper Training Times



Our Nippers sessions are run on Sunday mornings from 10:30am til 12:00pm commencing 14<sup>th</sup> of December 2014 with our last session on 22<sup>nd</sup> February 2015.

Our full calendar is on our web site at:  
<http://www.portfairyslsc.org.au/nipper-program/calendar-of-events>

# Nipper BBQ



At the completion of each Nippers session we have a hot BBQ ready to welcome our youngsters out of the water!

We appreciate any assistance that parents can provide to our regular BBQ chefs.

# What should your child bring?



Each week your child will need to have the following items:

- Bathers
- Club cap
- Long sleeve PF SLSC club fluoro pink rash vest
- Wide brim or legionnaire style hat
- Sun screen
- Towel
- Water bottle

# Junior Development Opportunities



Keep an eye out for further opportunities that will be offered through out the season:

- LSV Under 13 Leadership Development Camp
- LSV Under 15 Leadership and Development Camp

# Junior Surf Carnivals



There are regular season carnivals, Regional Championships followed by Junior State Championships that the children can become involved in.

- Lifesavers develop and hone their skills through surf sports
- A good sporting experience provides enjoyment and self satisfaction through skill acquisition
- Children play sport for fun, to meet friends and to learn skills
- Sport helps develops teamwork

# Surf Sport Skills



- beach running skills
- swimming skills
- negotiating the surf break
- surf board skills
- resuscitation skills
- teamwork skills (eg. March Past, R&R)
- reading and using the surf conditions



**THANK YOU TO ALL PARENTS**

**AGE MANAGERS, ASSISTANTS  
AND WATER SAFETY**

**YOUR ATTENDANCE  
HAS BEEN MUCH APPRECIATED**