



WAUCHOPE BONNY HILLS SURF LIFE SAVING CLUB

---

Nippers Handbook

Nippers 2019/2020

WAUCHOPE BONNY HILLS SLSC

# **Nippers Handbook 2019/2020**

---

© WBHSLSC  
BEACH ST BONNY HILLS  
RAINBOW BEACH NSW AUSTRALIA

---

## Table of Contents

<b>WELCOME .....</b>	<b>1</b>
<b>Rainbow Beach .....</b>	<b>2</b>
<b>What to do PRIOR to Starting Nippers .....</b>	<b>2</b>
<b>How to Register for Nippers.....</b>	<b>3</b>
<b>Nipper - Club Days .....</b>	<b>4</b>
<b>What to bring to Nippers .....</b>	<b>5</b>
<b>Merchandise .....</b>	<b>7</b>
<b>Proficiencies and Education.....</b>	<b>8</b>
<b>Attendance .....</b>	<b>8</b>
<b>Board and Equipment Care .....</b>	<b>9</b>
<b>Development Camps .....</b>	<b>10</b>
<b>JLOTY (Junior Surf Life Saver of the Year).....</b>	<b>10</b>
<b>How to help at Nippers.....</b>	<b>11</b>
<b>BBQ and Canteen.....</b>	<b>11</b>
<b>Point Score Days &amp; Surf Club Carnivals .....</b>	<b>12</b>
<b>Club point score days.....</b>	<b>12</b>
<b>Sister Club Day .....</b>	<b>12</b>
<b>Branch Carnivals.....</b>	<b>13</b>
<b>Country Carnival .....</b>	<b>13</b>
<b>State Carnival .....</b>	<b>14</b>
<b>Carnival Dates .....</b>	<b>14</b>
<b>Carnival Events explained .....</b>	<b>14</b>
<b>End of Year awards.....</b>	<b>17</b>
<b>Club Executive Committee - 2019/2020 .....</b>	<b>18</b>
<b>Working with Children Check.....</b>	<b>20</b>
<b>Code of Conduct.....</b>	<b>20</b>
<b>Sponsors.....</b>	<b>21</b>
<b>Emergency Procedures .....</b>	<b>22</b>

## WELCOME

*Wauchope Bonny Hills Surf Life Saving Club is the corner stone of our wonderful community.*

**W**elcome to the 2019/2020 season at Wauchope Bonny Hills Surf Life saving club. (WBHSLSC) For returning members and their families/carers it's great to have you back. For new Nippers and Members, welcome to our Club! We pride ourselves on being a fun and inclusive club, where everyone is valued and supported regardless of skill level or experience on the beach.

Our Club is part of the Mid North Coast Branch – Our Branch is made up of 8 clubs.

Starting with the Club furthest south.

- ❖ Camden Haven SLSC (North Haven – Grants Beach)
- ❖ **Wauchope Bonny Hills SLSC** (Bonny Hills – Rainbow Beach)
- ❖ Tacking Point SLSC (Port Macquarie – Lighthouse Beach)
- ❖ Port Macquarie SLSC (Port Macquarie – Flynn's Beach)
- ❖ Kempsey Crescent Head SLSC (Crescent Head – Crescent Head Beach)
- ❖ Hat Head SLSC (Hat Head – South Smokey Beach)
- ❖ South West Rocks SLSC (South West Rocks – Trial Bay Front beach)
- ❖ Macksville Scotts Head SLSC (Scotts Head – Scotts Head Beach)

We trust you will have a wonderful season and enjoy the beaches, the team work and friendships you get from Surf life saving and Nippers.

We hope the information in this booklet provides some quick and easy information about our Nippers Program for 2019 – 2020 season.

For up to the minute news and updates, join our Facebook page (Wauchope / Bonny Hills Nippers – For the safety of the children this Face book page is a closed group for members only) or check our new website. [www.wbhslsc.org.au](http://www.wbhslsc.org.au)

We also send newsletters, emails and SMS alerts for urgent notification, direct to the details you provided when you register with our club. However, if you have any questions please feel free to contact Gayl Ellis (Nippers Director) or your Age manager.

## Rainbow Beach

Wauchope Bonny Hills Surf Club Beach is situated on 'RAINBOW BEACH' The corner



stone of our community. Rainbow Beach trends south-southwest for 2.5 km from the dolerite rocks at Middle Rock Point to the sedimentary rocks at Bonny Hills, site of a growing community of 2300. The beach is backed by a fore dune, then 2 km long Duchess Gully Creek that drains across the southern end of beach, where it is called Little Vinegar Creek, linking with a second small creek. This area only began opening up in the 1950s with the

Wauchope-Bonny Hills SLSC being established in 1959, drawing its membership from the timber town of Wauchope.

## What to do PRIOR to Starting Nippers

- ✓ Register with our Club
- ✓ Each Nipper U6's – U14's MUST carry out a preliminary pool swim each year.
- ✓ U9's – U14's must carry out an ocean water swim. The ocean swim will be carried out at our beach the weeks following the start of nippers. ONE water safety person to FIVE children is the ratio depending on age and confidence of the child. For those not so confident, we endeavour to have water safety as ONE on ONE.
- ✓ Both the pool swim and the ocean swim MUST be completed and recorded prior to competing at Branch level and above. (All kids are encouraged to participate at the Branch Carnivals. It's just Nippers at another beach, but lots more fun!)
- ✓ Ensure you have received your club cap (New Members receive this Free with Registration. Under 8's receive Free also) If your child has a reversible cap, the single coloured side is worn at our Nippers days. The club colours are worn when doing Nippers at another Beach.
- ✓ Ensure you have purchased your Pink Rashie. No Pink Rashie = No Swimming.
- ✓ Once you've got all that, now you just have to turn up with a smile and have fun!

## How to Register for Nippers

New Members will need to show proof of Age. Please bring along a birth certificate or passport to be verified by our registrar. Registration can be done on line by following this [link https://sls.com.au/join/](https://sls.com.au/join/)

If you have any questions please feel free to contact our Registrar Leanne Goggin on 0439 848 996

Once registered you can enter your payment details for you and your Nipper or the whole family.

Wauchope Bonny Hills Nippers is an **Active Kids provider**. You can use \$60.00 of your approved voucher to pay per child.

<https://www.service.nsw.gov.au/campaign/active-kids>

Please ensure you pay for the correct membership category. See below. Active Kids Vouchers can ONLY be used for an INDIVIDUAL membership.

### Enter Payment Details

As some clubs/entities may not participate in the Payment Gateway, you can only pay the entities available in the selection box below. If the name does not appear when you type in your required club/entity, you must contact them for alternative payment options. Please ensure you are paying the club/entity that is charging the fee or has invoiced you. Please do not pay Surf Life Saving Australia unless you have been invoiced by SLSA - membership payments must be paid to the relevant club.

Please enter your payment details below. Fields marked with an asterisk (\*) are mandatory.

\* Club/Organisation  Start typing to get a list of possible matches

**Wauchope-Bonny Hills SLSC Price List**

MEMBERSHIP AND OTHER FEES 2019-20	
ASSOCIATE Membership NON-Patrolling	\$100.00
ASSOCIATE Membership on the EXECUTIVE	\$60.00
Individual Membership Patrolling	\$60.00
Individual Membership U/18 & Students Patrolling	\$40.00
NIPPER Membership	\$60.00
NIPPER PARENT	\$60.00
at least ONE Parent/CARER MUST be REGISTERED with a NIPPER MEMBER	
Family Memberships of 4 people	\$200.00
Family Membership extra child each	\$30.00

Please ensure you pay for the correct membership category and fill out a membership form  
Children in a Family Membership need to be under 18 years old  
Active Kids Vouchers can ONLY be used for an INDIVIDUAL membership

#### Transaction 1

\* Transaction Type

\* Payment Details  Complete Name/Meaningful Payment details

\* Amount  GST Inc. (\$dd.cc)



[Add another Transaction](#)

Total \$60.00 AUD

Once registered we are unable to refund your registration fee.

## Nipper - Club Days

**W**auchope Bonny Hills SLSC aims to create an atmosphere where children aged from 5 years can have fun, gain confidence in the surf and learn valuable surf and lifesaving skills. We gather in front of the club house on Nipper Club days (setting up from 8am) for an 8.45am start. Children must be signed ON and OFF the beach by their Age Manager. Activities run for approximately two hours, depending on weather / beach conditions and number of children and helpers on the day. Club days normally involve dynamic exercises, obstacle courses, beach sprints,



relays, wades, surf swims, board paddling, iron man and board rescue (for the older kids) plus games, first aid and leadership skills. We are also involved in a range of carnivals, development camps and other activities during the season. Please make sure you have a copy of the Nippers Calendar for details and refer to the website and Facebook group regularly for any changes or updates.

Our Nipper program has been running for over 30 years, and offers a fun and active lifestyle choice for children between 5 and 13 years, as well as a solid base for learning important surf lifesaving skills. Our junior lifesavers in training are taught everything from sun and surf safety, to beach sprints and board paddling, all the way to life saving skills such as CPR and water rescues. We aim to provide our nippers with the confidence, skills and understanding of the beach and surf environment. We are highly focused on providing an environment that is fun, inclusive, family-friendly and focussed on developing our nippers into our future lifesavers.

While our weekly activities focussed around the nippers – it's not just about the kids! Our program encourages parents to get involved, whether it's helping with teaching beach activities to the kids or gaining your Bronze Medallion and becoming a valued volunteer lifesaver yourself.

### Parents Please Note

Parents and / or guardian **MUST** remain at Nippers at all times. This is to assist the age manager and for the safety of your child.

A quick reminder that we need active involvement from ALL parents in our Nippers Program. This means we can provide the safest environment possible. The more hands mean we can deliver the best possible experience for our kids. Please do not hesitate to contact any of our Age Managers or Club Committee members if you have any questions.

Please check the **CALENDAR** for the groups rostered for **SET UP** and **BBQ / Canteen** on the day. Assistance setting up the beach from 8am for club days is always appreciated. Even if you are not rostered on you can always help.

## What to bring to Nippers

**Swimming costumes** (Club cosies are available from our Merchandise store, however, these are not compulsory) Even if your child is not going to swim in the deep water, they will still have fun running in the shallows of the edge of the water, so swim wear is a must.



**Nippers Cap (Compulsory)** – Under 6's wear Pink and Under 7 wear Yellow and are loaned to the Nippers each week by their age manager. These are to be rinsed and returned and hung and dried ready for the next nippers day.

(Once registered your Under 8, or if you are a NEW member to the club will be issued a Free Cap) If you have misplaced your cap you can purchase a new one from our Merchandise store for \$17.

Each age group is designated a colour that stays with them during their nippers' journey. These colours help you to find your child on the beach and also to promote a team atmosphere for the kids. If your child was a RED cap last season, they will be a RED CAP for the rest of their time at Wauchope Bonny Hills Nippers. The reverse side of the CAP is the clubs competition Colours - Blue, with a RED and WHITE stripe. WHITE ON THE RIGHT when wearing it. For this season Under 12's, 13's and Under 14's wear Competition caps only.

### Cap Colours 2019/2020 Season

Under 6's = **Pink**

Under 7's = **Yellow**

Under 8's = **Purple** / Club cap

Under 9's = **Red** / Club cap

Under 10's = **Blue** / Club cap

Under 11's = **Green** / Club Cap

Under 12's = **Club cap**

Under 13's = **Club cap**

Under 14's = **Club cap**



**Pink Hi Vis Rash Vest or Long Sleeved Rashie (Compulsory)** Hi Vis tops are a must for Nippers and a compulsory item when entering the water. No Nippers will be allowed to enter the water without one. These can be purchased from our merchandise store. Hi Vis Singlet \$25 – Long Sleeved Hi Vis \$45

**Goggles** – It is much easier to swim in the ocean if you have goggles. Please ensure your child has good fitting goggles that will withstand swimming through the waves. Makes for better vision and great looking through waves under the water!

**Wet Suit** – Our summer waters are often a little chilly for the Nippers. So, feel free to let them wear a wet suit.

**Towel/s** – One for the beach and one for after a hot shower in our fantastic amenities.

**Drink Bottle** – Water is healthy and also great to use to wash out any sand that may find its way into little eyes.

**Sunscreen** – Your child will be exposed to the sun for a couple of hours in the early morning. So, sun screen application should be compulsory for your nipper. I recommend a zinc for the face rather than a lotion as lotion can sometimes run into the eyes when in the water.

Please ensure you have all your Nippers gear labelled. This way it can find its way back to you if left behind.

***Don't forget your BIG Smile!***



## Merchandise



### Wauchope Bonny Hills Surf Club – Merchandise Price List

#### **Girls Swim Wear**

1 Piece	<b>\$56.00</b>
2 Piece	<b>\$62.00</b>
Jammers	<b>\$52.00</b>

#### **Ladies Swim Wear**

1 Piece	<b>\$62.00</b>
2 Piece	<b>\$68.00</b>
Plus sports brief	<b>\$68.00</b>
Jammers	<b>\$56.00</b>

#### **Boys Swim Wear**

Swimmers	<b>\$43.00</b>
Jammers	<b>\$56.00</b>

#### **Mens Swim Wear**

Swimmers	<b>\$43.00</b>
Jammers	<b>\$62.00</b>

Competition Cap single sided **\$16.50**

Reversible Nippers Cap **\$20.00**

Hi Vis Pink Singlet **\$25.00**

Hi Vis Pink Rash Shirt **\$45.00**

Red sports cap **\$25.00**

T-Back Singlets **\$25.00**

Light Blue T Shirts **\$25.00**

Polo Shirts **\$40.00**

Shorts – Mens/Womans **\$44.00**

Kids shorts **\$43.00**

Stubbie Cooler **\$6.50**

Insulated Travel Mug **\$15.00**

Insulated Water Bottle **\$15.00**

## **Proficiencies and Education**

Nippers is a water and beach sport. We highly recommend all children have swimming lessons or do squad training in a pool to supplement their ocean swimming. Nippers is not learn to swim.

Surf Life Saving Australia (SLSA) requires every Nipper to complete a proficiency swim. These swims are carried out in the pool and the ocean. The Pool swim is completed by all Nippers, however the Under 6, 7's and 8's are not required to do an Ocean Swim.

## **Attendance**

Age Managers maintain attendance records and must be present for children to be signed on and off the beach for Nippers and carnival days. This is very important for SAFETY and also counting toward their attendance for awards and end of season recognitions. Please make sure your child's name is on the printed list your age manager will have at each session. If your child's name is not on this list, your registration may not be correct. Please note, it is up to you to check these details are correct. Minimum attendance requirement is 75% of Nippers Days over the season. 4 out of the 6 Club days must be achieved prior to 31<sup>st</sup> Dec 19.

## Board and Equipment Care

Our club members have access to a great range of surf craft and surf life saving equipment. Please look after the equipment : -

- ✓ Boards should be carried, never dragged.
- ✓ Cleaning after use – hose off sand and salt and return items to their proper place.
- ✓ Report any damage to the gear co-ordinator (Brett Anderson) or an Age Manager for repair. Do not put faulty equipment away without a DO NOT USE tag attached. This is a safety requirement.
- ✓ Do not sit on a board unless it's in the water.
- ✓ Do not try to ride a nipper's board standing up

The following is a guide for Age group and board use.

1. Small Yellow Foam Boards: Under 8's
2. Red or Blue Foam Nipper Boards: U9's and U10's
3. Fibreglass Short Boards: U11's and U12's
4. Fibreglass Long Boards: U14's

Keep an eye out for notifications for Nippers Board training at North Haven Rock pool or at our Beach.

Only Nipper members of our club, may use boards outside of Nipper days. These can be used when patrol is active on the beach & Red and Yellow Flags are up. Please ask the Patrol Captain on duty for access to the Surf club and a Nipper board.



## **Development Camps**

Two development camps are organised each year by the Member Services Director for our Branch, Gary Hawkins and a team of hand picked parents to help chaperone. These camps are for our Nipper and cadet members within our branch. The kids make lots of new lifetime friends by attending these camps. The camps are subsidised by our club, so makes for a very affordable weekend away for these members.

The First Camp is for Under 14's and Cadet Members. This camp is scheduled for the **17<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup> January 2020** and heads for Sydney. The kids stay at Dee Why Surf life saving Club. I can't say too much about this camp as Gary tries to keep the events as a surprise. But it is a FANTASTIC weekend not to be missed. Lots of excursions to some great places, and they get to patrol at Sydney Beaches and maybe a Theme park?

The second Development camp is for the Under 12 and Under 13's age group. Mark the calendar for the weekend of the **7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> of February 2020**. This is a fantastic camp help over a weekend at the Scotts Head Christian Youth Centre. A terrific facility, with bunkrooms a community hall for eating, games and Surf education. The weekend is filled with fun on the beach and in the water, Jet Ski rides, early morning and late night walks on the beach and loads of education and heaps of fun making new friends along the way. A must for your Under 12 or Under 13.

## **JLOTY (Junior Surf Life Saver of the Year)**

The Surf Lifesaving movement is a treasured institution in Australia, largely due to the values it promotes and the service it provides to communities. These values are described as: "team work, selflessness, comradery, dedication and community spirit."

Each year in Surf Life Saving Clubs and Branches from across the state Newcastle Permanent Junior Surf Lifesaver of the Year is chosen for their outstanding service and commitment to those values.

Applications will be open to all our Under 14's to put themselves forward for the Club Junior Surf Life Saver of the year. This is based on an interview process to choose 1 male and 1 female to represent our club and Branch Level. Interview dates will be advertised.

"The Newcastle Permanent Junior Lifesaver of the Year is awarded to a junior male and female member for outstanding services, based on contribution to their surf club and the local community, attitude and sportsmanship, as well as knowledge, attendance and involvement in surf lifesaving activities,"

## **How to help at Nippers**

Life Saving and Nippers is a volunteer organisation. All our volunteers are very valued. We are always keen to have extra help all through the season. Whether you can help by setting up the beach before nippers or cooking the BBQ we are always very grateful and makes for the old 'many hands makes light work' theory.

Feel free to ask your Age manager, Canteen co-ordinator, Nippers committee member where you can help. It's a great way to meet other members of the club too.

A list for Set Up and pack Up is displayed each Nippers morning on the White Board. So it's easy to pick a job. Even the kids can help!

We always need water safety volunteers. You will see the water safety in the orange rash shirts and caps, they are an essential part of Nippers. If you are a Bronze medallion holder or would like to achieve your Bronze, please let Gayl Ellis or Steve Robinson (Water safety co-ordinator) know.

## **BBQ and Canteen**

Kate & Matt Meredith are this season's canteen co-ordinators. This is also an important volunteer role, so they will appreciate lots of help through the season please.

The canteen is one of our fundraisers, which goes toward the Nippers gear your children are provided to use all season. Fundraisers also subsidise lots of events and Development camps provided by the club too.

Kate will arrange a roster for Nipper parents over the season. Please look out for the roster and please check with Kate if she needs extra help on the day.

## Point Score Days & Surf Club Carnivals

A club point score day, is a day that allows all of our nippers training and skills to be put to the test. It is a fun way for our nippers to see how they are tracking in a fun and friendly environment. It helps our nippers familiarise themselves with competition. There will be a range of activities that will suit all age groups.

Although Nippers are awarded points for competing and finishing in the top 4 positions, the Club Point score day is still all about having fun.

**Club point score days** are when points are awarded for place getters in Nippers events. All children are encouraged to participate and points go towards our end of season recognition and championship awards. There are 3 point score days on our calendar for 2019/2020 season. This Season POINTS will be issued as follows

1<sup>st</sup> Place = 6 points

2<sup>nd</sup> Place = 5 points

3<sup>rd</sup> Place = 4 points

4<sup>th</sup> Place = 3 points



**Sister Club Day** is just a Regular Nippers day but our Sister clubs ie. Tacking Point and Camden Haven come together to have fun. It gives our Nippers a little bit of competition experience, however there is no scoring or prizes. The day is mainly focused on helping each other with sharing experience between Nippers, Age managers and parents. Loads of fun and heaps of team events.

**This year we are hosting the Sister club day on the long weekend at our Club.** It will be a **twilight nippers**. Something a little different and the kids can play together afterwards and maybe the adults can relax with a cold beverage also.

**Branch Carnivals** are for Nippers from U8's and up.

They are a fun Nippers day at another beach. However, this year we are hosting the First Branch Carnival of the season. We are hoping to see every one of our Nippers on OUR beach that day, flooding it with red white and blue. What a fantastic day we will have!



Some nippers do feel intimidated by the word 'Carnival'. Please reassure your children that the carnivals are the same as a regular nippers day, but with other kids from other clubs. Carnivals have lots of Team events so everyone feels like part of the team. We encourage all the kids to come along and have fun. It is also a fantastic opportunity to explore our glorious coast line. Kids from other clubs are just like us!

This year the second Carnival will be at Hat Head and the 3<sup>rd</sup> (Branch Championships) at South West Rocks. Branch Champs is a 2 day event. So you might like to book a camp spot at the beautiful SWR's for that weekend.

To be able to come along to a Branch Nipper Day – Nippers must have completed and been signed off for their Preliminary Pool Swim, and for U9's and up the Open Water or Surf Swim.

An entry form is to be completed and returned to Gina McNeill (wbh.carnivalentries@gmail.com) prior to the Carnival day. Cut off dates for entering will be advertised. No late entries can be accepted, sorry. The Club will pay for the entry fee to the carnival. This fee is generally around \$5.50 per child. So please ensure if your child is entered, they attend and compete on the day.

**Country Carnival 2020** is at Cudgen SLSC (Kingscliff Beach). An absolutely beautiful part of the coast. Country Carnival brings together all clubs from our state (except City Clubs) for what I think, is the best carnival of the year. All shapes and sizes, young and old, compete over the weekend of the 1<sup>st</sup> and 2<sup>nd</sup> of February. A bit further to travel, but a fantastic weekend away! Fees for this carnival are also paid by our club. However, we ask that entry fees are paid upfront by the competitor and the club will reimburse the competitor after they have attended the carnival.

**Please note: The age, which a child will participate on club days or compete at carnivals, is calculated as at Midnight on the 30th Sep. eg. child's age at 30<sup>th</sup> Sep 2019 is 12 years, then the child will participate or compete as an Under 13 competitor.**



## State Carnival

Will again return to Swansea Belmont (Blacksmiths Beach) Date are –

- 22 - 23 February: Lifesaving Events (Champion Lifesaver Patrol Competition)
- 28 Feb - 1 March: Age Championships (U9 - U14) Open First Aid Events
- 4 - 5 March: Masters Championships (Masters Boats on Friday 8 March)
- 6 - 8 March: Open Championships (U15 - Open)

**Please note, these dates are still tentative and are subject to changes.**

Per our Competition policy – State Champs entry fees are paid upfront by the competitor and the club will reimburse the competitor after they have competed at the carnival.

## Carnival Dates

CARNIVAL	DATE	AGE GROUPS	LOCATION
Weekend of Surf	Sat 5th & Sun 6th Oct 19	U9 - Masters	FORSTER SLSC
Coolangatta Gold	Sat 12th & Sun 13th Oct 19	U11 - Masters	Coolangatta SLSC
BRANCH	Sunday, 3 November 2019	U8 - Masters	WAUCHOPE BONNY HILLS SLSC
BRANCH	Sunday, 1 December 2019	U8 - Masters	HAT HEAD SLSC
COUNTRY CHAMPS	Sat 1st & Sun 2nd February 20	U8 - Masters	CUDGEN SLSC
BRANCH	Sat 15th & Sun 16th February 20	U8 - Masters	SOUTH WEST ROCKS SLSC
STATE	Fri 28th, Sat 29th Feb, Sun 1st Mar	U9 - Masters	SWANSEA BELMONT SLSC

## Carnival Events explained

Carnivals consist of Individual and Team events. Individual events are separate Male and Female, however some team events have combined boys and girls.

All competitors are grouped by age category for individual events (same as Nippers groups) The age is determined by using the age of competitor at Midnight 30<sup>th</sup> Sep each year. eg. If the competitor is 11 years on the 25<sup>th</sup> Sep. Then they will be in the Under 12's age group.

To be eligible to compete, Nippers must have completed their pool and ocean proficiency and once they have reached the age of 13 have completed their SRC.

The carnivals are held at a variety of beaches. Carnivals are run under the guidelines of SLSA Surf Sports Manual 35<sup>th</sup> Edition. (taking into account circulars prior to the season start)

The table above shows the ages that can compete at what carnivals. Under 6's and 7's are very welcome to come to watch and cheer.

Officials help the kids on the day, by showing and explaining the course and the event. However, parents and Age managers can also help by listening and explaining this to the kids prior. Most of the events are the same as all games and events we have at Nippers.

Officials are Volunteers, just like us! Please always show respect to the officials. They are often there very early and are on the beach all day. This is why we are seeking more officials. If we had more, we could lighten the load and each official could have less time on the beach. Or more time watching their own child.

If you would like to find out more about becoming an official, please come and see Gayl Ellis (Level 1 Official) she would be more than happy to show you how it works. No pre-requisites are required to be an official.

ALL Competitors are to wear a PINK Hi Vis Singlet or rashie and their Club cap at a carnival. They are also required to have their AGE GROUP written on both their upper arms.

**Marshalling** – Once your child is entered into the carnival (we will enter them in all events – However they do not have to compete in all events) Their name will appear on each EVENT marshalling sheet. The competitor will be required to marshal prior to the event. Ie. Get their name ticked off, if they want to compete)

The Announcer calls the events over the loud speaker. So, you must listen for the events and check the Event schedule for the day.

### **Types of Events - basic guidelines - Point at Carnivals**

1<sup>st</sup> place – 6 points

4<sup>th</sup> place – 3 points

2<sup>nd</sup> place – 5 points

5<sup>th</sup> place – 2 points

3<sup>rd</sup> place 4 points

6<sup>th</sup> place – 1 point

- **Under 8 WADE race**– A race through waist deep water, wading, diving and swimming around 3 Markers (Water safety personel) finishing between 2 green flags after running up the beach.
- **Under 8 Wade Relay** – Consists of 4 competitors – 1<sup>st</sup> competitor starts on the line, rounds the course turning at the green and yellow flag to then tags the 2nd competitor waiting ready on the line, same for the 3<sup>rd</sup> and 4<sup>th</sup> competitor. The 4<sup>th</sup> competitor finishes by running through the 2 green flags.

- **Buchannon Relay** – 4 x Under 8's (1 Wader, 3 Runners), 1 x Under 9 (board paddler), 1 x Under 10 competitor (swimmer)  
The 1<sup>st</sup> Under 8 starts on the line and completes a wade, they run up the beach to tag the 2<sup>nd</sup> Under 8, the 2<sup>nd</sup> under 8 runs to the other end (where the first started) to tag the Under 9 Board paddler, the under 9 rounds the course, runs up the beach to tag the 3<sup>rd</sup> Under 8. The 3<sup>rd</sup> Under 8 runs to the start line to tag the Under 10 Swimmer. The U10 swimmer rounds the course and runs up the beach to tag the 4<sup>th</sup> Under 8. The 4<sup>th</sup> Under 8, sprints to the finish.
- **Surf Race** – Under 9 and Under 10's swim a shorter distance than the Under 11's – U14's. The swimmers line up behind the start line on the shore. They enter the water and swim around the turning buoys (officials will point them out) exit the water running up the beach and finish through the 2 green flags.
- **Surf Team Race** – 4 Swimmers per team. All swimmers enter together. Points are allocated by 1 for 1<sup>st</sup>, 2 for 2<sup>nd</sup>, 3 for 3<sup>rd</sup>, 4 for 4<sup>th</sup>. These points are added up and the team with the least number of points wins.
- **Board Race** – The paddlers line up behind the start line on the shore. They enter the water and paddle around the turning buoys (officials will point them out) exit the water with their board and carry it up the beach and finish through the 2 green flags.
- **Board Relay** - Consists of 3 competitors – 1<sup>st</sup> competitor starts on the line, rounds the course turning at the green and yellow flag to then tags the 2<sup>nd</sup> competitor waiting ready on the line, same for the 3<sup>rd</sup> competitor. The 3<sup>rd</sup> competitor finishes by running through the 2 green flags. Paddlers do not have to carry their board up the beach in a relay. Once they have rounded the last buoy they do not have to be in contact with their board. (A board handler is required – The board handler retrieves the board from the board leg once the competitor finishes and dismounts ready for the run)
- **Cameron Relay** – 4 competitors – a Swimmer, two runners and a board paddler.
- **Iron Man** – This event comprises of a Swim leg, Board Leg and Run. Usually for ages Under 11 and up. Can be in different orders, depending on the days Random draw for the Iron/Taplin/Cameron Race.
- **Board Rescue** – Patient swims out to the allocated coloured can (buoy) Once the swimmer reaches the can the raise their arm to signal to the board paddler who paddles out to retrieve the patient. The patient is picked up behind the cans and then both the patient and the paddler, paddle back to the start. Holding the board together to run between the green flags.
- **Beach flags – U8 – U14 Pit Run Length 15m** - Competitors lay face down approx. 1.5m apart and facing away from the flags (batons) at the other end of the flag pit. One flag less per number of competitors. On the starters command. – Competitors Ready (raise of head), Heads Down and then a blow of the whistle the competitors get to there feet, turn and run for a baton each. The competitor that doesn't retrieve a baton is out for the next round.

- **Beach Sprint** – Under 8's – Under 14's & Masters run approx. 70m.
- **All age Relay** – 1 competitor from each age group starting from youngest to eldest run and change batons at either end of the sprint track.
- **March Past** – 12 competitors dressed in consistent style and colour including competition cap, equipped with a reel, belt, line and Standard (Club/Team Flag) – March past is an event that is included in the events list for Branch Championships and Country for the Nippers.

**End of Year awards** – Certificates are awarded to all Nippers. Awards are given to each child that attend Nippers with minimum 75% attendance. SLS NSW asks that our records are sent to them by the 31<sup>st</sup> Dec. We ask that all nippers attend at least 4 of the season calendar prior to 31<sup>st</sup> Dec to ensure issue of their award. Point score and Age managers choice awards are also given to 2 children per group at our presentation. These are given to highest point scores and choice awards are on merit of who tried their hardest, who was a good team player. All these traits are the sign of a respectable community member, all part of belonging to Surf Life Saving.

Other awards presented are -

- ✚ Junior Surf Life Saver of the year. Awarded to an under 14 member. One Female One Male. A very prestigious award!
- ✚ Most improved Junior and Senior Nipper
- ✚ Most outstanding Nipper – Awarded to the highest achievement over the Season.
- ✚ Junior and Senior Rookie of the year – Awarded to a member new to Surf Life Saving (Nippers).
- ✚ HMAS Sydney - Under 8 award – A special award for just one outstanding Under 8 Nipper
- ✚ Sportsmanship award – Junior and Senior Nipper
- ✚ Most improved Board Paddler

## **Club Contacts**

### **Executive Committee – 2019/2020**

President – Ian Latham – e: [wbhslsc.president@gmail.com](mailto:wbhslsc.president@gmail.com)

Vice President – Jeoff Ryan

Director of Administration – Leanne Goggin

Director of Life Saving – Michelle Kirkwood

Director of Competition – Elaine Walker - [wbh.competition@gmail.com](mailto:wbh.competition@gmail.com)

Director of Finance – Christian Hope

Director of Education – Anni Yaringa – 0408 265 955

Director of Youth – Gayl Ellis – [wbh.nippers@gmail.com](mailto:wbh.nippers@gmail.com) – 0422 407 736

Functions Director – TBA

### **Club Officers**

Club Registrar – Leanne Goggin – 0439 848 996

Water Safety Officer / Co-Ordinator – Steve Robinson

Administration Assistant – Martie Kuhn

Assistant to Lifesaving Director – Corey McNiff

Boat Captain – Wayne Gill

Craft Captain – Brett Anderson

Swim Captain – Peter Alchin

Motorised Equipment Officer – Trent Seale

Merchandise Officer – Dolly Bligh-Jones – 0431 589 889

Patrol Hours (Surfguard) – Michelle Butt

Competition Entries - Gina McNeil – [wbh.carnivalentries@gmail.com](mailto:wbh.carnivalentries@gmail.com)

First Aid Officer – Brett Slavin

Work Health and Safety Officer – Pat Keleher

## **Nippers Committee (Junior Activities Committee)**

Junior Activities Co-Ordinator – Gayl Ellis (m) 0422 407 736 (e) [wbh.nippers@gmail.com](mailto:wbh.nippers@gmail.com)

Vice Junior Activities Co-Ordinator – Brad Waite (m) 0402 824 855

Administration and Carnival Entries – Gina McNeil (m) 0438 852 169

Water Safety Co-Ordinator – Steve Robinson (m) 0432 651 278

Canteen Co-Ordinators – Kate and Matt Meredith (m) 0416 315 320

Age Manager Co-Ordinator – TBC - Can you Help?!

- Under 13's & U14's Age Manager – Jason Sawyer (m) 0411 066 525  
Assistant Troy Newman (m) 0422161424
- Under 13's Age Manager – see above
- Under 12's Age Manager – Jason Smith (m) 0411 066 525  
Assistant – Eliza Smith
- Under 11's Age Manager – Brett Slavin (m) 0437 214 599
- Under 10's Age Manager – James Stapleton (m) 0414 477 722  
Assistant – TBC
- Under 9's Age Manager – Mel Robinson (m) 0438 229 317 -  
Tanya Slavin (m) 0428 392 814
- Under 8's Age Manager – Brad Waite (m) 0402 824 855 – Assistant - Scott Hayward  
and Junior Assistant Oscar
- Under 7's Age Manager – Jen and Christian Hope (m) 0477 763 092  
(we are looking for extra Age managers for U6's and 7's so we can have nippers  
days for the littlies when carnivals are on – please let Gayl Ellis know if you can  
help)
- Under 6's Age Manager – Rebecca Ellis (m) 0429 979 823 Assistant Mahala  
Hopwood – 0475 078 454
- Board Training – Jack Pike (m) 0407 205 994

## Working with Children Check



Anyone in child-related work (paid or unpaid) must have a Working with children check. Surf Life Saving NSW has been considered a best practice organisation by requiring every member aged 18 years and over to complete a Working with Children Check regardless of their relationship to the participants or activities they are involved in. A Working with Children Check is a requirement for members of Wauchope Bonny Hills Surf Club. To apply for a WWC number to [www.kidsguardian.nsw.gov.au](http://www.kidsguardian.nsw.gov.au) . All new members or members who have not completed the working with Children Declaration previously will need to download, complete and return the Surf life NSW Member Protection Declaration. Completed forms should be forwarded to Club Registrar Leanne Goggin 0439 848 996.

## Code of Conduct

In order to maintain a high standard of behaviour and sportsmanship, our club has adopted a two-warning system. If a Nipper, Age manager or an official deems a Nipper or Adults behaviour unsporting like or inappropriate, including verbal or physical, an official warning will be given and recorded.

Two such warnings will be investigated by the club and/or branch grievance officer and that member may be excluded from competing or from the club.

Please remember all AGE Managers and Club Officials are volunteers who play an important role and give up their time in ensuring Nippers runs smoothly and your children are having fun and learning important life skills. Please treat ALL volunteers and members with respect and courtesy at all times. For more information please see Surf Life Saving Australia's Member protection policy.

<https://cdn.sls.com.au/wp/wp-content/uploads/2016/12/SLSA-Member-Protection-Policy-6.05-FINAL.pdf>

## Sponsors

Please thank these wonderful Sponsors and Supporters by shopping local and showing our Thanks!

Our long standing Major Sponsor - Port Macquarie Orthodontics

port macquarie  
orthodontics

Our Under 14's Graduation Jackets are  
Sponsored and supplied by  
Mid Coast Uniform solutions  
Port Macquarie / Wauchope



Our Delicious sausages, Bacon and Eggs  
are supplied by  
Wiggly Tail Butchers Laurieton



Nipper of the Week Milkshakes supplied  
by Top Shop Bonny Hills



Bread for our BBQ supplied by  
Taste Bakery Laurieton





## Emergency Procedures

In case of an Emergency on the Beach, our Age Managers will use the following Emergency Procedures. Please follow the direction of your Age Manager if required.

### Wauchope-Bonny Hills Nippers

#### Emergency Procedures

\*Continuous ringing of the bell/siren or whistle indicates a **'Shark Alarm'** please assist in getting all the kids out of the water.

\*Use the signal; **'Return to Shore'** (one arm raised) with your Age Group to indicate they need to return to you on the beach immediately – practice it frequently.

\*Only allow your children to enter the water for a **'free swim'** in between the **'Patrol Flags.'**

\*Ensure **Attendance & Dismissal** of children is done **accurately**.

\*Get in the habit of **'counting'** your group after every activity – if you **can not** locate a child **NOTIFY THE PATROL CAPTAIN IMMEDIATELY**.

\*If a child needs to leave the group during nipper activities (ie to go to the toilet) they **MUST BE SUPERVISED** by an 'assistant' of the **same gender** or their own parent.

\*Only **'dismiss'** kids at the completion of nippers to their own **parent or guardian**.

\*If there is a child who **injures** themselves, you stay with your Age Group & get your 'assistant' to take them to the **'patrol' area for treatment**.

\*If there is **ANY** suspicious person(s) around your group – report them to **Patrol Captain** immediately.

