



MO UNT MARTHA
Life Saving Club

NIPPERS HANDBOOK 2019-20



MOUNT MARTHA NIPPERS 2019-20

NIPPERS: Our Nipper's program runs on a Friday night from 6-7pm for Under 6-8 and from 6-7.30pm for Under 9-13. Nippers are provided an environment to learn all about being safe down at the beach.

They're also trained in the basic skills of life saving including running on sand, wading, open water swimming and board paddling. There are also opportunities to compete against other clubs at Nipper Carnivals. It is a fun environment encouraging all age groups to 'have a go' and have fun. The children are placed in their age groups under the supervision of an Age Manager and Assistant.

Nippers will commence on Friday 8th November 2019. Additional board and competition training for U9-13 will also be held on Tuesday and Thursday nights.

Life Saving differs from other sporting codes due to the inherent danger of the playing field, namely water. Please ensure that you provide adequate supervision for your child. Children cannot be dropped off and left at the beach, they must have a parent/guardian there at all times.

A PARENT/GUARDIAN MUST REMAIN ON THE BEACH FOR THE DURATION OF NIPPERS

AGE GROUPS: Nipper Age Groups are determined by the age of the Nipper on the 30 September of each year. Nippers must stay in their allocated age group.

5 years old on 30 Sep 19 - Under 6
6 years old on 30 Sep 19 - Under 7
7 years old on 30 Sep 19 - Under 8
8 years old on 30 Sep 19 - Under 9
9 years old on 30 Sep 19 - Under 10

10 years old on 30 Sep 19 - Under 11
11 years old on 30 Sep 19 - Under 12
12 years old on 30 Sep 19 - Under 13



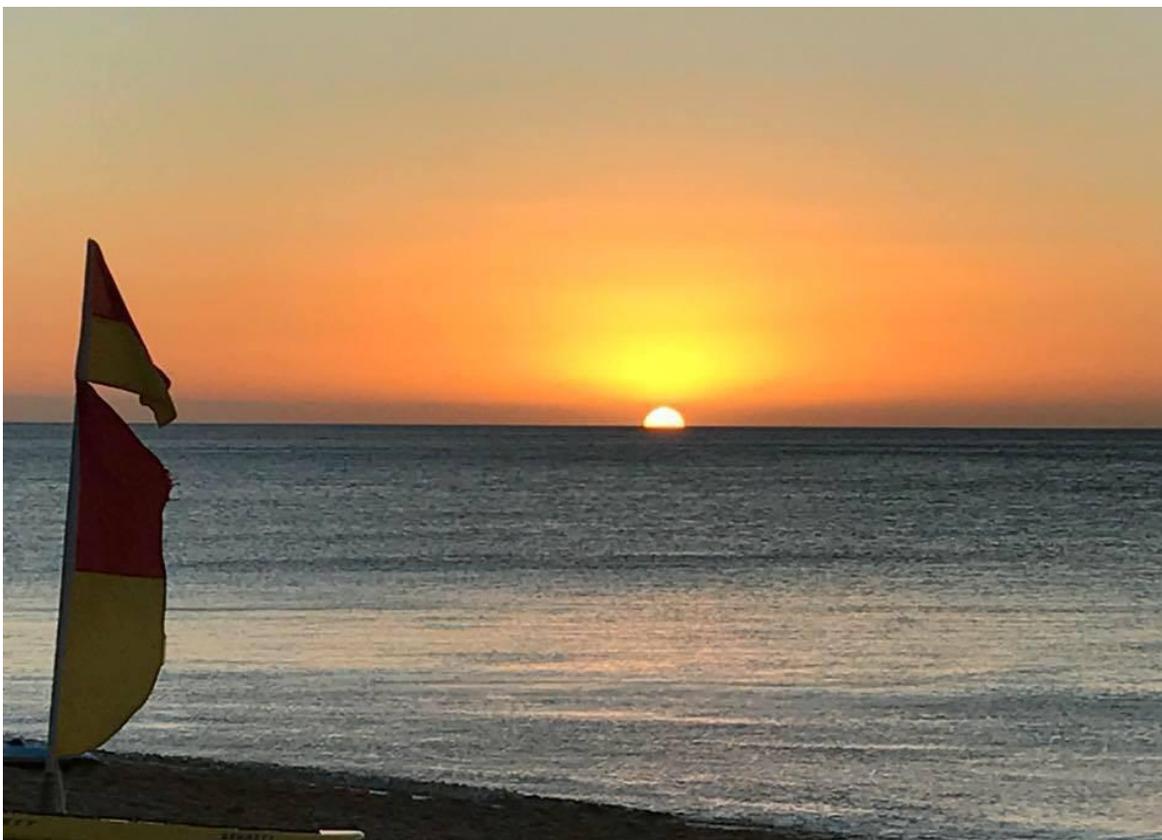
UNDER 6 & 7 PARENTS: Water safety ratios for Under 6 & 7 are 1:1, meaning one parent to every nipper in the water. We need Under 6 & 7 parents to assist with Friday night water safety for their Age Group. To register as a water safety helper please email Natasha Hartley-Jackson - activemembercoordinator@mmlsc.com.au

MERCHANDISE: The Merchandise Shop will be open from 5.00pm for the first 2 weeks of Nippers then from 5.30pm every Friday night thereafter. Online shopping will be available soon. Compulsory items required for all training is a hi-vis rash vest and a nipper cap.

MEMBERSHIP: Your family membership must be COMPLETED prior to participating in the Nipper program, so please ensure all areas have been completed - each family member has been entered online, all members over 18 years have a current Working with Children check registered to MMLSC & LSV, active membership volunteer assistance has been provided. It is club policy for Nippers that the whole family joins (no extra cost) so please ensure you read the registration process carefully and create an account for each member of your family who is above the age of 5.

SWIMMING: At Nippers we do not teach swimming but provide great opportunities to develop their pool swimming into the open water environment. All Nippers Under 6-13 will be required to complete a preliminary swim assessment prior to the start of the season.

Nippers wishing to compete at Nipper Carnivals will need to also complete their competition swim assessment which will be conducted on a Friday night during Nipper training and at the beginning of the first few Tuesday board training sessions.



VOLUNTEERING: Lifesaving is a volunteer community based organisation and relies heavily on its members to provide assistance in many areas throughout the club. It is extremely rewarding to volunteer within your community and the skills gained along the way can be of huge benefit in your everyday life and personal development. Nipper parents are expected to help with the running of the Nipper program or another area of the club - whether it's patrolling, committee member, coach etc. Please ensure you have nominated to assist in one of the following areas - Age Manager, Assistant Age Manager, Coaching, Water Safety, Patrol, Competition Official, Junior Sub-committee, no experience necessary, full training and support is provided. To find out how you can become a volunteer please contact Natasha Hartley-Jackson - activemembercoordinator@mmlsc.com.au

STARFISH NIPPERS is a Life Saving skills program designed for children and young adults with special needs aged 6 years and above. The program caters for nippers with numerous disabilities including Autism, Asperger's, Down Syndrome, learning and physical disabilities. New members are welcome, for more information please contact Sarah Hilli -starfishnippers@mmlsc.com.au

INCLEMENT WEATHER: Nipper sessions run each week during the summer period and during poor weather, it is handy to have a wetsuit for these occasions. We are often able to practice our surf skills in rough conditions; if the bay water quality is good. We do however have a cancellation policy in extreme conditions such as active lightning or temperatures over 35 degrees (in Mt Martha). The program may be reviewed and managed on the night for other inclement weather.

SAFEGUARDING CHILDREN AND YOUNG PEOPLE: MMLSC is committed to the Safeguarding of Children and Young People (SCYP) and acknowledges a safeguarding organisation doesn't just happen; it requires conscious action to protect children from harm. It is imperative that we provide a safe and supportive environment for children and young people, with the focus on fun, education and building confidence of our people through positive learning and development.

JUNIOR COMPETITION U8-13: Each year Life Saving Victoria oversees the Victorian Junior Competition which involves life saving clubs competing at 6 State carnivals. The season begins in November and culminates with the Junior State Championships in late February. There are many events that may be contested at each carnival, such as flags, sprints, swimming, board paddling, board rescue, relays and more. As with all junior sport parental assistance is required if your child is competing.

We encourage all Nippers to have a go at competition and we provide plenty of opportunities to train and improve for those that wish to compete in the State Champs both at the individual level and the team events. The Carnivals are held both in the Bay and on the Coast. If you would like to know more about Junior Competition please speak to our Junior Comp. Manager Peter Johnstone - jrcompetitionmanager@mmlsc.com.au

JUNIOR DEVELOPMENT SQUAD: Nippers are encouraged to compete for Mount Martha LSC at various State carnivals. All MMLSC Competitors in Under 9-13 will be invited to join the Junior Development Squad. This program will offer high level intensive coaching and give Nippers an opportunity to further develop their skills. They will have access to additional training and support from coaches and mentors, including surf sessions, team building and other training activities.

EQUIPMENT: All equipment is supplied by the club and extreme care must be taken in its use. There are 4 different types of boards used in Nippers as described below. It is important Nippers stay on the board they are being trained in for both safety and ensuring there are enough boards for each age group:

6ft Blue Soft Bennett Boards - Under 6-10

6ft Fibreglass Nipper boards - Under 11-13

PARENTS PLEASE ASSIST YOUR CHILD WHEN THEY RETRIEVE/ RETURN EQUIPMENT TO THE CLUBROOMS AND TRAILER. PLEASE ALSO MAKE SURE IT IS CLEAN AND RINSED, SEA WATER IS FINE.

You are welcome to come down on the weekend and use club equipment - soft boards only, please remember to bring your hi-vis rash vest and let the Patrol Captain know first.

Parents are welcome to use equipment also, just remember you need a hi-vis vest too (available from the Merchandise shop). All non-fibreglass equipment is available for general use.

SOCIAL: After the beach is packed up on a Friday night we have fabulous volunteers who provide meals upstairs. TIP: pre-order upstairs, be quick as they sell out fast. We also have a bar which opens from 7.30pm, BYO is not permitted, please ensure if you have non-member guests they sign in at the bar. We also have a weekly movie on the big screen for the Nippers. It's a great way to finish off the week, relax and socialise with old and new friends. A friendly reminder that your evening meal and drinks are provided by volunteers so please clear your table of rubbish and return all glasses and dishes to the bar and kitchen. **Please note that alcohol is NOT to be consumed on the beach during Nipper training, thank you.**

CHRISTMAS PARTY: We also hold an annual Christmas party on the last Friday night before Christmas. This is a highlight on the MMLSC social calendar and not to be missed. Tables and chairs are set up on the beach for you to relax with friends and celebrate the festive season. Hopefully we've been good and we will have a visit from the special man himself - SANTA. The kids go crazy each year, as he comes in on an IRB or Jet Ski, he's even been known to water ski in.

COMMUNICATION: This year we will be sending out most communications via **TeamApp**. Please download the App and add Mount Martha Life Saving Club. We also send out a weekly "Nipper News" via email to all members every Thursday throughout the season.

Please make sure you like us on Facebook and check out our website

www.mmlsc.com.au for regular updates.

www.facebook.com/mmlsc

www.instagram.com/mountmarthallifesavingclub

JUNIOR SUB-COMMITTEE

Name	Position	Email	Phone
Ange Iliopoulos	Junior Director	juniordirector@mmlsc.com.au	0409 821 836
Peter Johnstone	Junior Competition Mgr	jrcompetitionmanager@mmlsc.com.au	0419 595 105
Kirsty Hardt	Junior Carnival Registrar	jrcarnivalregistrar@mmlsc.com.au	0438 123 184
Dawn Jenkins	Coordinator U6-8		0414 619 363
Jo Fabian	Coordinator U9-13		0422 241 104
Steve Hofer	Water Safety Coord	buildingmaintenance@mmlsc.com.au	0400 082834
Matt Barke	Coaching Coordinator		0418 595 511
Kaya Cook	Carnival Coordinator	carnivalcoordinator@mmlsc.com.au	0407 684 775
VACANT	Surf Education Coord.		
VACANT	Life Saving Awards		0412 598 350
Tanya Brown	Beach Set-up Coord		0439 345789
Sarah Hilli	Starfish Nippers	starfishnippers@mmlsc.com.au	0419 313 437
VACANT	Social/Camp Coord.		

IMPORTANT DATES

Attendance is required at one of the following sessions:

UNDER 8-13 Prelim Swim Assessments

When: Thursday 10th and Tuesday 15th October at 7pm

Where: Peninsula Grammar Junior School Swimming pool. Access is via the Junior School Gymnasium, please enter car park via Gate 2 in Wooralla Drive, Mount Eliza.

UNDER 6-10 Prelim Swim Assessments

When: Saturday 26th October at 1:30pm

Where: Kingswim, 2 St Catherines Court, Mornington



NIPPER CALENDAR 2019-20

Please be aware that due to the nature of life saving activities this may change due to factors outside of our control. In such instances we will endeavour to alert you as soon as we know via TeamApp

Date	Who	Activity	Location	NOTES
Fri 18th - Sun 20th October	Nippers U8-13	Nipper & Senior Surf Camp	Araluen Lutheran Camp - Anglesea	Parent must attend
27th October	Age Managers & Coaches	Age Managers and Coaches course	MMLSC	Bec, Matt and Andrew
Thursday 10th Oct & Tuesday 15th Oct	Nippers U8-13	Prelim Swims	Pensinsula School Pool	Compulsory attendance to one session
Saturday 26th October	Nippers U6-U8	Prelim Swims	Kingswim Mornington	
Tues 22nd Oct 5-6 pm	Nippers U9-U13	Board Training	MMLSC	
Tues 29th Oct 5-6 pm	Nippers U9-U13	Board Training	MMLSC	
Thurs 31st Oct - 6pm - 8pm	All nippers	Halloween Party	MMLSC	
Tues 6th Nov				Melb Cup Day no Training
Fri 8th Nov - 6pm	All nippers	Nippers Night 1	MMLSC	Roster: U12 girls
Tues 12th Nov 5-6pm	Nippers U9-U13	Board Training	MMLSC	
Fri 15th Nov - 6pm	All Nippers	Nippers Night 2	MMLSC	Roster: U6 boys
Tues 19th Nov 5-6pm	Nippers U9-U13	Board Training	MMLSC	
Thur 21st Nov 5-6pm	Nippers U9-U13	Competition Training	MMLSC	
Fri 22nd Nov - 6pm	All Nippers	Nippers Night 3	MMLSC	Roster: U11 girls
Tues 26th Nov 5-6pm	Nippers U9-U13	Board Training	MMLSC	
Thur 28th Nov 5-6pm	Nippers U9-U13	Competition Training	MMLSC	
Fri 29th Nov - 6pm	All Nippers	Nippers Night 4	MMLSC	Roster: U7 boys
Tues 3rd Dec 5-6pm	Nippers U9-U13	Board Training	MMLSC	
Thur 5th Dec 5-6pm	Nippers U9-U13	Competition Training	MMLSC	
Fri 6th Dec - 6pm	All Nippers	Nippers Night 5	MMLSC	Roster: U10 girls
Sat 7th Dec	Competition Nippers U8-U13	State Carnival #1	Ocean Grove LSC	
Tues 10th Dec 5-6pm	Nippers U9-U13	Board Training	MMLSC	
Thur 12th Dec 5-6pm	Nippers U9-U13	Competition Training	MMLSC	
Fri 13th Dec - 6pm	All Nippers	Nippers Night 6	MMLSC	Roster: U8 boys
Sun 15th Dec	Competition Nippers U8-U13	State Carnival #2	Altona LSC	
Fri 20th Dec - 6pm	All nippers	Xmas Party	MMLSC	
Fri 3rd Jan	Competition Nippers U8-U13	State Carnival #3	Cosy Corner	
Date	Who	Activity	Location	NOTES
Tues 7th Jan 5-6pm	Nippers U9-U13	Board Training	MMLSC	
Thur 9th Jan 5-6pm	Nippers U9-U13	Competition Training	MMLSC	
Fri 10th Jan - 6pm	All Nippers	Nippers Night 7	MMLSC	Roster: U9 girls

Tues 14th Jan 5-6pm	Nippers U9-U13	Board Training	MMLSC	
Thur 16th Jan 5-6pm	Nippers U9-U13	Competition Training	MMLSC	
Fri 17th Jan - 6pm	All Nippers	Nippers Night 8	MMLSC	Roster: U9 boys
Sat 18th Jan	Competition Nippers U8-U13	State Carnival #4	Mordialloc LSC	
Tues 21st Jan 5-6pm	Nippers U9-U13	Board Training	MMLSC	
Thur 23rd Jan 5-6pm	Nippers U9-U13	Competition Training	MMLSC	
Fri 24th Jan - 6pm	All Nippers	Nippers Night 9	MMLSC	Roster: U8 girls
Sun 26th Jan		MMAD SWIM		Australia Day
Tues 28th Jan 5-6pm	Nippers U9-U13	Board Training	MMLSC	
Thur 30th Jan 5-6pm	Nippers U9-U13	Competition Training	MMLSC	
Fri 31st Jan - 6pm	All Nippers	Nippers Night 10	MMLSC	Roster: U10 boys
Tues 4th Feb 5-6pm	Nippers U9-U13	Board Training	MMLSC	
Thur 6th Feb 5-6pm	Nippers U9-U13	Competition Training	MMLSC	
Fri 7th Feb - 6pm	NO NIPPERS			MASTERS CHAMPIONSHIPS
Tues 11th Feb 5-6pm	Nippers U9-U13	Board Training	MMLSC	
Thur 13th Feb 5-6pm	Nippers U9-U13	Competition Training	MMLSC	
Fri 14th Feb - 6pm	All Nippers	Intra-Club Competition	MMLSC	Roster: U11 boys
Sat 15 th Feb	Competition Nippers U8-U13	State Carnival #5	Jan Juc SLSC	
Tues 18th Feb 5-6pm	Nippers U9-U13	Board Training	MMLSC	
Thur 20th Feb 5-6pm	Nippers U9-U13	Competition Training	MMLSC	
Fri 21st Feb - 6pm	All Nippers	Nippers Night 12	MMLSC	Roster: U6 girls
Sun 23rd Feb	Competition Nippers U8-U13	State Carnival #6	Point Leo SLSC	
Tues 25th Feb 5-6pm	Nippers U9-U13	Board Training	MMLSC	
Thur 27th Feb 5-6pm	Nippers U9-U13	Competition Training	MMLSC	
Fri 28th Feb - 6pm	All Nippers	Nippers Night 13	MMLSC	Roster: U12 boys
Tues 3rd Mar 5-6pm	Nippers U9-U13	Board Training	MMLSC	
Thur 5th Mar 5-6pm	Nippers U9-U13	Competition Training	MMLSC	
Sat 7th - Mon 9th Mar	Competition Nippers U8-U13	Junior Life Saving Championships	Warnambool SLSC	
Fri 27th Mar	All Nippers	Presentation Night	MMLSC	

NIPPERS:

New Members Guide to Surviving Friday Nights!

WELCOME TO ALL NEW 2019/20 NIPPER FAMILIES!

Nippers will start on Friday 8th November at 5.45pm for 6pm program commencement. Please have your nipper lined up in their Age Group by 5.45pm.

To help you get organised for a great season, below is a guide for all new Nippers and their parents/guardians.

Parking is at a premium so our advice is to get down to the club as early as possible ready for a roll call by 5.45pm. Park either in the MMLSC car park, across the road in the dirt car park or at the Balcombe Estuary car park and walk down under the bridge to the beach, avoiding the busy Esplanade Road all together! Please use the pedestrian crossing and the boardwalk if you have to cross the road to get to the club.

All Nippers must be assembled in front of the MMLSC club house by 5.45pm for 5.50pm roll call. This will ensure that the program starts on time. Look out for your child's age group flag. All Nippers must wear a MMLSC skull cap and hi-vis rash singlet to participate which can be purchased from our merchandise shop inside the clubhouse.

There will be an Age Manager and an Assistant Age Manager for each age level and they will coordinate and organise the group. They all have a clip board with key information and attendance sheets. Parents **MUST** notify Age Group Managers if they are removing their child from the group before the scheduled finish time.

With over 300 children on the beach it can be a challenge for new parents to find where they should go. Don't stress - just ask - we are all here to help! Little Nippers program Under 6-8 is conducted on the south side of the club (towards the Yacht Club) and the Big Nippers program Under 9-13 is conducted on the north side of the clubhouse (towards Balcombe Creek). Starfish Nippers is located in between the red and yellow patrol flags. We also run Surf Education upstairs so if you cannot find your child's age group - check upstairs. ☺

Quick Nippers Checklist

- ✓ Nippers cap - Compulsory Item
- ✓ Hi-vis Fluoro Vest - Compulsory Item
- ✓ Bathers (available from Merchandise Shop)
- ✓ Goggles
- ✓ Hat
- ✓ Nippers t-shirt
- ✓ Water Bottle
- ✓ Towel
- ✓ Sunscreen
- ✓ Wetsuit (recommended)
- ✓ A bag to carry it all





JUNIOR EVALUATIONS AND AWARDS

Age Group	Preliminary Assessment (Pool or open water)	Competition Skills Evaluation (Surf/open water)	Junior Development Program Award
Under 6	* From a standing position in waist deep water perform a front glide and recover to a secure position. Perform a back float for 15 seconds whilst holding a buoyant aid and recover to a secure position.	Not required (no competition for this age group)	Surf Play One
Under 7	* From a standing position in waist deep water perform a front glide, kick for 3m and recover to a secure position. Perform a back float for 30 seconds and recover to a secure position.	Not required (no competition for this age group)	Surf Play Two
Under 8	25 metre swim (any stroke) 1 minute survival float (on back)	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 (on back)	150m open water swim within 12 minutes (continuous freestyle)	Surf Aware Two
Under 10	25 metre swim (freestyle/front crawl) 1 1/2 minutes survival float (on back)	150m open water swim within 11 minutes (continuous freestyle)	Surf Safe One
Under 11	50 metre swim (freestyle/front crawl) 2 minutes survival float (on back)	288m open water swim within 12 minutes (continuous freestyle)	Surf Safe Two
Under 12	100 metre swim (freestyle/front crawl) 2 minutes survival float (on back)	288m open water swim within 10 minutes (continuous freestyle)	Surf Smart One
Under 13	150 metre swim (freestyle/front crawl) 3 minutes survival float (on back)	288m open water swim within 9 minutes (continuous freestyle)	Surf Smart Two
Under 14	200 metre swim (freestyle/front crawl) within 5 minutes) 3 minutes survival float (on back)	288m open water swim within 9 minutes (continuous freestyle)	Surf Rescue Certificate

Mount Martha Nippers

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