

MOUNT MARTHA **NIPPERS** 2020 - 2021

Welcome to Mount Martha Nippers

A very warm welcome to all our nippers and families.



Life Saving



Boards



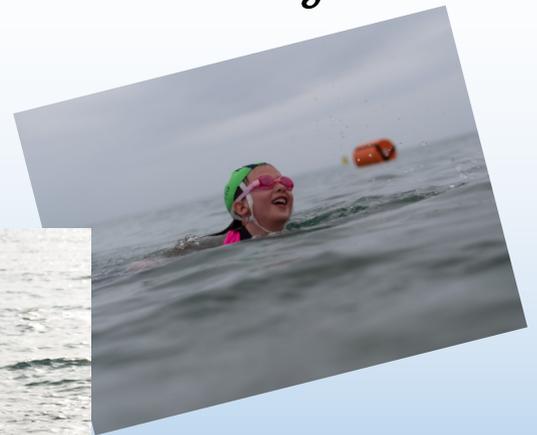
Beach flags, relays



Wading



Open Water Swimming



*Beach games
Fun, Friends
Team Work*



Friday Night Nippers

Unfortunately, due to COVID-19 restrictions, Friday Night Nippers will not return until **AFTER** the Last Step of Victoria's Roadmap to Reopening—Metropolitan Melbourne.

This is also subject to LSV and MMLSC COVIDSafe Plans.

All information will be communicated via TeamApp:

www.mtmarthalsc.teamapp.com or search Mount Martha Life Saving Club on TeamApp



Your smile!



Bag



Hi-Vis rashie



Cap

WHAT TO BRING...



Warm jumper/
jacket



Hat



Wetsuit



When Friday night nippers is able to return, initially it will run with a modified program. The modified program will take into account the restrictions that will be in place at the time. Our duty of care is of utmost importance and our main objective will be the safety of all of our members.

U6-U8s will not return to Friday night nippers, until the COVID Normal Victorian Government Step is reached and LSV and MMLSC COVIDSafe plans allow. Prior to this, U6-U8s may be offered a day of nipper activity, restrictions allowing in 2021.

Friday night at MMLSC

Merchan-



The MMLSC merchandise store located at the club, will initially run a click and collect service only.

Nipper Caps and Hi-vis vests are compulsory for all nippers.

Email Issy:
Merchandise
@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.

starfishnippers@mmlsc.com.au

In the event of extreme weather, a risk assessment matrix will be utilised. Cancellations (if required) will be notified by 4pm Friday via TeamApp.

Rescheduled sessions will be held on a Sunday afternoon, date will be advised.



Weather

Prelim Swim

All nippers must successfully complete a preliminary swimming assessment appropriate to their age group, prior to participating in any nipper water activities. Prelim swim times and dates are yet to be confirmed. They may be completed in a pool environment or at the beach.

AGE GROUP	PRELIMINARY ASSESSMENT (POOL OR OPEN WATER)
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.
Under 7	From a standing position in waist deep water, perform a front glide, kick for 3 metres and recover to a secure position.
	Perform a back float for 30 seconds and recover to a secure position.
Under 8	25 metre swim (any stroke)
	60 second survival float on back
Under 9	25 metre swim (any stroke)
	60 second survival float on back
Under 10	25 metre swim (freestyle)
	90 second survival float on back
Under 11	50 metre swim (freestyle)
	2 minute survival float on back
Under 12	100 metre swim (freestyle)
	2 minute survival float on back
Under 13	150 metre swim (freestyle)
	3 minute survival float on back

Membership

All memberships must be fully processed by MMLSC before participation in any nipper activities.

admin@mmlsc.com.au

Junior Competition Fitness Training

Commencement of junior competition fitness training (other than Friday night), will return after Step 3 of Victoria's Roadmap to Reopening—Metropolitan Melbourne.

Step 3 is due to begin no earlier than October 19. This is also subject to LSV and MMLSC COVIDSafe Plans. All information will be communicated via TeamApp:

www.mtmarthalsc.teamapp.com or search Mount Martha Life Saving Club



Junior Competition Fitness Training

Nipper training will be available **ONLY** for the following nippers:
(no exceptions)

* Nippers who have completed the Competition Swim requirement in 2019/20 Nipper season and attended at least 50% of the nipper sessions, in 2019/20.

* Only U10s — U13s

* Numbers in the sessions will be very limited, each session will require prior booking and parents will also be required to assist.

Further information will be available prior to the training beginning.

Expectations

These are KIDS,
Learning LIFE SKILLS,
Having FUN,
Being taught by
VOLUNTEER COACHES,
Surrounded by
VOLUNTEER WATER SAFETY and
Run by VOLUNTEER COORDINATORS.



Any concerns regarding your own nipper's fun, enjoyment and experiences, should be directed to the appropriate Age Coordinator or Junior Director

IMPORTANT: A PARENT/GUARDIAN MUST REMAIN ON THE BEACH FOR THE DURATION OF ALL NIPPER ACTIVITIES AND YOUR NIPPER MUST BE SIGNED IN AND OUT OF THEIR AGE GROUP.



There will be additional requirements this season to ensure we are meeting the Victorian Government Roadmap for Reopening and LSV and MMLSC COVIDSafe plans.

Nipper camp and carnivals

Unfortunately, due to the COVID-19 pandemic, this season there will be
NO Anglesea camp for Nippers.

LSV will not be holding any carnivals in 2020 and will announce plans for possible
modified carnivals in 2021, later this year or early next year.

SAFEGUARDING CHILDREN AND YOUNG PEOPLE:

MMLSC is committed to the
Safeguarding of Children and Young People
(SCYP).

All members aged 18 years and above are
required to have a valid Working With Children
Check as per the membership policy.

Sue Flanagan - MMLSC
Safeguarding Officer

memberprotectionofficer@mmlsc.com.au

0439 757 819

Wellbeing Officers:

Angela Iliopoulos
wellbeing1@mmlsc.com.au

Simon Perry
wellbeing2@mmlsc.com.au



Nipper Calendar

NIPPER CALENDAR 2020-21

Please be aware that due to the nature of life saving activities and the COVID-19 pandemic, this calendar may change. In such instances we will endeavour to alert you as soon as we know, via TeamApp.

Date	Time	Who	Activity	Location	NOTES
TBC	TBC	Nippers U6-U13	Prelim Swims	Outdoor pool/ beach	Dependent on COVIDSafe plans
Sun 25th Oct	9.30-10.30 am	U10-U13 with competition swim completed 2019/20 and at least 50% attendance during 2019/20	Junior Competition Fitness Training	MMLSC	Dependent on COVIDSafe plans
Tues 27th Oct	4.45pm-5.45pm	U10-U13 with competition swim completed 2019/20 and at least 50% attendance during 2019/20	Junior Competition Fitness training	MMLSC	Dependent on COVIDSafe plans
Sun 1st Nov	9.30-10.30 am	U10-U13 with competition swim completed 2019/20 and at least 50% attendance during 2019/20	Junior Competition Fitness training	MMLSC	Dependent on COVIDSafe plans
Tues 3rd Nov	4.45pm-5.45pm	U10-U13 with competition swim completed 2019/20 and at least 50% attendance during 2019/20	Junior Competition Fitness training	MMLSC	Dependent on COVIDSafe plans
Sun 8th Nov	9.30-10.30 am	U10-U13 with competition swim completed 2019/20 and at least 50% attendance during 2019/20	Junior Competition Fitness training	MMLSC	Dependent on COVIDSafe plans
Tues 10th Nov	4.45pm-5.45pm	U10-U13 with competition swim completed 2019/20 and at least 50% attendance during 2019/20	Junior Competition Fitness training	MMLSC	Dependent on COVIDSafe plans
Sun 15th Nov	9.30-10.30 am	U10-U13 with competition swim completed 2019/20 and at least 50% attendance during 2019/20	Junior Competition Fitness training	MMLSC	Dependent on COVIDSafe plans
Tues 17th Nov	4.45pm-5.45pm	U10-U13 with competition swim completed 2019/20 and at least 50% attendance during 2019/20	Junior Competition Fitness training	MMLSC	Dependent on COVIDSafe plans
Sun 22nd Nov	9.30-10.30 am	U10-U13 with competition swim completed 2019/20 and at least 50% attendance during 2019/20	Junior Competition Fitness training	MMLSC	Dependent on COVIDSafe plans
Tues 24th Nov	4.45pm-5.45pm	U10-U13 with competition swim completed 2019/20 and at least 50% attendance during 2019/20	Junior Competition Fitness training	MMLSC	Dependent on COVIDSafe plans
Fri 27th Nov	6-7.30pm	All Nippers	Awards 201920 and Welcome Night 202021	Online via Zoom	

The continuation of the program will then depend on the Victorian Roadmap, LSV and MMLSC COVIDSafe Plans. This will be communicated on Friday 27 November at the Awards and Welcome night

Communication



www.facebook.com/mmlsc



**MOUNT MARTHA
LIFE SAVING CLUB**

www.mmlsc.com.au



www.mtmarthalsc.teamapp.com



[www.instagram.com/
mountmarthalifesavingclub](http://www.instagram.com/mountmarthalifesavingclub)

Name	Position	Email
Leah Andrews	Junior Director	juniordirector@mmlsc.com.au
Natasha Hartley-Jackson	Junior Competition Manager	jrcompetitionmanager@mmlsc.com.au
Kirsty Hardt	Junior Carnival Registrar	jrcarnivalregistrar@mmlsc.com.au
Kaya Cook	Carnival Coordinator	carnivalcoordinator@mmlsc.com.au
Janet Chitts	U6-U8 Coordinator	junioragegrpcoordu6-u8@mmlsc.com.au
Michelle Pickford	U9-U13 Coordinator	junioragegrpcoordu9-u13@mmlsc.com.au
Steve Wishart	Club Captain	clubcaptain@mmlsc.com.au
Sarah Hilli	Starfish Nippers	starfishnippers@mmlsc.com.au
Steve Hofer	Water Safety Coord	buildingmaintenance@mmlsc.com.au
Tanya Brown	Beach Set Up Coord	
Hannah Wolstencroft	Prelim and Comp Swim Coordinator	privateclubhire@mmlsc.com.au
Troy Cochrane	Junior Competition Coach	
VACANT	Surf Education Coordinator	
VACANT	Life Saving Awards	
VACANT	Social/ Camp Coord	