



Welcome to Frankston Lifesaving Club

Season 2019/20 Nippers
Information Session



House Keeping



- Exits
- Bathroom locations
- Introduction to Board Members and Age Managers
- Question time

Nipper Sponsors



The Background of Lifesaving



Since the early 1900s Life Saving Clubs have been an integral part of Australia's coastal and inland 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



Short Intro to Frankston Lifesaving Club:



- Frankston Lifesaving Club was established in 1923
- FLSC operated up to the start of WW2, to which it was then closed down to cater for the demands of the War. Once the war ended the club reopened to provide Lifesaving Services
- For the 18/19 season the club had 381 members
 - 178 Juniors, 167 Seniors and 36 Active 18yo+ members
- For the 18/19 season our club patrolled approx. 2300hrs
- FLSC is fortunate to have paid Lifeguards to support our volunteers in the main summer months
- The club is managed by an executive board made of 9 Directors

Child Safety



At Frankston Life Saving Club we are committed to the safety, wellbeing and inclusion of all children and young people

NOTE - It is mandatory that all adults 18yo and over must hold a valid WWC (Working with Children's Check)

The Nipper Program



The Nipper Program starts at 5yo until 13yo – once Nippers reach 13 they can participate in their Surf Rescue Certificate, SRC.

The main aims of the Nipper program:

- Develop confidence in the water and develop their 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 environment
- Meet new friends
- To reinforce “swimming between the flags”



Nipper Age Group Dates



Age Group	Date Ranges	Surf Education Award	Cap Colour
U6	1/10/2013 - 30/09/14	Surf Play One	Green
U7	1/10/2012 - 30/09/13	Surf Play Two	Blue
U8	1/10/2011 - 30/09/12	Surf Aware One	Red
U9	1/10/2010 - 30/09/11	Surf Aware Two	Purple
U10	1/10/2009 - 30/09/10	Surf Safe One	Yellow
U11	1/10/2008 - 30/09/09	Surf Safe Two	White
U12	1/10/2007 - 30/09/08	Surf Smart One	Club
U13	1/10/2006 - 30/09/07	Surf Smart Two	Club
U14	1/10/2005 - 30/09/06	SRC	Club

The Nipper Program



- Flexible in delivery
- Provides a pathway to the Surf Rescue Certificate
- Arrival time 5pm for a 5.30pm start
- Finish approx. 6.30pm
- Followed by a BBQ on the Balcony
- A participation based program





Benefits of Participation

Physical Benefits:

- Being safe around water
- Improving general health and improving fitness, strength, flexibility and co-ordination
- Developing a wide range of motor skills and healthy behaviours

Social Benefits:

- Developing communication, leadership and co-operation skills and creating lasting friendships
- Increasing responsibility and learning how to deal with winning and losing

Community Benefits:

- Supporting the local community through service
- Participating in Club fund raising activities

Personal Benefits:

- Learning how to work in a team environment
- Improving self-esteem and confidence
- Learning self-discipline, commitment and responsibility
- Learning how to deal with pressures and stress



Junior Development



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

- Confidence
- Organisational skills
- Getting Along with Others
- Persistence
- Resilience



Nipper Activities Overview



- Beach running skills
- Swimming skills
- Negotiating waves
- Surfboard / Paddling skills
- First Aid/ CPR skills
- Teamwork skills
- Reading and using the surf conditions



Typical Nipper Beach Setup



Under 6's

Age Manager – Chris /Bear

1. Signal Practice (Game)
2. Flags (field 1)
3. Sprints
4. Wade
5. Boards (U9/10area)

Under 7's

Age Manager – Sue/ Danny

1. Flags (field 1)
2. Wade
3. Boards (U9/10 area)
4. Signal Practice (Game)
5. Sprint

Under 8's

Age Manager – Laurence/ Cos

1. Sprint
2. Flags (field 2)
3. Signal Practice (Game)
4. Boards (U9/10 area)
5. Wade

Under 9/10's

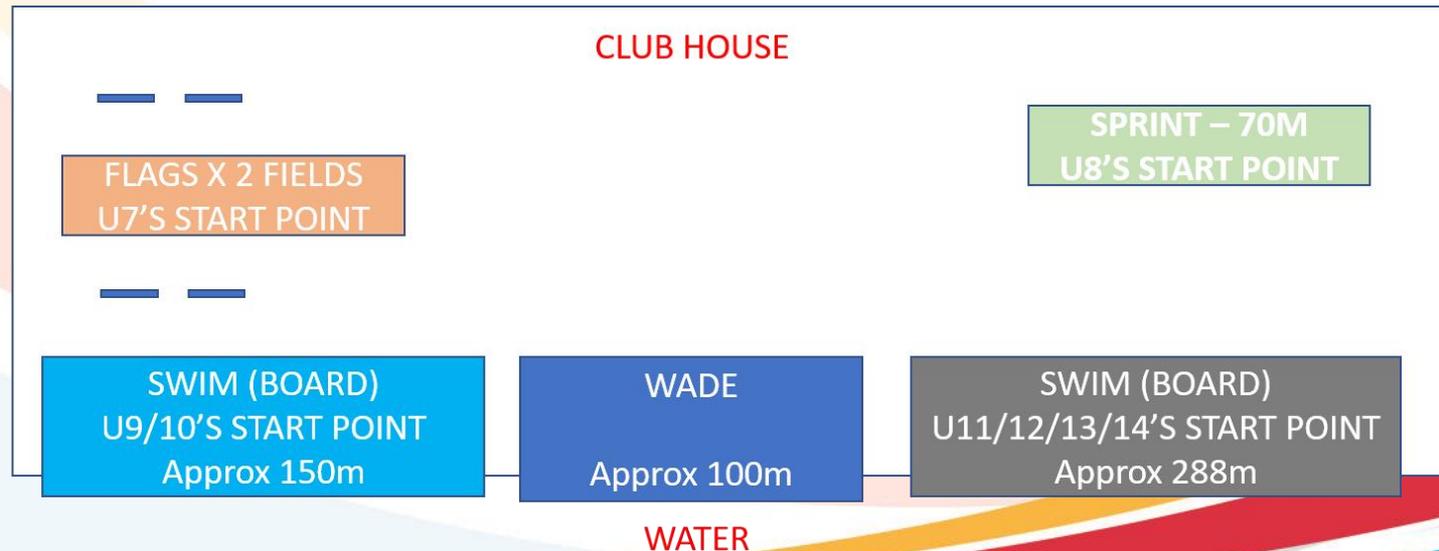
Age Manager – Rachelle/ Lisa Marie

1. Swim
2. Board
3. Flags (field 2)
4. Sprint
5. Sprint relay

Under 11/12/13/14's

Age Manager – Jamie/ Taylor

1. Swim
2. Board
3. Long Run
4. Flags
5. Wade



Typical Nipper Parent Roster



Nippers rely on volunteers to exist and all parents/guardians *MUST* offer assistance each week to ensure their Nipper can participate 😊

- **BBQ Duty** - Helpers required each week to help cook BBQ during Nippers and serve / collect money post Nippers session
- **Setting up the Beach** – Helpers required each week – put out boards, set up Flags area, put out Age Group Flags
- **Packing Down Beach** – Helpers required each week – help Nippers pack away boards, wash down boards and put away, put away flags area and help put water equipment away
- **Assisting Age Managers** – Helpers required each week per age group. Assist to count Nippers, carry age group bucket with nipper items, etc
- **Roaming Helpers** – Ask Nipper Director or Age Managers for designated task

What should your child bring?



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

- Bathers
- Long sleeve rash vest or protective top
- Wide brim or legionnaire style hat
- Sun screen
- Towel
- Water bottle
- Club cap
- Fluoro rash top to enter the water
- Wet suits are allowed if your Nipper feels the cold



Key Dates & Events:



Event	Time	Date
Uniform & Membership Day	11-2pm	Sat 26 Oct
Nipper Come & Try Day	5pm	Fri 8 Nov
Nipper prelim swim – PARC	10-12pm	Sun 10 Nov
Official Nipper Start Date	5pm	Fri 15 Nov
Friendly Comp at Bonbeach Club	5pm	Fri 6th Dec
Friendly Comp at FLSC	5pm	Fri 17th Jan

Annual Membership Fees & Criteria



- For all membership categories there is a once off \$30 joining fee
- Family Junior Active: 1+ child & 2 Adults \$180
- Family Senior Active: 1+ child & 2 Adults \$160
 - 1 family member must be an active member
- Active member 13yo and above: \$80
- **NOTE-** It is mandatory that all adults 18yo and over must hold a valid WWC (Working with Children's Check)

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.

Creating a Safe Environment



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

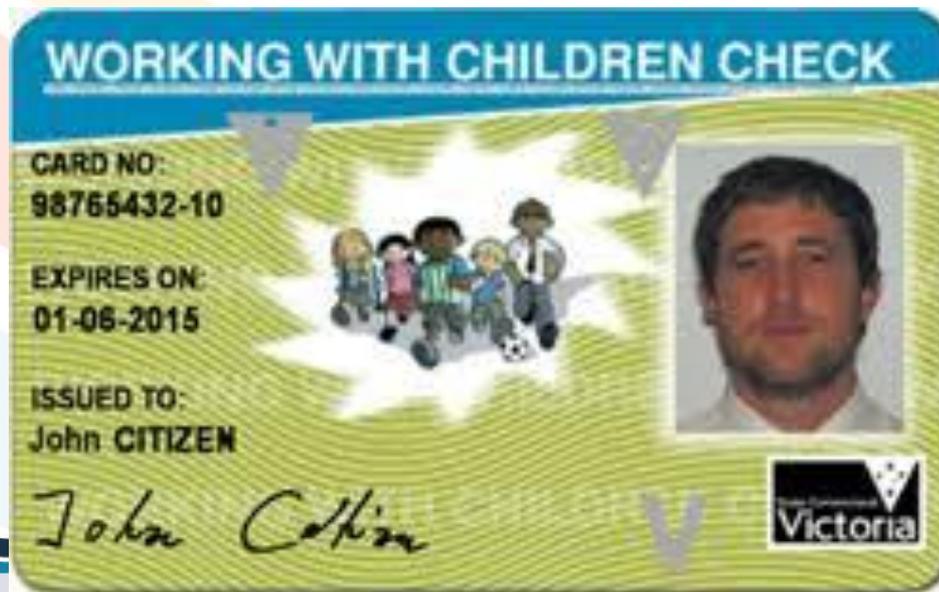
- Safety and Support
- Caring and Camaraderie
- Teamwork and Trust
- Respect and Responsibility

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

Working With Children's Check



It's important to remember that all members over the age of 18 are required to obtain a Working with Children Check - this includes parents/ guardians of Nipper families



Nipper Pre-Evaluation Swim



Age Group	Preliminary Assessment (Pool or open water)	Competition Skills Evaluation (Surf/open water)	Junior Development Program Award
Under 6	<p>* From a standing position in waist deep water perform a front glide and recover to a secure position.</p> <p>Perform a back float for 15 seconds whilst holding a buoyant aid and recover to a secure position.</p>	<p>Not required (no competition for this age group)</p>	Surf Play One
Under 7	<p>* From a standing position in waist deep water perform a front glide, kick for 3m and recover to a secure position.</p> <p>Perform a back float for 30 seconds and recover to a secure position.</p>	<p>Not required (no competition for this age group)</p>	Surf Play Two
Under 8	<p>25 metre swim (any stroke)</p> <p>1 minute survival float (on back)</p>	<p>Not required (no water competition, except for wade which takes place in waist deep water)</p>	Surf Aware One
Under 9	<p>25 metre swim (any stroke)</p> <p>1 minute survival float (on back)</p>	<p>150m open water swim within 12 minutes (continuous freestyle)</p>	Surf Aware Two

Nipper Pre-Evaluation Swim



Age Group	Preliminary Assessment (Pool or open water)	Competition Skills Evaluation (Surf/open water)	Junior Development Program Award
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

Junior Surf Carnivals



There are regular Season Carnivals, Regional Championships followed by Junior State Championships that the Nippers can be 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

Competition Training each Sunday on the Beach with Competition Director, Steve Collins

FLSC Uniform Items





On behalf of the board of FLSC & our current members, thank you for attending this session and showing interest in our club.

If you didn't fill in your details when you entered – visit <https://bit.ly/35YADWv>

Membership Queries –
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