

# Fremantle Surf Lifesaving Club

Under 13's

2017/2018

## Information Sheet

Welcome to Under 13 Nippers at Fremantle Surf Lifesaving Club!

### Age Group Managers:

Ben Clarke

Madeline Stockden

Ken Cheney

Ian McLachlan

### Club information:

w: [www.fremantlesurfclub.com.au](http://www.fremantlesurfclub.com.au)

e: [fmslsc@fremantlesurfclub.com.au](mailto:fmslsc@fremantlesurfclub.com.au)

p: Administration 9335 4359

Office Hours: Mon-Fri 9am to 3pm, Sunday 8am to 12pm

Uniform Shop: Sun 8am – 12pm

### **FIRST DAY ON THE BEACH 15 OCTOBER – 8:45AM START – SHARP!**

#### Session Times:

8.15 - 8.40am check in - on time

8.40 – 8.45am announcements














8.45 – 10.45am activities

#### **Parking is a concern, please ensure you leave enough time to find a parking spot.**











We have over 500 nippers + senior members + general public + Bib & Tucker customers. Please allow time to park and walk. Consider other modes of transport such as riding your bike or catching a train.

#### **PARKING ON THE MEDIAN AND PEDESTRIAN STRIP WILL INCUR A FINE FROM THE CITY OF FREMANTLE**

#### Basic Requirements:

-  Broad Brim Hat
-  Long sleeve top for on beach / wet suits for cold days OK
-  Rash vest with name on front and back
-  Swimming Goggles
-  Sunburn cream on all exposed skin **before leaving home**
-  Sunglasses
-  Water bottle
-  Ice bottle for stingers (freeze a water bottle the night before ?)
-  Towel
-  Healthy snack
-  Thongs or sandals for the days when the sand is hot
-  Warm clothing for cold days
-  Fremantle Club Nipper Cap for Carnivals

#### PARENTS' HINTS AND TIPS

-  Ensure your Nipper(s) has/have had breakfast before coming to the beach.
-  A plastic tub to carry all the gear in is very useful.
-  There is a cap roster for cleaning the caps – Hand rinse don't put them in the washing machine or dryer, you spend the next week untangling them.
-  A parent **MUST BE** with the child at all times. If you help in the canteen we will help out !
-  Label all clothing and belongings.
-  Encourage your child throughout the session and be sure you are present at all times.
-  Be supportive of the person in charge of your group. All Age Group Managers are volunteers and rely on assistance from parents.
-  We are not a swimming instructors, We will not teach your children to swim
-  To be fair to others, please ensure your child is on time for sessions.
-  Never leave the beach without signing your child out and returning their cap

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### Sign-in & Sign out:

- 🚫 When you arrive at the beach come and sign in and collect your nippers cap
- 🚫 The nippers cap is to be WORN throughout the session - DO NOT TAKE IT OFF
- 🚫 When you sign-out at the end of the session remove your cap and return it to the AGM

### Volunteers

- 🚫 The club runs on volunteers
- 🚫 We require Water Safety / Age Group Managers / Officials / Canteen Representatives and Canteen Workers
- 🚫 If you are not Water Safety qualified (SRC/Bronze) or an Age Group Manager you will be rostered on to assist in the canteen failure to do attend on your rostered day may exclude your child from receiving club awards

### Attendance:

- 🚫 For children to receive the Surf Play Certificate attendance must be 60%
- 🚫 If your child is going to be away for an extended period of time please let me know.

### Season Timetable: (subject to change)

- 🚫 Refer to the Club Calendar Displayed at the club

### Communication:

- 🚫 We will communicate to our Nipper parents via a regular email from your AGM – make sure your email is correct
- 🚫 Additional information can be found on the club web site

### Nipper Education Outcomes:

U13 Nipper Outcomes		
Individual Safety	<ul style="list-style-type: none"> <li>• Become familiar with the surf club environment and the opportunities it offers</li> <li>• Identify the consequences of not being SunSmart</li> <li>• Identify what skin cancer is and what causes it</li> <li>• Recognise that staying fit and healthy is important as a lifesaver</li> <li>• Identify ways to stay fit and healthy during junior activities</li> </ul>	
Surf Awareness	<ul style="list-style-type: none"> <li>• Understand waves and the effect of changing conditions</li> <li>• Understand how weather can effect both the beach environment and beach users</li> <li>• Identify the 5 beach safety tips using the F.L.A.G.S. acronym</li> <li>• Identify the four different types of rip currents</li> <li>• Identify how to manage rips in a beach environment</li> <li>• Identify how to use rip currents to assist in surf swimming and rescues</li> <li>• Identify natural and man-made causes of damage to the beach environment</li> </ul>	
Lifesaving Skills	<ul style="list-style-type: none"> <li>• Have a general understanding of how to set up a patrol and equipment used</li> <li>• Recognising emergency situations and how to respond</li> <li>• Knowledge of DRSA/BCD principles</li> <li>• Explain basic first aid for common beach injuries</li> <li>• Understand the basic principles of resuscitation</li> <li>• Identify how to minimise the risk of cross infection when delivering first aid and resuscitation</li> <li>• Demonstrate knowledge of signals</li> <li>• Recognise the importance of communication with beach users</li> <li>• Identify ways to communicate with beach users</li> </ul>	
Surf Sport Skills	<ul style="list-style-type: none"> <li>• Complete a Run-Swim-Run</li> <li>• Complete an Ironman/Ironwoman Race</li> <li>• Complete a 1km Beach Run</li> </ul>	
	SURF RACE	<ul style="list-style-type: none"> <li>• Demonstrate wading and porpoising skills</li> <li>• Demonstrate surf stroke technique</li> <li>• Demonstrate start and finish techniques</li> <li>• Demonstrate body surfing technique</li> <li>• Demonstrate ability to negotiate the surf</li> <li>• Identify race strategies for a surf race</li> </ul>
	BEACH SPRINT	<ul style="list-style-type: none"> <li>• Demonstrate a crouching beach sprint start</li> <li>• Demonstrate running technique</li> <li>• Demonstrate knowledge of phases of a sprint race</li> </ul>
	BOARD RACE	<ul style="list-style-type: none"> <li>• Demonstrate positioning and paddling technique</li> <li>• Demonstrate board start</li> <li>• Demonstrate wave catching technique</li> <li>• Demonstrate skills paddling through a broken wave, rolling and popping on a board</li> <li>• Demonstrate bunny hopping technique with a board</li> <li>• Demonstrate can turn technique</li> <li>• Demonstrate dismount technique</li> </ul>
	BEACH FLAGS	<ul style="list-style-type: none"> <li>• Demonstrate pivot turn technique</li> <li>• Demonstrate technique diving for a flag</li> <li>• Identify different beach flags race strategies</li> </ul>
	BOARD RESCUE	<ul style="list-style-type: none"> <li>• Demonstrate knowledge of a board rescue event</li> <li>• Demonstrate patient pickup technique</li> <li>• Demonstrate paddling technique with a patient</li> </ul>
	RESCUE TUBE	<ul style="list-style-type: none"> <li>• Demonstrate swimming in surf with a rescue tube</li> <li>• Demonstrate a tube rescue</li> </ul>
	TEAM EVENTS	<ul style="list-style-type: none"> <li>• Participate in team events and activities</li> <li>• Demonstrate changeover technique in a beach relay</li> <li>• Demonstrate tagging technique in Board and Cameron Relays</li> </ul>