

Fremantle Surf Lifesaving Club

Under 7's

2017/2018

Information Sheet

Welcome to Under 7 Nippers at Fremantle Surf Lifesaving Club!

Age Group Managers:

Gavin Blake

Club information:

w: www.fremantlesurfclub.com.au

e: 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 – 10.15am 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

PARENTS' HINTS AND TIPS

-  WEAR YOUR SWIMMERS – YOU WILL GET WET.
-  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:

U7 Nipper Outcomes	
Individual Safety	<ul style="list-style-type: none">• Identify the surf club as a welcoming place• Understand the meaning of slip, slop, slap, seek, slide• Recognise safety signs on the beach• Basic understanding of healthy and unhealthy foods• Understand 5 important beach safety tips
Surf Awareness	<ul style="list-style-type: none">• Identify what a lifesaver looks like• Identify the safest place to swim at the beach• Recognise dangers at the beach• Basic understanding that there are different kinds of waves• Recognise the difference between natural items and man-made items on the beach• Basic understanding of rips• Understand the types of animals we share the beach with• Identify dangerous animals at the beach
Lifesaving Skills	<ul style="list-style-type: none">• Basic understanding of signals• Demonstrate the use of a flotation aid (bodyboard)
Surf Sport Skills	<ul style="list-style-type: none">• Demonstrate confidence in shallow open water• Demonstrate confidence playing in waves• Demonstrate confidence wading in and out of the water• Demonstrate confidence duck diving• Demonstrate confidence using a bodyboard in the surf• Demonstrate confidence paddling on a bodyboard• Participate in Beach Flags• Participate in Beach Sprinting and Beach Relays• Demonstrate confidence completing a Run-Wade-Run• Demonstrate confidence in swimming activities• Participate in team activities• Attempt or perform body surfing• Demonstrate standing start technique for Beach Sprints• Participate in a Cameron Relay