

Carlton Park 23/24



Nipper Handbook



www.carltonparksisc.com.au

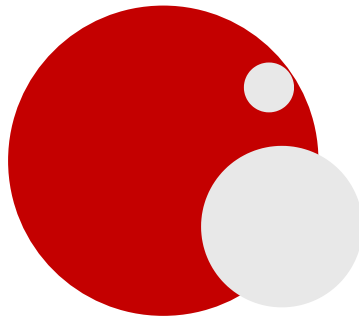


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welcome To season 2023/2024



Welcome to season 2023/24 of the Carlton Park Surf Life Saving Club Inc.

Our committee would like to extend a warm welcome to all Nippers and their families to another great year at Carlton Park.

Nipper parents are requested to join the Club as an Associate member and assist where possible with the management and coordination of training days. By joining the Club, parents are covered by insurance against accidents on the beach, at carnivals and sanctioned surf club activities, and have access to the Club facilities and functions.

It is your club, so please enjoy.

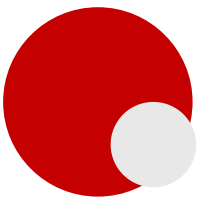
Assistance with the training and activities is actively encouraged. Whether that takes the form of Water Safety, turning markers (in and out of the water), sunscreen applicators, blowing a whistle, minding towels and jackets or just another person to race against.

You will be rostered for occasional set up and BBQ/canteen duties. These are vital to our activities so please make yourself available when requested.

A parent must remain on the beach throughout Nippers in case of an emergency.

We will be signing children in at the beginning of sessions and out at the end to keep our kids safe on the beach. This will be through your child's Age Manager. Please understand training is not a drop off and pick up scenario and why should the children be the only ones to enjoy all that the beach and our clubhouse have to offer!!.





Our objective at Carlton Park is to educate our children to be competent and safe in the beach/surf environment and to explore the pathway that Surf Life Saving provides, from Surf Sport to Lifesaving, all the while developing life skills, trust and leadership for a better community.

Surf knowledge and skills are gradually introduced to children commensurate with their age and ability and in accordance with a Nationally endorsed program within the Junior Development Resource (JDR).

Ultimately at the age of 13 they can attain their Surf Rescue Certificate and then progress to Bronze Medallion and beyond.

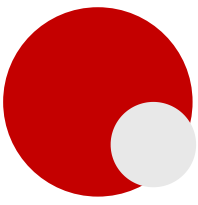
Whilst all children are encouraged to improve their surf skills through regular competition, no child is forced or pressured to do something they are not comfortable with, or do not want to do.

All participants will receive a Pre-Competition Evaluation to ensure Age Managers, Coaches and Parents are aware of which stage of development the participant is at. Water Safety/ Supervision ratios are based on these evaluations to ensure a safe and inclusive environment to nurture progression and foster implicit confidence.

Our first and foremost aim is for the children to have FUN at Nippers and enjoy coming to the beach each week and to see that the pathway includes many outcomes and the resources to achieve them.

Developing future leaders is a focus at Carlton Park and we appoint Junior Captains from our Under 14's each season and we also nominate a candidate for State Junior Lifesaver of the Year. We encourage all eligible Nippers to apply.





Coaching in both water and beach events is available to all Nippers who wish to improve their skills. We have coaches to enhance our basic water skills and to improve our competitive performance, however, we do not teach swimming and encourage parents to enrol children in swimming training.

Social events and fundraisers will be held throughout the season. All profits go towards new gear for the Nippers so please get involved.

We hope you enjoy your season at Carlton Park.

Your Junior Management Team

Junior Development Manager- Rob Peart

Training Officer- Chris Wright

Education Officer- Stuart Beechey

Age Manager Co-Ordinator- George Smith

Live heats & Competition Manager- Melina Ranalli



Registration and Fees



Our club strongly encourages a parent/guardian to become at least an Associate member - the reasoning behind this is that as an Associate you are able to complete some club awards, such as first aid, and are also covered by insurance.

Membership Prices

SEAHORSES (U6 - U7)	\$ 85
JUNIORS (U8 - U14)	\$ 138
CADETS (U15 - U19)	\$ 138
SENIORS (OPEN - MASTERS)	\$ 164
ASSOCIATE	\$ 58
PATROL ONLY	\$ 120

Ticket To Play

We are an Approved Activity Provider for 'Ticket to Play' which aims to increase the number of young Tasmanians playing sport. Many Carlton Park families use it.

Each financial year it provides two vouchers up to \$100 each towards club membership for children aged 5-18 years and who are listed on a Centrelink Health Care, Pensioner Concession Card or in Out of Home Care. Vouchers can be used at two different activity providers or both can be used at one activity provider. Learn more about Ticket to Play

<https://www.communities.tas.gov.au/ticket-to-play/about-ticket-to-play>

When registering or renewing just Email copies of the child's 'Ticket to Play' voucher together with the concession card with the child's name on it to:

When completing the on-line steps to join or renew membership those using 'Ticket to Play' only need complete the personal details. They do not pay on-line.

For any queries regarding registration please contact our Registrar Gill at carltonpark.registrar@gmail.com

Age Groups

U/8 to U/14 MEMBERSHIP

Age groups for competition are minimum age of 7 years (U/8) up to a maximum age of 13 years (U/14) on a seasonal basis.

The age group for the season is determined as at midnight on 30 September at the commencement of that season (36th Edition, Surf Sports Manual).

Seahorses

U/6 and U/7 MEMBERSHIP (Green Caps)

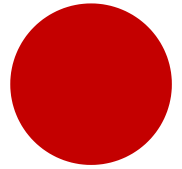
A child may join our Club as soon as he/she turns 5 years of age. No Club is to accept membership of a child until they have reached the age of five years to comply with insurance requirements. A child who reaches five years of age after 30th September may join Nippers after their 5th birthday; however, this child will be required to stay in the U/6 Nippers age group the following season. It is the club's responsibility to explain this to the parents of the child.

Listed below are the age groups members will be in for the 2023/24 season if they are born between the following dates:

AGE GROUP	U6* 1ST OCTOBER 2017 TO 30TH SEPTEMBER 2018	AGE GROUPS
	U7 1ST OCTOBER 2016 TO 30TH SEPTEMBER 2017	
	U8 1ST OCTOBER 2015 TO 30TH SEPTEMBER 2016	
	U9 1ST OCTOBER 2014 TO 30TH SEPTEMBER 2015	
	U10 1ST OCTOBER 2013 TO 30TH SEPTEMBER 2014	
	U11 1ST OCTOBER 2012 TO 30TH SEPTEMBER 2013	
AGE GROUPS	U12 1ST OCTOBER 2011 TO 30TH SEPTEMBER 2012	AGE GROUPS
	U13 1ST OCTOBER 2010 TO 30TH SEPTEMBER 2011	
	U14 1ST OCTOBER 2009 TO 30TH SEPTEMBER 2010	



Saturday Nippers



Our first club training day will be Saturday 11th of November, from 10:00 am

The objectives of Carlton Park Nippers are to ensure all children and parents who are registered with the Club are provided with:

- The best possible facilities to enjoy their activities
- A safe and inclusive environment for all
- A Lifesaving pathway through annual skills and knowledge proficiencies
- A Surf Sports pathway for those seeking competition
- Opportunities to develop leadership skills and team building values
- Clear outcomes and resources for a long life in Surf Life Saving

PRE-SESSION ASSEMBLY

To ensure that Nipper activities can commence promptly at 10:00 am, all children are requested to assemble on the concrete area behind the club rooms at 09:45 am.





What To Bring

For general training sessions, we recommend you bring the following items:

Skullcap

Pink rashie

Wetsuit* (not compulsory, however many children get cold quickly and this directly impacts their enjoyment of the sport)

Swim goggles

Sunscreen

A t-shirt (to cover up from the sun when participating in beach events)

A hat (as above)

Towel

Water bottle

Healthy snack

For competitions - add your club bathers.

***During competitions officials will make a decision on the day as to whether wetsuits are permitted. This will depend on the conditions and the relevant age group of the children.**



AGE MANAGERS

Age Managers are usually volunteer parents of Nippers children and are allocated to each age group with responsibility for organising and conducting the various Nipper activities.

The main responsibilities of the Age Managers are as follows:

- Encourage the children of their age group to participate in all Junior Activities.
- Keep weekly records of each child's attendance and proficiency achievements.
- Deliver the JDR resources and assess participants on their newly acquired knowledge.
- Marshall children into their age group at carnivals.
- Assist in the development of Surf Awareness generally.
- Induct children into the carnival protocols.
- Keep children and parents informed of Club activities, carnivals, competition dates, etc.
- Parents are encouraged to make themselves known to their child's Age Manager and to offer assistance when required.
- If you have any feedback, questions or concerns or if your child has any medical condition that may restrict him or her in any way, please speak with your Age Manager and/or Junior Activities Co- Ordinator.
- Age Managers are not child minders.
- Parents are required to be on hand during Nippers and to resume responsibility for their child at the conclusion of the session.
- Children MUST obtain their parents' permission prior to re-entering the water upon completion of the day's events and swim between the flags.
- Skull caps must be removed at the completion of the Junior Activities session.
- If you have to leave before events are finished, please inform your child's Age Manager and sign out your child.



PHYSICAL TRAINING



All training is subject to having appropriate water safety and weather conditions. Contingency plans for both of these scenarios have been taken into account when planning the schedule for the 2022/23 season.

During a Statewide Event, the following races form the schedule for the carnival. A large part of our physical training sessions revolve around improving performance in these areas and, in turn, increase our physical capacity if and when a rescue situation arises.

BEACH EVENTS	WATER EVENTS
BEACH SPRINTS	SURF RACE/SURF TEAMS
BEACH RELAY	SWIM WADE/SWIM TEAMS
BEACH FLAGS	IRON PERSON
ALL AGE RELAY	BOARD RACE
1 KM BEACH RUN	BOARD RELAY
	BOARD RESCUE
	CAMERON RELAY

LIFESAVER TRAINING

To complement our Surf Sports training, we at Carlton Park schedule regular sessions to address our annual Age Group Education Awards.

These modules are all contained within the JDR Passport in your SLS Members Area and have been developed by Surf Life Saving Australia to ensure that there are resources for Age Managers and Junior Activities participants to learn about our core business....making our beaches safe.

These modules range in content from Beach-to Sea Signals, basic First Aid, C.P.R., Radio use, Identifying Rip Currents, Rescue Techniques and Patrol Procedures...to name a few.

All parents and helpers are welcome to attend and participate in these sessions.

REASONABLE ADJUSTMENT

Training sessions will be designed to maximise participation and inclusion, this will sometimes mean spontaneous modification of what has been briefed and will be at the discretion of the Junior Activities Team.

Our events are still conducted on days when light rain occurs but may be modified to suit the conditions including training for annual education awards.

The decision to cancel activities due to adverse weather or surf conditions or other unforeseeable events will be made on the day and by a member of the Junior Activities team.

All children must have their name printed clearly on their competition (Club) skull caps and all other items of clothing (t-shirts, shorts, etc.).

We have a constantly full Lost Property bucket that sometimes exceeds capacity. Look after your kit and it will look after you.

HELPERS

Helpers are always needed to ensure that the day's events run safely and smoothly. Assistance is generally required from parents to act as finish judges, turning markers etc. Swim wades and 'party waves' are held in waist depth water and requires assistance and/or participation from as many parents/ guardians as possible.

Water safety is of paramount importance and parents willing to assist in this area are always most welcome. For insurance purposes, parents who assist on the beach or in the water **MUST** be financial club members (e.g. either senior active or associate). Water Safety Officers must have a (Surf) Bronze Medallion or a Surf Rescue Certificate and be currently proficient.



Uniform



Carlton Park's official competition uniform is a white cap with two central red stripes separated by a single black strip and a swimming costume of the same colours. Caps, costumes, rash vests and other Carlton Park Club clothing items are available for purchase at the Club most Saturday mornings at very reasonable prices or by contacting the Uniform Coordinator, Michelle Macfarlane.



Equipment

Carlton Park is very fortunate to have a good stock of the equipment available for our Nippers to train on and we have an on-going commitment to continually upgrade this vital equipment.

However, our surf craft are not inexpensive, so rules are in place to ensure the equipment is maintained in excellent condition so that it can last us for some time.

We also acknowledge that our activities are dynamic and action packed, so, if any equipment becomes damaged **at any stage** please inform your Age Manager and they will notify our gear steward.

Please don't feel intimidated about reporting damage, we *need* to know so that there can be repairs scheduled and completed, there is a small budget for this so please exercise all caution.

Craft & Equipment

CRAFT/EQUIPMENT RULES

- Look after it and respect it.
- Put it back **CLEAN** (hose all sand off).
- Put it back in its proper place.
- Boards set aside as competition boards are to be used **ONLY** for competition.
- Competition training by competitors authorised by the Gear Steward or Junior Activities team.
- Non-competitive boards may be used after events are finished at the discretion of the Gear Steward, or a member of the Junior Activity team.

Responsibility for children's safety rests with their parents after Club activities are finished.

- All boards **MUST** be returned at or before 1pm at the conclusion of training unless arrangements have been made to extend training, undertake specific training or to allow a "Party Wave" session. Such arrangements can only be made by the Gear Steward, Age Managers, Coaches or a member of the Junior Activity team.

Important - No standing on foam boards - they break!



BEACH SET UP AND PACK UP



Every week before Nippers can commence, equipment (boards, Age Group bins, flags, cones, etc) must be collected from the gear shed and assembled on the beach.

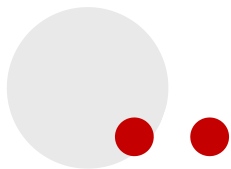
Likewise, at the conclusion, it must all be packed away.

Please lend a hand!

RULES TO REMEMBER

- Children are unable to participate in club endorsed sessions on the beach or in the water unless they are a registered and financial member.
- Children must wear their Club (skull) cap and hi-vis rash vest at all times during training session (SEAHORSES must wear their green skull caps and hi-vis rashie)
- For insurance purposes, parents are unable to assist on the beach or in the water unless they are a registered and financial member.
- No one is to enter the water when the beach is closed.
- All water safety must be operational before water activities can commence.
- Water Safety Officers wear orange vests and are responsible for the safety of children participating in water events. Water Safety Officers must be appropriately qualified – proficient bronze holders in addition to being registered financial members.
- Patrol members wear red and yellow quartered caps and are responsible for people swimming in the patrolled area – these are the only areas in which public swimming is recommended. Separate safe areas are designated for Nipper activities.
- The Patrol Captain of the day is the ultimate authority in relation to water activities and events.
- Club caps and pink rash vests must be worn at all times while participating in an event. A competitor who finishes an event without their cap on their head and tied securely will be liable to disqualification.
- No child will be able to participate in water events without first competently completing a Preliminary Skills Evaluation in accordance with their Age Group requirements.
- At the completion of Nippers, children MUST obtain their parents' permission and remove their skull cap before re-entering the water and swim only between the flags.





CARNIVALS



Carnivals are held on several weekends during the season, culminating with a 2 day (Sat and Sun) Junior State Championship, which is to be held at Clifton Beach SLSC on 2 and 3 March, 2023.

All Nippers who are eligible are encouraged to participate in our team.

Competition against other clubs promotes sportsmanship, club loyalty and gives children the opportunity to mix with their peers.

Emphasis is placed on participation and friendly competition rather than winning.

Final selection of teams for team events will be the responsibility of the respective Age Manager in consultation with the Junior Activities Committee and Coaches.

There will be communication from your Junior Management Team leading into carnivals in order to arrange entry.

A list of carnival events as follows:

Beach Sprint - 70 metres
Ages U8 to U14 years, in age groups

Beach Sprint Relay
Ages U8 to U14 in age groups (four competitors to a team)

All Age Relay
Ages U8 to U14, one competitor from each age group (7 competitors in a team)

Beach Flags
Ages U8 to U14 years in age groups

1km Beach Run
Ages U8 to U14 years in age groups

Water Events
Wade and water events will be decided on the day according to water conditions.
Under 8/9
Wade race, Foamie race and relays (possibly a Surf Race also)

Surf Race
Ages U10 (shorter distance) to U14 - in age groups

Surf Teams Race
Ages U10 to U14 in age groups

Surf Board Race
Ages U8 to U14 in age group.

Board Rescue
Ages U11 to U14 in age groups. Two competitors to a team - one swimmer (patient) and one board paddler (rescuer).

Board Relay - Open
Ages U11 to u14 in age groups. Three competitors to a team.

Cameron Relay - Open
Ages U8 to U14
Four competitors to a team - one swimmer, two runners and one board paddler.

Iron Person - Open
Ages U11 to U14 in age groups. Swim, board paddle and run. Pre-Carnival draw to determine order of discipline legs



Communication

Communication will be through our Carlton Park monthly news letter “The Voice of the Seahorse” which will be emailed and available on our Carlton Park website: www.carltonparksllsc.com.au

Also members are ask to join the Carlton Park SLSC public and members group on Facebook for up to date information.

Public FB page- <https://www.facebook.com/CarltonParkSurfLifeSavingClub>

Members FB page <https://www.facebook.com/groups/714829269449114>

Any Junior enquires please email Rob at - robpeart75@gmail.com

End Of Season Awards

At the end of the season the Juniors conduct an event to celebrate the past season and present the awards each individual junior life saver has achieved.

In addition we provide special recognition to:

- Our Under 14's who are finishing and moving to cadet/senior ranks;
- Our nominee for the Junior Life Saver of the Year Award;
- Presentations of our Spirit of the Seahorse Awards (Male and Female) for sportsmanship, kindness, including others, community and commitment.
- Most Improved Nipper
- Athlete of the Year



Important contacts

Name	Position	EMAIL
Rob Peart	Junior Development Manager	robpeart75@gmail.com
George Smith	Age Manager	sharonandgeorge@outlook.com
Michelle Macfarlane	Uniform Manager	Michelle.macfarlane77@gmail.com
Gil Oakes	Registration Officer	carltonpark.registrar@gmail.com



Season 23/24 Calendar

Date	Event	Place
2 September -every Saturday till the 21 of October	12 noon-1pm Carlton Park Swim Sessions	Clarence Aquatic Centre
11/12 November 2023 (Sat/Sun) After Nippers	Leadership Camp U14-U12 Overnight U11 Sat Only	Carlton Park
11 November 2023 (Saturday)	First day of Nippers	Carlton Park
18 November 2023 (Saturday)	Carlton Park SLSC Surf Festival	Carlton Park
25 November 2023 (Saturday)	Nippers	Carlton Park
2 December 2023 (Saturday)	Nippers	Carlton Park
7 Thursday 2023 (Thursday)	Twilight Nippers	Carlton Park
9 December 2023 (Saturday)	Junior Statewide Carnival #1	Bridport
16 December 2023 (Saturday)	Nippers Christmas Day	Carlton Park
4 January 2023 (Thursday)	Twilight Nippers	Carlton Park
7 January 2024 (Sunday)	Junior Statewide Carnival #2	Kingston
13 January 2024 (Saturday)	Nippers	Carlton Park
15 January 2024 (Saturday)	Nippers	Carlton Park
20 January 2024 (Saturday)	Nippers	Carlton Park
27 January 2024 (Saturday)	Nippers	Carlton Park
1 February 2024 (Thursday)	Twilight Nippers	Carlton Park
4 February 2024 (Sunday)	Junior Statewide Carnival #3	Burnie
10 February 2024 (Saturday)	Nippers	Carlton Park
15 February 2024 (Thursday)	Twilight Nippers	Carlton Park
17 February 2024 (Saturday)	Junior Statewide Carnival #4	Carlton Park
24 February 2024 (Saturday)	Nippers	Burnie
2 March 2024 (Saturday)	Junior State Championships	Clifton Beach
3 March 2024 (Sunday)	Junior State Championships	Clifton Beach
9 March 2024 (Saturday)	Nippers	Carlton Park
16 March 2024 (Saturday)	Nippers	Carlton Park
30 March 2024 (Saturday)	Nippers Break Up - Details TBA	Carlton Park