

Fremantle Surf Lifesaving Club

Under 10's

2017/2018

Information Sheet

Welcome to Under 10 Nippers at Fremantle Surf Lifesaving Club!

Age Group Managers:

Peter Smith

Tabitha Bowers

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 – 10.45am 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:

U10 Nipper Outcomes	
Individual Safety	<ul style="list-style-type: none"> • Become familiar with the surf club environment and the opportunities it offers • Identify and demonstrate the SunSmart guidelines • Understand the consequences of skin damage caused by sunburn • Identify different safety signs on the beach and their meaning • Recognise ways they can stay fit and healthy • Identify the 5 beach safety tips using the F.L.A.G.S. acronym
Surf Awareness	<ul style="list-style-type: none"> • Understand what the red and yellow flags mean • Explain the different types of waves and precautions to take • Understanding of waves and effect of tides • Recognise natural and man-made objects in the beach environment • Recognise the environmental impact they can have on the beach • Identify how rips are formed, what they look like and how to escape a rip
Lifesaving Skills	<ul style="list-style-type: none"> • Demonstrate knowledge of signals • Know how to respond in an emergency (DRSABCD) • Recognise unsafe behaviours at the beach and develop an understanding of preventative actions • Identify dangerous animals in the beach environment and demonstrate basic first aid treatment for these
Surf Sport Skills	<ul style="list-style-type: none"> • Complete a Run-Swim-Run
SURF RACE	<ul style="list-style-type: none"> • Demonstrate wading and porpoising skills • Demonstrate surf stroke technique • Demonstrate start and finish techniques • Demonstrate body surfing technique • Demonstrate ability to negotiate the surf
BEACH SPRINT	<ul style="list-style-type: none"> • Demonstrate a crouching beach sprint start • Demonstrate running technique
BOARD RACE	<ul style="list-style-type: none"> • Demonstrate positioning and paddling technique • Demonstrate board start • Demonstrate wave catching technique • Demonstrate skills paddling through a broken wave, rolling and popping on a board • Demonstrate bunny hopping technique with a board • Demonstrate can turn technique • Demonstrate dismount technique
BEACH FLAGS	<ul style="list-style-type: none"> • Demonstrate pivot turn technique • Demonstrate technique diving for a flag
TEAM EVENTS	<ul style="list-style-type: none"> • Participate in team events and activities • Demonstrate changeover technique in a beach relay • Demonstrate tagging technique in Board and Cameron Relays