



INFORMATION FOR OTAKI SLSC NIPPERS AND FAMILIES FOR THE 2018/19 SEASON

A warm welcome to Otaki SLSC for all our old and new Nippers and families. Our aim this season is to develop and increase surf awareness and skills through staggered activities, depending on age and ability. We encourage all families to take part in the local carnivals (time and place will be advertised). All club members are welcome to use the club rooms and gear as designated by the coaches (please always check in with the Patrol Captain first outside sessions), and we encourage you to get to know our friendly lifeguards. Have a fantastic season and, above all, have fun!

For more information check out the Junior Surf section on www.otakisurfclub.co.nz, visit us on fb (Otaki Surfclub Nippers), email otakinippers@gmail.com or contact Jutta (021 039 5922) or Carrie (021 775 432).

Here is some important information for you:

In it for life

ELIGIBILITY

Nippers must be 7-13 years of age and able to swim a full length of the 33.3m Haruatai Pool without stopping, no exceptions. This is for your child's safety and to allow for the smooth running of sessions. Each Nipper MUST attend at least one Thursday pool session to demonstrate their swimming skills as close to joining as possible.

WHAT TO BRING

Tight-fitting togs, wetsuit (if required), towel, sunscreen (applied before the session starts please), water bottle and hi-vis Nipper vest (if you have one). Otherwise, your child will be given one for the duration of the training session.

HEALTH & SAFETY

At all times, Nippers must follow the coaches' /lifeguards' instructions. Please remind your child before each session to raise their hand in the water if they need assistance.

BEACH SESSIONS

Meet on Sundays at 3:15pm upstairs in the clubhouse for signing-in of Nippers. The session starts at 3:30pm sharp. Our admin person will be helping on the beach, so please come in good time. Sessions begin 11.11.18, end 16.12.18 & start again 06.01.19.

ATTIRE

For safety reasons Nippers must wear tight-fitting togs/wetsuits, no boardshorts. If they need new ones we strongly recommend you buy your child black togs (e.g. "jammers" for boys), which are mandatory for our club for participation in any Junior Surf carnivals.

For the duration of each beach session Nippers must also wear a hi-vis rash vest. These will be loaned to paid-up members for the entire beach season and must then be returned. Any missing rash vests will be charged to the member (30\$).

POOL SESSIONS

Thursday evenings from 7-8pm at Haruatai Pools, Otaki. Any Nippers coming to the pool sessions MUST also attend beach sessions – please, no pool sessions only.

Ends 20.12.18 & starts again 10.01.19.

SIGNING IN & OUT AT THE BEACH

SIGN-IN starts from 3:15pm and finishes at 3:30pm. Please allow sufficient time for this, as latecomers won't be able to participate in the session.

SIGN-OUT may start between 4:30-5pm, depending on the day's session and conditions. Nippers must line up in front of the admin person and once signed out will be handed over to their caregiver. No child is to leave without signing out. After sign-out any further use of equipment and requirement for supervision is at the discretion and responsibility of caregivers.

FIRST REGISTRATION

Please check in with our Nipper admin person during your first session. We will take your details to allow us to keep track of your child. After two sessions you will be asked to sign up to the club and Surf Lifesaving NZ (if not already a member). Our admin person can help you with this process. Without SLSNZ membership there no insurance cover in the case of an accident, so this is to protect your child and our OSLSC volunteers. You will also receive a subs notice, which needs to be paid within two weeks.

Please notify us should your contact details change.

LEAVING EARLY/TEMPORARILY

Each child MUST let the admin person on the beach (wears a hi-vis vest) know if they are leaving and, before joining their group again, check in when they return. This way everyone is accounted for at all times.

EMERGENCY PROCEDURES

If, for an important reason, all Nippers immediately need to leave the water an air horn will be sounded. All Nippers and their families will assemble at the "Training in Progress" sign, unless otherwise indicated.

COMPETITIONS

We are planning to go to a few local Junior Surf carnivals and encourage Nippers and families to take part. They are fun events where our kids can test their surf skills against Nippers from other clubs in the Wellington region. We look forward to having great days going away with a big group of clubbies and families, sharing in the excitement and fun. Other competitions we are looking at are Central Regional Champs (February 2019) and perhaps even Oceans Athletes at the Mount. Before Christmas we intend to organise another club competition day for Nippers and Lifeguards, as well as a friendly informal event with our neighbouring clubs from Paekakariki and Foxton. Dates and details will be published closer to the time. Bring on summer!

2018/19 SUBS (01.09.18-31.08.19)

These are paid annually.

Individual Lifeguard membership - \$90

Junior Surf membership - \$90

Family membership - \$150

Associate membership - \$40

Our bank and GST details are as follows:

ANZ 01 0721 0004757 00 | GST no. 19 035 654



USE OF FIBREGLASS/FOAM BOARDS

We have a lot of fun gear we train on, some of which is rather expensive. For safety reasons and to protect our craft, Nippers need to fulfil the following criteria to be considered eligible:

- Swim 200m in the pool in under 7min, then tread water for 1 min (timings: last Thursday of the month – 200m badge to be sewn to rash vest, if passed).
- Treat the gear appropriately at all times.
- Always follow the coaches' instructions and act responsibly.
- Demonstrate a sufficient level of confidence in the surf.

The final decision over gear use lies with the coaches. **Fibreglass boards must never be used between the flags as they are a hazard to beach users in that area.**

HELP FROM CAREGIVERS

At OSLSLSC we encourage and appreciate family involvement and help. Please be prepared to chip in when asked. This may require going in the water to mark a safety zone, if you are comfortable doing so, or assisting with beach activities, helping a child to the First Aid Room, etc. Many hands make light work, and the kids love having their family members being part of the activities. Please bring your togs/wetsuit if you are prepared to go in the water to help. Don't worry, we won't ask you to swim to Kapiti Island :) Join in the fun, and you might even get the bug and want to qualify as a Junior Surf coach or Surf Lifeguard! Please encourage you child/children to follow the rules designed to keep them safe and learn new skills. This also goes for gear use. Some of the equipment is very expensive and all gear must be used with care.



CAREGIVERS' RESPONSIBILITIES

We ask that during beach sessions caregivers remain on the beach to supervise and assist their children as required. While the session organisers and helpers do their best to provide a safe environment for the Nippers, situations can arise where caregivers are needed to help. Caregivers of Nippers with any pertinent health issues (e.g. asthma, diabetes) must at all times be able to provide timely and appropriate assistance to their child (e.g. always bring inhaler down to the beach).

GEAR USE OUTSIDE TRAINING SESSIONS

Nippers are welcome to use the gear that has been designated to them outside club-run beach training sessions. In such instances, **responsibility for their safety and the care of gear lies with an actively supervising parent or caregiver, even if your child is using gear between the flags.**

Nippers must:

- First check in with the patrol captain (has final say).
- Wear a hi-vis Nipper rash vest while using any club gear.
- Wash down and return their gear after use (gear shed).
- Return Nipper vest (if borrowed).

