




# 2023/24 MEMBERS BOOKLET



**BICHENO**  
SURF LIFE SAVING CLUB



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## INTRODUCTION

The Bicheno Surf Life Savings Club Inc. was first established in the 1980's and continued through to the mid to late 1990's.

In about 2007 a group of locals got together to resurrect the Surf Club. It started as a way to get the kids down to the beach to learn some lifesaving skills; to encourage them to enjoy the surf and all the good things that come with that.

However, there were no members; no equipment; no nice club house; just an idea.

These initial efforts have not only allowed the Club to survive but enabled it to grow into what it has become today - an incorporated body affiliated with Surf Life Saving Tasmania with a purpose-built fully equipped Club House, including three Inflatable Rescue Boats (IRB's) and membership of over 150 nippers, parents & friends.

The Club is one of 24 Surf Life Saving Clubs and Services in Tasmania, and one of 314 affiliated across Australia. The Club currently provides water safety services on Waubs Beach including:

- Junior Activities (Nippers)
- Water Safety
- Bronze Medallion, Surf Rescue Certificate, IRB Crew & IRB Driver Training
- Regular Surf Patrols of Waubs Bay beach during the busy summer period

Club members actively patrol Waubs Bay beach during the summer months and provide water safety for the local schools and events in the region.

The Club also facilitates the annual Devil of Swim – a unique open water swim over 1km, 2km and 5km, catering to competitive and social swimmers.



## HOW DO YOU BECOME A MEMBER?

If you would like to become a member, please contact our **Membership Coordinator: Jenna Collins** via email at [memberships@bichenoslsc.com.au](mailto:memberships@bichenoslsc.com.au)

**To become a member, you will need to register with Surf Life Saving Australia by following this link: <https://members.sls.com.au>**

What does it cost?

Registration for 2022/23 Year (1 July 2022 to 30 June 2023)	
Seahorses (U6 – U7)	\$90
Nippers (U8-U12)	\$90
Cadets (U13-U16)	\$90
Active Junior (U17 – U18)	\$90
Active Adult (18+)	\$90
Family Membership	\$300
Associate	\$90

Active memberships are for those who hold a Surf Award, e.g. Bronze Medallion, Surf Rescue Certificate.

Associate memberships are for those who would like to assist the Club in any way, including helping out with the Nippers BBQ and for those who use the facilities of the club.

### Ticket to Play

Ticket to Play is a Tasmania Government program that provides two vouchers up to \$100 each towards club membership for children aged 5-18 years and listed on a Centrelink Health Care or 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.

**For the 2023-24 season, applications for Ticket to Play vouchers are now open.**

For more information and to apply:

- Call 1800 252 476
- Email: [tickettoplay@active.tas.gov.au](mailto:tickettoplay@active.tas.gov.au)
- visit <https://www.communities.tas.gov.au/ticket-to-play>

or contact our memberships coordinator (Jenna) by email:

[memberships@bichenoslsc.com.au](mailto:memberships@bichenoslsc.com.au)

## Member Induction

Once you become a member of the Club and/or your children become a member(s) you will be provided the opportunity to be shown around the Club House at Waubs Bay.



## WHO CAN PARTICIPATE IN THE JUNIOR ACTIVITIES PROGRAM?

The Junior Activities (Nippers) Program is open to any registered member of the Club who is aged 5 to 15.

Our Nippers Program aims for your child to have fun while learning new skills to help keep themselves and others safe in the ocean and on our beaches. It is a fun outdoor activity that grows a child's confidence, teaches valuable life skills and knowledge.

The youth of today are the future of Surf Life Saving, and the Nippers pathway teaches lessons and skills allowing them to continue in lifesaving and sport as they grow older.

But it's not hard work. We like to call it serious fun! It is a great way for children to make friends, be active and enjoy the beach in a safe environment.

The program aims to help children:

- Have fun with a Surf Lifesaving Club!
- Learn new skills
- Meet other young people
- Improve fitness
- Develop surf lifesaving techniques
- Become a leader
- Make good decisions
- Educate people about beach and water safety
- Support the community
- Belong to a team.

The Program is generally spilt into 4 groups based on age:

<b>Age at 30 September</b>	<b>Age Group</b>	<b>Group Name</b>
5-6 years old	U6 & U7	Seahorses
7-11 years old	U8 to U12	Nippers
12-15 years old	U13 to U16	Cadets

Final groups for the season will be determined based on numbers of participants in each age group.

## Age Groups

Age groups are determined by the Nipper's age on the 30<sup>th</sup> of September each year. This means that if a child is 12 on 30<sup>th</sup> of September they are an U13 competitor. If a child turns 12 on the 1<sup>st</sup> of October, they are an U12 competitor.

Seahorses (5–6-year old's) can participate as soon as they turn 5 years of age. Water activities usually involve wading and gaining water confidence. Note that Seahorse sessions generally run for around one hour.

The Nipper Program (7–11-year old's) aims for your child to have fun while learning new skills to help keep themselves and others safe in the ocean and on our beaches.

The Cadet years (12–15-year old's) are focused on development of the individual and the up-skilling of these young adults in both awards and life skills such as commitment, teamwork, initiative and reliability.

The Cadet Program is targeted to those wishing to attain the Surf Rescue Certificate (SRC). The SRC is the minimum requirement to become a patrolling surf lifesaver. It gives the holder the ability to perform patrols and water safety duties, essentially working as an apprentice to Bronze Medallion holders. This allows cadets to receive on the job training from experienced patrolling members.

There are pre-requisites that need to be met enrol in SRC training:

- Member must be at least 13 years of age at time of assessment
- Member must be able to complete a 200m pool swim in under 5 minutes, in a pool of no less than 25 metres

Active Juniors (16 – 17-year old's; U17s and U18s) can obtain a Bronze Medallion Award. This award allows these members to assist in the running of the Nippers Program and take part in active Beach Patrols.

There are pre-requisites that need to be met to enrol in Bronze Medallion training:

- Member must be at least 15 years of age at time of assessment
- Member must be able to complete a 400m pool swim in under 8 minutes, in a pool of no less than 25 metres



## Proficiency Requirements

It is important to us that we can keep your child safe during our activities.

Each Nipper and Cadet member must be proficient in swimming to a level appropriate for their age.

For this reason, all children participating in the Nippers Program are required to have met minimal swimming and survival float standards each year, at the start of the season.

***The Club does not teach basic swimming and survival techniques.***

The proficiency will enable your child to show that they can meet the required standard.

The proficiency requirements for each age group and the ways of demonstrating proficiency are set out below

<b>Junior Preliminary Skills Assessment</b>			
<b>Age Group</b>	<b>Age at 30 September</b>	<b>Preliminary Evaluation</b>	<b>Award</b>
Sea Horses	Under 6	From a standing position in waist deep water, perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.	Surf Play 1
	Under 7	From a standing position in waist deep water, perform a front glide for 3 m and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.	Surf Play 2
Nippers	Under 8	25-metre swim, (any stroke). 1-minute survival float.	Surf Aware 1
	Under 9	25-metre swim, (any stroke). 1-minute survival float.	Surf Aware 2
	Under 10	25-metre swim, (freestyle). 1.5-minute survival float.	Surf Safe 1
	Under 11	50-metre swim, (freestyle). 2-minute survival float.	Surf Safe 2
	Under 12	100-metre swim, (freestyle). 2-minute survival float.	Surf Smart 1



Cadets	Under 13	150-metre swim, (freestyle). 3-minute survival float.	Surf Smart 2
	Under 14	200-metre swim (front crawl in less than 5 minutes), 3-minute survival float	Surf Rescue Certificate
	Under 15		
	Under 16		

### Adult Supervision

**IMPORTANT NOTE** - All Seahorses, Nippers & Cadets must be accompanied by a supervising adult when undertaking club activity. Our Junior Activities Program is run by parents who volunteer to be coaches, officials and lifesavers. **We are not like many other junior activities where parents are encouraged to leave their children while they participate in that activity.** We require a parent or responsible adult to be present for the child to take them to the toilet or attend to them if they are upset.



# NIPPERS TRAINING SESSIONS

## Session Dates & Times

This seasons Nippers dates will be as follows, with confirmed Club Championship Day and Presentation Day to be provided.

**Season Launch & Club Open Day November 12th 2023 10:30am to 1:30pm**

**Surf Awards & Proficiency Day December 3<sup>rd</sup> 2023**

(This will be the only opportunity to qualify for a Surf Award\*)

**Nippers Sessions arrive at 9.15am for a 9:30am start**

**Sunday Sessions:**

**December 10 & 17<sup>th</sup>**

**January 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>**

**February 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>**

**Club Championship Day TBC**

**End of Season Celebration & Presentations March 2023**

Other than the Surf Award and Proficiency Day, all Nippers Sessions will be less structured and will focus on improving skills and having fun!

Please note you do not have to hold a Surf Award to be able to attend Nipper sessions.

\*Completing a Surf Award will allow members to compete in any Junior Surf Life Saving Tasmania carnival held around the state.

## Session Structure

Members need to arrive **15 minutes** before the scheduled start session. This will let them get themselves prepared with wetsuits and sunscreen.

**Training session times are:**

<b>Seahorses</b>	<b>9:30am to 11:00am</b>
<b>Nippers &amp; Cadets</b>	<b>9:30am to 11:30am</b>

Members will initially meet in their age groups so that their **Age Manager** (where required) can register who is attending on that day. It is critical that Nippers register for each training session so that we make sure we know who is on the beach at any training session. **If you arrive late and registration has been completed, please see the Age Manager so that your child is registered as attending on that day.**

During training sessions, it is compulsory that Nippers must wear a pink vest and a club cap. These are supplied by Bicheno Surf Life Saving Club on the day. Wearing these items is compulsory and required for children's safety and insurance reasons. To make sure that coaches and age managers are easily able to identify which children are participating in the Nipper program.

These sessions are led by volunteer accredited members who provide water safety to ensure that Nippers & Cadets are kept safe while in the water

The training session will start with a discussion of any news for the day. Once on the beach, Seahorses, Nippers & Cadets undertake a warm up program. Activities and games will be the aim for Seahorses, with several simple beach safety and awareness lessons.

The Nippers & Cadets will rotate through undertaking beach, board and swimming sessions. We will work on skills which will help them on the beach, in the surf and in working as a team. Some of the activities include sprints, relays, beach flags, swimming, board paddling, rescue techniques (with a board or a rescue tube) **and having lots of fun.**

Nippers & Cadets undertake a Surf Life Saving Australia's surf education program during the season. Through these sessions they learn Beach & Surf skills; Surf theory; and First Aid skills. By completing these sessions, Nippers gain an understanding of how to keep themselves and others safe on the beach.

At the end of the season, if they have completed all the requirements, they will receive a certificate from Surf Life Saving Australia which is transferrable to other States.

The program is based on participatory evaluation and not assessed on competence; this means your child must only be actively involved in each of the lessons to be eligible for the surf awards.

For Cadets to be issued with their Surf Rescue Certificate (SRC) at the end of the season, there may be some additional training days to complete the theory-based components.

**Training finishes at 11.00 am for Seahorses and 11.30am for all other age groups.**

Nippers & Cadets need to take any Club boards or other equipment that they have been using on the beach back up to the Clubhouse and wash it down. You will also need to wash out and hang up your Pink Vest.

**Please remember to see your Age Manager to sign out**

Once changed, the BBQ will be accessible for refreshments as well as the opportunity to socialise with other Nippers and their families.

In the advent of adverse weather, the training session may be cancelled or postponed to another date. Please check our Facebook site for updates.

**What to bring to a session?**

- Bathers and wetsuit
- Goggles, if desired
- Sunscreen
- Towel
- Drink
- Money for BBQ

The Club complies with Surf Life Saving Australia policies when running Junior Activities. These are set out in SLSA Child Safe Policy which can be found together with other policies at our Club House and on the SLSA website <https://sls.com.au/>

## Visitors for a one-off Nippers Session

All visitors to the Club who would like to join for a one-off training session are required to complete the relevant form to ensure you are covered by our insurance.

### What to do if my child has a problem at Nippers?

If you are concerned about anything that happens at training, let your child's **Age Manager** or the **Club Junior Activities Coordinator** know.

If you or your child are concerned in any way, please let us know so that we can help your child. We believe that everyone is responsible for their own behaviour, and for making sure that they treat each other with respect.

Surf Life Saving Australia has a policy that the Club supports relating to member welfare. It is called SLSA Policy 6.05 Member Protection. It can be found together with other SLSA policies at our Club House and on the SLSA website. <https://sls.com.au/>

## PUBLICATION OF PHOTOGRAPHS

As part of the club program, there are opportunities taken during the season to photograph the children during training. Due to the number of children involved in the program, we take an "opt out" approach to permission to publish photographs. *Accordingly, if you do not wish for photographs of your child to be published in Club publications, both print and electronic, please advise the Club Secretary in writing.*

There are policies in place concerning the taking of photos during training and events to protect members. If you wish to take photos, please make yourself aware of these policies.

## PARENT INVOLVEMENT

We need your help to deliver safe, well organised, and enjoyable training sessions for your children.

Parents are encouraged to participate in the beach activities and supervision of their children. We rely on parents to get involved and help run the Sunday mornings; setting up training areas, supervising children, packing away equipment to mention a few things.

You can assist by undertaking some of the accredited courses:

- Age Manager
- Bronze Medallion (Surf Life Saver)

Or if the beach and water is just not your thing then we encourage you to assist around the Club (Associate member).

**Without the continued support of parents, we will be required to restrict numbers, especially when involved in activities that require water safety. Safety is our priority at any session.**

**For liability reasons, we also require all helpers to be a member of the Club.**

## Working with Children Check

Any person over the age of 16 who helps with the training, coaching or members under the age of 18 are required to attain their '**Working with Vulnerable People**' registration. The form for completing this check is available on the website:

<https://cbos.tas.gov.au/topics/licensing-and-registration/work-with-vulnerable-people>

For further information on how to complete the form and what happens to the information gathered by the Club from these checks please refer to club secretary **Sue Bennett**

## ADVANCED TRAINING

The club also provides other advanced training opportunities for both our youth and adult members such as;

- Surf Rescue Certificate (SRC) (must be 13yrs at date of assessment)
- Bronze Medallion (must be 15yrs at date of assessment)
- Silver Medallion (Beach Management)
- IRB (Inflatable Rescue Boat) Crew and Driver
- First Aid
- Advanced First Aid (such as Resuscitation and Spinal Management)

If you or your child are interested in finding out more especially for SRC or Bronze Medallion please contact the club by 30 November 2023 on [bichenoslsc@gmail.com](mailto:bichenoslsc@gmail.com)

Bicheno Surf Life Saving Club supports the ongoing training of its members and where possible can provide some financial assistance to members for the cost of training courses.

**Members will need to contact the club PRIOR to registering for or attending any training courses if they are seeking financial assistance with payment.**



## CONTACT DETAILS

Bicheno Surf Life Saving Club Inc.  
PO Box 149  
Bicheno TAS 7215

### Email

General Enquiries: [bichenoslsc@gmail.com](mailto:bichenoslsc@gmail.com)  
Membership Enquiries: [memberships@bichenoslsc.com.au](mailto:memberships@bichenoslsc.com.au)  
Nippers: [nippers@bichenoslsc.com.au](mailto:nippers@bichenoslsc.com.au)



<https://www.facebook.com/Bichenosurfclub/>



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### Committee Details

President:	Alex Farrell
Vice President:	Rhys Evans
Treasurer:	Carl Noonan
Secretary:	Sue Bennett
Committee Member:	Greg Bird
Committee Member:	Jenna Collins
Committee Member:	Hugh Clement
Committee Member:	Nick Graham
Committee Member:	Dion White
Committee Member:	Hamish Howe
Committee Member:	Morgan Evans
Junior Activities (Nippers) Coordinator:	Adam Pennington & Dion White
Membership Coordinator:	Jenna Collins
Patrol Captain:	Hugh Clement
Training Officers:	Megan Hampton, Greg Bird
Equipment Officer:	TBA
Child Safety Officer:	Jenna Collins