



Waratah Beach SLSC

Junior Parent/Guardian Information Handbook

Version 1 2018/2019 Season

(Based on LSV Version 2 2013 Edition)

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1 Welcome message from the Junior Activities Coordinator

On behalf of the President and the Board of Waratah Beach Surf Life Saving Club (SLSC) it is a real pleasure to welcome you and your family to this years Nippers Program.

I am really excited to take up the role of Junior Activities Coordinator once again and to build on the wonderful programs offered by the Club in past years.

The Nippers Team at WBSLSC is a great group of parents, guardians and friends of the Club who will act as Age Managers, Water Safety, Sausage Sizzlers and much more! We are all volunteers and are all committed to making this a really great program that your child will remember in years to come.

We really want your Nipper to get the most out of the Program and we will set up the best environment to do this with your help! The Parent/Guardian volunteers ensure that we can run the Program safely and successfully, so please feel free to come and see me and 'put your hand up' to help out!

It gives us great satisfaction to watch the children learn, grow and develop during the Program and most importantly have fun!

So I look forward to meeting you on the beach!

Cheers,

Natalie.

Natalie Ashdown

Junior Activities Coordinator

M: 0416 203239

2 [About Lifesaving](#)

The primary mission of Victorian Life Saving Clubs is to provide a safe and enjoyable aquatic experience for all visitors to our beaches. Over the summer period (usually the end of November through to Easter) Life Saving Clubs provide volunteer beach patrols at over 50 Victorian beaches on weekends and public holidays.

Victoria's coastline and inland waterways are unique and their recreational opportunities endless. Life Saving Victoria (LSV) is keen to ensure that all visitors are aware of their own abilities and the potential dangers at the beach. Life Saving Clubs train volunteer lifesavers in aquatic rescue and resuscitation techniques as well as offering water safety education to the general beach going public.

Since the early 1900s Life Saving Clubs have been an integral part of Australia's coastal and inland waterways, with volunteers providing education and training in lifesaving activities, as well as providing the iconic "SWIM BETWEEN THE RED AND YELLOW FLAGS" patrolled areas. Life Saving Clubs harness the support of local communities, and use a network of support services such as helicopters, jet rescue boats, off shore rescue boats and rescue water crafts to ensure the safety of the nation's waterway users. Approximately 26,000 volunteer club members ensure that all visitors to Victoria's patrolled coastal and inland waterways are provided with a safe and enjoyable aquatic experience.

3 [Our Aims](#)

Waratah Beach SLSC aims to encourage all children to do their best and develop to their full potential, whilst learning new skills and having fun. We encourage participation in all activities.

The vision for our Nippers Program is to provide a safe and friendly environment where both Nippers and parents can learn and enhance their knowledge about surf life saving and to prepare our Nippers to eventually be patrolling members of our club.

The mantra that we have throughout the season is:

- Safety First
- Do your Best
- Have Fun

We have only one major rule at Nippers: NO THROWING SAND

4 The Nipper Program

There is an estimate of more than 60,000 junior surf lifesavers (Nippers) in Australia, 9,494 here in Victoria. Nippers start learning about surf awareness and safety through the Surf Life Saving Education Program (Surf Ed). They are also able to participate in board paddling, swimming, running, wading and other activities and games.

Practising these skills allows the children to go on to compete in club and State Carnivals while representing their clubs.

Waratah Beach SLSC offers a program of surf awareness, skills coaching, and (where applicable) competition over various levels, similar to the events Australia's Surf Life Savers compete in.

While competition is an important element, our Club is focussed on the surf awareness and education aspect. Children are taught from the youngest age how to respect and read the surf and to enjoy the water whilst at the same time learning various levels of life saving skills. This is done in an environment of fun, healthy lifestyle and camaraderie which is unique to surf life saving.

The main aims of the Nippers program are to:

- Develop surf awareness
- Increase confidence and skills in beach related activities
- Offer training to those wanting to pursue competition or awards
- Instil and re-enforce sun smart philosophies
- Encourage enjoyable and healthy participation
- Progress members towards surf awards for relevant age groups
- Promote a positive non-threatening environment
- Meet new friends

Our Program Details

Registration Day: Wednesday 26th December 2018, 4:00pm – 6:00pm

Season Commences: Friday 28th December 2018

Finishes with a Club Championships Carnival on: Friday 18th January 2019

Days: Monday, Wednesday and Friday (with a sausage sizzle at the end of our session on Friday)

Time: Sign in at 9:15am

Session start/finish: 9:30am – 11:30am

Please arrive early so we can get organised and maximise our time on the beach!

5 [What does a typical Nipper session look like?](#)

5.1 *Session plans*

A typical Nipper session will include some surf education, time in the water with swims, wades and boards and time on the beach with sprints, flags or games. A sample session plan is below.

What we actually do for each Nipper session will vary according to the weather! At Waratah Beach it's hard to say 'we are doing this tomorrow' because we know the weather conditions can change quickly!

Sample Session plan (Wade, sprints/relay, swim)

Time	U6/7	U8/9	U10/11	U12/13
9:15am – 9:30am	Sign in and number off			
9:30am – 9:45am	Introduction and Surf knowledge (see topic of the day below)			
9:45am – 10:00am	Down to the beach and group warm up			
10:00am – 10:30am	Wade	Wade	Sprints/relay	Swim
10:30am – 11:00am	Flags	Sprints/relay	Swim	Wade
11:00am – 11:20am	Swim	Swim	Wade	Sprints/relay
11:20am – 11:30am	Number off and sign out			

5.2 *Signing In and Out*

Please come early to sign in to the Session! The quicker we are signed in, the quicker we hit the beach!

The Parent/Guardian **MUST** sign the Nipper in and out of the session and we do this in the grassed area outside the Club Rooms to confirm every child's attendance and departure.

Parents and Guardians are expected to be on the beach at all times. This is not a drop off service.

When a Nipper is signed in, they will receive a number for the session. This is normally put in texta on the hand and we use this number to 'number off' the children on the beach, for example coming in and out of the water.

6 [How to Register for Nippers](#)

To participate in the Nippers program your Nipper must be a member of the Club, you need to complete a registration form and you need to make payment. All of these steps are outlined on the Club website.

Any Medical Information **must** be given to the Junior Activities Coordinator as part of this Registration and will be kept with the relevant Age Group Managers at all times.

Privacy Statement: The information that we collect on the Nippers Registration Form is stored in a spread-sheet accessed by only the Junior Activities Coordinator and the Membership Coordinator. We keep this information for emergency purposes only for the duration of the season. The information is passed only to Age Managers or other emergency services personnel if required (for example to ring a Parent/Guardian or to enact a medical plan).

7 [What to wear and bring to Nippers](#)

Your child will need to have the following items each week:

- Club Cap
- Pink Fluoro Rashie
- Bathers
- Wet suite
- Wide brim or bucket style hat or legionnaire style cap
- Sun block (at least SPF 30+)
- Goggles (if required)
- Towel
- Water bottle (filled with water only)
- Dry clothes for after the Nipper Program session (optional)
- Long sleeve rash vest or protective top (optional)

It is compulsory for all Nippers to be wearing the Club Cap and PINK fluoro rash vest at all times during the program including swims, board paddling and wading.

NO CAP AND NO VEST = NO NIPPERS!

Club rash vest, bathers, and caps are available for purchase at the club.

Please Label All Belongings Clearly.

8 Working out the right Age Group

At Waratah Beach SLSC we are offering the Nippers program to children in Age categories Under 6 to Under 14.

Children are appointed to a particular age group each season based on their age on **30th September 2018**. You can use the table below to work out the age group for your child.

For our smallest Nippers: Your child must be 5 years old on the 30th September 2018 or older to participate. There are no exceptions to this rule.

AGE AS ON 30 th SEPTEMBER 2018	JUNIOR ACTIVITY AGE GROUP
5 Years Old	Participate as Under 6 in the 6/7 group
6 Years Old	Participate as Under 7 in the 6/7 group
7 Years Old	Participate as Under 8 in the 8/9 group
8 Years Old	Participate as Under 9 in the 8/9 group
9 Years Old	Participate as Under 10 in the 10/11 group
10 Years Old	Participate as Under 11 in the 10/11 group
11 Years Old	Participate as Under 12 in the 12/13/14
12 Years Old	Participate as Under 13/14 in the 12/13/14
13 Years Old	Participate as Under 13/14 in the 12/13/14 group or we recommend your child does their Surf Rescue Certificate (SRC)
14 Years Old	We recommend your child does their Surf Rescue Certificate (SRC)

9 Swimming Policy

Being able to swim competently is an integral part of making children safe at the beach as well as allowing them to actively participate and enjoy surf life saving activities. The Nippers program is **not** a “learn to swim” program.

We strongly encourage you to enrol your children in “**learn to swim**” classes depending on their current ability.

We do recognise that swimming in the ocean is a new experience for many children and that even competent pool swimmers can find this challenging at first. Our aim is to encourage children and to help develop their confidence and skills swimming in the ocean as well as provide surf education.

10 Compulsory Skills Assessments

Many activities that Nippers undertake are conducted in the water. To ensure that all Nippers have a suitable swimming ability to allow them to participate in these activities, Surf Life Saving Australia has developed a **Junior Preliminary Skills Assessment** for each age group.

It is **compulsory that every nipper participates in this evaluation**, prior to participating in any water activity. The evaluation consists of a swim and a float which is progressively increased by age group and must be achieved before the nipper may undertake any water related activities.

Nippers who want to participate in carnivals also have to do the Competition Skills Assessment.

These are two different assessments and one cannot be used to qualify a child for the other requirement.

How our Club conducts the Preliminary Skills Assessment

At the start of the season we put all children in the water for the Preliminary Skills Assessment because the surf is very different from swimming in a pool. This also allows us to find out if any children need additional assistance.

Your child’s pathway and assessment requirements through the Nippers program is summarised in the table below:

Age Group	Preliminary Assessment (Pool or open water)	Competition Skills Evaluation (Surf/open water)	Junior Development Program Award
Under 6	Nil (shallow water activities only)	Not required (no competition)	Surf Play One
Under 7	Nil (shallow water activities only)	Not required (no competition)	Surf Play Two
Under 8	25 metre swim (any stroke) 1 minute survival float	Not required (no water competition, except for wade which takes place in waist deep water)	Surf Aware One
Under 9	25 metre swim (any stroke) 1 minute survival float	150m open water swim within 12 minutes	Surf Aware Two
Under 10	25 metre swim (freestyle/front crawl) 1 1/2 minutes survival float	150m open water swim within 11 minutes	Surf Safe One
Under 11	50 metre swim (freestyle/front crawl) 2 minutes survival float	288m open water swim within 12 minutes	Surf Safe Two
Under 12	100 metre swim (freestyle/front crawl) 2 minutes survival float	288m open water swim within 10 minutes	Surf Smart One
Under 13	150 metre swim (freestyle/front crawl) 3 minutes survival float	288m open water swim within 9 minutes	Surf Smart Two
Under 14	200 metre swim (freestyle/front crawl within 5 minutes) 3 minutes survival float	288m open water swim within 9 minutes	Surf Rescue Certificate
Assessors	Level 1 Coach, Level 1 Official, Training Officer (SRC/Bronze), Assessor (SRC/Bronze), Age Manager		
Notes	Every junior member is expected to participate in this evaluation, conducted by the Club or Swim School Teacher, prior to any junior water activity training or competition being undertaken. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities at the discretion of the club.	Competition Skills Evaluation is mandatory for U12 – U14 to compete in ANY event and U9 – U11 for water events only (excluding wade)	All Nippers wishing to compete at the Victorian Junior Championships must complete the relevant Surf Education Award appropriate to their age group prior to close of entries.

Please note:

- Consideration of the conditions and swell size will to be taken into consideration when conducting the Competition Skills Evaluation swims - there should be a focus on Nippers completing the swim continuously (e.g. no rest breaks)
- Competition Skills Evaluation Form 14s need to be processed by LSV prior to competitors being able to be entered into the competition entry system
- No Physical S- Badge will be issued this season

10.1 Special Requirements for U6 & U7 Age Groups

The emphasis in these age groups is to allow for Nippers to have fun and experience a small taste of surf lifesaving. They will participate in a range of beach activities and shallow water activities and will also be introduced to life saving equipment such as foam boards, Inflatable Rescue Boats (IRBs) and rescue tubes.

They may participate in shallow water activities **only** and may not under any circumstances participate in inter-club carnivals or other formal competition outside the club.

11 Junior Surf Education Awards

The Junior Development Program pathway enhances knowledge and skills through planned learning outcomes that are tailored to each of the age groups. This ensures the content is relevant and in line with lifesaving and surf sports most up to date training standards and most of all exciting!



Nippers only need to be actively involved in the training to be eligible for an award. We believe this is the best way to introduce children to surf life saving where fun takes priority over being 'tested'. There is a surf education award for each age group.

The Surf Rescue Certificate (SRC) is the introductory award for patrolling members of the club. This is usually obtained as an U14 member and **does** require assessment which includes:

- Written or oral examination
- Performance of basic skills
- Simulation of rescue scenarios

Below is a summary of each of the surf education awards.

11.1 Surf Play 1 & 2 (Under 6 & Under 7).

Surf Play focuses on play, participation and fun. Activities and games will be the main aim of sessions, with a number of simple beach safety and awareness lessons available such as: guidelines, the importance of having an adult with them at the beach, what a lifesaver is and what they do, wading, beach sprinting and beach flags.

11.2 Surf Aware 1 (Under 8)

Surf Aware 1 is all about understanding, identifying and demonstrating sun smart guidelines and dangers that relate to themselves, as well as what it means to feel safe. Nippers learn to recognise when they or someone else is, in an emergency situation and how to get help. Ecosurf discusses the beach environment and communities surf lifesavers operate in. Surf sports skills focus on; body-boarding, wading, dolphin-diving, beach sprint starts and beach flags starts.

11.3 Surf Aware 2 (Under 9)

Surf Aware 2 builds on Surf Aware 1. Personal Safety Networks are introduced so participants are comfortable asking for help. Ecosurf talks about the impact surf lifesavers can have on the beach. Safety of self steps up on a gear by introducing safety tips and the ability to identify hazardous surf conditions. As an U9, participants can begin to use a nipper board, so basic board positioning and paddling is introduced. Other surf sports skills focus on; body boarding, sand running technique and diving for a beach flag.

11.4 Surf Safe (Under 10)

The first of the Surf Safe Awards, Surf safe 1 begins to get a little more specific in its lessons introducing a number of new topics. Ecosurf focuses on water conservation and in sun safety; the

spotlight is on the consequences of skin damage. Participants learn about rips, recognising unsafe behaviours and relating these areas to preventative actions. Resuscitation is introduced for the first time with an opportunity to experience CPR on a manikin. Rescue techniques are also introduced for the first time as participants learn to use the body boards to assist distressed swimmers and experience rescue tubes. Surf sports skills focus on; entering and negotiating the surf on a board and beach relay baton changes.

11.5 Surf Safe 2 (Under 11)

Surf Safe 2 takes a significant step up in the level of content. As U11s they have the ability to learn more technical aspects of lifesaving and are able to be more physical in surf sports skills. Participants are encouraged to persist when needing help and Ecosurf gets into energy conservation. There is a strong focus on recognising 'at risk' people and recognising and managing patients suffering from a range of basic first aid cases. As a 10 year old, participants can learn how to perform CPR and there is an opportunity to work towards a Resuscitation Certificate. There is also a strong section on communication, both interpersonal and through beach signage. Surf Sports Skills focus on; board dismounts, catching waves on a board, board relay, surf swimming techniques, crouching beach sprints starts and ironman/iron women and cameron relay transitions.

11.6 Surf Smart 1 (Under 12)

Surf Smart 1 continues similar to Surf Safe 2. Participants begin to learn about their rights and responsibilities as a member of SLSA. The Ecosurf lesson looks at how hot weather impacts on the beach environment. Personal health, wellbeing and sun safety is focused on skin cancer and staying fit and healthy respectively. The role of patrols is first introduced to this award as is the managing of rips and using them to assist in rescues. As an 11 year old, participants can work towards a Basic Emergency Care Certificate (as well as the Resuscitation Certificate). This certificate comprises of lessons in the human body, complete basic first aid and resuscitation. Some more signals are introduced that compliment the first set previously learnt. Board skills come into play as participants learn how to conduct a board rescue. The focus of surf sports skills is to complete all the skills in each skill set and includes; rolling under waves on a board, diving under large waves, beach sprint arm and leg drive and beach flag race strategies.

11.7 Surf Smart 2 (Under 13)

The last of the junior development awards, Surf Smart 2 looks to wrap up the skills and knowledge learnt in all previous awards. Participants learn about what the SLSA Member Safety and Wellbeing Policy is, and in Ecosurf they tackle the issues of Global Warming and Climate Change and how they will impact on surf life saving. Surf safety is wrapped up into the 10 Surf Safety Tips, Communication focuses on the importance of communicating with beach users, patrols identifies other professional emergency services and participants will experience performing a tube rescue. Participants can work towards a Basic Emergency Care Certificate (as well as the Resuscitation Certificate). This certificate comprises of lessons in the human body, complete basic first aid and resuscitation. The focus of surf sports skills is on bringing all the skills learnt in the previous awards together to participate in an

event for each of the disciplines: board race, board rescue, surf race, run- swim-run, beach sprint, beach relay, beach flags, ironman/ iron woman and cameron relay.

11.8 Surf Rescue Certificate (Under 14)

When participants progress from the junior development awards and/or reach the age of 13 they are eligible to study for and gain their Surf Rescue Certificate. This extends their knowledge and skills developed to date to be ultimately qualified to participate in surf lifesaving patrols. Participants will usually continue to be involved in the nipper program during this year continuing to increase their surf sports skills whilst enjoying the camaraderie and friendships they have developed throughout Nippers. This provides them with the pathway to move into the senior ranks in the current and/or following season.

12 Parent/Guardian Involvement

Parents/Guardians are invited and encouraged to share the experiences of junior activities with their children, especially with the younger age groups.

You are definitely welcome at Waratah Beach SLSC.

Parent/Guardian membership is encouraged and is vital for the operational success of the club. There are many ways you can assist in both the Nippers Program and/or the club in general.

Examples of parent/guardian help can include assisting in:

- The setting up of the beach and the carrying down of the equipment
- Washing off boards or helping pack up the beach equipment at the end of training
- Helping the Age Group Manager during training
- Assisting in fundraising events/activities
- Volunteering to help with the BBQ
- Gaining your Surf Rescue Certificate or Bronze Medallion to become a Water Safety Officer
- Becoming an Official. Clubs are required to supply Officials at all carnivals. Short training courses are provided by LSV.

13 Safety

Safety is our first priority for all activities. Safety extends to on the beach and in the water and also gives consideration to the protection of all children.

13.1 Supervising your child

You are required to supervise your child during all Nippers sessions. This is a legal requirement. Please do not use Nippers as a baby-sitting service.

13.2 Water Safety

We endorse the Surf Life Saving Australia Water Safety Policy 1.1 (which can be found on the SLSA website). We cannot commence any race or activity unless there is the correct number of water safety officers. To be a water safety officer you need to hold a current **Bronze Medallion** or **Surf Rescue Certificate**. This is a great way to become involved with your children and we appreciate any assistance. We run courses each season, so please contact us if you are interested.

An Inflatable Rescue Boat (IRB) must be present during all water activities and we need as many **qualified proficient Bronze Medallion or SRC holders** as possible to assist in the water to accompany the children during water activities. **Please note that parents are not to accompany swimmers unless they are qualified.**

The minimum ratio for water safety for Nippers is one (1) qualified water safety person or qualified adult to five (5) children. All water safety officers must wear an orange cap and orange long sleeved rash vest during water activities and must sign the Patrol Log or Water Safety Log Book at the commencement of each nipper session.

13.3 Sun Safety

We aim to teach children about all aspects of surf/beach safety, including sun protection. We encourage all participants and spectators to follow these procedures:

- Seek shade wherever possible
- Wear a long sleeve top
- Wear a wide brimmed hat, bucket style hat or legionnaire style cap to protect face, ears and back of neck
- Use a maximum protection broad spectrum sunscreen (at least SPF 30+) even on overcast days and re-apply after water activities
- Slip, Slop, Slap, Slide and Seek

13.4 Medical Conditions

The Junior Activities Coordinator and Age Group Manager must be notified of any medical conditions or special needs on renewal of membership or at the commencement of the nipper program. It is compulsory that you remain on the beach if your child has a medical condition.

13.5 Dangerous Conditions

Dangerous conditions will include:

- Extreme low or extreme high weather temperatures
- High or strong winds
- Rough or dangerous seas
- Any other condition which causes concern for the safe participation of all members

It should be assumed that the nipper program will proceed regardless of the inclement conditions but that such activities will be modified to take account of those conditions and to ensure the safe participation of all members.

In the rare event that it is deemed necessary to cancel a programmed nipper session this will be at the sole discretion of the Junior Activities Coordinator and/or the on duty Patrol Captain. In such a case the Junior Activities Coordinator or Patrol Captain will advise parents and/or guardians of the cancellation as soon as practicable by SMS, email or a notice board at the club.

14 [Age Group Managers](#)

All age groups will be allocated Age Group Managers (AGMs), who are parents or interested members, who have volunteered to manage the age group and have completed the Age Manager's Course. They are responsible for the coordination of activities at the nipper program along with overseeing activities at Carnivals.

14.1 Age Group Manager Qualifications

All AGMs must:

- Be current registered members of the club
- Have a Working with Children check
- Be a minimum 18 years of age
- Have completed the Age Managers Course

Age Group Managers are allocated to age groups and their responsibilities may be interchangeable with other interested parents who are willing to participate and assist the Age Group Managers with their responsibilities. We strongly encourage any person who is keen to assist to speak to the Junior Activities Coordinator.

15 [Insurance](#)

All members who sign the membership form, pay the club's designated fees, and are proficient in their age/category requirements are insured under Life Saving Victoria's policy. This includes participation in club training and competing at sanctioned LSV events. For further details, please contact LSV on 9676 6900.

16 [Competition and Carnivals](#)

16.1 *Informal Competition*

We encourage all Nippers to achieve, do their best, and develop to their full potential, whilst having fun. Informal competition, for example sprints, races and flags is just one element of this development process.

16.2 *Formal Competition*

Your Nipper might also be interested in formal competition for Nippers in U9 to U14 through inter-club carnivals. There are regular season carnivals, Regional Championships followed by Junior State Championships. To compete, Nippers must have achieved their *Competition Skills Evaluation* which is compulsory for U12 to U14 Nippers who wish to compete in ANY event and for U9 to U11 nipper who wish to compete in water events. This is to ensure capability of completing the competition course safely and in a reasonable time.

If your child is interested in competing at Carnivals please contact the Junior Activities Coordinator.

17 Codes of Behaviour

At Waratah Beach SLSC we respect each other and take the following Codes of Behaviour very seriously. Any person associated with Nippers has the right to be treated in a respectful manner and should feel free to report any breach of the Codes of Behaviour to the Junior Activities Coordinator.

17.1 Parents, Caregivers and Spectators' Code of Behaviour

- Remember that children participate in sport for their enjoyment and development
- Encourage children to participate, do not force them
- Focus on the child's efforts
- Encourage children to play according to the rules and settle disagreements without resorting to hostility or violence
- Never ridicule or yell at a child
- Appreciate good performances by all participants
- Respect officials' decisions
- Show appreciation for coaches, age managers, officials and administrators
- Respect the rights and dignity of others

17.2 Nipper Code of Behaviour

Please take time to discuss this code of behaviour with your child:

- Play by the rules of the sports activities
- Do not argue with a parent, helper or any of the other people running the programs
- Work hard for yourself and others in your group
- Treat all participants as you would like to be treated
- Cooperate with Age Group Manager, Water Safety and other people running the programs
- Participate for your own enjoyment
- Respect the rights and dignity of all other participants
- Respect the equipment you use
- Respect the club house
- Be a good sport and applaud all performances

Note we do not condone bullying of any kind and this includes verbal or physical bullying. If you feel that you are not being treated properly then you should immediately tell your Age Manager who will inform the Junior Activities Coordinator.

17.3 Coaches/Officials' Code of Behaviour

- Remember that young people participate for pleasure and winning is only part of the fun
- Never ridicule or yell at a young competitor for making a mistake or not coming first
- Be reasonable in your demands on a competitor's time, energy and enthusiasm
- Operate within the rules and spirit of surf life saving and teach your competitors to do the same
- Ensure that the time competitors spend with you is a positive experience. All young people are deserving of equal attention and opportunities
- Afford all competitors equal time

- Ensure that equipment and facilities meet the safety standards and are appropriate to the age and ability of all competitors
- Display control, respect and professionalism to all involved with surf life saving. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage competitors to do the same. Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people
- Any physical contact with a young person should be appropriate to the situation and necessary for the competitor's skill development
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion
- Treat each competitor as an individual. Respect the talent, development stage and goals of each competitor, and help each competitor reach their full potential
- Don't interfere with the progress and/or conduct of competition unless called to do so by another official
- Abide by the officials' decisions

18 [Calendar of Events](#)

Please check the website for the latest calendar of Nipper sessions and events.