



## U14 Nippers/Cadet Development Program

### 1.0 BACKGROUND

The Surf Life Saving Junior Development Program (Nippers) provides a structured development program for members aged 5 to 13 to develop self-esteem, surf safety, lifesaving and competition skills. It is a highly valued program with structured outcomes, clear pathways and an emphasis on fun and participation. Often programs for youth aged over 13 within Surf Life Saving offer very little structure in comparison to the Junior Activities Program and this can present problems in engaging and retaining youth in Surf Life Saving. This age group is highly valuable to Surf Life Saving and our club, making up 20% of our club's patrolling membership.

In recent years BLL SLSC has developed a modified Nipper program for U14 members with the aim of encouraging these members to continue on to active (patrolling) membership and remain engaged in the club. The SRC course has been brought forward to the start of the season and is conducted in a live-in camp format (usually 2 nights in October holidays prior to season commencing). In recent years, U14 nippers have been encouraged to assist with water safety at nipper activity days. Where attendance is high enough, some of the attendees would assist with water safety and some would undertake normal nipper activities (on a rotational basis). Where qualified personnel are available, U14 cadets (completed SRC) are also trained in rescue scenarios.

The club's main aim for nippers is to develop an interest in surf lifesaving and participate as an active (patrolling) member. Many nippers are also interested in lifesaving competition and this is also supported by the club.

The make-up (numbers and individual goals) of the U14 groups changes each year. While each member's interests can be accommodated, it is desirable to develop a consistent program that is implemented each year (with amendment as required).

The aim of this document is to develop a program for U14 nippers that can be implemented each season with the key aims of retaining membership and participation in club activities and developing leadership and surf life saving skills for our cadets. All U14 members will be encouraged to participate in the program according to their interests and abilities.

### 2.0 U14 NIPPER/CADET PROGRAM

#### 2.1 Proficiency Requirements

Proficiency requirements as at July 2016 are as follows:

	Preliminary Evaluation	Competition Evaluation	Surf Education Awards
Under 14 SRC	200 metre swim (freestyle, in less than 5 minutes) 3 minutes survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Rescue Certificate

Participation at Nippers requires completion of the Preliminary Evaluation. Participation at carnivals requires completion of the Competition Evaluation. Competition at Branch and State carnivals require completion of the SRC by 31 December each year.

The SRC camp will be held at the start of the season to ensure the U14 members are eligible for Branch championships, Country and State competitions, are qualified for water safety and the award is completed in a fun and timely manner. The SRC camp includes the preliminary evaluation, training and assessment of competency in 100m run/100m swim/100m run in 5 minutes or less, CPR, signals and board/tube rescue. SRC proficiency is re-assessed each year. From age 15, members can upgrade to a Bronze award.

If U14s are unable to attend the SRC camp, they may join a separate bronze training group run by the club from time to time to undertake the SRC course.

## **2.2 Program Structure**

The U14 Age Manager will supervise nipper activities for those U14 nippers who have completed the SRC. The U14 activities will be set by the U14 Age Manager in consultation with the Age Manager coordinator and will focus on development of surf life saving skills and knowledge. Where required to supplement the skills of the Age Manager, qualified trainers and/or other club personnel will assist with the activities. Attendance will be recorded by the U14 age manager on the U14 attendance sheet.

U14 nippers who have not completed the SRC will join with the U13 age group activities. This is because water safety will need to be provided for these participants. Attendance will be recorded by the U13 age manager on the U13 attendance sheet.

When water safety personnel are required to assist with water safety for U8-U13 age groups, U14 SRC nippers will be requested to assist. Attendance will be recorded by the water safety coordinator on the water safety roster and supervision will be provided by the water safety coordinator.

U14 SRC nippers may also be requested to assist with supervision and training for younger nipper age groups (as required from time to time by the U6-U11 age managers). Attendance will be recorded by the relevant age manager on the relevant age group attendance sheet.

Nippers are the responsibility of the Age Manager who marks arrival and departure (i.e. participation) on attendance sheets. Water safety personnel are the responsibility of the Water Safety Coordinator with attendance marked on the water safety roster.

## **2.3 Supervision/Training**

Development of future lifesavers requires adequately trained and skilled supervisors to conduct lifesaving training and practice lifesaving scenarios. For U14 members, the SRC camp/course is conducted by qualified trainers and nipper activities are conducted by the Age Manager (preferably a qualified life saver). Other qualified members may also be available to assist. Water safety activities are coordinated by a bronze-level member (Water Safety Coordinator).

## **2.4 Competition**

All U14 nippers will be encouraged to participate in club championship days.

All U14 nippers will be encouraged to participate in FNC branch carnivals and SLS NSW carnivals. Teams will be selected in accordance with the team selection policy.

## **2.5 Performance Awards**

100% attendance awards are given for full participation at Nipper activities and/or carnivals as confirmed by the age group attendance sheets, carnival results sheets and/or water safety roster in accordance with the 100% Attendance Policy.

U14 Age Manager and Encouragement awards are chosen by the U14 Age Manager based on participation and performance throughout the season.

Age champions and club champions are chosen based on points awarded for attendance, placings at carnivals and club championship days in accordance with the Point Score Policy.

The U14s will also receive a graduation gift at the end of the season (those who attend the Nipper Presentation day).

## **2.6 Membership Fees**

Membership fees are set on the basis of the costs incurred by the club and include insurances and levies, social functions and award costs, uniforms provided free of charge and capital allowances. The cadet fee covers active membership costs only and the additional nipper fee covers the nipper activities. Additional costs are applicable for the SRC camp (to cover food, training, activities etc.).

The membership fee for U14 nippers who complete the SRC and actively patrol will be equivalent to the cadet member fee (\$50 in 2016/17).

The membership fee for U14 nippers who do not complete the SRC (and therefore join the U13 nippers group) will be equivalent to the nipper member fee (\$100 in 2016/17).