



Come and Try Nippers Activity Supporting Guide

Ver 1.0





Summary

The information in this guide is to support Clubs holding a **Come and Try Nippers** activity at their beach. With over 85,000 Junior Members registered in Clubs across Australia, junior resources are developed to guide Clubs with the facilitation and delivery of nipper programs Australia-wide. All resources are available for download in the SLS Members Area Document Library.

A pathway for increasing nipper participation from the local community is the **Come and Try Nippers Activity**. Supported by resources including the **Come and Try Nippers** flyer and this **Come and Try Nippers - Supporting Guide**. These resources will assist Clubs in delivering activities that introduce junior non-SLS members of the community (aged 5–13 years) to experience nippers (Registrations cannot be accepted for children under the age of 5).

This is a broad guide that may still require specific local information related to the individual Club. Refer to your State/Territory for their specific policies and requirements.

Come and Try Nippers Activity Flyer

The **Come and Try Nippers Activity Flyer** has been designed to be edited digitally and tailored using individual Club’s brand, program details and contact information. The registration form must be completed (including waiver) and signed by the participant’s parent/guardian before any activities are commenced. Clubs are instructed not to distribute the forms in hard copy and instead only through digital methods to the targeted groups.

Session Content by Age Group

Each of the age groups is programmed to closely align with current Junior Development Resource lesson guides. Below is a suggested outline, but additional information can be obtained from the individual junior resources lesson guides in the Members Area under Document Library (<https://members.sls.com.au>).

Begin each session with an introduction of the key SLS goals (third column)

Age Groups	Program Content	SLS Goals
U6, U7 and U8’s	<ul style="list-style-type: none"> • How to identify rips & other hazards on the beach • Signs & Signals • Red & Yellow Flags • SunSmart reminders • Fun games • Tug of war • Identify the principles of DRSABCD • Beach Sprint/Relay/Flag demonstrations • Positioning on a nipper board/arm paddling techniques (sand only) • Attempt or perform wading techniques in water 	<p><i>Save Lives</i></p> <p><i>Create Great Australians</i></p> <p><i>Build Better Communities</i></p>
U9, U10 and U11’s	<ul style="list-style-type: none"> • Identify rips and other hazards on the beach • Signs and Signals • Red & Yellow Flags • SunSmart reminders 	



Age Groups	Program Content	SLS Goals
	<ul style="list-style-type: none"> • Identify the principles of DRSABCD • Demonstrate CPR techniques on manikins if available • Recognise & manage patients suffering injuries on the beach, eg nosebleeds, soft tissue injury • Perform a crouching beach sprint start • Beach flag technique demonstrations • Dry demonstration of surf swimming techniques • Attempt or perform catching a wave on a body board (U10's and U11's only) 	<p><i>Save Lives</i></p> <p><i>Create Great Australians</i></p>
U12's-U13's	<ul style="list-style-type: none"> • Signs and Signals • Identify and understand the 10 SLSA beach safety tips • Discuss and identify the four different types of rip currents and how to manage rips in a beach environment • Identify the principles of DRSABCD • Recognise and manage basic patient management techniques • Perform CPR techniques (lifesaving demonstrations on manikins) • Demonstrate beach sprinting skills in a beach sprint event • Demonstrate beach flags in a beach flags event 	<p><i>Build Better Communities</i></p>

An extensive FAQ's section is listed overleaf for additional information on running the Come and Try Nippers Activity at your club.

For further information or questions please contact development@sls.com.au



FAQ'S

These Frequently Asked Questions may assist Clubs with questions that may arise when deciding to hold an activity of this kind:

Why run a Come and Try Nipper's activity?

To attract junior members of the community and their families to join their local Surf Life Saving Club. This activity provides wider exposure to the local community and may assist with Club recruitment.

Who can participate in Come and Try activities? Is there an age minimum/limit?

Participants must be a minimum of 5 years of age and can only participate in activities and use equipment that are offered in that age group, ie U6's (refer to chart on previous page). For instance, a 5-year-old is not able to paddle a nipper board, nor can a 10-year-old "try" ski paddling.

The Come and Try activity in the initial phase is limited to the 5-13 age group(s). This may be extended to older age groups if demand warrants.

Can participants with a disability participate in Come and Try activities?

Clubs may receive inquiries from parents whose children may fit an adaptive/inclusive nippers' program. SLSA encourage those clubs to support this by delivering a program to either run side-by-side or within the group as a whole, with ensuring the resources are there to support it. Clubs that are already delivering an adaptive/inclusive nippers' program are encouraged to actively promote it through their existing contacts, along with contacts at local councils, schools and community health centres.

Are Age Managers/Age Manager Assistants required to have a WWC and have undertaken the Online Child Safe Awareness Course?

Check your local State/Territory's requirements. In most jurisdictions, it is a requirement for members that are assisting with the activity (eg current Age Managers/Age Manager Assistants/Water Safety) to hold the relevant accreditation and to have undertaken the SLSA Online Child Safe Awareness Course (according to their State/Territory requirements).

Working with Children Checks are required in each State and Territory, with some not requiring it if you are working with your own child's group however some State/Territory rules are different. Check your local State/Territory's requirements in the first instance.

Can parents get involved on the day?

Parent involvement on the day could include shadowing Age Managers/Assistants and taking directions, i.e. marking out the beach track under the guidance of an Age Manager and providing general assistance on the beach.

Refer to information about working with own child on the beach in the previous question

Is personal accident insurance coverage extended to participants?

Participants attending Come and Try Nipper's activities are non-club members and are therefore not covered under the SLSA Personal Accident Injury Insurance cover. This disclaimer is included in the registration form/waiver.

What about liability insurance coverage?

Separate to personal accident injury insurance is liability insurance. Clubs have liability insurance under the National



Public Liability Insurance Scheme, and any claims that arise due to negligence will be handled according to that policy.

Who completes the Risk Assessment?

The pre-activity risk assessment should be conducted by the Water Safety Supervisor, in conjunction with the Patrol Captain or Lifeguard. Suitable risk assessment, risk check and risk management tools include:

- SLS water safety risk mobile app (also available in paper form)
- SLS event risk mobile apps
- Guidelines for Safer Surf Clubs (available on the SLS Members Portal)

Paper records need to be kept in a secure location for a period of 5 years.

Can aquatic activities be included in the event?

This will always be determined by the Water Safety Supervisor, in conjunction with the Patrol Captain or Lifeguard, when completing the event risk assessment on the day and in the days leading up to the activity, based on forecasted conditions.

The outcome of the event risk assessment will determine if it's safe to conduct all or some of the proposed aquatic activities. Refer to SLSA Water Safety Procedure 1.01a for water safety requirements.

Must a junior preliminary skills evaluation be conducted prior to water participation?

No. The primary purpose of the "Come and Try" activity, is for selected nipper activities to be delivered in a limited timeframe. Delivering a junior preliminary skills evaluation for participants would not be an effective addition to the activity. In line with the SLSA Water Safety Procedure 1.01a, a 1:1 ratio of water safety to participants must be adopted.

If resources are limited, there may need to be a cap on participant numbers.

Further, under Surf Education Activities Water Safety Guideline 1.1, risk assessments must be conducted prior to any activity(s) commencing either on the beach or in the water.

Encourage utilising the SRR (Surf Risk Rating) application in the SLSA Operations App to complete the risk assessment. (NB: Users must have completed the training in the User Guide to be able to access the SRR application)

Are hi-vis rash vests required to be worn?

Under Guideline Surf Education Activities Water Safety Guideline 1.1 page 7, Section 5.3 *It is strongly recommended that the following equipment be worn by the participants when in the water:*

- a. highly visible rash vests, shirts or swimming caps; and*
- b. wetsuits in cold water (less than 18°C)*

Who is the target audience(s)?

All sporting and recreational organisations in the local area, for example primary schools, aquatic centres, religious and secular groups, along with migrant centres.

Consider approaching the local council in case they have participants of youth programs who might be interested in attending. These local government offices have Community Development Officers or similar, who can share the event with local NGO's that work with the local youth.

What time of the year should Clubs consider holding a Come and Try Nipper's activity?

When planning the activity, it's important to pick the most appropriate time of the year given the Club's location and demographics. Clubs should consider the



season, water temperature, beach access in less congested periods, and avoid clashing with other local events (refer to local council website calendars). It's suggested that the most effective time to hold the event is in the lead up to the nipper season (i.e. one month out/or during school holidays just prior to nipper season commencing).

How will my personal information be collected and stored?

To register for this event personal information is required from the participant to identify them and the parent/guardian. SLSA's Privacy Policy 6.02 sets out the manner in which personal information is collected, disclosed and stored. Clubs are encouraged to safeguard this information by entering participants registrations into SurfGuard with the options of either archiving them after the event or convert to membership.

Can Clubs charge a fee?

Under the National Youth Review and the recommendations for delivering Come and Try activities, it was designed to offer the event as an "obligation-free" taster activity.

In the event Clubs incur costs to run the event such as club merchandise for each participant including t-shirt and hat; plus a drink and bbq lunch afterwards, then clubs should pursue local business sponsorship to cover these costs so that a cover charge could be waived.

If the participant decides to join as a member at the conclusion of the event, a small discount be applied to the nipper registration fee as an incentive.

Are beach approvals required?

Delivery of SLS activities on the beach may require local council approvals but

this will vary across State/Territory Centres. It is recommended that Clubs check with their club office and local council (if appropriate) in the first instance.

How many times can a person "Come and Try"?

At the conclusion of the Come and Try activity, distribute membership information and offer discounted fees to encourage participants to register for the next nipper season. If they aren't ready to do so, then they could be added to list for the next come and try session. Clubs may implement a maximum number of come and try opportunities at their discretion.

On the beach, how do Clubs identify who is the come and try participant?

Suggestions:

- Utilise left-over competition paper wristbands OR
- Coloured zinc on tops or arms
- Coloured vests to be supplied (at club's discretion)

Post Event Analysis

Circulate a post-event survey (through Jotform/SurveyMonkey etc) to the parent/guardian contact immediately after the event is held. Invite the participants to sign up for the season on a discounted basis (offer only for a limited time).

The survey should cover:

- Participant satisfaction and enjoyment (i.e. 0 to 10 with 10 being the highest)
- Structure of Program, i.e. duration, time spent on activities, quality of activities
- Call to Action – sign up for next season at a discounted rate – with a link to the club website