



Nippers Carnival Information Updated 28th October 2015

INFORMATION SITES

TEAM APP

- [Carnival Calendar](#) - "Calendar"
- [Water Training](#) - "Downloads" > "Water Training Information"
- [Beach Training](#) - "News" > "Beach Training Update"
- [Team Selection Policy](#) - "Downloads" > "Nippers Team Selection Policies"
- [Proficiencies](#) - "Downloads" > "SLSA - Preliminary and Competition Evaluations"
- [Board Hire Policy](#) - "Downloads" > "NCCSLSC Nipper Board Hire Policy"
- [Club Championships](#) - "Downloads" > "NCCSLSC Nipper Club Championships Policy"

SLS Sydney Northern Beaches (SNB) > <http://www.surflifesaving.net.au/>

- [Carnival Calendar](#) - Surf Sports > Carnival Dates > "SLSSNB Calendar 2015/16 Version X"
- [Carnival Flyer](#) - Surf Sports > Surf Sports News > Select from the list of carnivals. Review this the night before the carnival as events change
- [Carnival Results](#) - Surf Sports > Latest Carnival Results > Select as required

SLS NSW > <http://www.surflifesaving.com.au/>

- [Carnival Flyer](#) - Events > Scroll down to March > 2016 NSW Surf Life Saving Championships > Select as required

SLS Australia > <http://sls.com.au/>

- [Surf Sports Manuals](#) - Members > Members Portal (You will need to create an account) > Library > Sport > Manuals and Technical Rules > SLSA > Surf Sports Manual > Select your area of interest

Carnival Teams and Information

This information is sent out the week prior to the carnival by the JAC Surf Sports.

CONTACTS

For board hire - **Andrew Stuart** stuff@curlydesign.com.au

Training information - **Nicole McGovern** nlmcgovern@gmail.com

Carnival Entry - **Helen Crews** crewsmic@optusnet.com.au

Officials - **Sue Milner** suemlnr@yahoo.co.uk

Water Safety - **Dave Harvey** dharvey@au1.ibm.com

NCCSLSC Admin - office@nccslsc.com.au

Other information, Junior Activities Director, **Rohan Conners** jac.nccslsc@gmail.com

Refer to the nipper page on the website www.nthcurlcurlslsc.com.au



NORTH CURL CURL SURF LIFE SAVING CLUB

AFFILIATED WITH SURF LIFE SAVING SYDNEY NORTHERN BEACHES - INC# 9883366 - ABN 7409 5397 853

WHY DO IT

- It's FUN and as traditionally "Australian" as the BBQ.
- Great for your child's surf skills, surf confidence, and fitness.
- Participation in grass roots local event and local club.
- Kids get to make new friends and be part of a team outside the school environment and across all age levels. Parents do too!
- A strong association with the surf club is a stabilising influence as kids hit adolescence.

ESSENTIAL AT CARNIVALS

Compulsory to Bring

- **Your Own Board.** Request from **Andrew Stuart** to borrow a board for the carnival if you have not hired one.
- **Club Cap**
- **Hi Vis NCCSLSC Vest** for water events only.
- **NCCSLSC clothing**

Communication

- Most carnival emails will be from Team App. Occasionally no-reply@surfguard.slsa.asn.au SurfGuard communication will be used to target those not on Team App, or those who have not selected the correct Team App Groups.
- TXT's will be used when appropriate.

For best performance Competitors need to: -

- Warm up at the start of the carnival an event and warm down after an event
- Wear a warm up or shirt and broad brim hat for event marshalling.
- Hydrate with sports drinks the night before (allows time to absorb electrolytes) and drinking water on the day.
- Sit calmly under the tent between events.
- Keep warm (Warm up jacket).
- Snack between events

Clothing

- Only compete at Carnivals in NCCSLSC branded clothing unless alternate clothing is supplied. For club identity this includes: -
 - NCCSLSC Club Cap (Compulsory)
 - NCCSLSC Hi Vis Vest (Compulsory non-faded in all water events)
 - NCCSLSC Swim Costume
 - NCCSLSC Rash Vest

You are representing NCCSLSC and therefore must wear the appropriate uniform. Our sponsors also like to see NCC Nippers promoting the club they support. Published photos/video in the "Manly Daily", "Facebook", or "On The Beach" will be more meaningful with your rock star face above the club logo.

- Clothing is normally available to be purchased prior to the first few Nipper Sundays in the Club House or upon request from the Clothing Officer.
- We actively strive to improve fit, comfort, style, and sizing. Any positive suggestions are welcome.



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Hi Vis Vest

- Hi Vis pink vests must not be faded or you will be removed from a water event. This is at the carnival race starters discretion so use common sense.
- Beach competitors do not need to wear a Hi Vis vest.
- Do not purchase an overly generous size vest as they catch water.

GENERAL

All Under 8s to Under 14s are eligible to enter NCCSLSC endorsed carnivals provided they have passed the "Junior Activities Competition Skills Evaluation". All club endorsed carnivals (except State championships) are on the northern beaches, so are easily accessible. Kids do not need to have strong surf skills to participate as many events are performed on the sand.

NOTE - There are no U8 events at the State Carnival.

When are they?

Carnivals are usually on a Sunday morning and replace regular nippers. There are about 5 Local carnivals during the season, with the state carnival at the end of the season – refer carnival timetable on Team App. There are also 2 smaller board/ironman carnivals available to participate in.

Carnivals generally start quite early e.g. some events kick-off at 7:00am, and can run until early or mid-afternoon.

Who can participate?

Under 9 to under 14 can participate in a range of beach and water activities (see below). There are several carnivals where under 8 kids can participate in activities of sprint, flags, wade, and beach relay.

What are the carnival events?

Events are generally classified as beach or water. The two programs run in parallel during the course of the day, so whilst it is possible to juggle between the 2, events can and do clash and kids usually focus on either water activities or beach activities. However, we will often try to juggle kids / events to fill relay teams. If you choose beach activities, then you do not need to participate in any water activities (and vice versa). This may suit someone who is keen to participate but less confident in the surf.

- Each of the Sydney Northern Beaches (SNB) non championship carnivals drop some U11-U14's events to reduce the carnival time frame.
 - Newport- No brace / No swim teams
 - Queenscliff – No swim / No iron person
 - Narrabeen – No board relay / No board rescue
- SNB Branch Championship Carnival - All events held.
- State Carnival - All events held (Championship Carnival) > No U8's at State Carnival



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Beach Events	Age	Information
Sprint	U8 - U14	Try and better your previous result Individual event as per Sunday Nippers 70m distance
Flags	U8 - U14	Try and better your previous result Individual event as per Sunday Nippers
Beach Relay	U8 - U14	Fun event 4 runners per team Batten change as per standard relay 70m distance
All Age Relay	U8 - U14 Except Branch & State Champs U9 - U14	Premier event 1 runner from each age group NOTE at Branch and State Championships U9-U14 only Batten change as per standard relay 70m distance
March Past	U9 - U14	Premier event 12 Competitors March in formation holding a Reel and Flag March past music sets the pace Judged on Uniform, Marching, Quick Marching, Marking Time, Halting, Standing at ease, Standing to attention, and Wheeling
2 Person R&R	U10 - U13	Growing team sport 2 Persons - 1 Rescuer - 1 Patient Regimented Rescue and Resuscitation event. Land based including marching, observation, simulated water rescue (on the beach), resuscitation, and patient recovery position. Great for learning discipline and life saving skills.
5 Person R&R	U12 - U14	Growing team sport 5 Persons - 4 Rescuers - 1 Patient Regimented Rescue and Resuscitation event. Land based including marching, observation, simulated water rescue using reel (on the beach), resuscitation, and patient recovery position. Great for learning discipline and life saving skills.



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Water Events	Age	Information
Wade	U8	<p>Try and better your previous result</p> <p>See Appendix <i>Figure 1</i></p> <p>Individual race as per Sunday Nippers</p> <p>Run > Wade/Porpoise > Run</p>
Wade Relay	U8	<p>Fun event</p> <p>4 waders per team</p> <p>Each team member wades in succession around the course and tags the next competitor</p> <p>See Appendix <i>Figure 2</i></p> <p>Run > Wade/Porpoise > Run > Tag next</p>
Board Race	U9 - U14	<p>Try and better your previous result</p> <p>As per Sunday Nippers</p> <p>See Appendix <i>Figure 3</i></p>
Board Relay	U9 - U14	<p>Fun event</p> <p>3 board paddlers per team</p> <p>See Appendix <i>Figure 4</i></p> <p>Each team member paddles in succession around the course then runs to tag the next competitor</p>
Surf Race (Swim)	U9 - U14	<p>Try and better your previous result</p> <p>Individual race as per Sunday Nippers</p> <p>Swim around string of 9 buoys</p> <p>See Appendix <i>Figure 5</i></p>
Surf Relay (Swim)	U9 - U14	<p>Better your teams previous result</p> <p>4 swimmers per team</p> <p>All members of each Surf team swim concurrently</p> <p>See Appendix <i>Figure 5</i></p> <p>Points are allotted 1 for 1st, 2 for 2nd, 3 for 3rd etc. The team scoring the least total number of points shall be declared the winner.</p>
Cameron	U11 - U14	<p>Fun event</p> <p>Optional mixed gender teams</p> <p>4 Competitors - 1 Swimmer - 1 Paddler - 2 Runners</p> <p>Only run at State & Branch Championships</p> <p>See Appendix <i>Figure 6</i></p> <p>Normally > Swim around the course then tag the runner > Run to tag the paddler > Paddler around the course then tag the runner > Run to finish line</p>



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Brace Relay	U11 - U14	Fun event Optional mixed gender teams 1 Swimmer - 1 Paddler Run at non Championship carnivals See Appendix <i>Figure 7</i> Normally > Swim around the course then run to tag the paddler> Paddle around the course then run to finish
Iron Person	U11 - U14	Premier event Individual race as per Sunday Nippers See Appendix <i>Figure 8</i> Normally > Swim around the course > Run > Paddle around the course > Run to finish line Favours strong endurance swimmer
Board Rescue	U11 - U14	This is what surf life saving is all about, rescuing with team work. Fun event. 2 Competitors - 1 Swimmer - 1 Paddler See Appendix <i>Figure 9</i> Swimmer swims to a can and puts up hand Paddler paddles to rescue the swimmer and both return to the beach on the one board Both run over the finish line holding the board. Favours sprint swimmer and sprint board paddler. Normally training partners compete together.
All Age Relay	U9 - U14	Premier event 1 Board paddler from each age group Generally 1 team allowed per club See Appendix <i>Figure 4</i> Each team member paddles in succession around the course and tags the next competitor Normally > Paddle around the course > Run > Tag the next paddler

Carnival Teams

See Team App Downloads for the "*Nippers Team Selection Policies*"

Club composite teams are permissible at non Championship carnivals i.e. you can form a relay event with competitors from another club however the team will not collect any points, medals, or place.



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How do I enter and what does it cost?

- Team App Calendar has listed many of the carnivals you can enter this season.
- On the calendar carnivals are identified as "OPEN TO ENTER" two weeks before the event and remain open for one week. To enter the carnival select the "Survey Monkey" entry link questionnaire.
- For NCCSLSC endorsed carnivals, entry fees are paid by the club. Where it is "User Pays" please pay first.
- Once entered you are expected to participate otherwise teams are let down and the Club is out of pocket. On the day if you feel conditions are not right for your confidence levels, still come along and cheer on your team mates or participate in beach events only.
- The Calendar will inform you of the Age groups that can enter. Note NSW State Championships do not include U8's.
- Carnival registrations are processed by **Helen Crews**

How does it work on the day?

The latest carnival program information is available: -

- On the Sydney Northern Beaches web site. <http://www.surflifesaving.net.au/> > Surf Sports > Surf Sports News. The program indicates events, but no times are allocated for events as these may change due to surf/weather conditions. Events usually run in the order listed on the program.
- The Wednesday prior to the carnival a Teams List is published on Team App Downloads. This will also contain the carnival program however make sure you see the latest version as indicated above as information does change.

The carnival program lets you know the time you need to arrive. On arrival register your child and get the ankle band which shows the age group they are in. They will have been pre-registered by the club, so it's just a matter of ticking them off and getting the ankle band.

There are different areas designated for different age groups, so you will need to find your designated area. The club sets up tents as close as possible to each area.

Competitors are "marshalled" prior to their event which means go and line up, get sorted into heats and wait for your event.

Carnivals are generally not cancelled prior to the event. If dangerous surf conditions prevail assessment is made on the day, often hour by hour which can be frustrating. Additionally some age groups and events might run while others are cancelled. Listen only to announcements and not the rumour mill. Carnivals are not run during lightning but might resume post a short squall.

Training

A comprehensive training program is available and encouraged for all carnival participants. This assists the teams in developing the surf and event skills, improving their general fitness and getting to know their team mates and coaches. Details of the training program are available on Team App Downloads "Water Training Information". Training times/dates are organic so keep abreast of any changes by reviewing Team App calendar prior to turning up at the beach.



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Board hire

If you are participating in carnivals and the club training, you will be able to hire a nipper board the season through the club for a fee. The boards can be stored in the nipper board room (behind the canteen), or taken home. **Andrew Stuart** is the Board Steward who looks after all Nipper board loans. Under 9 and 10s use a foam board, and ages 11 and up progress to a fibreglass board.

Race Preparation

- See appendix "General"
- For Water events
 - Observe and discuss the prior races to note the best alleys "out" and "in" through the surf.
 - Have obvious static reference points on the beach (tent, tree, etc) to paddle/swim back to.
- For Beach events reinforce race rules and technique.

VOLUNTEERING

A tremendous volume of work that goes into organising a carnival program including registering teams, organising equipment & teams, setting up tents, water safety, carnival officials, coaching etc. Consequently there are many opportunities for you to get involved and help. You don't need to be athletic, or a surf expert to get involved – there are many ways you can help so please ask one of the club organisers how you can assist.

Assistance

- Official
 - At each SNB carnival NCCSLSC is required to provide 8 Level 1 and 4 "Other Level" officials.
 - At carnivals you can choose the location you will officiate in and be close to the action.
 - To get your Surf Official Level 1 certificate contact **Sue Milner**.
- Water Safety
 - At each SNB carnivals NCCSLSC is required to provide 10 water safety personnel.
 - Current Bronze Medallion Cert II required. Two courses are usually run per season to get this award.
 - **David Harvey** and **Chris Sparks** look after Water safety.
- Carnival Age Manager for Boys and Girls
 - Manage Nippers on the day ensuring they marshal into events and record results.
- Beach Setup
 - Every SNB carnival assistants are required
 - TM's Tent managers to set up Tents in each Age Group
 - Post carnival assistance is needed to unpack the trailer at the club house.
- Work Parties
 - Once per season we are to provide a work party of 4 volunteers for a nominated SNB carnival. The Work Party assists in setting up the beach and then after the carnival to assist in taking down carnival lines, fences, and equipment. No experience or award required. Clubs that do not adhere to providing a work party may find themselves penalized.



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JUNIOR ACTIVITIES COMPETITION SKILLS EVALUATION

All Competitors can participate provided they have completed the "Preliminary Evaluation" and "Competition Evaluation". If you are unsure contact Rohan Connors.

- *Preliminary Evaluation* is either held in a pool prior to the start of Nippers (an email is sent out with information) or during the first three Sunday Nippers in the rock pool.
- "*Competition Evaluation*" is by swimming a competition course for their age group on Nipper Sundays.

For proficiency evaluations see Team App Downloads > "SLSA - Preliminary and Competition Evaluations"

CLUB CHAMPIONSHIPS

There are **2** club championships throughout the season. These are run like mini carnivals for the club and the results are used to select carnival teams as well as club champion awards at the end of the season.

TIPS FOR CARNIVAL VIRGINS

- Get there early as parking is sometimes challenging.
- Be prepared to wait around and ask lots of questions. Scheduling of events is often fluid depending on surf conditions.
- When kids are being marshalled (i.e. organised for races), they spend a lot of time sitting in the direct sun, often with only their nipper cap on and no sunhat. Recommended for event marshalling is a warm up or shirt and broad brim hat. As well as plenty of sunscreen Zinc cream is also practical as they spend lots of time in the water.
- Canteens generally offer the usual bacon/egg/sausage rolls. Small healthy snack foods to eat between races are handy.
- Lots of water.
- Bring something warm and wind proof for young competitors. Even on hot days it gets cold if they have been in the water for some time.
- Bring a chair – there can be a lot of sitting around.
- Don't forget your camera for those magic moments – an easy one to forget when you're trying to get out of the door at 7am on a Sunday!



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STATE CARNIVAL (NSW Age Championships Carnival)

- State carnival is unique in many ways.
 - The carnival is held over three days so accommodation is essential. Don't miss out and book early.
 - You need to indicate your intention to go to State prior to Christmas in order for the Branch/State kit to be ordered.
 - Carnivals can be held in any location along the NSW coast.
 - The level of competition at State is strong. Participation, friendships, and beating your personal best should be goals.
 - As of 2014-2015 no U8 events
 - Board Rescue and Iron Man require Branch Level qualification.

COACHES

Head of Junior Coaching - **Michael Clues**

Other Coaches – **Tony Williams, Brent Kelly, Rob Lovely, Sam Williams, Blake Lovely, Michelle Oakes, Todd Sample, Andrew Stuart**

Beach Sprint Coach - **Renee Nero**

Have fun and good luck to all!



APPENDIX

STARTERS INSTRUCTIONS

- For Water events pay particular attention to starters instructions: -
 - Direction around the course. Some courses are reversed if conditions dictate.
 - Which buoys that may be cut such in certain events.
 - The apex buoy.
- Take careful note of the starters sequence. The "Surf Sports Manual" states "ready" followed by a signal or command that indicates "set" and then followed by a signal or command that indicates "a start".
Each starter develops their own creative sequence such as "Competitors Ready" > "Face the water" > "Whistle/Gun" so listen carefully to the pre-race instructions.

GENERAL

- No flag or pole can be held onto.
- You must cross all lines standing upright. If you dive over a line you will be DQ'd (Disqualified)
- For water events
 - Once over the finish line IMMEDIATELY stand behind the competitor in front of you to maintain your position. If you roam around other competitors will get in front of you. Judges may not remember your face or location and dispute resolution favours where you are standing in the line.
 - Tagging is defined as the incoming competitor, after completing the course, using either hand visibly to touch the ongoing or outgoing competitor either on the hand or any other part of the body. To eliminate issues use your hand hand to tag the back of the next competitor.
- A competitor/team shall not be disqualified if a cap is inadvertently displaced or lost after the start of an event.
- Any members of a team may be substituted into or out of any rounds of that event provided they have not competed in a different team for that same event. i.e. you can have 6 members sub in and out for a 4 member teams event. This is most effective in U8 relays to give everyone a turn.
- The finish is judged on the chest of the competitor when crossing the finish line while on their feet. Falling or diving across the line is not deemed to have finished the event.
- You can be disqualified for jostling or obstructing another competitor or handler so as to impede their progress. Keep a straight line when running on the sand.

VARIATIONS OF FLAGS, BUOYS, AND DISTANCES

FIGURES 1 to 9 are only a representation of how events run. There are differences to the Australia SLS Surf Sports Manual.

- Distances vary due to: -
 - Conditions
 - Multiple use of the course for a variety of events or different age groups.
- Buoys vary in colour and competitors need to pay particular attention to the starters instructions.
- Flags may be given different colours to distinguish them from an adjacent course.

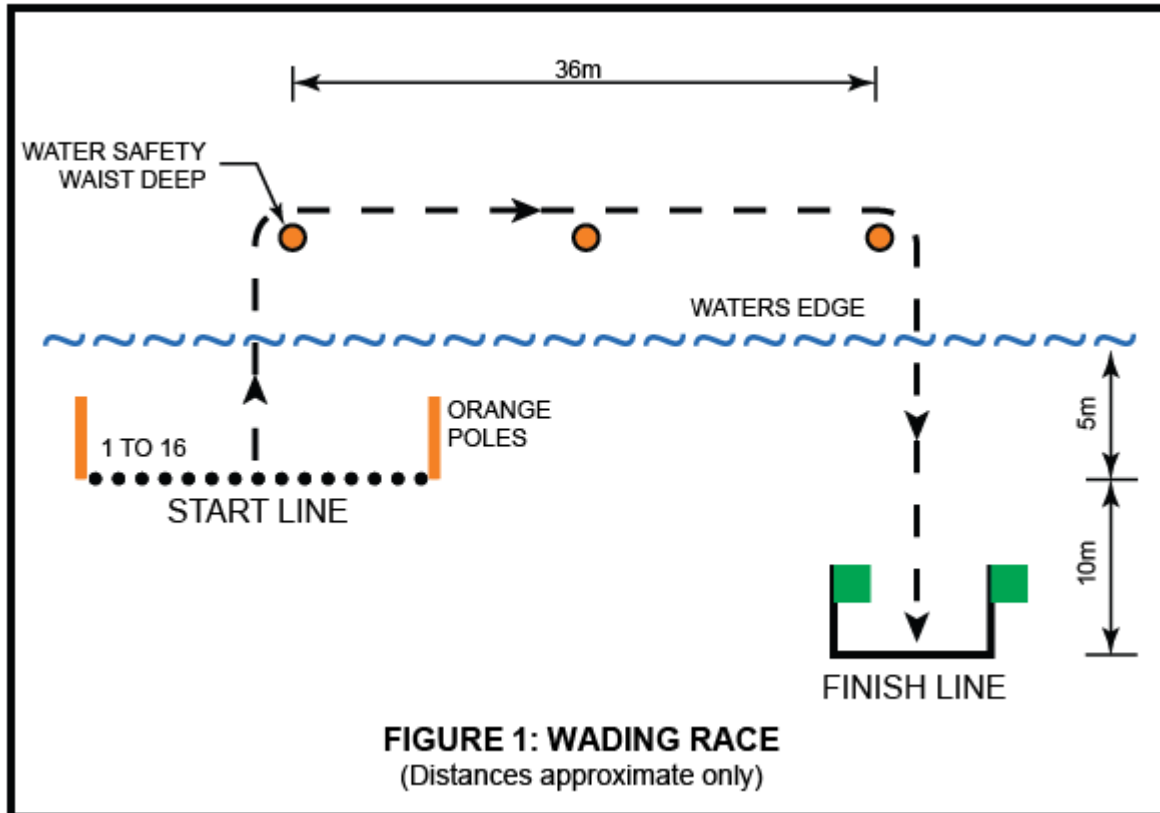
WADING RACE

Individual race as per Sunday Nippers

Run > Wade/Porpoise > Run

Porpoise when water is too deep to wade.

To make use of shallower water you can weave in and out between Water Safety. You MUST however always pass to the seaward side of all three water safety.



WADING RELAY

4 waders per team

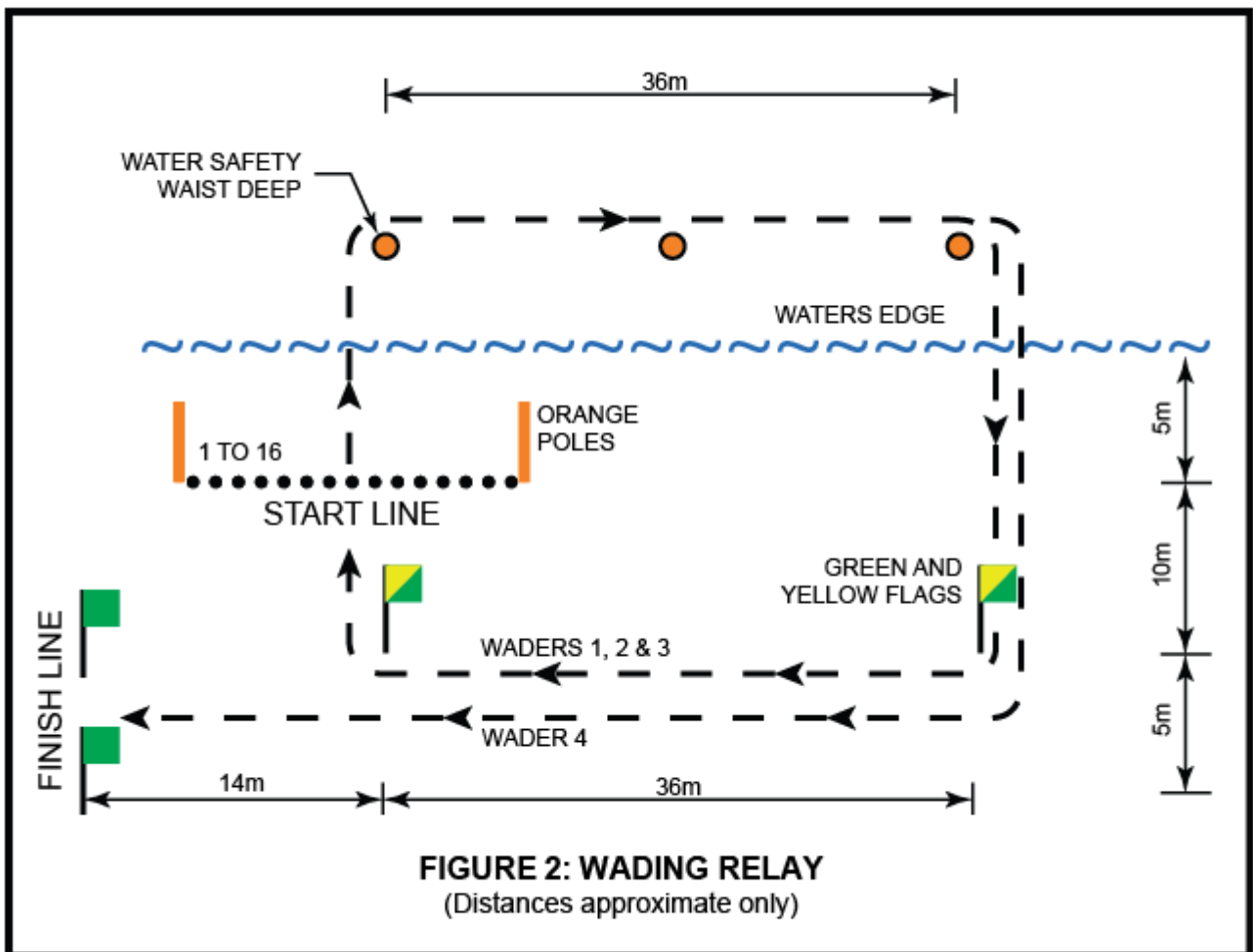
Each team member wades in succession around the course and tags the next competitor

Run > Wade/Porpoise > Run > Tag next

Porpoise when water is too deep to wade.

To make use of shallower water you can weave in and out between Water Safety. You MUST however always pass to the seaward side of all three water safety.

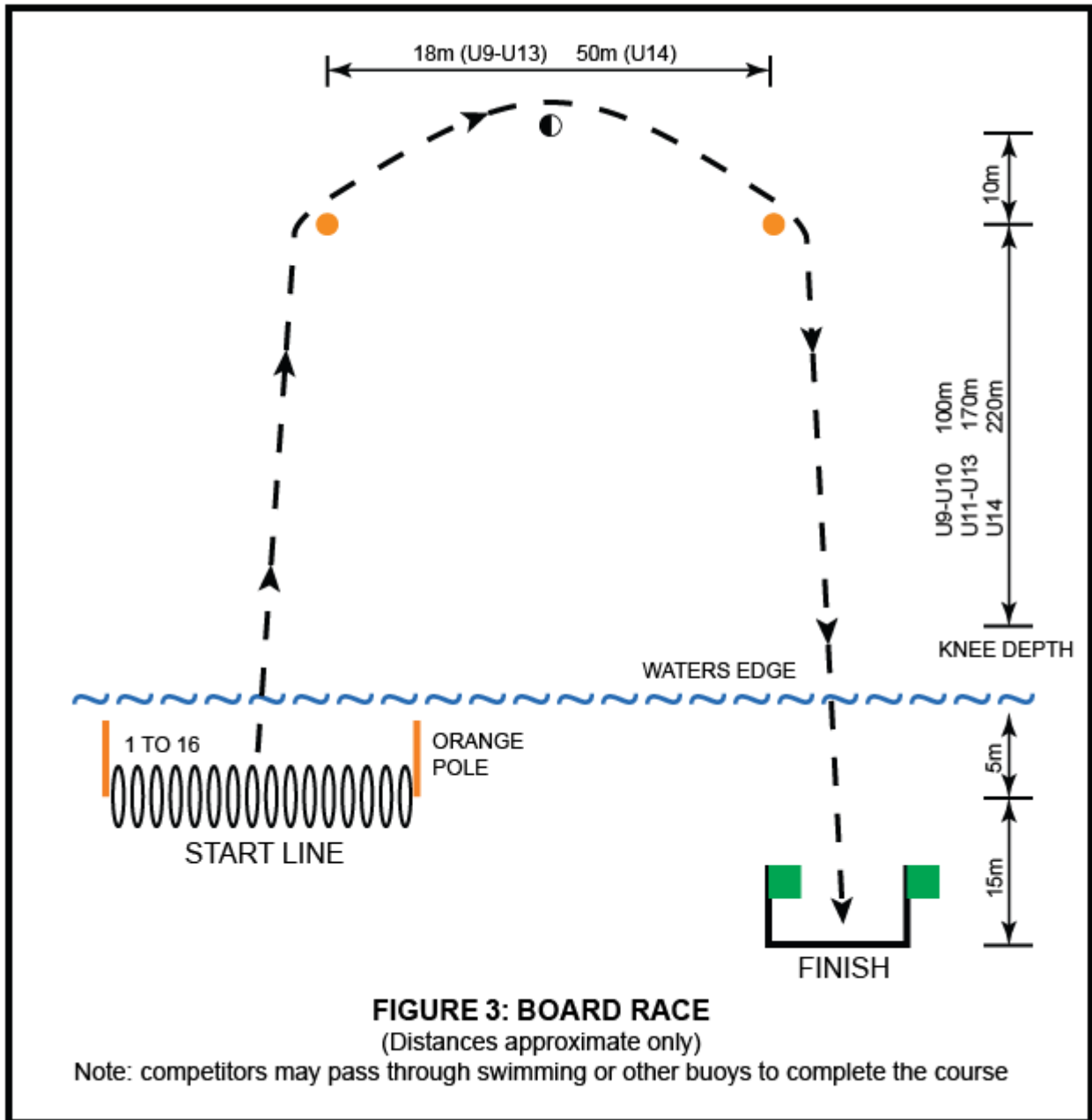
To avoid disputes Wader 1, 2, 3 to tag the back of the next Wader.



BOARD RACE

Listen to the starters instructions especially in regards which buoy is the apex. There can be multiple apex buoys.

The board must be carried over the finish line.



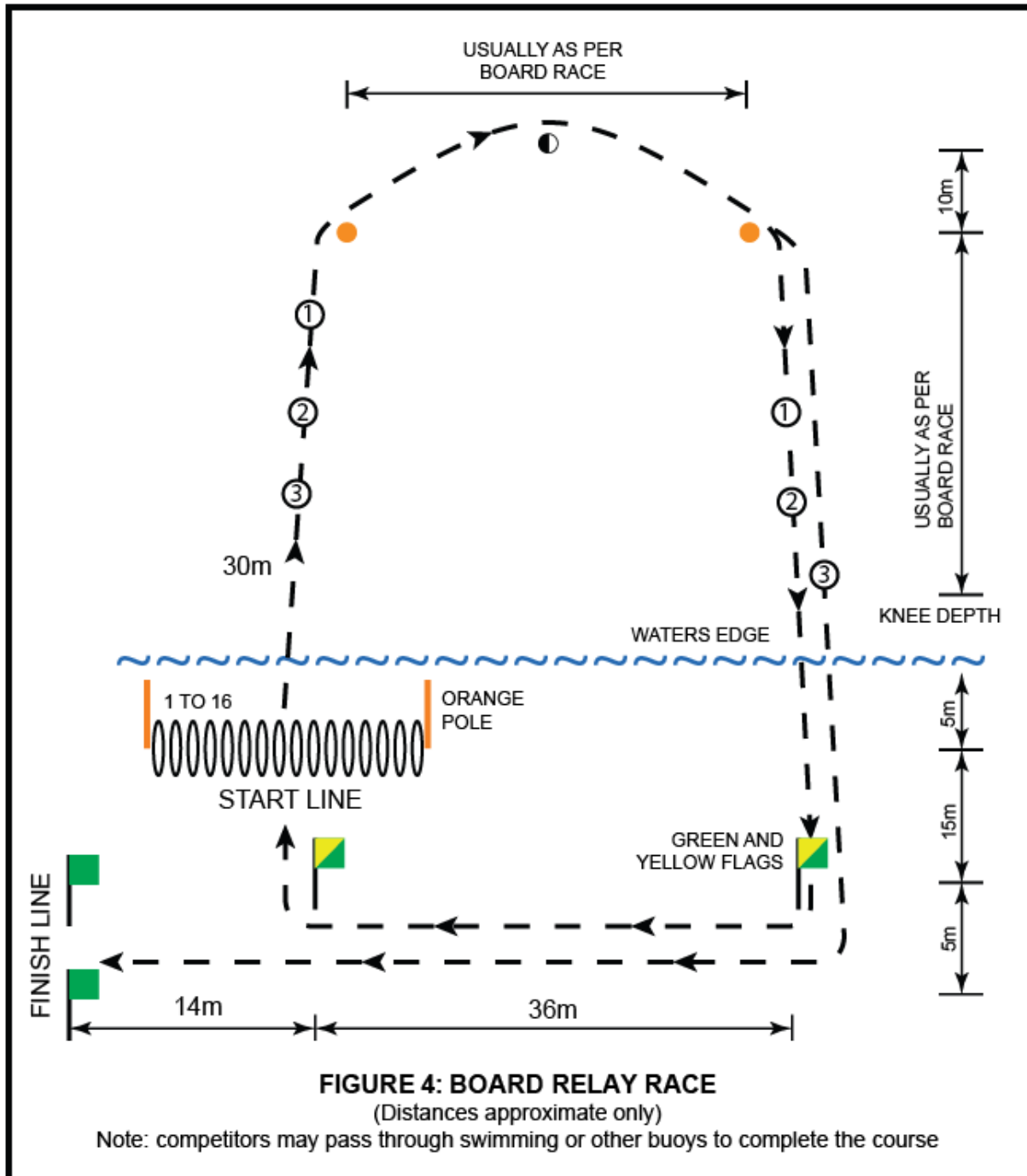
BOARD RELAY RACE

3 board paddlers per team

Each team member paddles in succession around the course then runs to tag the next competitor

Competitor 3 handles (retrieves the board) for competitor 1. Competitor 1 will handle then for competitors 2 and 3.

To avoid disputes Paddler 1 and 2 to tag the back of the next Paddler.



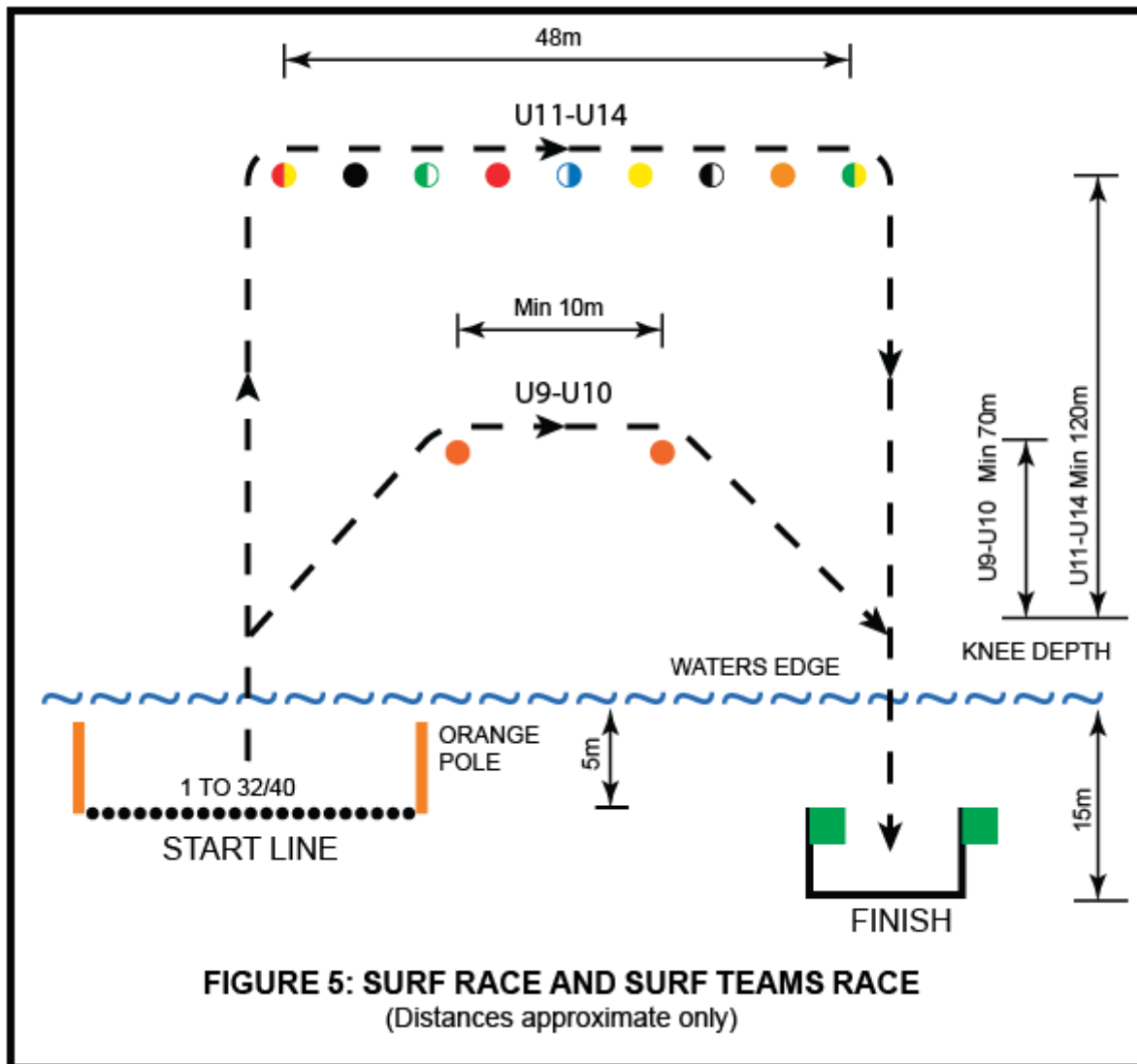
SURF RACE AND SURF TEAMS RACE

Surf Teams

4 swimmers per team

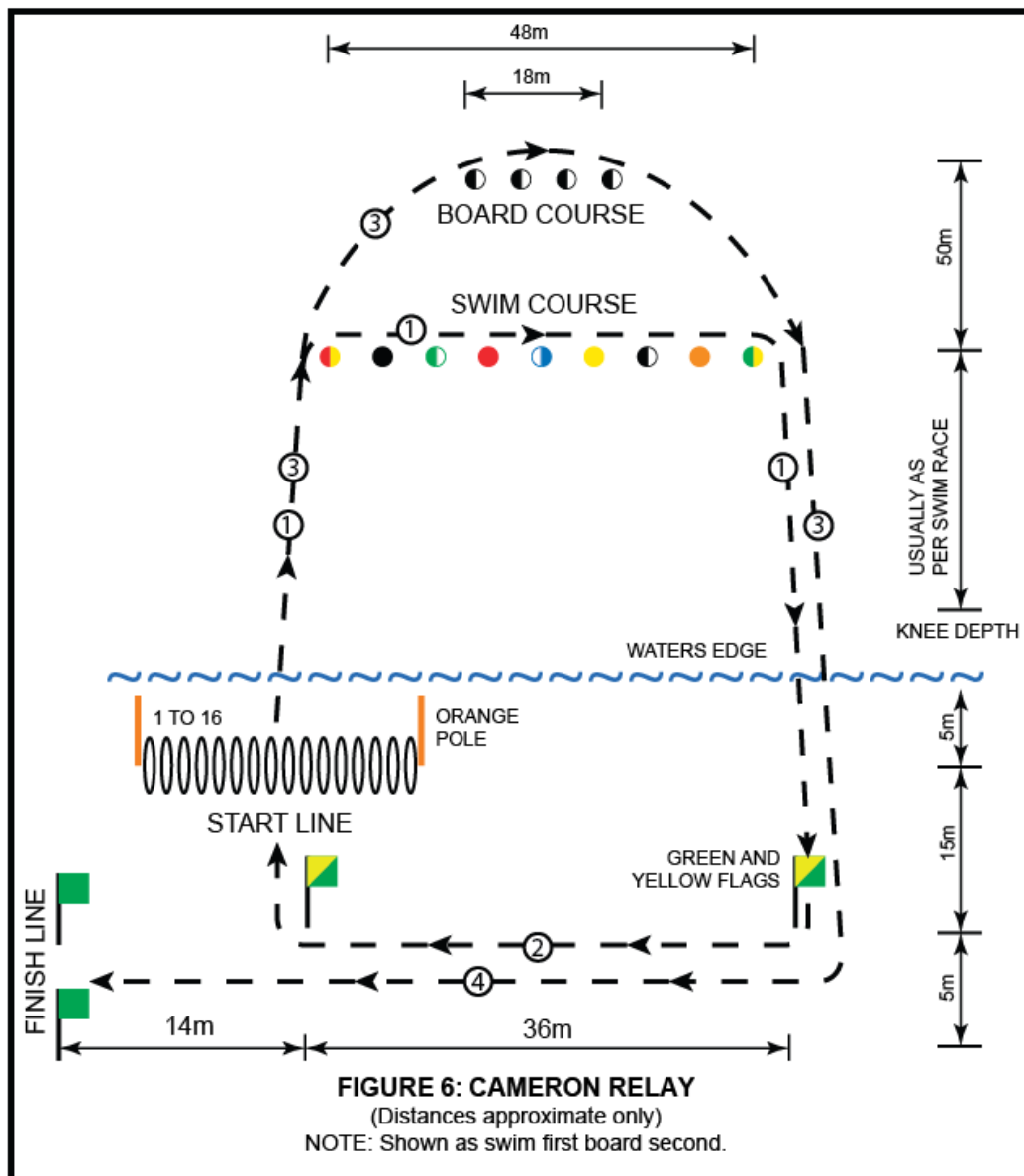
All members of each Surf team swim concurrently in the one heat/final

Points are allotted 1 for 1st, 2 for 2nd, 3 for 3rd etc. The team scoring the least total number of points shall be declared the winner.



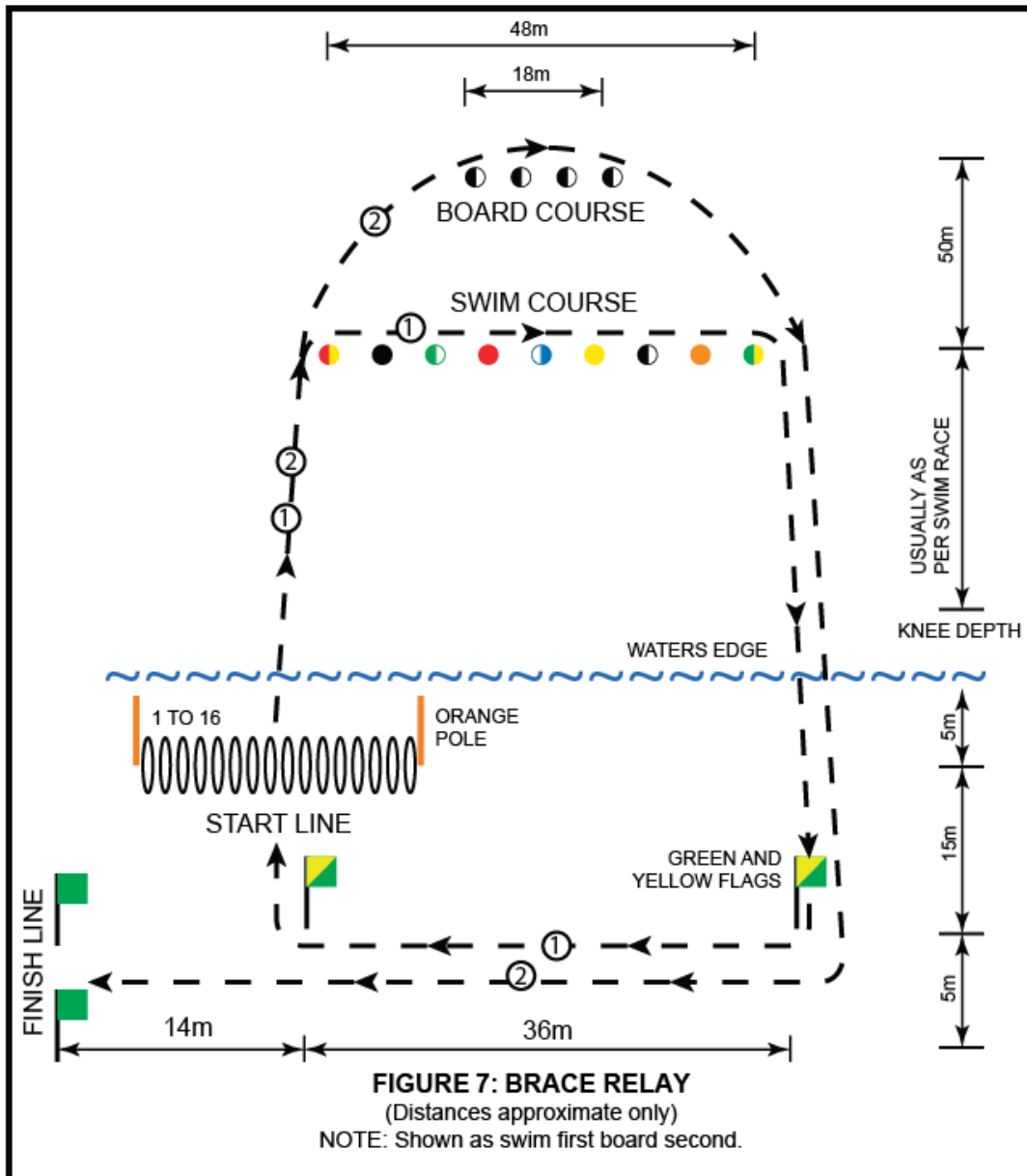
CAMERON RELAY

- Optional mixed gender teams
- 4 Competitors - 1 Swimmer - 1 Paddler - 2 Runners
- Run at State & Branch Championships
- Normally > Swim around the course then tag the runner > Run to tag the paddler > Paddler around the course then tag the runner > Run to finish line
- Important to have a team meeting prior to the race to get familiar with your team.
- The runner should only enter the water up to where they can wade effectively.
- The WATER competitor must use their HAND to VISIBLY tag any part of the body of the runner.
- To avoid disputes Runner 2 to tag the back of the Paddler.



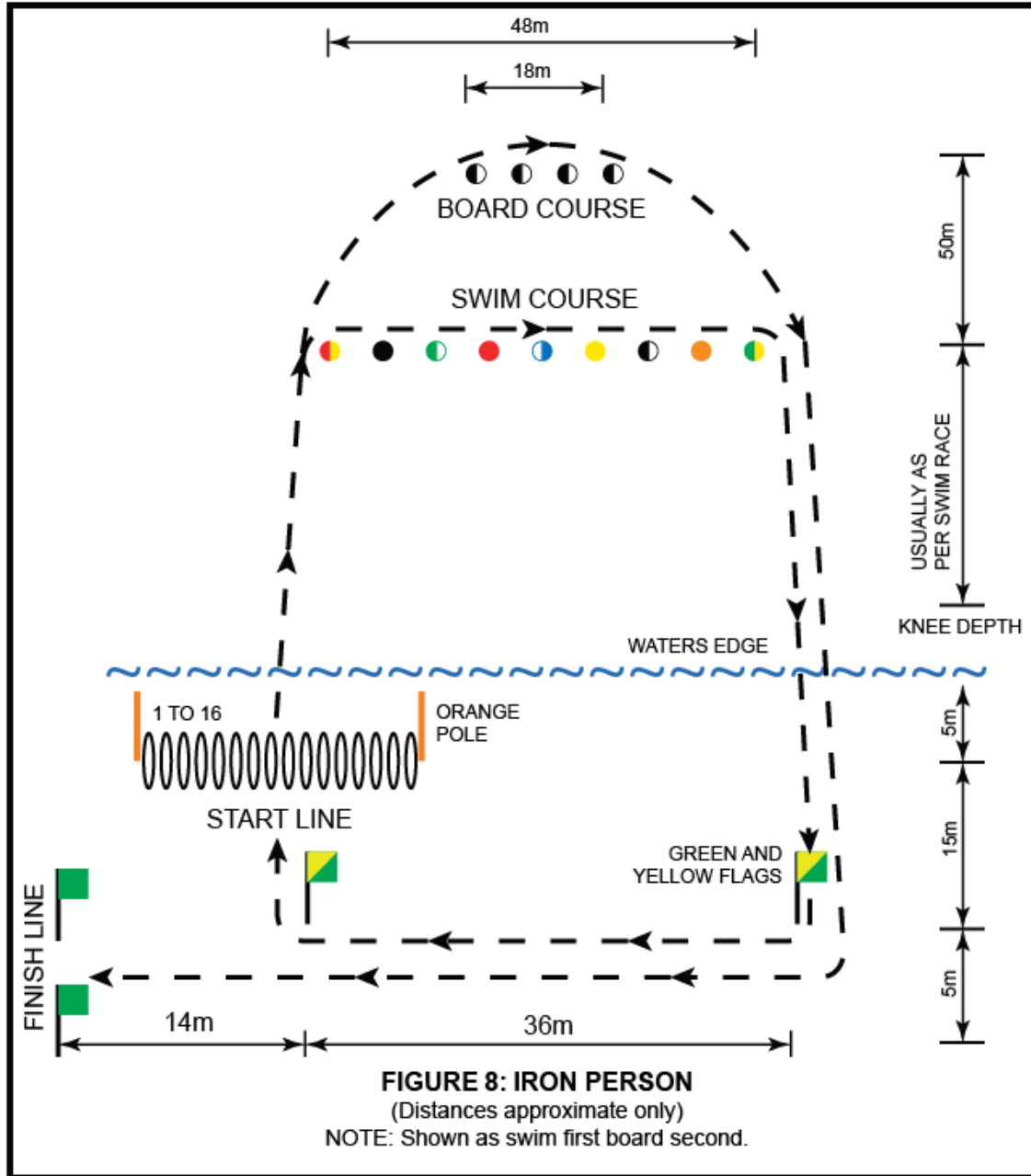
BRACE RELAY

- Optional mixed gender teams
- 1 Swimmer - 1 Paddler
- Run at non Championship carnivals
- Normally > Swim around the course then run to tag the paddler > Paddle around the course then run to finish
- To avoid disputes the Swimmer to tag the back of the Paddler.



IRON PERSON

- Normally > Swim around the course > Run > Paddle around the course > Run to finish line
- Favours strong endurance swimmer



BOARD RESCUE

- Swimmer swims to a can and raises hand > Paddler paddles to rescue the swimmer and both return to the beach on the one board > Both run over the finish line holding the board.
- Favours sprint swimmer and sprint board paddler.
- Normally training partners compete together.
- Both competitors must cross the finish line holding the board

