

# SLS CORNWALL STILLWATER NIPPERS 2025

## Information Pack



### VENUE:

Penzance Leisure Centre  
St Clare  
PENZANCE  
Cornwall  
TR18 3QW



### ENTRY:

Like last year this year we would like the entries done by the team manager and not by individuals. This is to help with the administration of the event. Entries are through the online system on the SLS Cornwall website: [Cornwall SLS - Events \(clubmembership.cloud\)](https://www.sls-cornwall.org.uk/clubmembership/cloud)

**Entry fee £15 per Competitor.**

### Timetable for the weekend:

We do not have access to the pool until 10 o'clock on both days as there are swimming lessons before. It is pointless to arrive at the pool early as you will not be allowed access to the pool until 10 o'clock.

**Sadly due to space constraints and the size of this Event (it's almost as big as the SLSGB Nationals!) there will be no parent attendance, so Coaches, Club Chaperones, and Poolside Helpers only.**

### WARM UP:

There will be a very short warmup at the start of each session, and it will be prioritised for the first age group to swim first. Once they have had their warmup they will have to go straight to marshalling.

**Saturday 8th March 2025 10:00 – 14:00 8/9/10yrs Girls**

Order of age to race – 10yrs – 9yrs – 8yrs

**Saturday 8th March 2025 14:30 – 18:00 8/9/10yrs Boys**

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Order of age to race – 10yrs – 9yrs – 8yrs

### **Sunday 9<sup>th</sup> March 2025 10:00 – 14:00 11/12/13yrs Girls**

Order of age to race – 13yrs – 12yrs – 11yrs

### **Sunday 9<sup>th</sup> March 2025 14:30 – 18:00 11/12/13yrs Boys**

Order of age to race – 13yrs – 12yrs – 11yrs

#### **PARKING:**

There is limited parking at the leisure Centre with only c.53 spaces, so please drop and park as the spaces will become available when the session before had cleared.

To help with parking we have arranged for you to also park in the Penwith College car park. This is just across the road and open from 9.30am and closes at 7.30pm. All parking is Free of Charge. If any parking spaces are coned off please do not remove and park in that space as they will have been reserved for key officials.

#### **FACILITIES:**

There is a café on site open which is open to all. (They only have limited mini oven/grill to cook and can only do a couple of items at a time, so service may be Slow).

Saturday they will be offering a small selection of hot food:

- Drinks
- Cheese and Ham toasties
- Bacon Baps
- Cheese and Mushroom Toasties
- Mini Pizzas

Sunday (They will only have one member of staff and options limited)

- Drinks and Snacks

#### **HELPERS:**

As ever helpers will be required to assist the Event throughout the weekend.

Each competing club **must** supply **1 nr. timekeeper** (they must bring Stopwatches, pens/pencils, clipboards and wear a white top as a minimum please). Other events helpers also need to be provided to help with marshalling the children for events, to move equipment as determined by the referee, for the duration of the competition.

Each competing club **must also provide 2 nr. officials/helpers** (one may have to spend a considerable amount of time in the water to help reset the manikin events).

If there are insufficient event helpers or timekeepers, the organisers may have no option but to cancel one or more events on the day.

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### **CHILD PROTECTION:**

We strongly advise that all team managers, officials, and event helpers involved in the event, are named on the event helpers list, and hold a current DBS check with SLSGB.

By entering the competition, you agree that SLS Cornwall events are held in public places and by participating in these championships, competitors may be photographed, and these may be published.

**If you do not give consent to have photographs taken and possibly used for promotional purposes which may include media, social media, and website images, at SLS Cornwall events, it is your responsibility to register with the Event Manager at the beginning of the event.**

## 2025 CORNISH NIPPER FROSTBITE – GENERAL RULES



- The competition is for Nipper members of Surf Life Saving Cornwall and all competitors must be paid up members of their club and the SLSGB.
- Nippers can only compete in their own age group in all events. They must have the age group and competitor numbers marked on their hands.
- Nippers must wear uniform club/pool hats whilst competing.
- All competing Clubs must be affiliated to SLS Cornwall
- Team numbers as on programme.

The SLSGB approved Nipper boards (Both 1.6m (Swell Blue Board) and 2m (large one we use in the sea) can be used at this event. Boards will not be pooled as each club needs to bring enough boards which will cater for their competitors, clearly mark each board with club name. Clubs also need to bring **2 nr. nipper manikin, stopwatches and fins**, all clearly marked. Club handlers will be required.

- All 8-10yrs competitors will start in the water as we use the electronic timing.
- All 11-12yrs can start by diving off the blocks, deck or in the water.
- The Event Referee has the right to alter the programme in any way to ensure that the competition is completed. **Due to time restrictions, we will not be able to run over and if necessary, events will be cut from the programme.**
- All competitors **must be able to swim 50m**. Please give a relevant time swim time for 50m (Short course) so that heats can be seeded for electronic timing. Timings should not be made up!

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### EVENTS TO BE CONTESTED:

#### **8<sup>th</sup> March 2025 10:30 – 14:00 8/9/10yrs Girls**

Flipper Race  
Rescue Tube Race with fins  
Manikin Carry  
Medley Relay  
Board Race  
Board Rescue  
Board Relay

#### **8<sup>th</sup> March 2025 14:30 – 18:00 8/9/10yrs Boys**

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### Flipper Race:

*8/9/10yr old – 25m (one length)*

*11/12/13yr old – 50m (two lengths)*

- I. The start will be executed from a dive.
- II. Only normal swim fins are permitted to be used, not the fibreglass fins.
- III. The Nipper swims the required distance.
- IV. This can be under or on top of the water at the competitor's discretion, but they must clearly touch the turn end of the pool.
- V. The finish is when the nipper touches the finish end of the pool.

### Rescue Tube Race with fins (Pair event):

*All ages 50m (two lengths)*

- i. The patient will execute the start with a push off from the wall.
- ii. The patient swims 25m to the end of the pool, touches the wall and signals with a 'hand up' to the rescuer.
- iii. They must remain in contact with the wall.
- iv. The rescuer will start in the water with a rescue tube in contact with the side of the pool (fins may be worn). On the patient's 'hand up' signal they must swim the required distance (25m) to the patient towing the rescue tube with the line fully extended behind them.
- v. Once the rescuer has also touched the wall, the patient picks up the tube by holding onto the main body of the tube with two hands. They must grip the main yellow body of the rescue tube and not the rope. The patient may reposition his or her hands on the tube during the tow without disqualification.
- vi. The pickup must be completed within the 10m line.
- vii. The rescuer then tows the patient to the finish end of the pool.
- viii. The finish will be when the rescuer touches the finish end of the pool with the patient still holding the rescue tube with two hands.
- ix. The patient is allowed to assist the rescuer by kicking their legs but not by using the arms.

### Manikin Carry:

*All ages 25m*

*8/9/10yr old – Empty Manikin*

*11/12/13yr old – Full Manikin*

- i. The manikin must be carried face up and not pushed. Pushing means the manikin's head is held forward of the competitor's head. The hold should not be around the throat, mouth, nose, or eyes. A front crawl stroke is not permitted.



- ii. Throughout the race competitors must demonstrate every intention of maintaining the manikin's mouth and nose above the surface.
- iii. Competitors shall not be disqualified if water does cover the manikin's mouth and nose, so long as the manikin is not below the competitor's body.
- iv. 11/12yrs a front crawl stroke is not permitted.
- v. 13yrs are permitted to carry the manikin freestyle (the crawl stroke is permitted) if desired.
- vi. The finish will be when the end of the pool is touched with the manikin still held by the competitor.

### **Medley Relay 4x25m (Team event):**

*All ages*

- I. There are four Nippers in a team.
- II. The first Nipper dives in and swims to the turn end of the pool and must touch the end of the pool.
- III. Upon the touch the second Nipper, who has fins on, dives in and swims either under or on top of the water and completes the length by touching the finish end of the pool.
- IV. Upon the touch the third Nipper, waiting in the water with a Rescue Tube, swims to the turn end and touches the end of the pool.
- V. Upon the touch, the third Nipper then transfers the Rescue Tube to the fourth Nipper who has fins on and is waiting in the water holding on to the end of the pool.
- VI. The third Nipper now acts as patient and picks up the tube by holding onto the main body of the tube with two hands. They must grip the main body of the rescue tube and not the rope or clip.
- VII. The pickup must be completed within the 5-metre line.
- VIII. The fourth Nipper tows the third Nipper back to the finish end.
- IX. The third Nipper (Patient) is allowed to assist the fourth Nipper (Rescuer) by kicking their legs but not by using the arms.
- X. The finish will be when the fourth Nipper touches the finish end of the pool with the third Nipper still holding the rescue tube with two hands.

### **Board Race:**

*8/9/10yr old – 25m (one length)*

*11/12/13yr old – 50m (two lengths)*

- I. The start will be in the water with one hand on the board and one hand holding onto the side of the pool.

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- II. On the start signal the Nipper will get onto the board and paddle the required distance. The competitor is only permitted to paddle in the prone position for safety.
- III. The finish is when either the nose of the board or competitors hand touches the end of the pool. The competitor must be in contact with the board.
- IV. (50m race) At the turn, the end of the pool must be touched by either the board, or part of the body.

### **Board Rescue (Pair event):**

*All ages - 50m (two lengths)*

- I. The Nipper, who is Patient, will await the rescuer holding onto the side of the pool. II. All Rescuers to start in the water on the given signal to start.
- III. The Patient must maintain contact with the edge of the pool until the Rescuer reaches them. The Rescuer is in the water with one hand in contact with the board and one on the side of the pool.
- IV. Upon this signal the Rescuer paddles to the Patient. The Rescuer is not obliged to touch the turn edge of the pool.
- V. He/she picks up the Patient and in any position on the board, they paddle back to the finish.
- VI. The pickup must be completed within the 10m line and both competitors must be on the board.
- VII. Patient and Rescuer must be on the board throughout the paddle.
- VIII. The finish is when the board or competitor with both Patient and Rescuer on the board throughout touches the edge of the pool.

### **Board Relay 4x25m (Team event)**

*All ages*

- I. There are four people in a team.
- II. The start will be in the water with one hand on the board and one hand holding onto the side of the pool.
- III. On the start signal the First Paddler will mount the board and paddle the required distance. (The competitor is only permitted to paddle in the prone position for safety).
- IV. The Second Paddler is in the water with one hand in contact with the side of the pool.
- V. The Second Paddler must maintain contact with the edge of the pool until the First Paddler reaches them. The First Paddler is not obliged to touch the turn edge of the pool, as the Second Paddler can touch the board/paddler but must still have one hand touching the wall.
- VI. First Paddler dismounts the board, and the Second Paddler mounts the board and paddle the required distance. The returning paddler may help to turn the board but must not aid the outgoing paddler to mount the board or push them forward. The fin of the board should not leave the water when turning.



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- VII. The changeover must be completed within the 10m line.
- VIII. The Third Paddler is in the water with one hand in contact with the side of the pool.
- IX. The Third Paddler must maintain contact with the edge of the pool until the Second Paddler reaches them. The Second Paddler is not obliged to touch the turn edge of the pool, as the Third Paddler can touch the board / paddler but must still have one hand touching the wall.
- X. Second Paddler dismounts the board, and the Third Paddler mounts the board and paddle the required distance. The retuning paddler may help to turn the board but must not aid the outgoing paddler to mount the board or push them forward. The fin of the board should not leave the water when turning.
- XI. The changeover must be completed within the 10m line.
- XII. The Fourth Paddler is in the water with one hand in contact with the side of the pool.
- XIII. The Fourth Paddler must maintain contact with the edge of the pool until the Third Paddler reaches them. The Third Paddler is not obliged to touch the turn edge of the pool, as the Fourth Paddler can touch the board/paddler but must still have one hand touching the wall.
- XIV. Third Paddler dismounts the board, and the Fourth Paddler mounts the board and paddle the required distance. The retuning paddler may help to turn the board but must not aid the outgoing paddler to mount the board or push them forward. The fin of the board should not leave the water when turning.
- XV. The changeover must be completed within the 10m line.
- XVI. The finish is when the board, with the paddler in contact with it, touches the edge of the pool

### **Manikin Relay 4x12.5m (team event):**

*11/12/13yrs old*

- I. At the start the Nipper carries the manikin using the rules for the manikin carry.
- II. They transfer the manikin to Nipper no2 at 12.5m (halfway) A front crawl stroke is not permitted.
- III. The Nipper must not be pushed forward to the awaiting Nipper.
- IV. Nipper no3 holds onto the side of the pool until the second Nipper touches the end and then transfers the hold.
- V. Nipper no3 transfers at the 12.5m (halfway) mark to the last Nipper who carries the manikin and the race stops when Nipper no 4 touches the end.

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## SLSGB Equipment Standards

Boards:

### 1.6m Nipper Board Specification

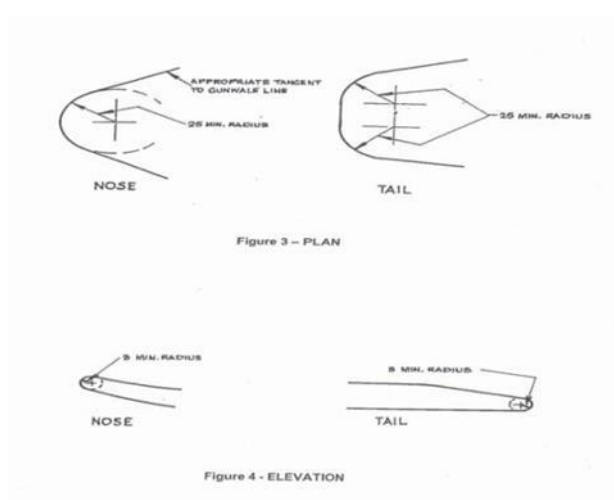
- 🏄 Length: 165 cm
- 🏄 Width: 52 cm
- 🏄 Material: Polyethylene covered soft foam construction



### 2m Nipper Board Specification

- 🏄 Maximum length – 2.0m
- 🏄 Minimum nose radii – nose and tail in plan view (see below) ~ 25mm
- 🏄 Minimum radii – leading edge nose and trailing edge tail in elevation view (see below) ~ 3mm
- 🏄 Minimum structural weight – not specified.
- 🏄 Minimum width – not specified.
- 🏄 Only one fin is permitted. Fin must have minimum profile radius of 25mm at any point, and minimum leading edge radius of 3mm and minimum trailing edge radius of 1.5mm. The fin is to be of flexible rubber/plastic material or moulded foam.

NOTE: Leading edge extends from underside of the board to the lowest point of the fin.



- 🏄 The board must be constructed of foam with solid core construction. No solid reinforcing stringers (e.g. fibreglass, wood, etc) are permitted. No hard plastic/fibreglass type coverings over the foam is permitted (i.e. the surface of the craft must be flexible).
- 🏄 N.B: Plastic/rubber handles and plug attachments are permitted.

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- Boards constructed of polyethylene or similar flexible material may incorporate internal stringers to provide rigidity. Such stringers must be adequately covered and approved by the SLSGB Sports Commission.
- Surfboards must contain a minimum floatation in the form of foam or other approved material to provide buoyancy of 20kg mass.
- Note: (i) Isolite foam provides buoyancy of 10kg for each 0.01 cubic metre.

### Manikins:

- Construction:** Manikins are to be constructed of PITET type plastic and must be hermetic (i.e. capable of being filled with water and sealed for competition).
- Dimensions = 65cm by 36cm
- Weight = 2.76kg (Approx.)



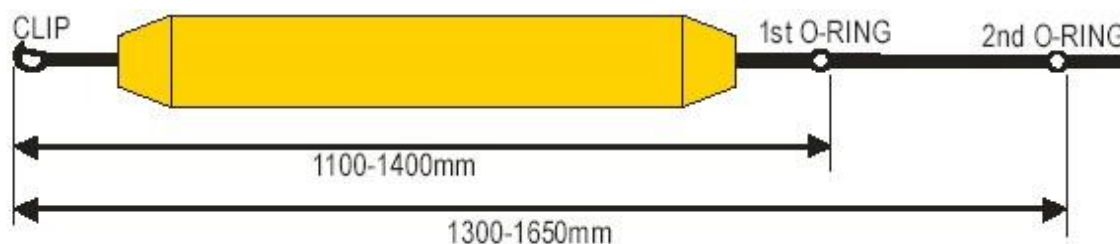
i. **Rescue Tube Dimensions:** The body of the tube (floatation component):

- L – minimum length 875 mm; maximum length 1000 mm
- B – maximum breadth 150 mm
- T – maximum thickness 100 mm

The distance from the extremity of the clip to the extremity of the first O-ring shall be a minimum of 1100mm to a maximum of 1400mm.

The distance from the extremity of the clip to the extremity of the second O-ring shall be a minimum of 1300mm to a maximum of 1650mm.

### Clip:



**Leash:** The length of the leash from the first O-ring to the lanyard webbing shall be a minimum of

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1900mm to a maximum of 2100mm. The leash shall be a synthetic type rope which is UV treated.

**Webbing connections:** Webbing used for the connection of O-rings/clips to the body of the tube shall be 25mm ( $\pm 2.5$ mm) wide woven nylon.

**Lanyard:** Webbing for the lanyard shall be 50mm ( $\pm 5.0$ mm) wide woven nylon with a minimum length of 1300mm to a maximum of 1600mm. The circumference of the lanyard loop shall be a minimum of 1200mm.

**O-rings:** O-rings shall be brass, stainless steel (welded) or nylon. If nylon, the rings shall be UV treated. O-rings shall be 38mm ( $\pm 4.0$ mm) in diameter, having no sharp edges or protrusions that may cut or injure the rescuer or victim.

**Clips:** The clip shall be a brass or stainless steel snap hook KS2470-70 with an overall length of 70mm ( $\pm 7.0$ mm). It shall have no sharp edges or protrusions that may cut or injure the rescuer or victim.

**Overall length:** The distance from the clip to the end of the lanyard/harness shall be a minimum of 3.65 m to a maximum of 4.30 m.

### **Swim Fins:**

Fins shall not be constructed of Fiberglass constructions.