



WOODSIDE NIPPERS

NIPPERS INFORMATION GUIDE

23/24

YSLSC 23/24 COMMITTEE



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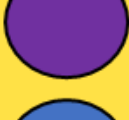





YANCHEP SURF LIFE SAVING CLUB

IMPORTANT DATES

DATES TO REMEMBER	
8th October 2023	Proficiency Swim (U9-U13)
22nd October 2023	Nippers Season Commences
17th December 2023	Last Day before Xmas Break
4th February 2024	Nippers Return
3rd March 2024	No Nippers (Long Weekend)
24th March 2024	Last Day

AGE REQUIREMENTS

AGE GROUP	D.O.B	AWARD
 U/6	01/10/2017-30/09/2018	Surf Play 1
 U/7	01/10/2016-30/09/2017	Surf Play 2
 U/8	01/10/2015-30/09/2016	Surf Aware 1
 U/9	01/10/2014-30/09/2015	Surf Aware 2
 U/10	01/10/2013-30/09/2014	Surf Safe 1
 U/11	01/10/2012-30/09/2013	Surf Safe 2
 U/12	01/10/2011-30/09/2012	Surf Smart 1
 U/13	01/10/2010-30/09/2011	Surf Smart 2
 Cadets	01/10/2006-30/09/2010	Surf Rescue Certificate/ Bronze Medallion



SURF AWARDS

Yanchep Nippers will complete a Surf Education Award. After the Yanchep Nipper has demonstrated the preliminary swim and float, they can start learning practical surf skills and theory for first aid and general surf knowledge.

This is a structured program leading to the Surf Rescue Certificate at Age 13 and the Bronze Medallion at age 15.

To complete the award, Yanchep Nippers will need to attend at least 50% of the Sunday sessions. Practical skills are demonstrated by the Age Group Manager and Yanchep Nippers will be assessed throughout the season on their knowledge.

Presentation of certificates will be held at the end of the final day of Woodside Nippers. Further details will be provided closer to the day.

CLUB AWARDS

Every nipper receives a medal from the club at the end of the season for completing their surf award.

For each age group there is a Champion Nipper and a Rising Star. The Champion Nipper award is a points based award where each week the Age Group Manager awards points to the top performing Nipper of the day. The points system is as below:

5 points - #1

3 points - #2

1 point - #3

The Rising Star award is left to the Age Group Managers discretion and is awarded to the Nipper who they believe has developed their skills, confidence, and attitude throughout the season. This may go to a Nipper who may not necessarily win every race but still shows up week in, week out and gives it their all!

The overall Club Nipper Champion award goes to the Nipper with the most points at the end of the season.

NIPPERS PACKS



AS A PART OF WOODSIDE'S PARTNERSHIP WITH SURF LIFE SAVING WESTERN AUSTRALIA, EVERY WOODSIDE NIPPER WILL BE GIVEN A PACK INCLUDING:

- MESH SLING BAG
- HIGH-VIS VEST
- AGE GROUP CAP
- WIDE-BRIM HAT
- BACKPACK (U13 ONLY)

THESE WILL BE PROVIDED ON THE FIRST DAY OF NIPPERS



PRELIMINARY EVALUATIONS

YANCHEP NIPPERS WILL BE REQUIRED TO UNDERTAKE A PROFICIENCY SWIM TEST. SWIM TESTS FOR UNDER 8 – CADETS (WHO ARE ATTAINING SRC OR BM) ARE UNDERTAKEN AT AQUAMOTION, WANNEROO.

YANCHEP NIPPERS WILL NEED TO MEET THE SWIM TEST REQUIREMENTS TO BE ELIGIBLE FOR FULL REGISTRATION.

U6/U7 PROFICIENCIES WILL CONDUCTED IN THE YANCHEP LAGOON DURING THE FIRST SESSION OF NIPPERS

U8/U9/U10/U11/U12/U13 PROFICIENCIES WILL BE CONDUCTED AT AQUAMOTION, WANNEROO, ON THE 8TH OF OCTOBER WITH TIMES TO BE ADVISED

THERE IS ALSO THE OPTION TO COMPLETE A THIRD PARTY SWIM EVALUATION. IF YOUR CHILD PARTICIPATES IN SWIMMING LESSONS OUTSIDE OF SURF LIFE SAVING YOU MAY ASK THEIR SWIM TEACHER TO SIGN YOUR CHILD OFF BASED ON THE FORM INCLUDED IN THE INFO GUIDE BELOW.

WOODSIDE NIPPER PRELIMINARY EVALUATIONS – THIRD PARTY DECLARATION

Child Name: _____

Age Group: _____

Club: _____

Instructions to Assessors: Based on the child's age group, please ensure they can complete the tasks outlined in the table below. Initial and comment in relevant box and then sign, date and identify the organization you represent below the table. Thank you for your assistance.

Age Group	Flotation	Submersion	Propulsion	Continuous Skill Sequence	Task Complete/Comments
Under 6	Back or front float for minimum of 5 seconds, recover to stand.	Submerge to retrieve object from bottom of pool with hands (e.g. dive ring)	Push and glide from pool wall (distance 1-2m) recover to stand	Wade through water (5m) float on back or front (5 sec) recover to stand, submerge to retrieve object from bottom of pool with hands, recover to stand.	
Under 7			Push and glide from pool wall, kick (distance 2-3m) recover to stand		
Under 8	Front to back float or back to front float – 5 sec each side.	Submerge to retrieve object from bottom of pool with hands (e.g. dive ring)	From pool wall swim on front any stroke (20m) followed by swim underwater (3-5m)	Swim on front through water any stroke 20m, followed by back or front float (5 sec) followed by submerge to retrieve object from bottom of pool with hands. (do not recover to stand in between each task)	
Under 9			Survival breaststroke and/or sidestroke and/or back sculling for minimum 50m	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50m followed by tread water and/or sculling for minimum 1 min, followed by submerge to retrieve object from bottom of pool with hands. (do not recover to stand in between each task)	
Under 10	Tread water and/or sculling for minimum 1 min		Swim on front through water any stroke for 25m followed by survival breaststroke and/or sidestroke and/or back sculling for minimum 50m		
Under 11	Front to back float or back to front float – 5 sec each side. Tread water and/or sculling for minimum 2 min	Submerge to perform forward or backward roll underwater, recover to surface, retrieve object from bottom of pool with hands (e.g. dive ring)	Swim on front through water any stroke for 50m followed by survival breaststroke and/or sidestroke and/or back sculling for minimum 50m	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50m followed by tread water and/or sculling for minimum 2 min, followed by submerge to retrieve object from bottom of pool with hands. (do not recover to stand in between each task)	
Under 12	Front to back float or back to front float – 5 sec each side.	Submerge to perform forward or backward roll underwater, recover to surface, retrieve object from bottom of pool with hands (e.g. dive ring)	Swim on front through water any stroke for 100m followed by survival breaststroke and/or sidestroke and/or back sculling for minimum 50m	Swim on front through water using a combination of breaststroke, sidestroke, freestyle for 100m, followed by tread water and/or sculling for minimum 3 min, followed by submerge to retrieve object from bottom of pool with hands. (do not recover to stand in between each task)	
Under 13	Tread water and/or sculling for minimum 3 min				

Assessor's Name: _____ Organisation: _____

Assessor's Signature: _____ Date: _____

PRELIMINARY SKILLS EVALUATION

STAGE ONE: UNDER 6, UNDER 7, UNDER 8

Aquatic Play and Fundamental Aquatic Skills (FAS)

Minimum depth of safe aquatic environment – 1 metre

MINIMUM AQUATIC SKILL	U6	U7	U8
Floatation	Back or front float for minimum 5 seconds, recover to stand.		
Submersion	Submerge to retrieve object from bottom of water with hands (e.g. dive ring).		
Propulsion	Push and glide from wall (distance 1-2 metres) recover to stand.	Push and glide from wall, kick (distance 2-3 metres) recover to stand.	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).
CONTINUOUS SKILL SEQUENCE	Wade through water (distance 5 metres) float on back or front (5 seconds) recover to stand, submerge to retrieve object from bottom of water with hands, recover to stand.		Swim on front through water any stroke 20 metres, followed by back or front float (5 seconds) followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).

STAGE TWO: UNDER 9, UNDER 10, UNDER 11

Applied aquatic skills

Minimum depth of safe aquatic environment – 1.5 metres

MINIMUM AQUATIC SKILL	U9	U10	U11
Floatation	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 1 minute.		Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 2 minutes.
Submersion	Submerge to retrieve object from bottom of water with hands (e.g. dive ring).		Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (e.g. dive ring).

CONTINUED...

Propulsion	Survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.	Swim on front through water any stroke for 50 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.
CONTINUOUS SKILL SEQUENCE	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for minimum 1 minute, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).		Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for minimum 2 minutes, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).

STAGE THREE: UNDER 12, UNDER 13, UNDER 14

Junior/trainee lifesaver – pathway to SRC

Minimum depth of safe aquatic environment 1.8 metres

MINIMUM AQUATIC SKILL	U12	U13	U14 (SRC)
Floatation	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 3 minutes.		
Submersion	Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (e.g. dive ring).		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, retrieve object from bottom of water with hands (e.g. dive ring).
Propulsion	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.		Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.
CONTINUOUS SKILL SEQUENCE	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 100 metres, followed by tread water and/or sculling for minimum 3 minutes, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).		Swim on front through water using combination of breaststroke, sidestroke, freestyle for 200 metres, followed by tread water and/or sculling for minimum 3 minutes, followed by forward or backward roll/somersault underwater, recover to surface, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).

HOW NIPPERS RUNS...

- Assemble near the wall at the front of the Surf Club, look for your Age Group Flag, your Age Manager will also be wearing your colour cap.
- Have sunscreen on! Slip, Slop Slap!
- The Age Group Managers will call the role and mark attendance.
- Prepare for a morning of education, beach games, water activities and fun!
- NO Yanchep Nipper is to enter the water unless authorised by the Age Manager.
- At the end of the session all Yanchep Nippers are to walk back to the club where the Age Manager, once your checked off the attendance, will release you to your parents/guardians.

The club offers a Sausage Sizzle on Sunday morning after the session. Funds raised go back to the club.



RUNNING TIME

Age Group	Start Time	Finish Time
U6	9:00am	10:00am
U7	10.00am	11.00am
U8 – U13 & Cadets	9:00am	11:00am

WHAT TO BRING

Yanchep Nippers should bring the following items to all club activities:

- ☐ Woodside Nipper high visibility rash vest is compulsory
- ☐ Age Group Cap is compulsory
- ☐ Club rash shirt is recommended as part of SunSmart
- ☐ Broad brimmed hat or peaked cap
- ☐ Sunscreen, please ensure this is applied before the session.
- ☐ Club Bathers, recommended.
- ☐ Water Bottle
- ☐ Towel
- ☐ Warm clothing for cool days and SunSmart clothing for Hot days.
- ☐ Swimming goggles are recommended.

AS A PARENT HOW CAN I HELP?

Parents are the backbone of Yanchep Surf Life Saving club. Your assistance is valuable, and every parent has an important role to play in the delivery and support of our activities on the beach and in the water.

The more you get involved, the more your child will enjoy Woodside Nippers!

Parents are needed to help with:

- Age Group Manager (AGM) – a very important role, but a very rewarding one.
- Age Group Manager Assistant (AGMA) – a supportive role for the age group manager
- Equipment – setting up, pulling down, washing and storing (a roster system operates)
- Water Safety (WS) – have you considered getting your Surf Rescue Certificate? Improve your surf safety skills, while providing much needed assistance in the water.
- BBQ help – a roster system will be put in place for the season.

Equipment Set-Up

Each age group will be rostered rotationally for Equipment setup.

Parents of the Age Group on Roster are to be at the club by 8:15am to assist in setting up equipment for the morning.

At the end of the session, all equipment is to be brought back up to the beach, washed down by the Age Group and neatly packed away.

Sunday Nippers BBQ

Parents/Guardians without surf qualifications can contribute significantly to the club. A roster system will be put in place for volunteers to assist with the BBQ (setup, cutting rolls, cooking sausages, selling sausages and clean up afterwards). If you are unable to fulfil a rostered weekend, please make arrangements with other parents to swap.

Uniform Shop

Bathers, hats, rash vests and caps are available from the Uniform Shop. Opening times will be advertised on the club website.

Please remember.....We are all volunteers!!

ALL our Committee Members, Age Group Managers, Age Group Manager Assistants, Water Safety are volunteers – parents, just like you - who have given up their time for your and their own children. Please respect them, help them where you can and say thanks! It's very much appreciated!!

If you would like to help this year or next year let Maddie Walker, our Junior Activities Director know yanchepnippers@gmail.com.

AGE GROUP MANAGER (AGM)

Age Group Managers are allocated to each age group and are responsible for organizing and conducting various activities as per the programs developed by Surf Life Saving Western Australia (SLSWA).

The responsibilities are as follows:

- Encourage the children in their age group to participate, enjoy, co-operate and compete in all activities
- Instruct the children in their age group towards the requirements of the Surf Education Program
- Assist in the instruction of the correct techniques for events the children participate in
- Ensure the children in the age group are aware of and encourage sun protection.
- Keep weekly records of each child's attendance

AGM's are all volunteers - We encourage and require more Age Group Managers. Please consider joining and assisting in this important function.

Note that there is an on-line and practical course to complete to become an AGM. This will assist those who may not feel comfortable in the role, as well as those who have undertaken AGM duties previously. Please contact the Director of Junior Activities, Maddie Walker to find out more, yanchepnippers@gmail.com



AGE GROUP MANAGER ASSISTANT (AGMA)

Age Group Manager Assistants role is to assist the AGM with conducting the Woodside Nipper programs during the season.

The responsibilities of the AGMA is to:

- Assist the AGM with the instructing the group
- Liaise with parents regarding roster duties
- Work as part of a team
- Assist the AGM if required to plan sessions
- Encourage enjoyment and fun.

WATER SAFETY

The safety of our Yanchep Nippers is the highest priority for the club. While Yanchep is typically a relatively safe beach, weather and surf conditions can and do change. Our club endeavours to provide the safest environment possible for all members participating in Club activities.

Our U6 and U7 Yanchep Nippers will be located at Yanchep Lagoon, directly in front of our club. Our U8 and above will walk 500m up the beach, to the right. One of the skills in learning surf life saving will be to become familiar and confident in hazardous and challenging conditions.

We require an appropriate number of parents to be involved with Water Safety and Age Managers will need to ensure this is in place for water activities to proceed.

The Nippers Rescue Certificate (NRC), Surf Rescue Certificate (SRC), and Bronze Medallion are all recognised course which covers fundamental surf lifesaving skills that will enable you to assist in the role of Water Safety.

Please refer to the Training tab on our website and watch out on Instagram and Facebook for upcoming course dates!



Here's to a
great 23/24
season!

