



**WOODSIDE NIPPERS**

**Nippers Information Guide 25/26**



# YSLSC 25/26 Committee

## **President**

Jason Maliphant  
president@yancheplsc.com

## **Youth**

Isabella Dall  
youth@yancheplsc.com

## **Finance**

Haylee Slater  
finance@yancheplsc.com

## **Life Saving**

Joshua Colotti  
lifesaving@yancheplsc.com

## **Junior activities**

Julia Glover  
nippers@yancheplsc.com

## **Surf sports**

Ebony Millar  
surfsports@yancheplsc.com

## **Registrar**

Victoria Dall  
admin@yancheplsc.com

## **Training**

Kym Colotti  
education@yancheplsc.com



Yanchep Surf Life Saving Club



@yancheplsurflifesavingclub

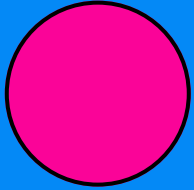


[www.yancheplsurflifesaving.com.au](http://www.yancheplsurflifesaving.com.au)

# Important dates

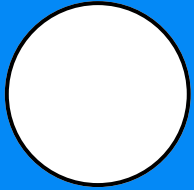
<b>12th October 2025</b>	<b>Proficiency Swims</b>
<b>26th October 2025</b>	<b>Start of Nippers season</b>
<b>14th December 2025</b>	<b>Last Day before Christmas Break</b>
<b>1st February 2026</b>	<b>Nippers Returns</b>
<b>22nd March 2026</b>	<b>Nipper Last day</b>

# Age Group Requirements



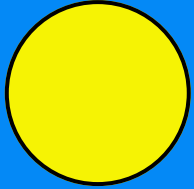
U/6

01/10/2019-30/09/2020



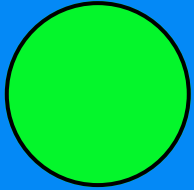
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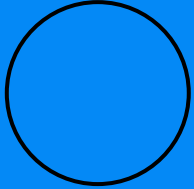
U/8

01/10/2017-30/09/2018



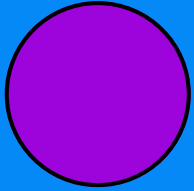
U/9

01/10/2016-30/09/2017



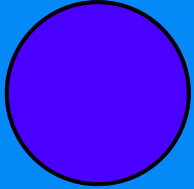
U/10

01/10/2015-30/09/2016



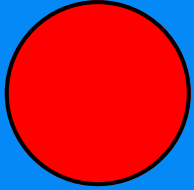
U/11

01/10/2014-30/09/2015



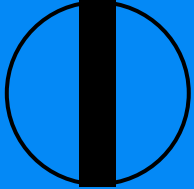
U/12

01/10/2013-30/09/2014



U/13

01/10/2012-30/09/2013



Cadets

01/10/2008-30/09/2012



# 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:

10 points - #1

8 points - #2

6 points - #3

4 points - #4

2 points - #5

1 point - Participation (must complete the event unassisted)

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.

# 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.

# Nippers packs



Woodside has a partnership with Surf Life Saving Western Australia, part of this partnership provides our woodside nippers with the gear they need. This will include:



- High-vis vest
- Age group cap
- Wide-brim hat
- Backpack (U/13 only)

# Preliminary Evaluations

Yanchep Nippers will be required to undertake a proficiency swim test. Swim tests for Under8 – 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 be 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 **12th of October 2025**.

There will be allocated time slots for each age group:

**U8 & U9 11:00am- 12:00pm**

**U10 & U11 12:00pm-1:00pm**

**U12 & U13 1:00pm-2:00pm**

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.







## APPENDIX 4 - Template form for swim coach to complete

### Junior Preliminary Evaluations

Child's Name: \_\_\_\_\_ Age Group: \_\_\_\_\_ Club: \_\_\_\_\_

Instructions for Evaluation: Based on the child's age group, please ensure they can complete the tasks outlined in the table below.

Age Group	Flotation	Submersion	Propulsion	Task Complete/Comments
Under 6	Back or front float for a minimum of 5 seconds, recover to stand.	Submerge to touch the bottom with hands.	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.	
Under 7	Back or front float for a minimum of 10 seconds, recover to stand.		From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.	
Under 8	Back or front float for a minimum of 15 seconds, recover to stand.		Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).	
Under 9	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute.	Submerge to touch the bottom with hands.	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 10 metres.	
Under 10			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 25 metres.	
Under 11	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum of 2 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	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.	
Under 12		Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 13	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.		Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 14		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.	

Swim Coach's Name: \_\_\_\_\_ Australian Swimming Teachers and Coaches Association Number: \_\_\_\_\_

Swim Coach's Email: \_\_\_\_\_ Swim Coach's Signature: \_\_\_\_\_ Date conducted: \_\_\_\_\_



## APPENDIX 1 – Junior Activities Preliminary Evaluation

Stage One: Under 6, Under 7, Under 8

Aquatic Play and Fundamental Aquatic Skills (FAS).

Recommended depth of safe aquatic environment – 1 metre

	<b>Under 6</b> (DOB 1/10/2019-30/09/2020)	<b>Under 7</b> (DOB 1/10/2018-30/09/2019)	<b>Under 8</b> (DOB 1/10/2017-30/09/2018)
<b>Flotation</b>	Back or front float for a minimum of 5 seconds, recover to stand.	Back or front float for a minimum of 10 seconds, recover to stand.	Back or front float for a minimum of 15 seconds, recover to stand.
<b>Submersion</b>	Submerge to touch the bottom with hands.		
<b>Propulsion</b>	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.	From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).

\*\* A child's age group is determined by their age as of 30 September of that year

## Stage Two: Under 9, Under 10, Under 11

Applied Aquatic Skills.

Recommended depth of safe aquatic environment – 1.5 metres

	<b>Under 9</b> (DOB 1/10/2016-30/09/2017)	<b>Under 10</b> (DOB 1/10/2015-30/09/2016)	<b>Under 11</b> (DOB 1/10/2014-30/09/2015)
<b>Flotation</b>	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute.		Front to back float or back to front float, 5 seconds each side. Tread water and/or any stroke sculling for minimum of 2 mins.
<b>Submersion</b>	Submerge to touch the bottom with hands.		Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.
<b>Propulsion</b>	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 10 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 25 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.

## Stage Three: Under 12, Under 13, Under 14

Junior/trainee lifesaver – *pathway to SRC*

Recommended depth of safe aquatic environment 1.8 metres

	<b>Under 12</b> (DOB 1/10/2013-30/09/2014)	<b>Under 13</b> (DOB 1/10/2012 – 30/09/2013)	<b>Under 14 (SRC)</b> (DOB 1/10/2011 – 30/09/2012)
<b>Flotation</b>	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.		
<b>Submersion</b>	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands.



<b>Propulsion</b>	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.
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# How Nippers Runs...

- You will assemble in the forecourt of the surf club. Look for your age group flag, that is where your age manager will be.
- Make sure you have your sunscreen and bathers on!
- Your age group manager will take attendance before getting onto the beach.
- No nippers are to enter the water unless otherwise stated by the age manager.
- At the end of the session, the group will stay together with their age manager and walk up to the club, where they will be marked off and released to parents/guardians.
- For the safety of the nippers, they will not be released on the beach.
- There will be a sausage sizzle every week after the session has finished.



# Run times

Age Group	Start time	Finish time
U6	9am	10am
U7	10am	11am
U8-U13 & Cadets	9am	11am



## What to Bring

Yanchep Nippers should bring these things to all club activities:

- Woodside nippers high visibility rash vest is compulsory
- Woodside nippers age group cap is compulsory
- Club rash shirt is recommended as part of SunSmart
- Broad Brim hat
- Sunscreen, applied before they arrive
- Club Bathers Recommended
- Water bottle
- Towel
- Warm clothing for cool days, SunSmart clothing for hot days.

# 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 involved you get 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. Each age group will be rostered on for 3 weeks out of a 17 week 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.



# 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 role.

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, Julia Glover to find out more, [nippers@yanchepslsc.com](mailto:nippers@yanchepslsc.com)



# 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!



*Water activities will not take place without adequate number of water safety personnel*



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

ALL our Committee Members, Age Group Managers, 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 volunteer this year email Julia Glover,  
our Junior Activities Director,  
[nippers@yanchepsllsc.com](mailto:nippers@yanchepsllsc.com)

