



YOUR BEACH. YOUR CLUB. OUR COMMUNITY



NIPPERS

INFORMATION GUIDE

2026/2027

WOODSIDE NIPPERS

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Yanchep Surf Life Saving Club



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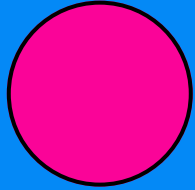


www.yanchepsurflifesaving.com.au

Important dates

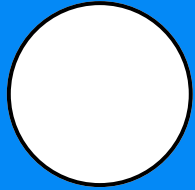
Sunday 11th October 2026	Proficiency Swims
Sunday 25th October 2026	Start of Nippers season
Sunday 13th December 2026	Last day before Christmas break
Sunday 7th February 2027	Nippers Returns
Sunday 21st March 2027	Nippers Final Day

Age Group Requirements



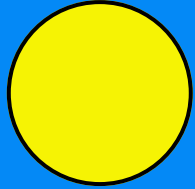
U/6

01/10/2020-30/09/2021



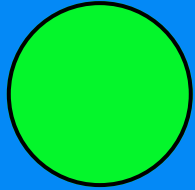
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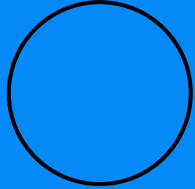
U/8

01/10/2018-30/09/2019



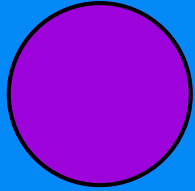
U/9

01/10/2017-30/09/2018



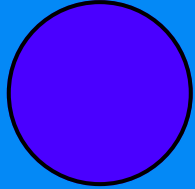
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01/10/2016-30/09/2017



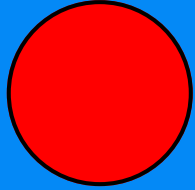
U/11

01/10/2015-30/09/2016



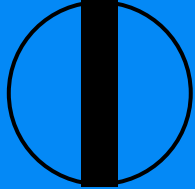
U/12

01/10/2014-30/09/2015



U/13

01/10/2013-30/09/2014



Cadets

01/10/2009-30/09/2013

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

At the conclusion of the season, every Nipper is presented with a medal from the club for successfully completing their surf award.

For age groups Under 8- Under 13, there is one Champion Nipper and one Runner-up Champion awarded for girls and boys. These awards are determined by attendance and performance in our intra-club competitions. The points system is as follows:

- 1 point for each session attended at the club
- 2 points for attending an inter-club competition

Intra-Club Competition Points

- 10 points - 1st Place
- 8 points - 2nd Place
- 6 points - 3rd Place
- 4 points - 4th Place
- 2 points - 5th Place
- 1 point - Participation (must complete the event unassisted)

All age groups will receive a Rising Star award, which is determined at the discretion of the Age Group Managers. It is given to the Nipper who has shown significant growth in skills, confidence, and attitude over the season. This award will go to a Nipper who consistently shows up and gives their best effort.

The overall Club Nipper Champion award is presented to the Nipper who accumulates the highest points by the end of the season.

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

You can pick up your pack at the Proficiency Swims on Sunday 11th of October, or at the club on Sunday 18th of October from 10am-12pm.

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 Arena Joondalup.

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 Arena Joondalup, on Sunday the **11th of October 2026**.

There will be allocated time slots for each age group:

U8 & U9 11:30am- 12:30pm

U10 & U11 12:30pm-1:30pm

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.		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.	Submerge to touch the bottom with hands.	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

	Under 6 (DOB 1/10/2019-30/09/2020)	Under 7 (DOB 1/10/2018-30/09/2019)	Under 8 (DOB 1/10/2017–30/09/2018)
Flotation	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.
Submersion	Submerge to touch the bottom with hands.		
Propulsion	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

	Under 9 (DOB 1/10/2016–30/09/2017)	Under 10 (DOB 1/10/2015–30/09/2016)	Under 11 (DOB 1/10/2014–30/09/2015)
Flotation	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.
Submersion	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.
Propulsion	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

	Under 12 (DOB 1/10/2013–30/09/2014)	Under 13 (DOB 1/10/2012 – 30/09/2013)	Under 14 (SRC) (DOB 1/10/2011 – 30/09/2012)
Flotation	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.		
Submersion	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.
Propulsion	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.

How Nippers Runs...

- At 9am every Sunday (or 10am for Under 7s), you will assemble in the forecourt of the Surf Club. Look for your age group flag, that is where your Age Group Manager will be waiting to sign you in.
- Make sure you have your sunscreen and bathers on, as well as your Nippers vest and cap (these must be worn every session)
- Your Age Group Manager will take attendance before getting onto the beach.
- No Nippers are to enter the water without Age Group Manager permission.
- At the end of the session, the group will stay together with their Age Group 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. This helps to raise money for the club.



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.

The role of parents

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) – running the weekly lessons, a very rewarding role.

Age Group Manager Assistant (AGMA) – a supportive role for the Age Group Manager.

Water Safety (WS) – providing much needed assistance in the water for Nippers.

Equipment – setting up, pulling down, washing and storing (a roster system operates).

BBQ help – cooking and serving our weekly sausage sizzle (a roster system operates).

Parents who assist as Age Group Managers or Water Safety will not be required to assist with equipment set-up and wash down, or BBQ (please let the club know if this happens by mistake).

Families will be rostered throughout the season for Equipment Set Up and Pack Down as well as BBQ. You should try to provide 1-2 family members for each rostered session. If you are unable to complete your rostered session, please organise a swap with another family.

Equipment Set-Up

Please 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 and neatly packed away in the club.

Sunday Nippers BBQ

Please report to the BBQ supervisor at 9am 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.

Age Group Manager (AGM)

Age Group Managers are allocated to each age group and are responsible for organising 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 (full curriculum provided).
- Assist in the instruction of the correct techniques for events.
- 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 extremely valuable 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. Training and mentorship is available for all AGMs.

Please contact the Director of Junior Activities, Julia Glover to find out more: 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 run in the Yanchep Lagoon, directly in front of our club.

Our U8s- U13s will walk 500m up the beach, to the north. One of the skills in learning surf life saving will be to become familiar and confident in challenging conditions.

We require an appropriate number of parents to be involved with Water Safety. Age Managers will need to ensure this is in place for water activities to proceed. Without adequate Water Safety, only beach activities can occur.

The Nippers Rescue Certificate (NRC), Surf Rescue Certificate (SRC), and Bronze Medallion are all recognised courses which cover 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 you and your 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
(TwoHats), our Junior Activities Director:
nippers@yanchepsllsc.com

