



Yanchep Surf Life Saving Club

WOODSIDE  NIPPERS

Information Guide
2019/2020

**Season Commences
Sunday 27th October 2019
9am - 11am**

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Welcome!

To all our returning Yanchep Nippers and new Yanchep Nipper members, welcome to the Woodside Nippers program at Yanchep Surf Life Saving Club; we are excited for a fun filled season ahead.

Surf Life Saving is an amazing activity for growing a child's confidence, as well providing a strong foundation of knowledge and skills in the beach environment. Your child will be introduced to new friends, be a part of an amazing community and best of all, have fun!

As a solely volunteer organisation, we rely on parents getting involved where they can. You are the backbone and play a vital role in the delivery and support of activities on the beach and in the water.

Volunteers are needed for Age Group Managers, Age Group Manager Assistants, Water Safety or helping on the sausage sizzle. Can you assist? There are opportunities for parents to obtain relevant qualifications to assist with some of these roles.

Please take the time to read through this booklet, it may help to answer any questions you have. If there is anything else you would like to discuss please speak to me or our Director of Junior Activities, Jason Maliphant.

Stay safe and enjoy the 2019/20 Woodside Nipper Season.

Billy Prinsloo
President



Contacts

Jason Maliphant, Director of Junior Activities – yanchepnippers@gmail.com

Janine Prinsloo, Director of Administration - registraryanchepslsc@gmail.com

Billy Prinsloo, President - yanchepurflifesaving@gmail.com

What is the Minimum age?

Children need to be **5 years of age by
30 September 2019.**










This is a requirement of Surf Life Saving WA



*Please note, the Woodside Nippers Program is not a learn to swim program.
We strongly encourage your child to attend swim lessons.
Being confident in a pool contributes immensely to being confident in the ocean.*

Which age group will my child be in?

Yanchep Nippers and Youth are divided into the following age groups, which are determined by their age as at 30 September. They will work towards the Age Group Certificate as listed during the season.

Age	Date of Birth	SLSA Age Group	Cap Colour	Age Group Awards
5 years	01/10/2013-30/09/2014	U6	 Pink	Surf Play 1
6 years	01/10/2012-30/09/2013	U7	 White	Surf Play 2
7 years	01/10/2011-30/09/2012	U8	 Yellow	Surf Aware 1
8 years	01/10/2010-30/09/2011	U9	 Green	Surf Aware 2
9 years	01/10/2009-30/09/2010	U10	 Blue	Surf Safe 1
10 years	01/10/2008-30/09/2009	U11	 Purple	Surf Safe 2
11 years	01/10/2007-30/09/2008	U12	 Dk Blue	Surf Smart 1
12 years	01/10/2006-30/09/2007	U13	 Red	Surf Smart 2
13 years +	01/10/2005-30/09/2006	Youth	 Blue, Black	Surf Rescue Certificate

As part of Woodsides partnership with Surf Life Saving Western Australia, every Woodside Nipper will be given a:

- Mesh sling bag
- High-vis vest
- Age group cap
- Wide-brim hat

These will be provided on the first day of Nippers – Sunday 27th October 2019



Proficiency Swim

Yanchep Nippers will be required to undertake a proficiency swim test. Swim tests for **Under 8 – Youth** are undertaken at *HBF Arena Aquatic Centre, Joondalup*.

Yanchep Nippers will need to meet the swim test requirements to be eligible for full registration.

Under 8 - Youth
Sunday 20 October at HBF Arena, Joondalup 10:00am – 12:00am
Swimmers \$4.50, Spectator \$2.60
Children must be accompanied into HBF Arena and constantly supervised by a parent/guardian whilst on the premises.

	SWIM DISTANCE	FLOAT
Under 6	See below	
Under 7	See below	
Under 8	25 metre swim (any stroke)	1-minute survival float
Under 9	25 metre swim (any stroke)	1-minute survival float
Under 10	25 metre swim (freestyle)	1 1/2-minute survival float
Under 11	50 metre swim (freestyle)	2-minute survival float
Under 12	100 metre swim (freestyle)	2-minute survival float
Under 13	150 metre swim (freestyle)	3-minute survival float
13 Years+	200 metre swim (freestyle in less than 5 minutes)	3-minute survival float

Under 6	From a standing position in waist deep water, perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position	This will be conducted in the Lagoon on the first day of Nippers, Sunday 27th October.
Under 7	From a standing position in waist deep water, perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position.	This will be conducted in the Lagoon on the first day of Nippers, Sunday 27th October.

Competition Proficiency Swim

These will be held in the first sessions at the beach. These proficiencies must be achieved before any Yanchep Nipper is eligible to compete in carnivals.

Age Group	Swim Distance and Time
Under 8	Minimum 100m open water swim in 9 minutes
Under 9	Minimum 100m open water swim in 8 minutes
Under 10	Minimum 150m open water swim in less than 12 minutes.
Under 11	Minimum 288m open water swim in less than 9 minutes.
Under 12	Minimum 288m open water swim in less than 9 minutes.
Under 13	Minimum 288m open water swim in less than 9 minutes.

Further information regarding our Competition Squad can be found in the
YSLSC Competition Squad Guideline

Woodside Nippers Season

The Season commences Sunday 27th October 2019 and runs until 22 March 2020. We do break for Christmas, please refer to the *Important Dates to Remember*.

All groups are to meet at the Surf Club:
8:45am for a 9:00am start.

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

IMPORTANT DATES TO REMEMBER

Proficiency Swim	20 th October 2019
Woodside Nippers commences	27 th October 2019
Last Day (Xmas Break)	15 th December 2019
Woodside Nippers Returns	2 nd February 2020
NO WOODSIDE NIPPERS	1 st March 2020
Last Day Nippers & Woodside Nipper Presentations	22 nd March 2020

ON THE DAY!

- Assemble near the wall at the front of the Surf Club, your Age Manager will be wearing your colour cap.
- Have sunscreen on!
- 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.

What to bring to Nippers!

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.



REMEMBER – No Rash Vest, No Cap, No sunscreen, No Drink – NO PARTICIPATION

Parent/Guardian Responsibilities

- It is essential that Yanchep Nippers arrive on time and report to their Age Manager to be marked in attendance.
- U6 & U7 Yanchep Nippers must always have a parent/guardian remain with the age group.
- All Yanchep Nippers must have a parent/guardian on the beach throughout the session and be on hand to assist their child in the event of an incident or injury.
- Yanchep Nippers **MUST NOT** leave their group without the Age Manager being notified by the Parent/Guardian.
- At the end of the session, Yanchep Nippers are checked off. This is to be done at the Club, with Parents/Guardians present. **No** Yanchep Nipper will be released from their Age Group on the beach.
- Failure to sign you child out may result in the closure of the beach and a search being carried out to find them.

What to expect

Most of our Woodside Nipper program focuses on fun activities whilst learning about Surf Safety and Awareness.

Activities include:

- Beach Sprints, relays and beach flags.
- Water Activities, for example wade races Surf Swim races or Swim team races, or tube rescues.
- Board Activities, such as board races, rescues and relays.
- Surf Safety Education and First Aid
- Games and fun activities.



Surf Education Certificate

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, Sunday 22nd March 2020. Further details will be provided closer to the day.

Age Group Champion and Runner up

Throughout the season Age Managers record points for their Age Group Champion and Runner-Up.

Age Managers may base the allocation of these points based on Participation, Attitude, Confidence, Skill, or whomever “just gave it a go” that morning.

Please note that in-club competition days do not allocate points towards this.

1st is allocated 25 points

2nd is allocated 5 points

3rd is allocated 1 point



Lost Property

Many items are misplaced during the season, please ensure all belongings are clearly labelled.

The lost property container is in the Nipper area of the Surf Lifesaving Club, items will be displayed each week. At the end of the season items not collected will be donated or discarded.

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.

We are all volunteers and are only able to offer our great program with your support.

Age Group Managers (AGM's)

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, Jason Maliphant 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.

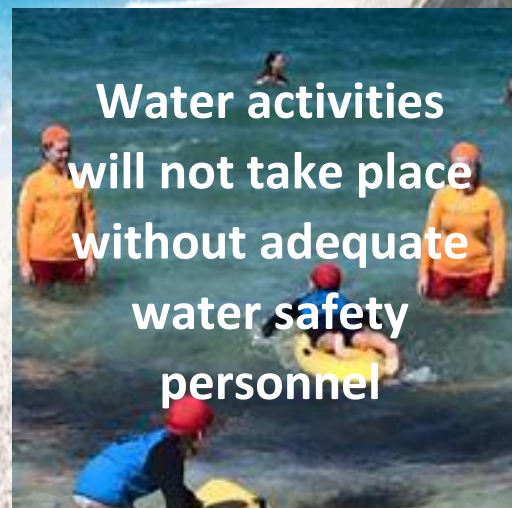
Our U8 and above will walk 500m up the beach, to the right.

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 *Surf Rescue Certificate* is a recognised course which covers fundamental surf lifesaving and resuscitation. You will then be able to assist in the role of Water Safety.

Please refer to the *Training* tab on our website.



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 Jason Maliphant, our Junior Activities Director know yanchepnippers@gmail.com.

Here's to an exciting 2019/20 Season!



Stay in touch

Throughout the season and after we would like to keep in touch with you to bring you news about upcoming events, opportunities to help and next year's program. Join the Club Facebook page or follow us on Instagram.



www.facebook.com/yanchepsurflifesaving/



www.instagram.com/yanchepsurflifesavingclub/

and remember to regularly check in on our website too
www.yanchepsurflifesavingclub.com.au

If your contact details change, please email yanchepnippers@gmail.com