



# Yanchep Surf Lifesaving Club

# NIPPERS

## Information Guide 2018/2019

### *What is the Minimum age?*

Children need to be **5 years of age** by  
**30 September 2018.**

This is a requirement of Surf Lifesaving WA



### *Which age group will my child be in?*

Nippers and Youth are divided into the following age groups:

Age	Date of Birth	SLSA Age Group	Cap Colour	Age Group Awards
5 years	01/10/2012-30/09/2013	U6	Red Caps	Surf Play One
6 years	01/10/2011-30/09/2012	U7	Red Caps	Surf Play Two
7 years	01/10/2010-30/09/2011	U8	Pink Caps	Surf Aware One
8 years	01/10/2009-30/09/2010	U9	Yellow	Surf Aware Two
9 years	01/10/2008-30/09/2009	U10	Green	Surf Safe One
10 years	01/10/2007-30/09/2008	U11	Pale Blue	Surf Safe Two
11 years	01/10/2006-30/09/2007	U12	Dark Blue	Surf Smart One
12 years	01/10/2005-30/09/2006	U13	White	Surf Smart Two
13 years +	01/10/2003-30/09/2005	Youth	Purple	Surf Rescue Certificate

*Caps will be provided on the first day of Nippers and must be returned on the last day.*

*A \$10.00 fee will incur for lost/non-returned caps.*



**Youth**  
Completion of their  
Surf Rescue Certificate

## Proficiency Swim

Nippers who are 7 years and up will be required to undertake a proficiency swim test. The times and dates for the swim test are available on our website. Swim tests are undertaken at *HBF Arena Aquatic Centre, Joondalup*.

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

*Children must be accompanied and supervised by a parent/guardian **at all times**.*

	Preliminary	Competition
Under 6	Not applicable	Not applicable
Under 7	Not applicable	Not applicable
Under 8	25 metre swim (any stroke) and 1 minute survival float	Minimum 100m open water swim in 9 minutes
Under 9	25 metre swim (any stroke) and 1 minute survival float	Minimum 100m open water swim in 8 minutes
Under 10	25 metre swim (freestyle) and 1 1/2 minute survival float	Minimum 288m open water swim (competition course as stated in competition manual) in less than 9 minutes.
Under 11	50 metre swim (freestyle) and 2 minute survival float	Minimum 288m open water swim (competition course as stated in competition manual) in less than 9 minutes.
Under 12	100 metre swim (freestyle) and 2 minute survival float	Minimum 288m open water swim (competition course as stated in competition manual) in less than 9 minutes.
Under 13	150 metre swim (freestyle) and 3 minute survival float	Minimum 288m open water swim (competition course as stated in competition manual) in less than 9 minutes.
13 Years+	200 metre swim (freestyle in less than 5 minutes) and 3 minute survival float	Minimum 288m open water swim (competition course as stated in competition manual) in less than 9 minutes.
<b>NOTES</b>	<i>All members <b>MUST</b> be appraised prior to participating in any water-based activities.</i>	<i>All members <b>MUST</b> complete this timed swim before being eligible to compete in any event at any interclub state carnivals. This does not include club or local area carnivals. This open water swim must reflect a competition swim course.</i>

## What to bring to Nippers!

Nippers should bring the following items to all club activities:

- Rash Vest
- Age Group Cap – to be worn throughout whole session
- Broad brimmed hat or peaked cap
- Sun Screen
- Bathers
- Water Bottle
- Towel
- Warm clothing (dependant on weather)
- Swimming goggles (not compulsory)



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

## *Parent Responsibilities*

It is essential that Nippers arrive on time and report to their Age Manager to be marked in attendance. Nippers MUST NOT leave their group without being marked off by the Age Manager. This is to be done at the Club, with Parents/Guardians present. No nippers will be released from their Age Group on the beach.

*The session starts at 9:00am, please arrive by 8:45am to ensure a prompt start. We finish at approximately 11:00am.*

## *Do I need to stay with my child?*

**YES.**

One parent or guardian responsible for that child needs to remain on the beach with their child  
**AT ALL TIMES.**

## *What to expect*

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

Activities include:

- Beach Sprints and relays
- Beach Flags
- Water Activities, for example 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.



## *Will my child receive a Participation Certificate?*

Children from each age group will complete a Surf Education Award. After the child 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.

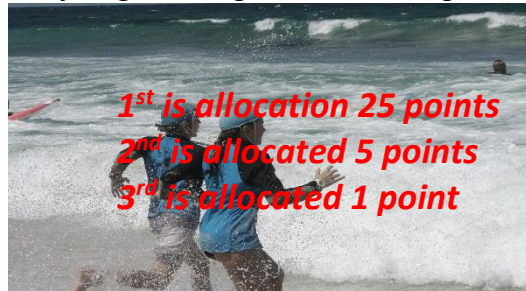
To complete the award, nippers will need to attend at least 50% of the Sunday sessions. Practical skills are demonstrated by the Age Group Manager and nippers will be assessed throughout the season on their knowledge.

Presentation of certificates will be held at the end of the final day of Nippers, Sunday 31<sup>st</sup> March 2019. 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.

## *As a parent how can I help?*

Parents are the backbone of Yanchep Surf Lifesaving 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 nippers!

Parents are needed to help with:

- **Age Manager** – a very important role, but a very rewarding one.
- **Age Manager Assistant** – a supportive role for the age group manager
- **Equipment** – setting up, pulling down, washing and storing (a roster system operates)
- **Water Safety** – 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 operates

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

## *Working with Children Check (WWC Check)*

Surf Life Saving WA has adopted a Member Screening Policy which will enhance the positive participatory environment for its nipper and youth (18 years and under) members.

Further information can be found at <https://www.mybeach.com.au/members/member-protection/>

## Age Manager

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, cooperate and compete in all activities
- Instruct the children in their age group towards the requirements of the Surf Education Program
- Ensure the children in the age group are aware of and encourage sun protection.
- Keep weekly records of each child's attendance

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 Age Group Manager duties previously. Please contact the Nippers Co-Ordinator, Jason Maliphant to find out more, [yanchepnippers@gmail.com](mailto:yanchepnippers@gmail.com)



## Age Manager Assistant

Age Manager Assistants role is to assist the AGM with conducting the Nipper programs during the season. The responsibilities of the Age Group Assistant 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 Nippers is the highest priority for the club. While Yanchep is typically a relatively safe beach, weather and surf conditions can change.

Our U6 and U7 Nippers "Red Caps" will be located at Yanchep Lagoon, directly in front of our club.

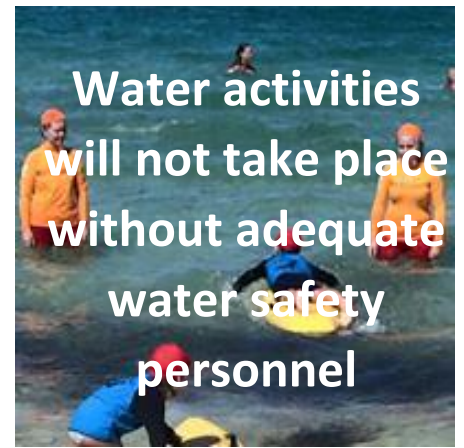
Our U8 and above will walk further up the beach, to the right.

One of the skills in learning surf lifesaving 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 and neatly packed away.

## ***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 age managers, water safety and Nipper's Committee are volunteers – parents, just like you - who have given up their time for your children. Please respect them, help them where you can and say thanks! We really like that!!

If you would like to help this year or next year let Jason, our Nippers Co-Ordinator know.

## ***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/](https://www.facebook.com/yanchepsurflifesaving/)



[www.instagram.com/yanchepsurflifesavingclub/](https://www.instagram.com/yanchepsurflifesavingclub/)

*and remember* to regularly check in on our website too  
[www.yanchepsurflifesavingclub.com.au](http://www.yanchepsurflifesavingclub.com.au)

If your contact details change, please email [yanchepnippers@gmail.com](mailto:yanchepnippers@gmail.com)