



North Cottesloe SLSC

Woodside

Nippers

Information Guide

2023-24 Season

Welcome to North Cottesloe Woodside Nippers

Welcome to our Nippers, both new members and to those returning, to the program for children aged five to thirteen.

Nippers is about having fun, teaching surf education and skills, and emphasising community awareness. Our aim is to provide a safe, friendly and welcoming environment where Nippers and their families can interact and enjoy a morning at North Cottesloe Beach, and where we hope in years to come, we will have formed a new generation of Surf Lifesavers at North Cottesloe.

Our Nippers also have access to surf sport training and competition for those who wish to participate.

We encourage all parents to participate in our Nipper Program, whether it is providing water safety, helping organise activities or cooking up some sausages on the BBQ. Like all volunteer organisations we can only be as good as the help we get and the more help we get, the better it is for everyone.

Who can join Nippers?

All ages for surf lifesaving are determined as of 1 October each year. Any child who is 5 years old by 1 October 2023 and a maximum of 12 years old by 30 September 2022 may register for the North Cottesloe Nippers Program.

| AGE GROUP | AGE AT 30 SEPT | CAP COLOUR |
|-----------|----------------|------------|
| U6 | 5 | Pink |
| U7 | 6 | White |
| U8 | 7 | Yellow |
| U9 | 8 | Green |
| U10 | 9 | Light Blue |
| U11 | 10 | Purple |
| U12 | 11 | Blue |
| U13 | 12 | Red |

One of the best outcomes of the Nipper Program is to help children who may have had some fear of the beach overcome these anxieties through encouragement, education and training.

Our Nippers Program will educate children about surf awareness and safety as well as encourage them to participate in board paddling, swimming, running, wading and other fun activities and games.

While we do not teach children how to swim, we will teach them surf skills. We also encourage our Nippers to undertake regular swim training to complement their developing surf skills.

Registration and Proficiency Swim

All children from U8 and above must complete a proficiency swim before the Nipper Program commences. For the proficiency swim, please remember to bring swimmers, goggles, towel and cap.

Proficiency swims will be held at the Scotch College swimming pool from 8-10am on Sunday 22 October 2023.

| Age Group | Swim Distance | Float |
|-----------|---------------|---------------------------|
| Under 8 | 25m swim | 1-minute survival float |
| Under 9 | 25m swim | 1-minute survival float |
| Under 10 | 25m swim | 1.5-minute survival float |
| Under 11 | 50m swim | 2-minute survival float |
| Under 12 | 100m swim | 2-minute survival float |
| Under 13 | 150m swim | 3-minute survival float |

Please note that if your child is unable to meet these requirements it does not mean they will not be able to participate in Nippers. It does however mean that they will require one on one water supervision.

Typical Sunday at North Cottesloe

Start time – U6 to U9

Before 8.30am Children go to their age group manager and are welcomed and their attendance is marked.

8.30am to 8.45am Children complete a warmup and go through SunSmart guidelines, locate where the red and yellow flags are on the beach and other safety messages relevant to the conditions on that particular day.

8.45am to 9.30am Children will complete a rotation of activities through surf education and surf sports.

Start time – U10 to U13

Before 9.15am Children go to their age group manager and are welcomed and their attendance is marked.

9.15am to 9.30am Children complete a warmup and go through SunSmart guidelines and beach awareness, relevant to the conditions on that day.

9.30am to 10.30am Children will complete a rotation of activities through surf education and surf sports.

Lesson Format

U6 and U7 will focus on play, participation and fun with beach activities and games. They will also learn about basic beach safety practices; what makes up a beach environment; the importance of having an adult with them at the beach; what a lifesaver is and what they do; wading, dolphin diving, board paddling, beach sprinting and flags.

For U8 to U13 Nippers will focus on surf education, flag races, beach sprints, surf swim, iron man and board events which will be subject to beach conditions. Nippers is about learning, fun and friendly competition.

All Nippers need to be marked off by their Age Manager before the program starts and when the program ends. We encourage children to arrive early so that we can start on time.

It is compulsory that all Nippers wear their yellow vest and coloured cap. This is a safety requirement so that all Nippers are easily observable on the beach and in the water. No Cap and Vest = No water. Vests and caps will be distributed on the first day of Nippers and can be collected from the Office in subsequent weeks, if not attending the first session.

All Nippers are to remain with their Age Manager for the full duration of Sunday Nippers. For safety reasons, if for any reason you need to leave early, then your Age Manager must be notified. All parents are to remain on

the beach and are strongly encouraged to assist in any way they can. Please ask your Age Manager what you can do to help. It is a great way of meeting new people. **If there are no water safety parents, then we won't be able to run our water events.**

Safety

Working with Children Form

If you are assisting with the North Cottesloe Nippers Program and are over the age of 18 you must be a financial member of the Club and hold a current Working with Children card unless you are exempt (such as having a child in the Club or participating in nippers).

Information regarding the process to obtain a Working with Children Check or Online Renewals can be found online - www.workingwithchildren.wa.gov.au

Camera / Video Policy

Please note that taking photographs or videos of Nippers on the beach is against SLSWA policy. Videos and cameras are not permitted to be used during Nipper Sunday events and/or taken into the competition areas during Surf Carnivals. Each club has an authorised publicity officer (who must wear identification) who can take photographs of club members competing. Parents can only take photographs of their own children in the Club tent areas and outside of the competition area.

North Cottesloe uses photography of the Nippers program for communication purposes and for marketing and sponsorship. By signing the declaration on the registration form, you are consenting to the use of your child's image for Club purposes.

[How can I help?](#)

There are so many ways to get involved as a parent at Nippers, all you need do is ask. Children learn from observing adult behaviours - so get involved!

One thing that is clear is the more you get involved the more your child and you will enjoy Nippers. There are many jobs you can help with; you do not need to have had surf lifesaving experience. Ask your Age Manager or contact the North Cottesloe Office. Some ways you can help:

- Help set up the beach or pack away
- Learn to be an official
- Help on the BBQ – Compulsory roster system
- Help with Water Safety
- Education and Training
- Help at Carnivals
- Become an Age Manager or Assistant Age Manager
- All offers of assistance are welcome

We ask that you complete 2 duties per family per season.

Please use this QR code to sign up to the roster.



Nipper Rescue Certificate

This new state-based award known as the Nipper Rescue Certificate is now available for all Nipper registered parent/guardian members. This award is specifically designed to give parents the basic skills and abilities required to act as a water safety helper during Nippers. This is around a two hour course which we encourage all parents who would like to participate in the Nipper's program to attend. Email office@ncslsc.com to sign up.

Course dates for the 2023/24 season:

1. Sunday 19 November at 8.30am
2. Sunday 3 December at 8.30am

Awards

At the end of the season we will recognise the efforts of our junior members with a number of awards presented after the final Nippers session and at the NCSLSC Annual Awards. Nominations for the SLSWA Awards of Excellence will also be submitted by the club.

Surf Education and Competition Proficiencies

We take surf education seriously, and it is one of the key reasons for developing a Nipper Program. Surf Education is an important part of Nippers and is based on a clearly defined structure and outcomes, as set by SLSWA, to aid

the children's lifesaving development. During the season all Nippers are able to gain their respective Surf Education award for their age group. Age Managers will assist children in attaining these awards.

Any Nipper from Under 8 and older, who wants to train for or compete in competitions must complete their Competition Proficiency and have it entered on the Surf Guard database before the Competition date.

Children will be given the opportunity to complete their Competition Skills Evaluation during the first few weeks of Nippers. Nipper Carnivals are fun events for children to use and develop the skills they learn during Nippers. The Carnivals and the competition add another dimension to surf lifesaving and the children love it.

Training

The Club is proud to offering Nippers from the U8 age group and above with additional opportunities to train and advance their skills and techniques both in the water and on the sand. We offer different sessions to cater for all skill levels.

All training sessions are run to a program, so it is important that all Nippers arrive 15 minutes early. Late arrivals disrupt the rest of the group.

Please let your Age Manager know if you are interested in additional training and they will direct you to the relevant point of contact at the club.

Board Policy

Non- Competitor Boards

Active Club members who are not regularly training and competing may practice board skills using one of the unlocked boards. Please contact the office, coach or board captain immediately if a board is damaged.

Foamie Boards

U8-U10 boards are available for hire for the cost of \$200 for the season (\$150 plus a \$50 deposit). As part of a lease arrangement, these boards will need to be brought to the beach on Sundays for Nippers as well as for North Cottesloe training.

If the board is damaged, the Chair of Juniors needs to be contacted who will arrange for it to be fixed with the cost payable by the hirer (unless the damage is incurred at Sunday Nippers, Club training or at a Surf Carnival). Please report all damage as soon as possible as water will continue to be absorbed by the foam and will cause greater longer-term damage.

Fiberglass Boards

U11 – U13 fiberglass boards are available for hire for the cost of \$320 (\$220 plus a \$100 deposit) for the season. As part of the lease arrangement, these boards will need to be brought to the beach on Sundays for Nippers as well as for North Cottesloe training.

If the board is damaged, the Chair of Juniors needs to be contacted who will arrange for it to be fixed with the cost payable by the hirer (unless the damage is incurred at Sunday Nippers, Club training or at a Surf Carnival). Please report all damage as soon as possible as water will continue to be absorbed by the foam and will cause greater longer-term damage.

[Carnivals and Competitions](#)

The Surf Sports Program offers a wide range of competition events, such as beach based, surf and pool water events along with events such as rescue & resuscitation, march past and multi skill events like first aid and champion lifesaver.

There are events for all ages and skills, culminating in the Junior State Championships each year. More detailed information will be provided before each carnival and children will be encouraged to represent the Club.

The Club encourages participation in Carnivals and will cover the cost of event entry for Nippers. Where children have been entered into competitions through the club and have not attended the relevant carnival, the Club may seek to be reimbursed for the cost of this entry. Extenuating circumstances will of course be considered. Please apply to Chair of Juniors, Clint Sullivan on juniors@ncslsc.com.

Health and Safety

Beaches (especially North Cottesloe!) can look spectacular, but they can hold dangers - seen and unseen. Activities in the water and on the sand can lead to injuries. The Club takes every opportunity to identify and mitigate undue hazards and risks. During Nippers, should an injury occur, 1st aid is on hand - and please notify the child's AGM and the Chair of Juniors as soon as possible. Please support us in this process and communicate any concerns or potential risks.

Code of Conduct

Parents Code

- Do not force an unwilling child to participate.
- Children are involved for their enjoyment, not yours.
- Encourage children to play by the rules.
- Encourage the effort being as important as the result.
- Work towards improving skills and sportsmanship.
- Do not yell or abuse a child for making a mistake.
- Recognise and encourage good play or efforts.
- Respect the efforts of volunteer Age Managers, Coaches, Water Safety and Committee members.
- When at carnivals treat the Officials and carnival organisers with respect. If unhappy with a decision launch a formal protest, via the North Cott Team Manager.

Nippers Code

- Participate to enjoy the sport.
- Follow the rules.
- Control your temper and be a good sport.
- Treat other participants as you would like to be treated.
- Encourage all in your team.
- Respect the equipment you use.
- Listen to your Age Manager, water safety personnel and trainers.
- Respect the decision of officials at carnivals.

If a parent or child fails to comply with the above codes of conduct, they may be referred to the Club's disciplinary committee.

Calendar for 2023/24 Season

North Cottesloe Nipper Program

| Event | Date | Location |
|---------------------------------------|---|-------------------------|
| Proficiency Swim | Sunday 22 October 8am | Scotch College Pool |
| Sunday Nippers | Under 10- U13 Sunday 29 October to Sunday 17 December 9.15am – 10.30am | North Cottesloe SLSC |
| | U6 – U9 Sunday 12 November to Sunday 17 December 8.30am – 9.30am | North Cottesloe SLSC |
| Christmas Party/Break | Sunday 17 December | North Cottesloe SLSC |
| Sunday Nippers (All Age Groups) | Sunday 14 January to Sunday 17 March 2023 (8.30am to 10.30am) | North Cottesloe SLSC |

Club Contacts

| Name | Position | Email |
|----------------|---------------------------------|--|
| Clint Sullivan | Chair of Juniors | juniors@ncslsc.com |
| Steve Bird | Surf Sports Development Officer | surfsport@ncslsc.com |
| Fiona Chaloner | Club Administrator | office@ncslsc.com |
| Ben Johnson | General Manager | manager@ncslsc.com |

Club website: www.ncslsc.com

Address: 151 Marine Parade, Cottesloe WA 6011

Phone: 9284 2626

Office Hours: 8.30am -5.00pm Tuesday to Friday