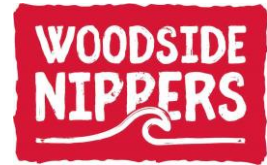




Coogee Beach Surf Life Saving Club

Woodside Nipper
Parent Handbook
Season 2024 / 25



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1.0 Nipper Program Overview

Welcome to the Woodside Nippers season for the 2024/25 season at Coogee Beach Surf Life Saving Club! Our amazing Age Group Managers are ready to have a fantastic and fun season each and every Sunday!

Woodside Nippers is a fun, active lifestyle choice for children between the ages of 5 to 13, as well as a solid base for learning and competition both on the beach and in the water. Woodside Nippers are taught everything from sun and surf safety to beach sprints, flags to board paddling, along with lifesaving skills such as CPR and water rescues.

Our Woodside Nipper family is not just about the children, it also encompasses parents and guardians who choose to become involved with either teaching beach activities (AGM) or who want to achieve their own milestones like completing their Nipper Rescue Certificate (NRC), Surf Rescue Certificate (SRC) or Bronze Medallion (BM).

To ensure our Woodside Nippers thrive at Coogee Beach, the following objectives have been designed to encourage and support our Woodside Nipper:

- Teach the basic beach safety, surf awareness and sun safety at the level appropriate to the child's age and physical ability.
- Teach the basic surf lifesaving skills in a "fun" environment.
- Provide the opportunity at carnivals for all junior surf lifesavers to demonstrate in a competitive manner, the skills and techniques of surf lifesaving.
- Help develop the youth of our community and to encourage the various levels of surf lifesaving by enjoyment, awards, and appropriate activities for each child.

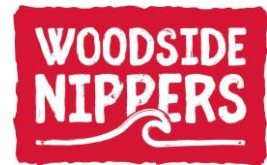
Coogee Beach SLSC prides itself on being a family club and we encourage everyone to become involved in the club and its activities throughout the year. There are many ways of helping out and in my experience, there is nothing more satisfying than being involved with your children. To ensure this, I would like to request all members familiarise themselves with Coogee Beach SLSC club rules and code of conduct for members, Woodside Nippers and parents.

I hope you and your family have an enjoyable season and look forward to seeing our Woodside Nippers grow and develop throughout the year.

See you on the beach!

Elise Stallard
Director Member Development





Club Communications

To ensure you keep up to date with what is happening around the club ensure you sign up to the Club Newsletter and follow the club’s Facebook pages (Coogee Beach WA Surf Life Saving Club and Coogee Beach WA SLSC: Surf Sports). If you are not receiving the club newsletter, please email clubadministrator@cbslsc.com.au to confirm your details.

Regular communication regarding the Woodside Nipper programs and competitions will also be sent out via email. Please ensure the email address linked to your child’s membership is up to date. If you are not receiving any communication, please email jgrljusich@cbslsc.com.au or speak to your child’s Age Group Manager.

2.0 Key Contacts

Should you have any questions regarding the program or any aspects of the Woodside Nipper Program your first point of contact is our Nipper Coordinator, Jacqueline – jgrljusich@cbslsc.com.au

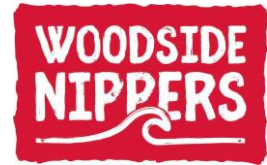
If you have questions regarding Memberships, please contact the office on 9494 1433 during office hours (Tuesday to Friday 10am to 4pm) or email clubadministrator@cbslsc.com.au.

Club Board and Management Team

President	Michael Rees	president@cbslsc.com.au
Director of Member Development	Elise Stallard	estallard@cbslsc.com.au
Nipper Coordinator	Jacqueline Grljusich	jgrljusich@cbslsc.com.au
Club Administrator	Renatre Fynn	clubadministrator@cbslsc.com.au

3.0 Important Season Dates

DATE	DESCRIPTION OF EVENT
15 September 2024	Club Open & Registration Day
3 November 2024	First day of Nippers & Youth on the beach
30 November 2024	Little Nippers Carnival 1 – Cottesloe
1 December 2024	Nippers Carnival 1 – Coogee
11 January 2025	Little Nippers Carnival 2 - Quinns
12 January 2025	Nippers Carnival 2 - Trigg
25-26 January 2025	Country Carnival - Bunbury
8-9 February 2025	Nippers Qualifiers - Leighton
16 February 2025	Club Championships
23 February 2025	Little Nippers Champs - Leighton
1 March 2025	Nipper Champs Beach - Trigg
2-3 March 2025	Nipper Champs Ocean - Trigg
15-16 March 2025	Junior Beach Bumz Camp U10s-U13s
23 March 2024	Nippers & Youth End of Season – last day on the beach / colour run / windup



4.0 Starfish Nippers

This year we are excited to see the return of our inclusive Starfish Nippers program which caters for children and young adults ranging from 6 years and above with a disability - including autism, attention deficit disorder, Down's Syndrome, Asperger's Syndrome, physical and intellectual disabilities and learning difficulties. We believe everyone deserves access to Nippers.

Activities for Starfish Nippers include traditional beach games and activities, beach running, beach flags, swimming, board skills, water familiarisation, beach, water and surf safety. We have an instructor for every nipper, a ratio of 1 nipper per trainer for beach activities and in some cases 2 trainers in the water activities depending on the nipper's ability. This ensures the program can be specially tailored to meet individual needs and skill levels in and out of the water, we offer positive instruction and encouragement along the way.

If you would like more information regarding the program, please contact Simone Blom via clubadministrator@cbslsc.com.au



Fun & Laughter



Feel Included



Respect & Dignity



Beach Safety














Teamwork

5.0 Woodside Nipper & Youth Age Groups

Woodside Nippers are placed in an age group that is determined by the child's age as of the 30 September each year. To easily identify our Woodside Nipper age groups, each group is allocated a different colour.

Unfortunately, if your child's age differs from a friend's, we will still need to comply with policies set by SLSA and SLSWA meaning the children will be put into the correct group for the birthday.

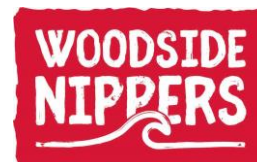
Age	Date of Birth	SLSWA Age Group	Cap Colour	Age Group Certificate
5 years	1 October 2018 to 30 September 2019	U6	 Pink	Surf Play One
6 years	1 October 2017 to 30 September 2018	U7	 White	Surf Play Two
7 years	1 October 2016 to 30 September 2017	U8	 Yellow	Surf Aware One
8 years	1 October 2015 to 30 September 2016	U9	 Green	Surf Aware Two
9 years	1 October 2014 to 30 September 2015	U10	 Light Blue	Surf Safe One
10 years	1 October 2013 to 30 September 2014	U11	 Purple	Surf Safe Two
11 years	1 October 2012 to 30 September 2013	U12	 Dark Blue	Surf Smart One
12 years	1 October 2011 to 30 September 2012	U13	 Red	Surf Smart Two
13 years	1 October 2010 to 30 September 2011	U14 (Cadets)	 Club Cap	Surf Rescue Certificate
14 years	1 October 2009 to 30 September 2010	U15 (Cadets)	 Club Cap	Bronze Medallion Surf Rescue Certificate
15 years	1 October 2008 to 30 September 2009	Cadets	 Club Cap	Bronze Medallion

As part of Woodside's partnership with Surf Life Saving Western Australia, every Woodside Nipper (Under 6 to Under 13) will be provided with a:

- Mesh Sling Bag
- Hi-Vis Vest
- Age Group Cap
- Wide-brim hat

Please note, sizes for vests and wide-brim hats are limited and will be based on a first come basis. More details will be released once confirmed.





6.0 Age Group Activities

An important part of our Sunday morning activities will be the Woodside Nippers curriculum, which is comprised of four key learning areas.

Surf Awareness: Not only are surf skills required in conquering conditions, but a knowledge of where the dangers are and how to read the surf are essential ingredients in keeping safe at the beach.

Individual Safety: This deals with recognising potential risks that we all face when visiting the beach, and in life in general.

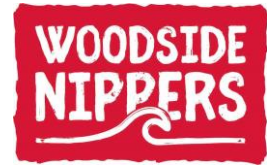
Lifesaving Skills: This learning area starts to introduce our Woodside Nippers to the role we hope they undertake as they grow and develop into future lifesavers.

Surf Sport Skills: Woodside Nippers learn a variety of skills to help them develop confidence and introduce them to surf life saving's various surf sport events, such as swimming, board racing and beach flags, to name a few.

The majority of surf education will be provided on the beach, not in a classroom or formal environment (except the Surf Rescue Certificate/Resuscitation course for the older age groups). The best way to teach surf safety is through physical demonstrations, drills/exercises and visual aids (such as spotting a rip).

There are 8 levels in the program which correspond to the 8 age groups – Under 6 through to Under 13 – and each year will build upon the skills and learning from the previous.

Age Group	Certificate	Skills and Learning
Under 6	Surf Play One	This will be your Nippers first introduction to the Woodside Nipper Program. This level is designed to be educational through play, participation, and fun.
Under 7	Surf Play Two	
Under 8	Surf Aware One	Introduction to beach safety, basic lifesaving skills and surf sports skills. These age groups are referred to as Little Nippers and are offered a modified interclub carnival.
Under 9	Surf Aware Two	
Under 10	Surf Safe One	These age groups demonstrate beach safety skills, lifesaving skills and further develop their surf sports skills through club activities, clinics, and Interclub carnivals.
Under 11	Surf Safe Two	
Under 12	Surf Smart One	These age groups transition towards becoming a surf lifesaver, develop an understanding of what is required to be a patrolling member and continue to develop their surf sport skills through club activities, clinics, and Interclub carnivals.
Under 13	Surf Smart Two	
Cadets and Youth	Surf Rescue Certificate	Within this age group, children achieve their Surf Rescue Certificate as well as continue to refine surf sport skills.



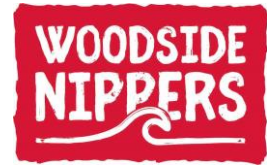
7.0 Age Group Managers (AGM'S)

Our team of Age Group Managers (AGM's) **are all volunteers** and would love to have your support and assistance each week. Parents are encouraged to make themselves known to their child's AGM and to help when required. If you have any questions or concerns about your child's ability or if your child has any medical condition that may restrict them in any way, please speak to your AGM or the Nipper CoOrdinator.

The responsibilities of an AGM are as follows:

- Encourage the children in their age group to participate, enjoy, co-operate, and compete in all activities of the Club.
- Keep weekly records of each child's attendance.
- Instruct the children in their age group towards the requirements of the Surf Education Program.
- Organise the children at competitions, which includes marking the attendance sheet, assisting in team selections, and marshalling the children for their allocated events.
- Assist in the instruction of the correct techniques for events the children participate in.
- Keep the children and parents informed of the requirements of the age group and of Club information.
- Ensure the children in the age group are aware of and encourage sun protection.

To ensure we can maintain a ratio of 1 AGM : 25 Woodside Nippers, please consider becoming an Age Group Manager or Age Group Manager Assistant. There is no requirement for AGM's or assistants to have prior experience as an AGM or within Surf Life Saving. To ensure our AGM's and assistants feel confident and comfortable within these roles, there is an on-line and practical course to complete, as well as ongoing mentoring. Please contact the Nipper Coordinator to find out more.



8.0 Proficiency Evaluations

To maintain safety and lifesaving standards, Surf Life Saving Australia has set a standard of proficiency that Woodside Nippers in Under 6 and above must achieve before being eligible to participate in water events or carnival events.

Proficiencies for the season will be held the first two weeks of the season. If you are unable to attend either of the first two weeks, an assessment can be completed with a qualified swim teacher and a copy of the assessment forward through to the Nipper Coordinator.

Your child will not be able to enter the water during Sunday sessions or sanctioned club training events until the proficiency is completed. While the club's Woodside Nippers program is not a learn to swim program, if your child is unable to meet the requirements of their proficiency, please contact the Nipper Coordinator to discuss options available.

Table below details Nipper Preliminary Evaluations for water-based activities at the Club.

Age Group	Flotation	Submersion	Propulsion
Under 6	Back or front float for minimum of 5 seconds, recover to stand.	Submerge to touch the bottom with hands. (1m depth)	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.
Under 7	Back or front float for 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 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. (1.5m depth)	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 a minimum of 2 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands. (1.5m depth)	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	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands (1.8m)	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.
Under 13			Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres

In addition to Preliminary Evaluations, if your child wishes to participate in any competitions, an additional competition evaluation must be completed. These assessments must be completed in an open water setting and therefore will be conducted with Age Group Managers during the sessions.

The Competition Skill Evaluation is a risk management assessment for those who wish to participate in any water event at any interclub state carnivals or event. Participants must complete a timed open water swim that reflects the respective age-related competition course. Ocean conditions should be considered when setting out the course and an appropriate standard of care maintained.

Table below details Nipper Preliminary Evaluations for water-based competitions & carnivals.

Age Group	Competition Evaluations	Notes
Under 8	Minimum 100m open water swim in 6 minutes	Refer to the 2024/25 SLSWA Planning Calendar for the closing dates and times relevant to each carnival/event.
Under 9	Minimum 100m open water swim in 6 minutes	
Under 10	Minimum 150m swim in open water in less than 8 minutes	
Under 11	Minimum 200m open water swim in less than 8 minutes	
Under 12	Minimum 200m open water swim in less than 8 minutes	
Under 13	Minimum 200m open water swim in less than 7 minutes	

9.0 Sunday Morning Sessions

The Woodside Nipper surf season typically runs from the end of October to March. Club day activities occur on Sunday mornings from 9:00am until 10:30am for Under 6 and 7 age groups, and 11:00am finishes for all other age groups. In addition to Sunday sessions, various training sessions are available for all age groups (see section 13.0 Coaching). Please ensure you arrive by 8:15am to allow for time for parking, leaving adequate time to sign in.



What to expect at Woodside Nippers

The Woodside Nipper program will always depend on the surf conditions on the day. If the conditions are favourable, more time will be spent in the water than on the beach and vice versa should water conditions be adverse. If conditions are unsafe, the Director of Surf Sports and Nippers Coordinator may decide to cancel the session prior to the scheduled start time. Ensure you are on our club newsletters and Facebook pages to be alerted for changes to planned activities as this is how we can quickly reach all members.

The majority of our Woodside Nipper Sundays focus on fun activities whilst teaching beach safety. Activities on Club days for Woodside Nippers include:

- Beach sprints, relays and beach flags
- Wade races and wade relays
- Surf swim races and surf swim team races
- Board races, rescues and relays
- Surf safety education
- Games and fun activities
- Great social occasions

At the conclusion of our Sunday morning sessions, a sausage sizzle will be available from within the club restaurant for all members.

Keep an eye on the Club Facebook pages and newsletters for additional activities and events which may take place in conjunction with these days throughout the season.

What to bring

- Woodside Nippers kit bag including hi-vis vest, coloured cap (based on age group) and wide-brimmed hat
- Rashie / Wetsuit – During the first few months of the program the water temperature can be still quite cold. It is not a requirement that children wear a wetsuit, but they are permitted to if they would like. At all times the Woodside Nippers hi-vis vest must be visible on the outer most layer.
- Towel
- Sunscreen
- Water bottle
- Goggles (if required)
- Any medication if required
- Warm clothes if weather is cooler



Please ensure all your children's belongings, including coloured cap and hi-vis vests are labelled with black permanent marker. There is a lost property container within the gear shed where all leftover items from each week will be placed. At the end of the season any items within the lost property container will be donated to local charity groups.

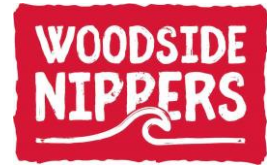
Week 1

Sign in will take place up the top of the clubrooms on the grassed areas, in week one you may have to pick up your Woodside Nipper pack, if you have not already done so, this can be found in the Merch Room. An introduction to Nippers for the season will be conducted by the Nippers CoOrdinator & the President. Once signed in and the introduction has taken place, your AGM will take the group to the beach for the commencement of the session. A clubhouse induction and familiarisation will also be completed during this first session.

Week 2 and Beyond

For all future sessions, sign in will take place on the grassed area at the top of the clubrooms. Look out for your designated age group signpost then sign your child in, the AGM will continue to take the group down to the beach from the grassed area each week. It is important that your child is dressed in their bathers, sunscreen applied, hi-vis vest on and coloured cap donned when signing in. You must be present with your child when they are signing in and **always** remain on the beach with the group.

Once your child has been signed in, they must remain with the group and are not to enter the water without the supervision of their Age Group Manager and adequate Water Safety personnel. If you wish for your child to enter

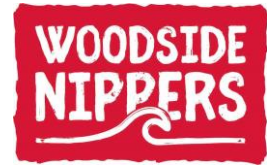


the water prior to the start of the session, they ***must not*** wear their coloured cap and will remain in ***your responsibility***. We recommend that the children always swim between the flags where additional support can be provided by the on-duty patrol. Your child will be asked to leave the water and join their age group if they are observed in the water while wearing their cap.

At the end of the sessions, Woodside Nippers will not leave their age group until collected by an adult and checked off the attendance list. Failure to sign your child out may result in closure of the beach and a search being carried out to find them. If you do need to leave early please ensure you let your AGM know before leaving the beach!

Late Arrivals

To ensure we can keep track of our Woodside Nippers and ensure the safety of everyone, if you arrive late, you and your child must first see the Age Group Manager and let them know you are joining the session. You will then need to sign in and your child will be allocated to the relevant activities being completed.



Beach Layout

Each week the beach will be set up according to age groups. Please ensure you are familiar with where your child's age group will be positioned along the beach



10.0 Parent Helpers

We are a family club, and we need the help of every family to share the workload so that we can continue to maintain a high standard and an enjoyable environment for everyone. Running a successful Woodside Nipper program of this size only comes from the ongoing commitment of volunteers and help offered by parents including:

- Maintaining a presence on the beach during Sunday morning sessions or mid-week training sessions
- Officials – Help with running of interclub carnivals
- Water Safety – Gaining your NRC or SRC and BM.
- Helping on the beach with set up, pack up or during the sessions
- Helping in the kitchen in the Club for the morning
- Becoming a committee member or officer to the board

Parental Involvement and Supervision

All Woodside Nippers need to have a parent / guardian on the beach within sight of them. Under 6 and 7 age groups **must** have a parent actively participating with their child during all activities. This means that you will be getting in the water with your child.

Parents are required to be on hand during Woodside Nipper days and events and to resume responsibility for their child at the conclusion of the day's activities. Please come dressed to participate in all activities, including getting wet with your children.

As a parent or guardian of a child who participates in the Woodside Nippers program, you are expected to volunteer in some capacity throughout the season. One way you can assist is by helping your Age Group Managers with beach set up and pack up during your rostered day. If you prefer to help out in the water with your child, please consider obtaining your NRC (for parents within the Under 6 and 7 age groups) or your SRC for those who are in Under 8's and above. Whether you prefer the beach or the water there is always a role which you can assist with.



11.0 Nipper Uniform & Swimwear

Club branded swimwear and clothing are available for sale via our Uniform Shop throughout the season. **Club swimwear is compulsory for Nippers who attend carnivals but optional for Club Sundays or training sessions.**

Members are responsible for always wearing the correct uniform during club activities & sanctioned events.

All aspects of the uniform must be worn, all nippers and youth are required to wear a high-vis vest and coloured cap (based on age group) during all Sunday Club activities, this includes water and sand events.

Approved Swimwear

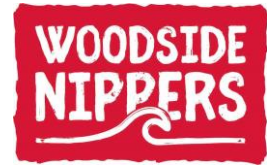
- Adequate and appropriate bathers / swimwear designed for surf sports activities,
- Rash shirts are recognised as swimwear and can be worn under high-vis vests.

Unacceptable Swimwear

If you do not wear the appropriate uniform you will be asked to cover up, change or be removed from activities. Inappropriate swimwear includes and is not limited to:

- G-strings, V-strings, Brazilians or similar style bathers,
- Sport / gym clothes,
- Loose fitting or bulky clothing or attire not designed for swimming.





12.0 Beach Set Up / Pack Up Roster

Many hands make light work! Our Under 8 to Cadet age groups are rostered on for 2 weeks during the season to help with set up and pack down. Parents and Woodside Nippers will need to arrive at 7:30am to help out. There will always be experienced club members to guide you as well as your Age Group Manager.

For our Under 6 and 7 age groups, your age group managers would love a hand too, please see them directly for how you can assist with set up and pack up.

Tasks will include placing Woodside Nipper age flags along the beach, ensuring gear trailers are positioned along the beach for our groups, setting up of flag and beach sprint arenas and positioning starting flags within the water arenas. At the end of the day, volunteers will be required to assist with ensuring all gear is packed up and placed back on the trailers before washing it down at the club rooms. A sweep of the beach to ensure no boards have been forgotten about will also be required.

13.0 Water Safety

Water Safety personnel play an important role in Woodside Nippers. Without adequate numbers of Water Safety for our water-based activities, for each age group, this will limit the number of children who can enter the water at any one time. A minimum of 1 water safety: 10 children must be maintained at all times for all age groups (Under 6 – Cadets).

There are several ways you can assist with ensuring our children can complete water activities, this includes completing a formal training course starting at a Nipper Rescue Certificate for our younger age groups and progressing to a Surf Rescue Certificate (SRC) or Bronze Medallion (BM) for more comprehensive training. All awards are required to be requalified at Club Proficiencies each year to ensure you remain up to date with the latest processes.

Nipper Rescue Certificate (NRC)

The NRC is a great introductory course run over a few hours designed for parents or guardians of our under 6 and 7 age groups. By completing this award, you will be able to fulfil the role of water safety within the age groups. If you do have children in older groups, you will need to complete the Surf Rescue Certificate (SRC) instead as this allows you to proceed beyond waist depth and assist at carnival events.

The course involves:

- Surf Awareness – training to recognise safe beach zones
- Being able to perform a 200m ocean swim within 6 minutes
- Learning basic surf signals

Further information regarding the courses and scheduled dates can be obtained from the Director of Member Development or the Nipper CoOrdinator. If you are interested in completing a water safety course, please let your AGM know.

14.0 Coaching and Training

Training is available mid-week and prior to Sunday Woodside Nipper sessions for all age groups in a variety of disciplines including board paddling and beach events.

Parents are expected to bring their children to the coaches and remain at the beach or training location not just drop them at the clubhouse. Each child must have a parent or nominated guardian on the beach during water activities for safety reasons or the children will be unable to participate.

Training times and session locations will be communicated through the club newsletter and Surf Sports calendar. If you would like more information regarding the sessions held, please contact the Director of Surf Sports.

15.0 Equipment Use

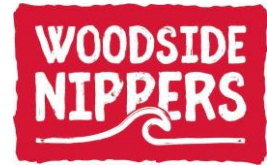
Our Woodside Nipper Sunday sessions give everyone an opportunity to use the appropriate boards for their age group and try out the various board styles available. When signing in with your child at their age group, you will be required to collect a board from the equipment shed for use. Please ensure your child is always supervised while collecting a board from the racks. For our Under 6 and 7 age groups, your boards will be located on the gear trailer which will be positioned on the beach.

While boards are available for use, we do encourage our Woodside Nippers to purchase their own personal board which can be used during Sunday sessions, training, competition and whenever you visit the beach. If you are interested in purchasing a board (new or second hand) please contact the Director of Surf Sports who can help point you in the right direction of where to look.

A few things to know about using our club boards:

- Boards are only for members
- Never drag, drop, stand, jump, or sit on boards
- Boards must never make contact with a hard surface such as concrete – like the walls and floor of the equipment shed!
- Fibreglass boards will be allocated to those in Under 11 and above
- Boards should be positioned with their fin up when on the beach
- Boards are always to be washed before being put away
- Never use a board which is not dedicated for your age group
- Wax may be used however, please ensure at the end of each session, after competition or end of season it is removed.
- If a board you are using becomes damaged, please let your AGM know as soon as possible – We have an in-club board repairer who can easily fix boards, but we can only do so if we know about damage!
- Deliberate misuse of boards may result in a ban from club equipment, and you may be responsible for covering the cost of any repairs needed.





16.0 Competition

Competition against other clubs gives our Woodside Nippers the opportunity to test their skills, promotes fair play, club loyalty and gives children the opportunity to mix with their peers. Throughout the season, there will be a number of interclub carnivals which our Under 8 and 9 (Little Nippers) and our Under 10 – 13's (Nippers) will be able to participate in. In addition, at a club level we hold Club Championships during the season which is an opportunity for our Under 8 – Cadets (and Seniors) to compete against their peers.

Children who are interested in competition are encouraged to participate in our free mid-week and Sunday morning training sessions. Please refer to the club newsletter and Surf Sports Calendar for more information regarding when these sessions will be run.

On carnival days, our Sunday Woodside Nipper activities will continue as normal for all children who are not participating however, due to group sizes and availability of AGM's, age groups may be combined. You will be notified in advance if anything changes to the running of your child's age group.

A few points to remember regarding carnivals:

- Competitors must wear a Coogee Beach SLSC competition cap (purchased through the office / clothing shop) for all interclub events.
- While not mandatory, competitors are encouraged to wear the club bathers.
- Woodside Nipper or club hi-vis rash vests must be worn throughout all competitions.
- Always be gracious in winning and defeat and display good will to all Surf Life Saving Club Members.
- All competitors must have passed both their preliminary and competition proficiency assessments, be a financial member and have paid their competition fees to be entered in a carnival. The close of entries is usually 1 week before the carnival – Refer to club newsletters and communication provided on Sunday mornings for more information.
- For state and national competition, individual and team nominations are open to any child who wishes to participate however, the final nominations into the carnival will be determined in consultation by AGM's and relevant coach(es).
- Your child does not have to go in all events, they can choose which events they wish to compete in, just let your AGM know.

For more information regarding the various events your child may participate in for their age group please have a discussion with your AGM, Nipper CoOrdinator, Director or Surf Sports or refer to the SLSWA Surf Sports website.

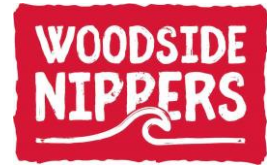
Carnival Preparation

Just like our Sunday Woodside Nipper Sessions, there is equipment which needs to be collected from the club and brought to the relevant beach for use. Boards, tents, tubes, rescue boards, first aid equipment, spare clothing are just some of the items which need transporting there and back. Your help with this is greatly appreciated. In the lead up to a carnival you will be advise if the club trailer is being used and when it will be packed or if you are required to collect and transport equipment for your child yourself.

Carnival Water Safety

At every carnival, each club must provide qualified members to undertake water safety, this means members must hold a Surf Rescue Certificate, Bronze Medallion, IRB Crew or Driver or First Aid (or higher) qualification. Without volunteers to fill these roles it may result in our children not being able to attend Carnivals.

For all of these roles, you will be only allocated a 1-2 hour timeslot allowing you to still be able to see your child participating in the carnival.



Officials

Just like water safety, officials play an important part in interclub competitions and the club is required to fulfil several official rules at various carnivals. Where the club is unable to provide adequate numbers of officials, the club may be asked by SLSWA to limit competition numbers accordingly.

Parents can prevent this by undertaking the Officials course which is completed online with on-the-job practical training provided at carnivals – No prior surf sports knowledge is required to fulfil this role. All beginner officials will be buddied with experienced officials to assist with providing guidance and support. Being an official is a great way to be up close to the action with many officials being able to choose the arenas they assist with.

If you are interested in becoming an official, please let the Nipper CoOrdinator or Director of Surf Sports know. The club is also looking at holding an in-person officials' course during the season – Please refer to the club newsletters and calendar for more information.

Nipper Competition Dates

Please note at time of development dates and locations within this booklet were correct however, please check carnival dates closer to the events through the Club Newsletters and SLSWA Surf Sports pages.

Little Nippers (Under 8 and 9)

These carnivals are aimed to provide experience with the desired outcomes being fun, participation and sportsmanship. During the carnivals there will be a strong focus on team activities and are held at protected beach locations.

Nippers (Under 10 to Under 13)

These carnivals are more competitive however, children should treat these events as an opportunity to challenge themselves and use skills learnt throughout the Sunday Woodside Session. Like the Little Nipper carnivals, outcomes should still be fun, participation and sportsmanship.

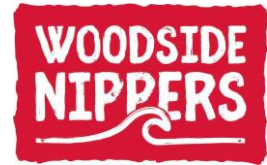
17.0 Club Championship Days

As mentioned previously, in addition to interclub carnivals, the club will hold Club Championship days as a way for children to test their skills against their own peers. Children from Under 8's to our Masters (adults) will all have an opportunity to participate in these days.

This season, the club will hold a club championship day for our Woodside Nippers (Under 8's to U13's) with final medals being allocated based on a total score from all events. The results from the club championship day will also be used to determine the Champion Nipper for each age group. To be eligible to receive the Champion Nipper award or discipline place award, children must have attended a minimum of 75% of Sunday sessions or equivalent (Carnival attendance in lieu of Sunday Session) over the entire Woodside Nippers Season (31st October to 20th March). Points for each event will be allocated as follows: 5 points for 1st, 4 points for 2nd, 3 points for 3rd, 2 points for 4th and 1 points for 5th.

18.0 Continuous Improvement – Feedback

Our Woodside Nipper program is constantly changing and evolving to meet the needs of our members and requirements stipulated by our governing bodies SLSWA and SLSA. We encourage all members to provide feedback to the Nipper CoOrdinator or Director of Member Development regarding our programs at any time during the season through email communication, letter to the club or by having a chat to us on the beach. Your input is vital to our success.



19.0 Frequently Asked Questions

My child is currently 11 (12 in January 2025), what age group will they be in?

Your child will be in Under 12 age group (even though they turn 12 during the season). The age group that your child joins is determined by their age as at 30 September, therefore your child was 11 on 30 September 2024 (turning 12 in January).

My child turns 5 in October 2024, can they join then?

Unfortunately, they need to be 5 on or before 30 September to join the Woodside Nipper Program for that season. SLSWA run surf baby programs at our beach throughout the summer which may be of interest. Refer to the SLSWA website for more information.

Can I drop my children at Woodside Nippers and leave the beach?

No, it is a mandatory requirement that a parent or designated guardian is at the beach during the entire duration of Nippers.

I have 3 children and can't be with all groups at the same time, what do I do?

This is perfectly ok, and we have many families in this same situation. Parents of Under 6 and 7 children need to always be with these groups. Parents who have children in higher age groups just need to inform the Age Group Manager where they will be on the beach. For example, a parent of an Under 7, Under 10 and Under 11 child would need to remain with the Under 7 child and just inform the Under 10 and 11 AGMs they will be down the beach.

My child's friend's birthday puts them in a different age group. Can they be together?

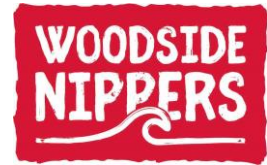
Sorry, we need to obey the policies set by SLSA that children are put into groups where their birthday falls – They will be able to make new friends and still be able to socialise before and after club activities.

How often do I bring my child to the beach?

Our Woodside Nipper Days are held each Sunday (November – March with a weekend off over Christmas). We understand that families are busy however, to be eligible for Woodside Nipper certificates and consideration for Champion Nipper awards children must have attended a minimum of 75% of Sunday sessions or equivalent (Carnival attendance in lieu of Sunday Session).

What can I do to help?

Parents / guardians can become involved in many areas of Club activities. This can include helping at Sunday Woodside Nipper days (beach set up / pack down, helping run activities, being an AGM or assistance), carnival officiating, first aid officer, fundraising, providing water safety at Woodside Nippers, training and carnivals (if you gain a Nipper Rescue Certificate, Surf Rescue Certificate or Bronze Medallion). All parents / guardians will see many positive results from supporting their child in their Woodside Nipper activities.



20.0 Youth & Cadets

The aim of the Youth Program is to engage, enthuse, and educate all graduating ‘Woodside Nippers’, and new youth members, regardless of their ability in any surf sport discipline, and aid the retention and development of members.

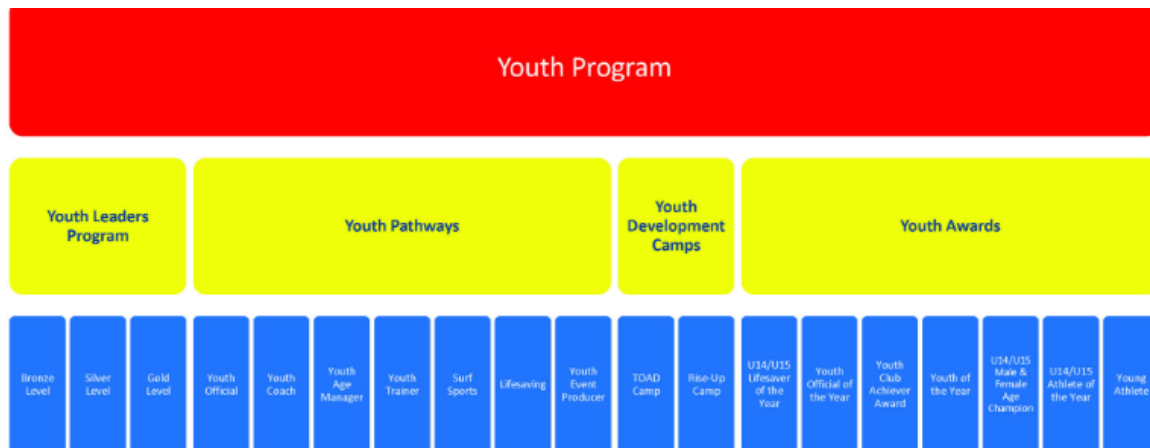
Our youth members (U14 to U17) are the future leaders of the surf lifesaving movement, thus we want to provide opportunities for them to learn and develop new skills to not only become better surf lifesavers, but also contributors to their local communities.

The **Youth Program** aims to achieve this by:

- Offering a gradual and seamless transition from nippers to various SLSWA pathways;
- Increasing the opportunity for new youth members who did not participate in Nippers, to join and learn the skills required to become lifesavers;
- Offering a broad and balanced curriculum;
- Developing in complexity throughout;
- Developing individuals holistically across the pillars of surf lifesaving being lifesaving; surf sports; and training

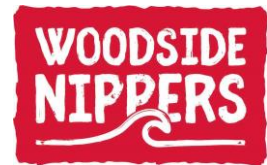
There are four components to the Youth Program namely Lifesaving, Training, Leadership and Surf Sports. In addition to these four components further development and recognition of various skills has been encompassed within a Youth Leaders Program and the five Youth Pathways:

- Youth Trainer,
- Youth Age Manager,
- Youth Coach,
- Youth Official and
- Youth Event Producer.



2024/25 Youth Program Age Requirements

The minimum age for children to participate in the Youth Program is 13 years (U/14) up to a maximum age of 16 years (U/17). Youth are to be appointed to a particular age group based on their age on 30 September as detailed in Table 6 below. It is highly recommended that birth certificates are sighted upon a youth member registering with a club.



Youth Preliminary Evaluations

Youth members are to be put through a Preliminary Evaluation prior to them participating in any water based activities at your club. The evaluations for each youth age group are outlined in Table 6 below. You will notice that the evaluations are a pre-requisite for the SRC or Bronze which will allow youth members to easily transition into award training when appropriate.

Table below details Youth Preliminary Evaluations for water-based activities at the Club.

Age Group	Birth Date	Preliminary Evaluations
Under 14	1/10/2010 – 30/09/2011	SRC Pre-requisite swim 200m swim in under 5 minutes
Under 15	1/10/2009 – 30/09/2010	SRC Pre-requisite swim 200m swim in under 5 minutes
Under 17	1/10/2007 – 30/09/2009	Bronze Pre-requisite swim 400m swim in under 9 minutes

Youth Competition Evaluations for SLSWA Events

Gaining a SRC or Bronze Medallion does take some time, so we do allow youth members to compete at some SLSWA events without an award. As a result of that allowance, we require clubs to ensure youth members who compete in any water event either have the appropriate award or have completed the relevant Competition Evaluation.

Table below details Nipper Preliminary Evaluations for water-based competitions & carnivals.

Age Group	Competition Evaluations for SLSWA events	Minimum requirement for other Championship events	Minimum requirements for Aussies
Under 14	200m open water swim in under 5 minutes or SRC Requal	As per SLSWA Bulletin, normally SRC with no hour requirement	As per SLSA Bulletin/Circular, normally SRC with no hour requirement
Under 15	200m open water swim in under 5 minutes or SRC Requal	As per SLSWA Bulletin, normally SRC/Bronze with patrol hour requirement	As per SLSA Bulletin/Circular, normally SRC/Bronze with patrol hour requirement
Under 17	400m open water swim in under 9 minutes or Bronze Requal	As per SLSWA Bulletin, normally Bronze with patrol hour requirement	As per SLSA Bulletin/Circular, normally Bronze with patrol hour requirement

Youth Leaders Program (YLP)

Developed to complement SLSWA's Youth Program, the opt in Youth Leaders Program (YLP) offers youth members the opportunity to formally record their experiences and service and receive recognition for doing so. The YLP entails three levels – Bronze, Silver, and Gold – for youth members to work towards achieving. Each level stipulates certain requirements and experiencing of various roles associated with surf lifesaving. Interested youth members can complete and return the Registration Form and ticking the Youth Leaders Program box.

Youth Pathways

SLSWA have designed a number of pathway options that contribute to the development of youth members. The pathway options available are:

- Youth Trainer Program – assisting in delivery of education courses
- Youth Age Manager Program – assisting with the management of a Nipper age group.
- Youth Coach Program – assisting with coaching surf sports skills sessions
- Youth Official Program – assisting with judging/officiating at surf sports events
- Youth Event Producer Program – assisting with the running and promotion of surf sport events

For each pathway options there is a two hour course the youth member attends and then a practical component back at the club which involves the youth being mentored by an appropriate member.



21.0 Other Resources

Coogee Beach WA Surf Life Saving Club (CBSLSC) Website - <https://cbslsc.com.au/>

Surf Lifesaving Western Australia (SLSWA) Website - <https://www.mybeach.com.au/>

Surf Life Saving Western Australia (SLSWA) Youth Pathways –

https://www.mybeach.com.au/members/youth_program/pathways/

Surf Lifesaving Australia (SLSA) Website - <https://sls.com.au/>