



Nippers Handbook Season 2022/ 2023

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Welcome to season 2022-2023

A warm welcome to our new and returning West Beach Surf Life Saving Club (WBSLSC) nippers and families for season 22/23. It was with a little sadness, but a huge amount of excitement that we saw our old club building demolished in early September of this year. The new club is due to be ready in September 2023.

Operating without club rooms presents us with lots of challenges and opportunities this season – but what will remain the same is our commitment to the fun, fitness and friendships that our members enjoy. We do ask for your patience and flexibility as we manage the season and the challenges that come with it.

This season will include a range of activities for our nippers, from surf and beach sports, social events, surf safety and education, carnivals, our annual camp for the under 12s and under 13s, celebrations, and much more.

We're also encouraging our members to be more aware of the environment we are lucky enough to call our home and are planning some dune care activities later in the season.

A final note... every role in our club is filled by volunteers. The hours of work put in by our members in so many different ways is amazing. As I write this our season hasn't officially begun yet, but there have already been so many meetings, phone calls, online orders, document proofing sessions, room bookings, training sessions, child-safe checks, and workshops – and much more. I can't acknowledge you all here, or those that will help across the season (this handbook would be a phonebook), but thank you so much, it's very much appreciated.

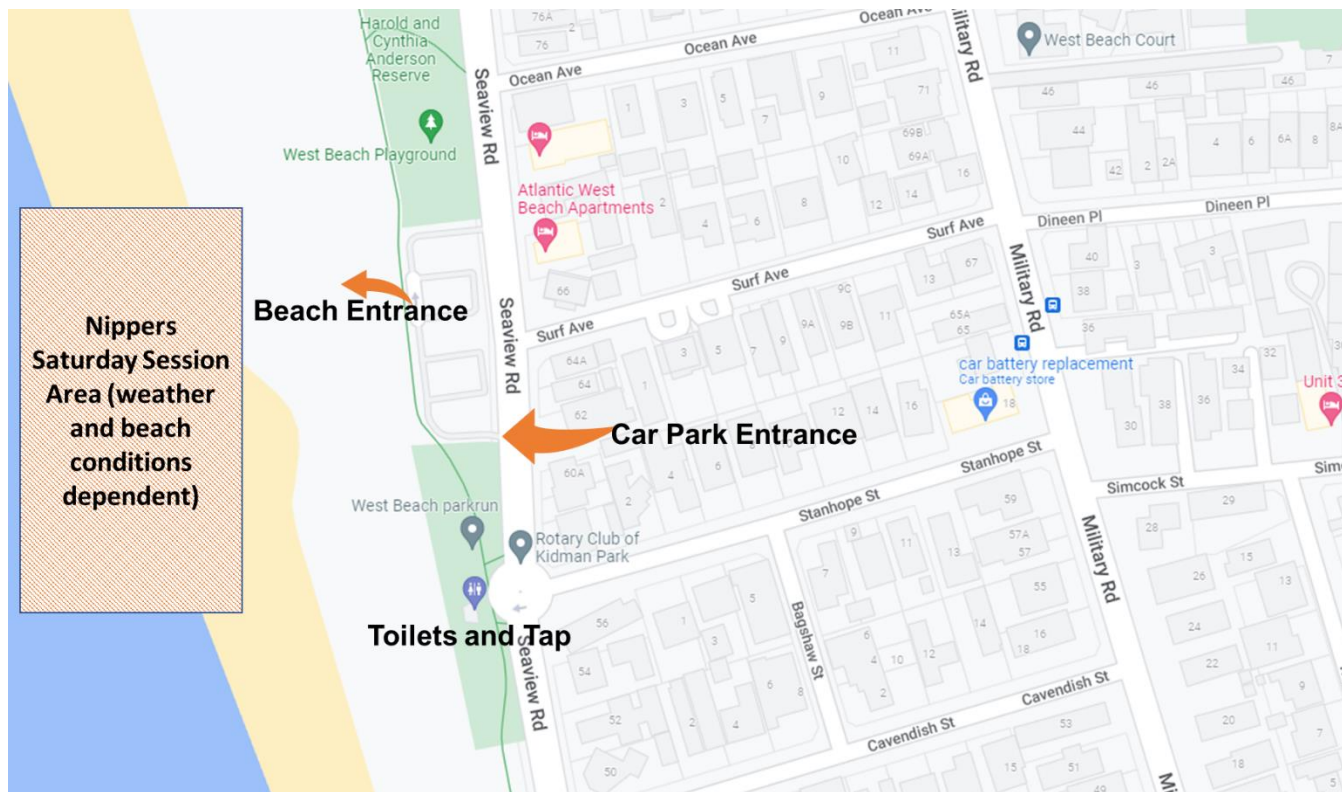
#upwesties

Sarah Kemp
Director Junior and Youth Development
West Beach Surf Lifesaving club
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WBSLSC Nippers Location 2022/2023

While our new club facilities are being built, unless otherwise notified, all sessions will run from **the Surf Avenue entrance** (Look for West Beach flags).

Our BBQ Trailer will be at this entrance also. Public toilets and a tap are located around 100m south of the car park.



We encourage all of our members to support Beachside Café, West Beach Road, West Beach. Across the season there will be a social dinner for age group. Please confirm your attendance with your Parent Liaison via the Spond App.

Members (including parent social members) receive a 10% discount on food and beverages, upon showing their member key tag.

Age groups

Nippers are placed in an age group that is determined by the child's age as at 30 September each year.









At WBSLC each age group is allocated a different colour cap to wear to weekend training sessions. This is useful in helping AGM's to identify who is in their group.

Each age group has a parent liaison officer who is your first point of contact for information, queries and general updates on what is happening across the program.

In addition to having fun on and off the beach, each group works towards the Surf Life Saving Australia (SLSA), Age Group Certificate. You can find out more about these certificates on page XX.

Nippers need to be in the group where their birthday falls – this gives them a chance to make new friends. If they have friends in other age groups, they can socialise before and after club activities.

Children who are not 5 on or before 30 September will be able to participate in any surf babies programs that the club runs over summer.

Age Groups	Born between	Cap colour
Under 6	1 Oct 2016- 30 Sep 2017* *children can participate from when they turn 5 years old	
Under 7	1 Oct 2015- 30 Sep 2016*	
Under 8	1 Oct 2014 - 30 Sep 2015	
Under 9	1 Oct 2013 - 30 Sep 2014	
Under 10	1 Oct 2012- 30 Sep 2013	
Under 11	1 Oct 2011 - 30 Sep 2012	
Under 12	1 Oct 2010 -30 Sep 2011	
Under 13	1 Oct 2009 - 30 Sep 2010	
Westies Crew	1 Oct 2007 - 30 Sep 2009	N/A

Key dates

Session	Date	Set up	Pack up	BBQ Duty	Notes
1	Sat 22 Oct PM	U13	U10	U13	U8-U13 only @ Immanuel College
2	Sat 29 Oct PM	U12	U9	U11	
3	Sat 05 Nov PM	U11	U8	U12	Under 6/7 start
4	Sat 12 Nov PM	U10	U11	U7	U12-U13 Camp
5	Sat 19 Nov PM	U9	U12	U10	
6	Sat 26 Nov PM	U7	U6	No BBQ	U8-U13 carnival #1
7	Sat 03 Dec PM	U11	U13	U9	
8	Sat 10 Dec PM	U12	U10	U8	11/12 carnival #2 @ Somerton
9	Sat 17 Dec AM	U13	U9	U7 & U11	Christmas fun day
2 Week Holiday Break					
10	Sat 7 Jan AM	U11	U8	U10	
11	Sat 14 Jan AM	U10	U13	U6	
12	Sat 21 Jan AM	U13	U12	U7	22/1 U8-U13 carnival #3 @ Glenelg
13	Sat 28 Jan AM	U12	U10	U9	
14	Sat 04 Feb PM	U9	U11	U12	Under 13 Champ Lifesaver @ Grange
15	Fri 10 Feb PM	U7	U6	No BBQ	Pink and Blue Swim on Sat 11/2 Nippers Friday 6.30-7.30 12/4 carnival #4 Port Elliot
16	Sat 18 Feb PM	U8	U9	U12	19/2 State Champ Day 1 @ Semaphore
17	Sat 25 Feb PM	U13	U8	U9	
18	Sat 04 Mar PM	U11	U10	U6	WB Junior Club Championships
19	Sat 11 Mar PM	U12	U11	U7	
20	Sat 18 Mar PM	U6	U7	No BBQ	18/3 State champs Day 2 19/3 State champs Day 3 (Port Noarlunga)
21	Sat 25 Mar PM	U10	U12	U13	(Aust champs in Perth)
22	Sat 01 Apr PM	U9	U13	U8	Presentation Day

Come and Try sessions

AM Morning sessions

Activity	AM Session	PM Session
Set up <ul style="list-style-type: none"> All families from rostered age group are expected to help* Meet at the trailer on the beach for allocation of set up jobs 	8.45am – 9.30am	12.45pm - 1.30pm
BBQ <ul style="list-style-type: none"> Min 4 parents/ carers (2 cooks, 1-2 servers, 1 cashier) Clean up at the end of the BBQ session All families are expected to assist - your parent liaison will roster you on to the BBQ** 	10.15am arrive at BBQ area	2.45pm arrive at BBQ area
Pack up <ul style="list-style-type: none"> All families from rostered age group are expected to help* Meet at the trailer for job allocation 	11am	3.45pm

* excl parents helping 'off-beach' (ie uniform shop/regio desk); ** excl age managers/water safety persons

Nippers Age Group Dinners at Beachside Café

Date	Age Group
Saturday 29 October	Under 10
Saturday 12 November	Under 6 & Under 7
Saturday 3 December	Under 13
Saturday 10 December	Under 12
Saturday 4 February	Under 9
Saturday 25 February	Under 8
Saturday 4 March	Under 11

Membership

What your West Beach SLSC Nipper membership gives you:

- 10% discount at Beachside Café on West Beach Road, West Beach (the club's home this season)
- Fees covered for carnival entries (usually \$17.50 per carnival, and \$50 for state championships)
- Competition top for carnival
- Saturday nipper day activities (and pool rescue for the older age groups in the off season)
- Fees covered for lifesaving award training (excluding manuals and equipment)
- Use of club nipper boards and equipment
- Christmas celebration day & post carnival celebrations
- Presentation of trophies & participation medals
- Insurance cover for all approved surf lifesaving & club training activities
- Additional training when available
- Opportunity to participate in competitions against other clubs throughout SA.



Skills evaluations

Each year every nipper is required to undertake a preliminary skills evaluation to be able to undertake water activities. Those who wish to compete will also need to undertake an additional competition evaluation to achieve their **(red patch)**.

Please be aware that the WBSLSC Nippers program is not a learn to swim program. We strongly encourage your nipper to attend swim lessons. Being confident swimming in a pool contributes immensely to being confident swimming in the ocean.

Full details about evaluations are available on the Surf Life Saving Association (SA) site:
<https://www.surflifesavingsa.com.au/nipper-program-resources>

Preliminary evaluation

The preliminary evaluations are in place to ensure that participants are fit and able to meet the requirements of our nipper program. In addition it is a compulsory requirement of SLSA.

The evaluations consist of a floatation, submersion, propulsion and continuous skills to a standard appropriate to their age (see the table below).

Nippers are unable to participate in water activities at the beach unless they have completed their preliminary evaluation. The outcome of this evaluation will determine the level of supervision required for that participant.

Nippers will need their bathers and goggles to participate and can chose to wear a swimming cap.

Age Group	Preliminary			
	Floatation	Submersion	Propulsion	Continuous Skills
Under 6 & 7	Back or front float for min 5 seconds, recover to stand.	Submerge to retrieve object from bottom of water with hands (e.g. dive ring)	Push and glide from wall/ sand, recover to stand. U6 = 1-2m distance U7 = 2-3m distance	Wade through water for 5 metres then float (on back or front) for 5 seconds then recover to stand, submerge to retrieve object from bottom of water with hands, recover to stand.
Under 8	Back or front float for min 5 seconds, recover to stand.	Submerge to retrieve object from bottom of water with hands (e.g. dive ring)	Swim on front (any stroke) for 20m followed by swim underwater for 2-3m	Swim on front through water (any stroke) for 20m, followed by back or front float (5 second) followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between tasks).
Under 9	Front to back float or back to front float – 5 seconds each side Tread water and/or sculling for min 1 min	Submerge to retrieve object from bottom of water with hands (e.g. dive ring)	Survival stroke(s), breaststroke and/ or sidestroke, and/or back sculling, min 50m	Swim on front through water using combo of breaststroke, sidestroke, freestyle for 50m, followed by tread water and/ or sculling 1 min, followed by submerge to retrieve object form bottom of water with hands (do not recover to stand between tasks)

Under 10	Front to back float or back to front float – 5 seconds each side Tread water and/or sculling for min 1 min	Submerge to retrieve object from bottom of water with hands (e.g. dive ring)	Swim on front through water (any stroke) for 25m followed by survival stroke(s) breast stroke, and/or side stroke and or back stroke, min 50m	Swim on front through water using combo of breaststroke, sidestroke, freestyle for 50m, followed by tread water and/ or sculling 1 min, followed by submerge to retrieve object form bottom of water with hands (do not recover to stand between tasks)
Under 11	Front to back float or back to front float – 5 seconds each side Tread water and/or sculling for min 2 min	Submerge to perform forward or backward roll/ somersault under water, recover to surface, retrieve object from bottom of water with hands (e.g. dive ring)	Swim on front through water (any stroke) for 50m followed by survival stroke(s) breast stroke, and/or side stroke and or back stroke, min 50m	Swim on front through water using combo of breaststroke, sidestroke, freestyle for 50m, followed by tread water and/ or sculling 2 min, followed by submerge to retrieve object form bottom of water with hands (do not recover to stand between tasks)
Under 12 & 13	Front to back float or back to front float – 5 seconds each side Tread water and/or sculling for min 3 min	Submerge to perform forward or backward roll/ somersault under water, recover to surface, retrieve object from bottom of water with hands (e.g. dive ring)	Swim on front through water (any stroke) for 100m followed by survival stroke(s) breast stroke, and/or side stroke and or back stroke, min 50m	Swim on front through water using combo of breaststroke, sidestroke, freestyle for 100m, followed by tread water and/ or sculling 3 min, followed by submerge to retrieve object form bottom of water with hands (do not recover to stand between tasks)

Competition evaluation

To maintain safety and lifesaving standards, SLSA has set a minimum standard of proficiency that all nippers must achieve before being eligible to compete in carnivals (see table below).

Age group managers will arrange these competency tests at the beach as the swim has to be conducted in open water.

Age Group	Competition Skills
Under 6 & 7	Nil
Under 8	Minimum 150m open water swim (any recognised stroke)
Under 9	Minimum 150m open water swim (any recognised stroke)
Under 10	Minimum 150m open water swim (any recognised stroke)
Under 11	Minimum 250m open water swim (any recognised stroke)
Under 12 & 13	Minimum 250m open water swim (any recognised stroke)

Saturday nipper sessions

Our nipper surf season typically runs from mid-October to March with sessions usually held on a Saturday afternoon. These sessions involve nippers rotating through a range of age and skill appropriate activities and games. The emphasis is on fun activities whilst teaching beach safety.

We understand that families are busy so the program doesn't require 100% participation but your nipper will benefit from regular attendance and will need to meet a minimum competency to compete.

Activities

The actual program and activities 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.

Saturday activities will generally include a mixture of.

- 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 with a focus on team spirit, confidence building and social interaction.

As your nipper progresses through the age groups, optional extra training sessions are available.

Start and finish times

School Term Dates (A Format) (All dates except 17/12/22, 7/1/23, 14/1/23, 21/1/23, 28/1/23)		
AGE GROUP	START TIME	FINISH TIME
U6 – U7	2pm	3pm
U8	1.30pm	3.15pm
U9 – U13	1.30pm	3.45pm
Summer Holiday Dates (B Format) 17/12/22, 7/1/23, 14/1/23, 21/1/23, 28/1/23		
AGE GROUP	START TIME	FINISH TIME
U6 – U7	10am	11am
U8 – U13	9am	11.15am

Due to Pink & Blue Swim and Carnival 11/12 February, Nippers will be Friday 10 February,
6pm - 7pm

What to do on the day

For each Saturday session nippers need to:

- Assemble on the beach near the flag that matches their cap coloured at least 10 minutes before the start time.
- Be ready for activities wearing the age group cap and plenty of sunscreen.
- Listen for their age group managers to call a roll so they can be mark off on an attendance sheet

The club offers a sausage sizzle most Saturday afternoons with funds raised going back to the club.

Each week the responsibility for beach set-up/pack-up and the sausage sizzle that will rotate between age groups. Your parent liaison will share that information with you.

Families are encouraged to go back to Beachside Cafe after sessions this year for some food or drink.

What to wear or bring

- Nippers are to wear the correct cap for their age group.
- SLSSA requires that all nippers Under 8 and above must wear a fluoro, hi-viz lycra vest during water activities at all sanctioned Club activities, including Club days, training sessions and competitions.
- Younger nippers are to wear the club high visibility rash vest is compulsory
- Club bathers recommended
- Sunscreen (applied before getting to the beach), hat, towel and water bottle are essential
- Goggles recommended
- Warm clothing for cool days and sunsmart clothing for hot days.

It can be cool on the beach so ensure you bring suitably warm clothing for when your nipper comes out of the water.

The club provides foam boards for U8-10s and fibreglass boards for U11-13s nippers to use at these sessions. They are shared between nippers and age groups. It can be advantageous for your nipper to have their own, but this is not a requirement. Should you wish to purchase a board for your nipper to use, speak with your AGM for advice before making an investment.

Communication

The Club uses a variety of tools to communicate with its members.

Spond – this App is our official portal for communicating with members. Please download the App on to your smart phone. Your Age Group Parent Liaison will add you to your Age Group on the App.



Email – While Spond is the official portal for communicating, there will be times where we may use email. If you don't receive these emails, please update your details through the Surf Life Saving Members Area portal).

Website – Our website provides all information regarding Club news, upcoming events, training, patrol rosters etc www.westbeachslsc.com.au

Facebook – Join our West Beach Surf Life Saving Members only group to receive up to date photographs and event notifications

Texts – If we need a message to be communicated quickly, we may send out a SMS text, eg if a Saturday West Beach SLSC Nipper day is to be cancelled.

Club uniform and apparel

WBSLSC's official competition uniform is a club cap (referred to as a comp cap) with official club bathers.

A hi-viz vest is required to be worn for all aquatic activities.

Club uniforms and apparel can be purchased from our uniform desk. Please check the website and newsletters for trading times.

Note: Whilst the club encourages our members to wear club bathers, as it provides a sense of community and identity, it is not a requirement. Appropriate swimwear must be worn. This includes speedos or jammers for the boys (no board shorts) and one piece or two piece for the girls (no fashion bikinis).

You can find out more about the uniform from <https://www.westbeachslsc.com.au/clothing-uniform>

Lost property

Please label your children's belongings with a black permanent marker preferably on a part of your item that can be seen when worn eg on their Club cap and hi-viz vest.

There is a lost property container in the nippers trailer.

Keeping nippers safe

Parent/ carer responsibility

While the club provides water cover and coaching, it is your responsibility as a parent or carer to remain on the beach/surrounds throughout the session and be on hand to assist your child in the event of an incident or injury.

Please reinforce the following with your nipper.

- U6s & U7s One carer must remain on the beach & with their child (i.e. prepared to go in the water) with the age group AT ALL TIMES
- Nippers must stay with their age group manager at all times, unless coaches take over for a specific activity
- If a nipper must leave their group (to go to the toilet etc), the age group manager must be informed prior to them leaving and they must be accompanied by a parent or guardian
- Nippers are not to enter the water unless authorised by the age group manager
- At the end of the session, nippers are again **checked off** the attendance roll after all equipment and boards have been packed away into the shed.
- Nippers are not to leave the club / surrounds until collected by an adult and checked off the attendance roll. This is important as failure to sign your nipper out may result in the closure of the beach and a search being carried out to find them
- Once your nipper has been checked off the attendance roll, they need to remove their age group caps.
- After your nipper has been checked off the attendance roll and removed their Club caps, they are the responsibility of the parent / guardian even if they re-enter the water.

Water Safety Supervisor

In line with Surf Life Saving requirements, the club has an appointed nippers Water Safety Supervisor. Prior to each nippers session, the WSS conducts a risk assessment and determines the conditions, and associated ratios required to safely support nippers in the water. The water patrol team reports to the Water Safety Supervisor.

Water cover ratios are 1:5 (1 Bronze Medallion/ SRC qualified personnel to 5 nippers). Water patrol must include a minimum of 50% Bronze cover). 1:10 in flat conditions. The Water safety certificate personnel are in addition and can't be counted in ratios, but useful with younger/ less skilled nippers to assist with wade, board and swim activities.

Age group leadership teams

Each age group is led by a team of volunteers who work together both on at trainings to deliver a fun and skill development program for our nippers

All of our leadership team hold relevant clearance checks (e.g. Working with Children), and have undertaken their Age Group Manager qualification through Surf Life Saving.

Age Group Managers (AGM'S)

Each age group is allocated an AGM who is responsible for organising and conducting various activities as per the programs developed by SLSSA. Further details about the role of the Age Group Manager AND the program for each age group are available here:

<https://www.surflifesavingsa.com.au/nipper-program-resources>

The responsibilities of an AGM include:

- encouraging the nippers in their age group to participate, enjoy, co-operate and compete in all activities of the club
- keeping weekly attendance and education records
- instructing the nippers in their age group towards the requirements of the Surf Education Program
- organising nippers at competitions, which includes recording attendance, assisting in team selections and marshalling the nippers for their allocated events
- instructing nippers 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.

Age Group Manager Assistants (AGMA)

The AGMA works with the AGM to run nipper programs and their responsibilities include;

- attending nipper trainings and events
- taking direction from the AGM
- assisting the AGM with instructing the group
- being a positive role model
- being aware of their own and the group's safety and wellbeing
- working as part of a team
- assisting the AGM if required to plan sessions
- encouraging enjoyment and fun.

Parent Liaison Officers (PLO)

The Parent Liaison officer is your first port of call with any questions. It is important that our Age Group Manager and Assistant Age Group Managers can concentrate on ensuring the safety of the children in their care. In addition to running the Saturday session, the AGM has to undertake administration activities to ensure that proficiencies and education training sessions are recorded for each child.

To help our AGM and Assistant AGM keep our nippers safe, please seek out your Parent Liaison with any questions. Other activities the Parent Liaison undertakes:

- Greeting new families in the group
- Ensuring members have access to the Spond app
- Updating Spond app with relevant information
- Assisting with roll call at beginning of session
- Booking the Age Group Dinner

Can you help?

There's always room for more volunteers!

Please consider putting your hand forward to assist with these important functions. Note that there is an online and practical course to complete to become an AGM.

Please contact the Board Director, Junior and Youth Development for more details.

Nippers Surf Education Program

An important part of our Saturday nipper program is the delivery of an education program, 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: with a focus on recognising the potential risks faced when visiting the beach, and in life in general.

Lifesaving skills: where nippers are introduced to the role we hope they undertake as they grow and develop into future lifesavers.

Surf sports skills: nippers learn a variety of skills to help them develop confidence, competence and capability in surf lifesaving'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).

The Junior Development program is delivered through three stages:

- Stage 1: Under 6, Under 7, Under 8
- Stage 2: Under 9, Under 10, Under 11
- Stage 3: Under 12 & Under 13

Details of each of the programs are available via the SLSSA website <https://www.surflifesavingsa.com.au/nipper-program-resources>

Competition and carnivals

The nipper surf sports program offers a wide range of competition events for under 8's and up culminating in a state championship competition each year. Details regarding surf sports disciplines is available on the SLS SA website here <https://www.surflifesavingsa.com.au/surf-sports-disiplines>

Should you have questions about the Surf Sports program, you can link in with your parent liaison manager, or our Director of Surf Sports surfsports@westbeachslsc.com.au

Competition is designed to provide an environment to enhance the lifesaving skills used for patrols.

We recognize that not all nippers want to be involved in competition and there are pathways the club provides in lifesaving and other activities.

West Beach SLSC runs a program that encourages every member to achieve their own competition goals. Our coaching programs are designed to support nippers in all aspects of competition by practicing the skills they learn in groups at Saturday trainings suitable to their ability.

There are a range of carnivals that members can enter throughout the year and your AGM and Parent Liaison (PL) will communicate with your age group regarding nominations.

The SLSSA competition calendar is available via TeamUp – accessible via this link or by downloading the TeamUp app <https://teamup.com/kshnqhm3iktcekeohg>

Who can compete?

U8-U13s who have completed their competition evaluation. **In order to compete at state championships, a nipper must have completed their Surf Education Award.**

<https://www.surflifesavingsa.com.au/nipper-program-resources>

Competitors need to wear the WBSLSC nipper high viz vest, club bathers and their club cap (comp cap which is pale blue with dark blue stripes)

What to bring?

- Uniform (Club bathers, Club Comp Top (supplied), Club comp cap, broad brim hat, Hi-Vis vest)
- Plenty of sunscreen – reapply during the day
- Towel
- Goggles
- Thongs/ beach shoes
- West Beach tents are provided for use by our members and families
- You are more than welcome to bring your own umbrella/tent/chair and sit nearby
- You will require plenty of water and good nutritional food to last the day
- Your board and surf wax if you own your own board

Team selections

A range of carnivals are held throughout the season.

With general carnivals, the emphasis is on participation. While for state qualifiers and state championships, the emphasis is on high performance.

Team selections are made by the age group managers and coaching staff who take into account the

following factors:

- performance (not necessarily results) at previous carnivals, championship days, nipper days, training sessions.
- Surf conditions and timetable
- Teams may include younger age group members if required.

Pre state title dinner

In the week leading up to state titles, competing nippers are invited to a midweek dinner.

At this session nippers will find out information about the competition, and hear from guest speakers.

Equipment

Equipment is a significant expense for our club and all nippers and parents and guardians are asked to assist in keeping it in good condition.

Our club has a range of foam and fiberglass nipper boards that can be used for both training and competitions. These boards are shared amongst nippers and age groups at each session

All nippers are responsible for ensuring the equipment is washed down, free of sand and returned to the trailer or club.

AGM's are solely responsible for allocating equipment on training days

- Nippers are responsible for reporting any damage to the equipment to their AGM or coach
- Only WBSLC nippers are permitted to use club equipment
- Equipment is only to be used during club designated activities
- Equipment is not to be removed from the shed under any circumstances without prior permission from your AGM



About nipper boards

The club provides foam boards for U8-10s and fibreglass boards for U11-13s nippers to use at these sessions.

There are a range of boards from various manufacturers that come in different sizes and will usually be foam or fibreglass construction and suited for different weighted nippers.

If you wish to purchase a board for your nipper, here are links to websites that may assist you in choosing the right craft for your child.

- Kracka: <http://www.krackasurfcraft.com.au/Our-Boards/Junior-Nipper>
- Bennett Boards: <http://bennettsurfboards.com/product-category/surf-life-saving/nipper-boards/>
- JM & Dolphin boards: <https://watermanstore.com.au/collections/foamies>
- Infront <https://infrontsurfcraft.com.au/>

Secondhand boards can also often be purchased from gumtree, facebook marketplace or at carnivals towards the end of each season.

Coaching

The WBSLSC nippers program includes access to additional training. A schedule of expected training is below. Please note that this may be updated across the season.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Board Training @ West Beach	Nippers Swimming @ iSwim 7pm-8pm <ul style="list-style-type: none">• Older swimmers (intro squad level and above)• \$5 cash• Payable on the night• Register interest via Facebook			Little Nippers Swimming @ iSwim 50% discount for West Beach members. Register at iSwim.	Regular Session R and R Iron Training
Yet to be finalized: <ul style="list-style-type: none">• March past• Sprint training• Iron training• Champion lifesaver					

Parents/ carers are expected to attend training sessions. Training sessions offered include:

Board training

Additional training is available on a Monday night at West Beach. The sessions are available to all U9s to U13s who have achieved their **preliminary evaluation**. Be aware that the conditions of the day will also influence who is able to participate.

Parents are expected to bring their nipper to the coaches and they or nominated adult are to remain on the beach during water activities for safety reasons or their nipper will be unable to participate. Parents and nippers are also expected to wash the boards after and help pack the trailer.

Swimming training

Additional swimming training is held at Immanuel College iSwim, with discounted sessions for West Beach Nippers members.

- Older swimmers (intro squad level and above): Tuesday, Wednesday and Thursday - \$5 cash, Payable on the night. Register interest via Facebook
- Little nippers training: Friday night, term fees payable, 50% discount on iSwim fees.

Rescue & Resuscitation (R&R) Training

R&R is one of the traditional surf club events and is based on the simulated rescue and resuscitation of a patient. It combines resuscitation skills, marching and drill, with teams judged against set criteria. It is open to the U10 - U13 age groups.

R and R Training will be held on Saturdays between 12.30 and 1.30pm

March Past

Another traditional surf club event, March Past involves a team of 12 nippers marching in formation around a set course in time with music. The team includes members carrying a reel, wearing a belt and carrying the West Beach Club flag. Training involves marching to improve individual and team technique and learning the various commands and movements associated with the event.

Keep an eye out on Spond for when training sessions will be held.

Running Training

Regular running training assists members with overall fitness, as well as beach competition events.

Keep an eye out on Spond for when training sessions will be held.

Champion Lifesaving

For seniors and Under 13s only. This event provides an individual the competitive opportunity to demonstrate the physical and mental skills required to be a surf lifesaver, including a surf lifesaving question paper, resuscitation, surf race, surf board race, beach sprint and a rescue tube race.

Keep an eye out on Spond for when training sessions will be held.

Parental involvement and support

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 club only comes from the ongoing commitment of volunteers and help offered by parents and carers, including:

- Remaining on the beach at all times during Saturday activities and mid-week training sessions if your nipper takes part in these. Your child remains your responsibility. Medication, trips to the toilet and the individual general welfare of each child on West Beach is the responsibility of the parent / guardian. U6 and 7 Nipper parents need to be with the age group at all times.
- At all times, abide by the Member Code of Conduct - <https://www.surflifesavingsa.com.au/member-protection> (Member Protection Policy 6.05)
- It is club policy that at least one parent registers as a member. You are then able to assist with beach and water based activities, such as:

Officiating

We need volunteers to helping with the running of the carnivals either by judging, marshalling competitors, presenting medals, recording results or starting races.

You will need to complete a Core Official course. An online course accessible through your members portal, plus practical component at carnivals. Contact our Competition Manager if you would like to do this course.

Water safety

Water safety personnel mainly spend their time monitoring nippers in the water/shoreline on nipper days and/or carnivals either on rescue boards or swimming with tubes/fins.

Water safety personnel aim to:

- Minimise nippers losing their craft
- Minimise nippers bumping into each other
- Ensuring the nippers ability can handle the conditions
- Encourage and guide members in the water
- Attend to any incidents if needed

West Beach SLSC maintains a dedicated beach and IRB (inflatable rescue boat) patrol during Saturday club days to monitor safety for all age groups.

These volunteers are all Bronze Medallion qualified or hold a Surf Rescue Certificate and are focused on assisting the AGM's in providing a safe environment for all participants. On Club days parents who are suitably qualified are required to provide assistance in the water activities. Please ensure you make the AGM aware that you are available to assist. **Without the presence of water safety, the Club will not provide aquatic activities for the children.**

You will need to have either a current Nipper Rescue Certificate (NRC), Surf Rescue Certificate or Bronze Medallion to provide water safety. These awards need to be requalified at the Club Proficiency each year.

The Nipper Rescue Certificate (NRC) is a great introductory few hour course designed for parents or older siblings who would like to provide water safety for West Beach SLSC nippers!

Beach crew

All parents and caregivers are required to assist with non water activities, excluding parents helping 'off-beach' (ie uniform shop/regio desk); age managers/water safety persons. A roster for the season has been developed. Your Parent Liaison will remind you when you are scheduled to help. Scheduled assistance includes:

Set up duty	<p>All families from rostered age group are expected to help*</p> <p>12.45pm - 1.30pm (8.45am-9.30am for Format B)</p> <p>Meet at the trailer on the beach for allocation of set up jobs</p>
Pack up duty	<p>All families from rostered age group are expected to help*</p> <p>3.45pm - 4.15pm (11.45am-12.15pm for Format B)</p> <p>Meet at the tent on the beach at 3.45pm for allocation of pack up jobs</p>
BBQ duty	<p>When your child's Age Group is rostered for BBQ duty, 4 x adults are required to assist</p> <p>2.45pm - 4.30pm (10.45am-12.30pm for For-mat B)</p> <p>Meet the BBQ coordinator at the BBQ trailer on the grass adjacent to the clubrooms at 2.45pm</p> <p>Parent Liaison Officer will roster families from the age group**</p>

Other roles

We are always looking for parents to help with a variety of tasks, such as various committees, social coordinators and equipment and maintenance.

Member safety

The following documents are related to nipper water safety

- SLSA Water Safety Policy - [policy 1.01](#) and [procedure](#)
- [Risk Assessment Form](#) (for completion prior to any training/water activities)
- Nipper Water Safety Certificate - [GUIDE](#)

In addition, the member protection information is here: <https://www.surflifesavingsa.com.au/member-protection>

Our club endeavors to provide the safest environment possible for all members participating in club activities. This is done through complying with SLSA Water Safety Policies, providing high quality water safety services and having Club contingency plans in place.

Several measures have been established to ensure minimum risk.

The Water Safety Coordinator or Nipper Coach will complete a risk assessment before each activity commences which will also be monitored throughout the activities by the Age Group Managers.

This includes:

- **Identify hazards** - rips, shallow bank, dumping waves, debris/seaweed
- **Assess the risk** - is the surf too dangerous?
- **Determine measures** - will certain children/groups stay out of the water?
- **Review, apply and monitor** - have the conditions become worse?
- **Water Safety** - that minimum Water Safety personnel ratios are met and adhered to. See *below also*.

It is important to respect the decision of the Age Group Manager or coach if they have limited Nippers time or distance in the water

Safeguarding children

West beach Surf Life Saving (SLS) as part of Surf Lifesaving SA (SLS) is committed to ensuring the safety and wellbeing of all Children & Young People (CYP) who are involved in SLS. Our policies and procedures seek to address risks to child safety and to establish child safe culture and practices in line with the National Principles for Child Safe Organizations.

If you have any concerns or issues, please contact the club Child Safe Officers in the first instance. The West Beach SLSC website provides more details on this <https://www.westbeachslsc.com.au/safeguarding-children>

We are bound by Surf Life Saving (SA) child protection policies

- [SLSA Child Safe Policy 6.04](#) and [SA Addendum](#)
- [SLSA Child Safe Commitment 6.04A](#)
- [Child Safe Guideline](#)
- [Child Safe Code of Conduct](#)

If you have concerns about a child's safety and the matter is urgent or the safety, health or welfare of

a child or victim is at risk please call the Police emergency number 000.

We do ask that all parents complete the online SLS – Child Safe Awareness course. It's free, and takes around 15 minutes to complete. It is available via the Surf Life Saving Members Portal in the eLearning library.

https://members.sls.com.au/SLSA_Online/modules/awards/elearning.php

Safety signals – Nippers


West Beach SLSC Nippers can give this “thumbs up” signal to Water Safety personnel to tell them they are OK after an incident or while completing a course/task.











Surf Life Saving Australia Hand Signals

The below signals are used in the West Beach SLSC nippers program. If you have any concerns over the safety of your child, please see our Water Safety Coordinator.


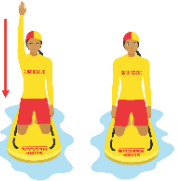




Signals



Beach to water signals

-  1. Attract attention
-  2. Pick up swimmers
-  3. Proceed further out to sea
-  4. Go the right or to the left
-  5. Remain stationary
-  6. Message understood, all clear
-  7. Pick up or adjust buoys
-  8. Return to shore

Water to beach signals

-  9. Assistance required
-  10. Shore signal received and understood
-  11. Emergency evacuation alarm
-  12. Submerged victim missing
-  13. All clear/ok
-  14. Powercraft wishes to return to shore

To view more SLS training resources, refer to the SLS Members Area Document Library, June 2019.

Incident response

In the event of an incident such as a missing person or emergency, there is a response that has been devised that all members should be aware of.

On Saturday nipper days, in an emergency, the Water Safety Coordinator or Patrol Captain will advise our tower to raise the alarm by sounding the siren. This is the signal for all nippers and water safety to return to shore and assemble for roll call at their age group flag.

Parents are advised to allow the Age Group Managers to complete roll calls before listening for further instructions.

Water Safety members are to head to the designated area and await instruction from the Water Safety Coordinator who will instigate the appropriate plan.

Continuous improvement

West Beach SLSC undertakes ongoing quality control and evaluations of all its operations to ensure standards are appropriate to the expectations of members and the community. The nipper program is constantly changing and evolving to meet the needs of the members it serves. Having a continuous improvement process means that everybody can contribute to the way the organisation operates.

Members are encouraged to provide feedback to the Director of Junior and Youth Development by email or phone.

Club board and management team

President	Peter Zuill	president@westbeachslsc.com.au
Secretary	Julie Goldner	secretary@westbeachslsc.com.au
Director of Finance	Dave Afford	finance@westbeachslsc.com.au
Director of Education / Lifesaving Services	Ellen Newberry	lifesaving@westbeachslsc.com.au
Director of Surf Sports	Jenni Carberry	surfsports@westbeachslsc.com.au
Director of Junior and Youth Development	Sarah Kemp	youth@westbeachslsc.com.au
Director of Commercial	Norm Collins	commercial@westbeachslsc.com.au
Director of Partnerships and Compliance	Christine Newberry	partnerships@westbeachslsc.com.au
Director of Strategy and Risk	Jon Westover	jon@westbeachslsc.com.au
Director of Facilities	Ben Lawrance	facilities@westbeachslsc.com.au

Nippers Support Team

Uniform / BBQ Manager	Rachel Bell uniform@westbeachslsc.com.au
Water Safety Supervisor	TBC
Water Safety	Kirrily Dingwall
Saturday session coordinator	Terri Sparrow
Saturday set up/ pack up coordinator	Nigel Gramp
Saturday concierge	Briny McArthur
Carnival entry coordinator	Briny McArthur
Officials coordinator	TBC
Come and Try	Briony Goodfellow
Running Coach	Stella Benger
Board Coach	Stephen Perry
Swimming Coach	Abby Thomas

Useful links

- **West Beach Surf Life Saving Club** <https://www.westbeachslsc.com.au/>
- **SLSA** (Surf Life Saving Australia) www.sls.com.au for National circulars, news, education, general member information.
- **SLSSA** (Surf Life Saving South Australia) <https://www.surflifesavingsa.com.au/> for SA circulars (newsletters), carnival information, news, education, and general member information.
- **SLS Members Area** <https://members.sls.com.au/>
- **Bureau of Meteorology** www.bom.com.au for up to date weather report
- **Beach Safe** <https://beachsafe.org.au/> includes current information and conditions for every beach in Australia. It shows patrol services, hazards and facilities as well as weather, swell and tide details

Please Note: Information in this booklet and any information on links herewith may change. Please ensure you check dates and times closer to the events.

