# WOODSIDE CNIPPERS



# **President's Welcome**



Woodside Nippers is built around the philosophy of "creating more, and better, lifesavers"

Woodside Nippers is a junior program that introduces children aged 5 to 12 years to surf lifesaving. Woodside Nippers Education Programs are delivered at all thirty one Western Australian surf lifesaving clubs throughout the season. Woodside Nippers is about children participating in safe, fun and organised activities in a beach environment.

The Woodside Nippers Education Program caters for all manner of experience and skill levels of participants. Activities have been designed to progressively develop the essential skills of Nippers as they move through each age group. The lesson plans are presented in an easy to follow manner to ensure they can be delivered by all Age Managers regardless of experience.

Nippers is a key initiative of the Surf Lifesaving movement and its continued success is of vital importance to the growth of Western Australian surf lifesaving clubs. We thank you for your contributions and the continued support of all Western Australian Woodside Nipper members.

Craig Smith-Gander AM SLSWA President

1. M-SC

# **Our Clubs**

Albany SLSC



4 Flinders Parade, Middleton Beach T: (08) 9841 3327

nippers@albanysurfclub.com.au

Coogee Beach SLSC



20 Poore Grove, Coogee T: (08) 9494 1433 Tues-Fri: 10am – 4pm

clubadministrator@cbslsc.com.au

**Alkimos SLSC** 



100 Coolangatta Rise, Alkimos T: 0457 841 999

admin@alkimosslsc.com.au

Cottesloe SLSC



87 Marine Parade, Cottesloe T: (08) 9383 4400

admin@cottsurf.com

**Binningup SLSC** 



Coronation Drive, Binningup T: (08) 9720 1956

binningupslsc@hotmail.com

Dalyellup Beach SLSC



Dalyellup Road, Dalyellup dbslsc04@gmail.com

**Broome SLSC** 



Cable Beach Road, Cable Beach T: (08) 9193 7327 admin@broomeslsc.org.au Dampier SLSC



dampierslsc@gmail.com

**Busselton SLSC** 



Geographe Bay Road, Busselton T: 0418 918 653

admin@busseltonsurf.com

Denmark SLSC



Ocean Beach Road, Denmark T: (08) 9848 2346

bradleywoodruff@hotmail.com

Champion Bay SLSC



Cnr Foreshore Drive and Forrest Street, Geraldton T: 0407 471 828

admin@champions.org.au

Dongara Denison SLSC



White Tops Road, Port Denison T: 0429 086 252

dongaradenisonslsc@gmail.com

City of Bunbury SLSC



Ocean Drive, Bunbury T: (08) 9721 3633 Tues & Thurs: 9am – 2pm

surfclub@bunburyslsc.com.au

Esperance
Goldfields SLSC



Twilight Beach Road, Esperance T: (08) 9072 0087

janinedoney@bigpond.com

City of Perth SLSC



181 Challenger Parade, City Beach T: (08) 9385 9232 junioractivities@cityofperthslsc.com.au Floreat SLSC



Floreat Beach, West Coast Highway, Wembley T: (08) 9385 9370 admin@floreatslsc.com

# **Our Clubs**

**Fremantle SLSC** 



20 Leighton Beach Bvd, North Fremantle T: (08) 9335 4359 Mon-Fri: 9am – 4pm

fmslsc@fremantlesurfclub.com.au

**Geraldton SLSC** 



240 Willcock Drive, Geraldton T: (08) 9921 3403 surfclub@geraldtonslsc.com.au

Mandurah SLSC



40 Orestes Street, San Remo T: (08) 9518 1419 clubcaptain@mandurahslsc.asn.au

Margaret River SLSC



Gnarabup Road, Margaret River T: 0499 241 625 president@margsurf.com.au

Mullaloo SLSC



11 Oceanside Prom, Mullaloo T: (08) 9307 7766 Mon-Fri: 9am - 4pm info@mullaloosurf.com.au

North Cottesloe



151 Marine Parade, Cottesloe T: (08) 9284 2626 Mon-Fri: 8:30am – 5pm office@ncslsc.com

**Port Bouvard SLSC** 



Pyramids Beach, Dawesville T: 9582 2787 nipperscoordinator@ portbouvardslsc.com.au

Quinns Mindarie SLSC



Cnr Quinns Rd & Ocean Drive, Quinns Rocks T: (08) 9305 1870 Tues & Thurs: 9:30am - 2pm info@qmslsc.com.au Scarboro SLSC



T: (08) 9341 1011 Mon-Fri: 9.15am-2.15pm, Wed: Closed

adminofficer@scarboro.com.au

Secret Harbour SLSC



11 Palermo Cove, Secret Harbour T: (08) 9524 7092

members@secretharbourslsc.com

Smith's Beach SLSC



Smiths Beach, Yallingup T: 0487 876 133 admin@sbslsc.com.au

Sorrento SLSC



189 West Coast Drive, Sorrento T: (08) 9448 1431 Mon-Fri: 8am-4pm, Wed: 10am-6pm admin@sorrentoslsc.org.au

Swanbourne Nedlands SLSC



282 Marine Parade Swanbourne T: (08) 9384 0020

admin@swannysurfclub.org.au

**Trigg Island SLSC** 



360 West Coast Drive, Trigg T: (08) 9447 3556 Mon-Fri: 8.30am-3.30pm admin@triggisland.com

Yanchep SLSC



3 Brazier Road, Yanchep yanchepnippers@gmail.com

# **My Club**

Name of club	
My child's cap colour	
Time of sessions	
Age Group Managers name	
Age Group Managers contact	

# **Purpose of this Guide**

Congratulations on joining your child up at one of our thirty-one Surf Life Saving Clubs here in Western Australia. Your club is part of a bigger state based family comprising another thirty clubs from as far north as Broome all the way down to Esperance Goldfields in the south. There are over 24,800 members across this great state.

Nationally, there are Surf Life Saving Clubs all around Australia with over 170,000 members of the Surf Life Saving family. This year your child(ren) will become part of this great, iconic movement as they participate in the Woodside Nippers Education Program.

The purpose of this guide is to provide parents with information about the Woodside Nippers Education Program so you know what will happen when you take your child(ren) to nippers each weekend over the season. It also details key events your nipper(s) can get involved in.



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# Who is SLSWA?

Surf Life Saving Western Australia, or SLSWA as we are commonly known, is the state body that oversees and controls Surf Life Saving activities in Western Australia. Our headquarters are located at 7 Delawney Street, Balcatta, WA.

We service and support the thirty-one affiliated clubs within Western Australia. The Woodside Nippers Education Program, that is used at your club, was designed by our staff to help our clubs deliver the best possible program to children in the Nipper age groups that start from Under 6 through to Under 13.

Feel free to visit us at www.mybeach.com.au to find out more about who we are, what we do, and how you can participate in our organisation and this movement.



# **SLSWA Communications**

SLSWA communicates directly with members and stakeholders via the My Beach eNewsletter, which is distributed fortnightly (Wednesday). The newsletter ensures members and stakeholders are up to date with the activities of SLSWA, coming events and activities, and any other information relevant to being a member of surf life saving.

The SLSWA website mybeach.com.au has all the latest event information on our clinics and carnivals, community programs and events, first aid training. We suggest you check this site regularly as event times, schedules and venues often change.

These communications support what your club offers and we encourage you to take the time to read all communication so you have the latest up to date information.

Members enrolled in Woodside Nippers will also receive a monthly Woodside Nippers eNewsletter during the season featuring event wraps, tips, upcoming events, competitions etc. tailored just for them.

More information about Woodside Nippers can also be found at nipperswa.com.au



# **Parent Involvement**

Our clubs are run by volunteers, so we encourage all nipper parents to get involved in some capacity. Some of the ways you can assist include;

- Being an Age Group Manager
- Becoming a qualified Foundation Coach
- Becoming qualified Water Safety Personnel
- Becoming a qualified Competition Official
- · Helping record results
- Helping record attendance
- Helping in the Club kitchen

We encourage you to talk to your children's Age Group Manager to see where the club needs assistance. Your volunteering will be an example to your own children, so please, always volunteer in a fair, inclusive, safe and respectful way.



#### **Child Safe**

SLSWA and each of its affiliated clubs take Child Safeguarding very seriously. We follow and promote the four Safe Club 4 Kids considerations.

# Make your rules clear

SLS have clear Codes of Conduct for all members which includes how to deal and relate to children and young people. Please refer to the Surf Life Saving Member Protection Policy for further information. This policy is available on the SLSWA website at mybeach.com.au

Should you feel a member has breached the Codes of Conduct please advise a senior person at your club, such as the President, Member Protection Information Officer (MPIO), Safeguarding Officer or contact us at SLSWA.

# Get the right people

Getting the right people to fill roles is a key safeguarding principle. SLSWA has a clear screening policy which involves the relevant personnel obtaining a Working with Children Card. For those members exempt from obtaining a Working with Children Card other screening measures are used. Further information about Member Screening can be found on the MyBeach website.

Another aspect of getting the right people is induction and ongoing support through training and supervision. Age Managers at all clubs undergo training to take on the role as do coaches, trainers, assessors and officials. Regular updates and courses are offered to further develop our members.

# Involve children and young people

SLSWA and its clubs promote an open culture where all members, especially children and young people, know how and where to give feedback, raise concerns and feel confident of a response.

# Learn and respond

SLSWA is an organisation where all members are encouraged to keep children and young people safe. We encourage and train members to raise concerns and respond when a child is in need.

As stated above, there are personnel at each club that are able to assist when required. We encourage you to know who these people are and seek them out if and when required.



# Be SunSmart at the beach

Here in Western Australia, we're blessed with some of the most beautiful weather in the world. But spending time in the sun without the proper protection can be dangerous to our health.

While participating in Woodside Nippers, please remember to take steps to ensure adequate sun protection for both your child(ren) and yourself and keep in mind the basic SunSmart guidelines of Slip, Slop, Slap, Seek and Slide!

- 1. Slip on protective clothing
- 2. Slop on SPF 30 or higher sunscreen
- Slap on a hat that provides as much shade as possible to your face, head, neck, ears and eyes
- 4. Seek shade staying in the shade is one of the most effective ways to reduce sun exposure
- 5. Slide on some sunglasses sunglasses can protect your eyes against UV radiation.

#### What is the UV Index?

The best way to know when you need to use sun protection is to use the UV Index. The UV Index is a simple measure of the UV radiation level at the Earth's surface. It has been designed to help people to avoid overexposure to high levels of UV radiation. The values of the Index range from zero upward and the higher the Index value, the greater the potential for damage to the skin and eyes, and the less time it takes for harm to occur.

You need to use sun protection when the UV Index is 3 or above, and when the UV Index reaches 8 or above you should take extra care and stay out of the sun if this is possible.

To learn more about UV and being SunSmart, visit www.myuv.com.au and download the free MyUV App!





Download the SunSmart app now at myUV.com.au



# **Participant Requirements**

# **Nippers Competition Skills Evaluation**

Nippers from Under 8 to Under 13 have the opportunity to participate in inter-club competitions. Nippers wishing to compete in water events at these inter-club competitions must complete the Competition Skills Evaluation.

Competition Skills Evaluations are used to ensure that nippers wishing to participate in water events at a SLSWA Carnival meet the minimum requirements for their competitive age group.

These evaluations are to be completed by your club at an open water venue and reflect the distance swum at a SLSWA event.

Age Group	Competition Skills Evaluation
Under 6	Do not compete in SLSWA events
Under 7	Do not compete in SLSWA events
Under 8	100m open water swim in less than 6 minutes
Under 9	100m open water swim in less than 6 minutes
Under 10	150m open water swim in less than 9 minutes
Under 11	288m open water swim in less than 9 minutes
Under 12	288m open water swim in less than 9 minutes
Under 13	288m open water swim in less than 9 minutes



# **Woodside Nipper Outcomes**

The Woodside Nippers Education Program that your child(ren) will participate in has been designed by SLSWA. There are 8 levels in the program which correspond to the 8 age groups – Under 6 through to Under 13.

The Woodside Nippers Education Program provides the framework for managing and coaching Nipper participants by facilitating the progressive development of the skills needed for participation in surf lifesaving activities.

Nippers will learn skills in 4 key areas.

# **Individual Safety**

This learning area deals with recognising potential risks that we all face when visiting the beach and in life in general.

#### **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.

# **Lifesaving Skills**

This learning area starts to introduce our nippers to the role we hope they undertake as they grow and develop into our future lifesavers.

# **Surf Sport Skills**

Nippers learn a variety of skills to help them develop confidence and introduce them to our various Surf Sport events.

At the completion of the Woodside Nippers Education Program, when your child finishes the Under 13 Program, they will be equipped to gain their Surf Rescue Certificate and ultimately become a qualified Surf Lifesaver who can patrol our beaches and provide a service to the community.



# **Woodside Nippers Lesson Plans**

The Woodside Nippers Education Program consists of lesson plans that are designed to be easy to both follow and deliver so that all Age Managers/ Assistants are comfortable delivering the program and participants will receive the appropriate instruction.

#### Lesson Structure

To assist clubs Surf Life Saving WA have produced structured lesson plans for each of the eight nipper age groups (Under 6 – Under 13) consisting of;

Under 6	12 x 60 minute lessons
Under 7	12 x 60 minute lessons
Under 8	10 x 90 minute lessons
Under 9	10 x 90 minute lessons
Under 10	10 x 120 minute lessons
Under 11	10 x 120 minute lessons
Under 12	10 x 120 minute lessons
Under 13	10 x 120 minute lessons

Each age group's program builds on the skills learned from the previous age group but is also designed in a way as to not disadvantage new nippers entering at any age. If you feel that your child is disadvantaged or struggling, please talk to your age manager who can develop a plan to assist your child.

Each Lesson Plan is structured in the following way:

#### **INTRODUCTION**

At the beginning of each your Age Manager will provide a short introduction session, once nippers and parents arrive with an overview of activities for the day.

#### **DISCUSSION**

All lessons include an educational component designed to impart new skills and knowledge to participants.

#### **WARM-UP**

A fun warm-up game, generally team based to get all involved.

#### **SKILL DEVELOPMENT ACTIVITIES**

Each lesson nippers will participate in a series of activities based around water familiarisation, surf skills and surf sport disciplines. These skill development activities are designed to ultimately develop the abilities required to become a lifesaver.

#### **CULMINATION GAME**

The final activity, generally team based, to finish off the lesson for the day.

#### **LESSON WRAP**

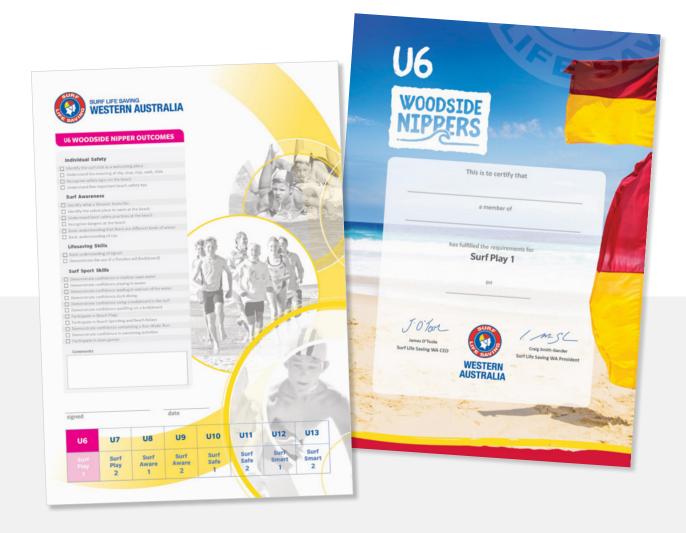
A chance to wrap up and revise what was learnt through the lesson that day.

# **Woodside Nippers Lesson Plans**

# **Assessments**

By the completion of each age group program, participants should be able to demonstrate the skill and ability to meet the outcomes of their age group. Age Managers will continually assess participants which enables them to adapt instruction to suit participant ability and to ensure participants are having fun whilst learning.

Each age group has a series of associated learning outcomes that your Age Manager will use to assess participant ability. At the end of the season, each participant will receive a certificate displaying the outcomes they have received.



# **Nipper Surf Sport**

# Nipper Surf Sport Season

There are a wide range of opportunities available for members interested in participating in Surf Life Saving Surf Sport. Surf Sports began, and continues to be, a way for our lifesavers to showcase and practice the skills and physical abilities required to save a life.

For our Under 8 to Under 13 nipper members SLSWA provide surf sport events and championships. Your club will also likely run its own surf sport events, such as club championships, points days and competitions with neighbouring/like clubs. Nipper Surf Sport is about participation and enjoyment.

There are also opportunities outside of summer carnivals to stay involved in surf lifesaving through SLSWA Pool Rescue events, which are held indoors during the winter months.

# **Competitive Disciplines**

There are nipper events in the water and on the beach. Your child/ren may choose to do all or some of the disciplines that are offered. Some events are individual and others are team based.

#### **WATER EVENTS**

The individual water events include the Surf Race, Board Race and Ironman.

- Surf Race is a swim out around buoys, with a small run up the beach to finish between two flags.
- Board Race is very similar, but carried out on a board.
- Ironman combines the swim and board disciplines with a run transition between the two.

The team water events include the Board Rescue, Surf Teams, Board Relay and Cameron Relay.

- Board Rescue is a two-person team with the first member swimming to an allotted buoy and raising their arm to signify the start for the second team member, who must paddle out on a board and return with the swimmer to the beach.
- Surf Teams are made up of four members and scores are allocated for each individual's position as they finish, with the team with the lowest score winning.
- **Board Relay** has three paddlers competing in relay format, requiring them to tag their next team member.
- Cameron Relay comprises a swim leg, board leg and two transitional run legs – it is like a team Ironman.

#### **BEACH EVENTS**

The beach events include a 70 metre **Beach Sprint**, a four-person **Beach Relay** and the **Beach Flags**, where competitors start in a lying position on the beach, and on the sound of the starter's gun/ whistle, jumps to their feet and races the 15 metres to collect a flag in the ground. With one less flag than there are competitors, winners are decided through a process of elimination.

# **Surf Sport Pathways**

Nipper Surf Sports provides an opportunity to in disciplines that may lead all the way to national representation in Australian Teams at World Life Saving Carnivals.

Each season SLSWA offer a series of carnivals culminating in our State Championships where over 900 nippers from around WA participate over three days of fun competition.

# **Nipper Surf Sport**

# **Surf Sports Events**

There are a variety of surf sport event opportunities available to our nippers of all ages including clinics, carnivals and championships.

# **SUNSMART LITTLE NIPPER EVENTS**

SunSmart Little Nipper events are for Under 8 and Under 9 nippers and provide a range of opportunities for our youngest nippers to practice and put their skills to the test.

SunSmart Little Nipper Carnivals are an opportunity for nippers to practice their skills in a fun, competition environment, culminating in a championship.

Little Nippers will compete in Surf Race, Board Race, Beach Sprint, Beach Flags and Beach Relays at each of these events.

# **SunSmart Little Nipper Championships**

These championships provide an opportunity for Little Nippers to compete against fellow clubs. The events are the same as contested at Little Nipper Carnivals – with the bonus of being awarded Gold, Silver and Bronze medals.

# **SUNSMART NIPPER EVENTS**

Nipper events are for our Under 10 through to Under 13 nippers and include clinics, carnivals and championship events throughout the season.

SunSmart Nipper Clinics are free to members and provide an opportunity for further skill development. Your club will advise you on how to register for these clinics.

Nipper Carnivals are an opportunity for nippers to practice their skills in a fun, competition environment, culminating in a championship event.

#### **NIPPER CHAMPIONSHIPS**

#### **SunSmart Regional Nipper Championships**

Four regions have been established and the State's country clubs fall in to one of these for the season's Regional Championships. Nippers will have the opportunity to qualify for the SunSmart WA Surf Life Saving Championships either via their local SunSmart Regional Nipper Championships or at the SunSmart Nipper Qualifier held at a metro Club.

Nippers will be awarded gold, silver and bronze medals at these championships as well as some qualifying for the SunSmart WA SLS Championships. Qualifying events are the beach flags, beach sprints, board rescue, board race and ironman/ironwoman.

Below is a list of clubs within each region:

Regions	Clubs
	Broome
	Dampier
Mid-West	Champion Bay
	Geraldton
	Dongara Denison
	Secret Harbour
Peel	Mandurah
	Port Bouvard
	Binningup
	City of Bunbury
South West	Dalyellup Beach
South West	Busselton
	Margaret River
	Smiths Beach
	Denmark
Great Southern	Albany
	Esperance-Goldfields



# **Nipper Surf Sport**

#### **SunSmart WA Nipper Qualifier**

The SunSmart Nipper Qualifier is the opportunity for nippers of all clubs to qualify for the Board Rescue, Board Race, Ironman, Beach Sprints and Beach Flags at the SunSmart WA Nipper Surf Life Saving Championships.

# **SunSmart Country Championships**

Our country clubs, including nippers have a special Country Championships where they can compete against other country competitors and be awarded gold, silver or bronze medals. Note, there are no state qualifiers from this event.

The clubs that are eligible to compete in the Country Championships are:

- Albany
- Binningup
- Broome
- Busselton
- Champion Bay
- City of Bunbury
- Dalyellup Beach
- Dampier
- Denmark

- Dongara Denison
- Esperance Goldfields
- Geraldton
- Mandurah
- Margaret River
- Port Bouvard
- Secret Harbour
- Smiths Beach

# **SunSmart WA Nipper SLS Championships**

The culmination of the WA surf sport season is the SunSmart WA Nipper SLS Championships. This event is held over three days with both metropolitan and country clubs coming together to determine our states best club and surf sport athletes. We also have a handicap point score to determine the most improved club in Western Australia.

More information is available in the SLSWA Circular, Qualifying for the Nipper State Championships.

# Officials

To run events efficiently, SLSWA requires the support of clubs by supplying officials. Please talk to your club if you are interested in being an official. SLSWA runs courses for parents wishing to become accredited officials. Your club will have information about where and when the next course will be run.

There are a number of roles at SLSWA carnivals that do not require a person to be accredited. Parents are encouraged to talk to their child/ren Age Manager to find out how they can help.



# Event Dates

# **OCTOBER 2022**

29 Saturday SunSmart WA Endurance Championships, Sorrento Beach

27 Sunday SunSmart Alkimos Development Carnival, Alkimos Beach

# **DECEMBER 2022**

**NOVEMBER 2022** 

Sunday SunSmart Little Nipper Carnival 1, (run by Sorrento SLSC)
 Sunday SunSmart Nipper Carnival 1, (run by Fremantle SLSC)

#### **JANUARY 2023**

8 Sunday SunSmart Regional Nippers Championships, South West (run by City of Bunbury SLSC) 15 SunSmart Little Nipper Carnival 2, (run by Quinns Mindarie SLSC) Sunday 21 Sunday SunSmart Regional Nippers Championships, Great Southern (run by Esperance Goldfields SLSC) 22 Sunday SunSmart Nippers Carnival 2, (run by Trigg Island SLSC) 28 Saturday SunSmart WA Country Carnival, Back Beach, Bunbury SunSmart WA Country Carnival, Back Beach, Bunbury 29 Sunday

# **FEBRUARY 2023**

5	Sunday	SunSmart Regional Nippers Championships, Mid West (run by Dongara Denison SLSC)
11	Saturday	SunSmart WA SLS Championships - Surf Rescue, Trigg Beach
12	Sunday	SunSmart Regional Nippers Championships, Peel (run by Port Bouvard SLSC)
18	Saturday	SunSmart Nippers Qualifier, Mullaloo Beach
19	Sunday	SunSmart Nippers Qualifier, Mullaloo Beach
26	Sunday	SunSmart WA Little Nipper Championships, Mullaloo Beach

# **MARCH 2023**

4	Saturday	SunSmart WA SLS Championships - (Beach) Trigg Beach
5	Sunday	SunSmart WA Country Championships, Trigg Beach
12	Saturday	SunSmart WA SLS Championships - Nippers (Surf) Scarborough Beach
13	Sunday	SunSmart WA SLS Championships - Nippers (Surf) Scarborough Beach



WOODSIDE AIPPERS

**KEY** 

Little Nippers (U8 & U9)

Nippers (U10-U13)