



FRESHWATER NIPPERS HANDBOOK 2022-23



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WELCOME!

A very big welcome to the 2022/23 Nippers Program at Freshwater Surf Life Saving Club. It's great to see all returning members and their families/carers again this year. Welcome back! For new nippers and their families, welcome to our club!

Our commitment to you is that we will provide a fun and inclusive experience for everyone. You might be a competitive nipper and take part in extra training and carnivals, or you might be a nipper who just wants to have fun on Sunday mornings. Everyone is valued and supported, regardless of skill level or experience on the beach.

Our mission at Freshwater Surf Life Saving Club is "to ensure no lives are lost while on patrol, assist members to achieve their full potential and support the community". We seek to educate our nippers to be competent and safe at the beach. We start with Under 6's where the focus is on play, participation and fun and goes all the way through to Under 14's who complete their Surf Rescue Certificate and commence patrols.

To achieve this mission, our main goal is to ensure both Nippers and their parents / carers have fun at Nippers and enjoy coming back week after week.

For those children who would like to improve their surf skills through competition, we provide additional coaching for both water and beach events. Our coaches are enthusiastic and supportive of Nippers at all levels.

For parents/carers there are lots of opportunities to get involved - whether volunteering to be an Age Manager, Water Safety or Competition Official - or just getting involved each week. We need your support!

We hope the information in this booklet provides some quick and easy information about our club and the nippers program for 2022 - 2023 season.

For up to the minute news and updates regarding Nippers, it is essential you join Stack TeamApp, which is our main communication platform. We also encourage you to follow us on Social Media by joining our Facebook page (Freshwater Surf Life Saving Club and Freshwater Nippers) or our Instagram page (Freshwater_SLSC).

If you have any questions please feel free to contact myself or your Age manager.

Tony Wessling, Chair Junior Activities, Freshwater Surf Life Saving Club
nipperschairman@freshwaterslsc.com



OVERVIEW OF FRESHWATER SURF LIFE SAVING CLUB

As a member, this is your club!

Freshwater SLSC has a proud history, stretching back over 100 years. Our club continues to be one of the most influential in developing and promoting Surfing and Surf Life Saving in Australia.

Freshwater Beach is one of the most popular of Sydney's 21 Northern beaches for families, surfers, bathers, locals and visitors alike. With around 3,000 people on the beach and in the water on a busy Summer's day, we are kept very busy.

Surf patrols are conducted by our volunteers during the Patrol season from September to April each year.

Our mission is clear:

**To ensure no lives are lost while on patrol,
assist members to achieve their full potential
and support the community.**



As members of Freshwater Surf Life Saving Club we value -

Friendship across all age groups

Recognition of effort

Encouragement for all activities

Safety being paramount

Holding true to our Club values

Welcoming all

Acknowledgment of all achievements

Treating others with respect

Embacing diversity

Responding to others in need

We are a member based club, playing an important role in the Freshwater and Northern Beaches community. We welcome members of all ages, and provide opportunities to get involved - from being a Nipper right through to being a Senior member.

At Freshwater SLSC Nippers, we aim to promote an interest in Surf Lifesaving activities. We teach children water safety and encourage them through fun, education and healthy competition.

Nippers is an activity-based program run to educate young children about surf safety and awareness when visiting a beach. The Nipper program also offers participants the opportunity to meet a new set of friends while being challenged in activities controlled within a learning environment.

The Nipper program runs from October through March on Sunday mornings.

The focus on junior development starts with Nippers and continues on to learning skills 'through courses such as Surf Rescue Certificate and Bronze Medallion as the base qualifications leading to becoming a Patrolling member of the club. It is the opportunities we provide and the loyalty of our members that allows a long term approach to development and ensures the sustainability and success of the club.



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WHY JOIN NIPPERS?

With over 180,000 members and 315 affiliated Surf Life Saving Clubs, Surf Life Saving Australia represents the largest volunteer movement of its kind in the world!

Surf Life Saving Clubs save lives, create great Australians and build strong communities. The Nipper program promotes learning valuable skills and knowledge about the beach in a safe, stimulating and fun environment.

There is no pressure placed on any nippers to compete at carnivals. You don't need any equipment - just yourself and the nippers cap and vest.

By joining the club, you and your Nipper will:

- **Develop the knowledge and skills to enjoy our beaches and waterways**
- **Contribute to the local Freshwater community**
- **Make new friendships!**
- **Participate in a healthy and active lifestyle**
- **Develop leadership skills**
- **Develop decision making and problem solving skills**
- **Interact with a wide variety of people**

The club offers opportunities to join in broader activities - such as Patrolling, First Aid, Surf Sports, Coaching, Age Managing and social activities for the whole family.

We welcome everyone, no matter what your experience is in the water and on the beach. Your Nipper however, must turn 5 before 30 September to join for the coming season.



REGISTERING FOR NIPPERS

Registration is open for the 2022/23 season and will close on 30 September, 2022.

- Membership is via the SLS Australia Members Portal
- New members go to <https://www.surflifesaving.com.au/join/>
- Existing members need to renew their membership via https://members.sls.com.au/SLSA_Online/modules/login/index.php
- One parent/carer from each family is required to join as a "General" member
- Payment of registration fees must be made at time of joining/renewal
- All NEW members must send in a copy of their ID to admin@freshwaterslsc.com. This means a photo ID such as license or passport for parents/carers plus Proof of date of birth for nippers (birth certificate or passport)
- Your registration will not be processed until payment and IDs are received for both nippers and their parent/carers.
- We welcome Active Kids vouchers

MEMBERSHIP TYPE:	FEES:
Nippers: U6-U14	
First Nipper	\$130
Second Nipper	\$100
Third Nipper	\$30
Fourth Nipper	\$30
General Members	
At least one parent/ carer must join in support of their nipper's registration	\$50



NIPPER AGE GROUPS

In accordance with regulations from SLSNSW, a child must have turned 5 prior to 30 September for the upcoming season to be eligible to join. Children are registered in their age group according to the age of the child on 30 September. For example, if your child is 11 on 30 September, the child will be in U12's. There is no ability to have your child participate up or down an age group to be with their friends. They must participate in the age group they are registered in.

AGE ON 30 SEPTEMBER 2022	AGE GROUP
5	Under 6
6	Under 7
7	Under 8
8	Under 9
9	Under 10
10	Under 11
11	Under 12
12	Under 13
13	Under 14



PROFICIENCIES

Swimming is an important part of the Nipper program and all surf clubs must ensure children have the appropriate swimming ability to participate in surf lifesaving activities safely. The focus of Nippers is to introduce surf skills and awareness, however we are not a "learn to swim school".

If your Nipper is not a competent swimmer, it is recommended that they take regular swimming lessons as having basic swimming skills is essential to beach safety, not only for Nippers, but living in Australia where our lifestyle often revolves around the coast, beach and water based activities. Improving swimming skills will ensure your Nipper can enjoy all Nipper activities and participate to their fullest with confidence.

Warringah Aquatic Centre and Manly Boy Charlton Pool offer excellent programs across all levels for Northern Beaches locals. Those from out of the Northern Beaches council area should enquire with their local council as to what programs are available.

As a minimum children must demonstrate basic levels of proficiency based on their age group prior to being able to participate in the program. Opportunities to demonstrate their proficiencies are provided early in the season.

Junior skills Assessment

Preliminary skills evaluation for U8 and above (no requirement for U6-U7)

Must be completed by all nippers U8 and over - prior to participation in any nipper water activity.

Evaluation involves:

1. A front down swim over a set distance, within a set time, relative to age group as per table below.
2. 5 second back float
3. Submerging to retrieve an object from bottom of water.

The above skills must be completed in a continual sequence without a break or standing in between.

Competition skills evaluation

To be completed by nippers wishing to participate in carnivals.

Age Group	Preliminary swim requirement plus float & submerge	Competition skills evaluation	Surf education award
Under 8	25m swim no time limit	Nil	Surf Aware 1
Under 9	100 metre pool swim in under 3 minutes	Minimum 150 metre open water swim	Surf Aware 2
Under 10	100m pool swim in under 3 minutes	Minimum 150m open water swim	Surf Safe 1
Under 11	200m swim in under 5 minutes	Minimum 200m open water swim	Surf Safe 2
Under 12	200m swim in under 5 minutes	Minimum 200m open water swim	Surf Smart 1
Under 13	200m swim in under 5 minutes	Minimum 200m open water swim	Surf Smart 2
Under 14	200m swim in under 5 minutes	Minimum 200m open water swim	Surf Rescue Certificate (SRC)

PROFICIENCIES

These requirements are stipulated by Surf Life Saving Australia to ensure the safety of all Nipper participants.

Nippers who have not completed the Preliminary Evaluation at the start of the season can still attend Nippers but will need a parent to accompany them in all water activities until the evaluation is successfully completed. Parents should come prepared to enter the water with their Nipper if they have not passed their proficiency.

- This Season's Preliminary evaluation will take place at Manly Boy Charlton Pool. Please refer to TeamApp for details.
- Competition Evaluation will take place the first couple of Sunday Nipper sessions and involves a Run-Swim-Run including a 200 metre ocean swim.

If your Nipper does not pass the pool swim or competition proficiency on the first try, there will be further opportunities to pass the evaluation in the first few weeks of Nippers. It is important that they regularly practice swimming laps before attempting the evaluation again.

If your nipper is not a strong swimmer, we recommend regular swimming lessons, or time in the pool with mum and dad, practicing to swim the distance needed confidently.



UNIFORMS AND WHAT TO BRING TO SUNDAY NIPPERS

NIPPER CAPS

(Compulsory for all Nippers)

Under 6's = Pink
Under 7's = Royal Blue
Under 8's = Red
Under 9's = Yellow
Under 10's = Lime Green
Under 11's = Mid Blue
Under 12's = Purple
Under 13's = Teal
Under 14's = Quarter cap

PINK HI VIS RASH VEST

(Compulsory from U8's) :

Hi Vis rash vests are compulsory for Nippers from U8's when entering the water. No Nippers will be allowed to enter the water without one.

DRINK BOTTLE

Water is a must and great way to wash out sand that may find its way into little eyes.

SUNSCREEN

Your child will be exposed to the sun so sunscreen application is essential.

WETSUIT

Your Nipper is welcome to wear a wetsuit, especially in the first few sessions when the water and air temperature can still be quite cool. If U8 and above, they must wear their hi vis vest on top of the wetsuit though.

GOGGLES

It is much easier to swim in the ocean if you have goggles. Please ensure your child has a pair of well fitting goggles that will withstand swimming through the waves.

ESSENTIAL ITEMS

Our uniform shop is run online. Items are purchased from our online store and delivered directly to your home.
<https://shop.freshwaterslsc.com/>

If you require essential items such as nipper age group caps or hi vis rash vests, please order as soon as possible to ensure delivery prior to the start of the season mid October. Each season we offer new season swimwear via pre-order only by a set close off date. This season's has closed but you can purchase past season swimwear year round. www.delfinasport.com/collections/freshwater-homepage



PARENT AND CARER INVOLVEMENT

We need your help! We'd love you to join in!

Our Nipper program is entirely run by volunteers and we rely on parent enthusiasm, participation and assistance.

It is a requirement at registration that at least one parent is registered as well.

One parent/carers must be present at the beach while their Nipper is participating in Sunday sessions. You cannot drop your Nipper and leave.

We need active involvement from ALL parents in our Nippers Program. This enables us to provide a fun environment but most importantly, a safe environment. The more helpers we have, means we can deliver the best possible experience for our kids. Please do not hesitate to contact any of our Age Managers or Club Committee members if you have any questions or would like to understand how you can get further involved.

We need your help to fill important roles:

- Age Managers and support
- Water Safety
- Set-up and pack down crews
- Occasional support for barbecue and events
- General Sunday activities support
- Officials at carnivals

We ask you to please be willing to actively participate in Sunday sessions. This means be dressed for the beach and be prepared to get wet with your child. This enhances the experience for yourself and your nipper

In addition many parents are past or current members of Life Saving Clubs and serve as Patrolling Members. In our experience the more you get involved, the more you and your child will enjoy Nippers! Freshwater SLSC provides all the necessary training to be an Age Manager, Water Safety, Official or a Bronze Medallion Patrolling member. There are a multitude of training activities that also cover IRB crew and drivers, First Aid, and Advanced Resuscitation. Our patrols always welcome new patrolling members and this is a great way to give back to the club and our community while making new friends and supporting the great volunteering spirit of SLS Australia.

Please see details below on who to contact to find out more information on our Education program.

COURSE NAME	PREREQUISITE	JOB DESCRIPTION	CONTACT FOR MORE INFO
Age Manager/ Assistant	Must hold a WWCC and complete two SLS online courses	Responsible for running the Sunday activities , delivering the age relevant SLS curriculum and teaching Nippers about beach safety.	Sarah Mandalinic - nippers@freshwaterslsc.com
Official	Must hold a WWCC and complete both on-line and face to face training.	Officiate for Freshwater at Surf carnivals and our own Club Champ events	Toni Cadden toni.cadden@gmail.com
Bronze Medallion	Must hold a WWCC and complete a 400m pool swim in under 9 minutes	Provide water safety at both Sunday Nippers and Nipper surf carnivals	Jacinta Herd - cintaherd@gmail.com

WHAT TO DO ON THE FIRST DAY OF NIPPERS

1. Ensure you arrive early to allow time for parking as our beach can get extremely busy in the summer months and parking can be difficult.
2. Make sure your Nipper arrives ready to go with all their gear already on: Swimmers/ wetsuit on, hi vis vest, Nipper cap (with first name marked on the cap), sunscreen pre-applied.
3. Head down to the beach 15 minutes prior to session kickoff. Age Group Flags will be set up on the beach in front of the Surf Club. Head to your Age Group flag where your Age Manager will be marking off names on the attendance sheet.
4. If your Nipper's name is not on the attendance sheet, this means there is an issue with their registration. This is most likely related to the fact that your family has not provided ID or proof of DOB. Please check all emails from the club prior well in advance to the first session of Nippers. Any questions related to registration can be forwarded to admin@freshwaterslsc.com

START TIMES

U6-U9's: 8.15am marshal for 8.30-9.30am session

U10-U14's: 9.15am marshal for 9.30-11.00am session



COMMUNICATION

All Nipper communications are via Stack TeamApp.

It is essential that you download and join this app to stay informed throughout the season. If you don't have TeamApp you will miss out on important notices about Nippers, Training, Carnivals, Changes to schedules, Events and weather cancellations.

Step 1: Download Stack Team App from your favourite app store – it's free!

Step 2: Sign-up within the app

Step 3: Log into the app, search for Freshie Nippers and request to become a member.

Step 4: Request to be part of the 'Nippers Families' access group plus your Nipper's relevant age group, eg 'U6 Families 2022/23 Season'

Step 5: Wait patiently while the admins approve

Step 6: Enable notifications

Step 7: Check in regularly to the app to be across all communications

Website:

www.freshwaterslsc.com

Social Media:

Freshwater SLSC Facebook pages:

facebook.com/groups/FreshwaterNippers

facebook.com/freshwaterslsc

Instagram: @freshwater_slsc



KEY DATES

2022/23 Season * subject to change

KEY DATES 2022/23			
Friday	1	August	Nipper online registration opens
Saturday	3	September	Nipper open day and uniform try on - 9-12pm
Friday	7	September	Final day for registrations
Saturday	10	September	Age Managers briefing for upcoming season: 2-3pm
Saturday	17	September	U8-U13's Proficiency Swim @ Manly Pool from 2-5pm
Sunday	18	September	U8-U13's Proficiency Swim @ Manly Pool from 2-5pm
Friday	23	September	Nipper Preseason Camp @ One Mile Beach begins
Sunday	25	September	Nipper Preseason Camp @ One Mile Beach ends
Sunday	16	October	Nippers First session
Friday	21	October	Parent's Social night
Sunday	23	October	Dee Why Junior Craft Carnival
Sunday	6	November	Queenscliff Beach Carnival
Sunday	13	November	North Steyne Water Carnival
Sunday	20	November	Club Champs Round 1
Sunday	27	November	Freshie Bennett Board Carnival
Sunday	4	December	Club Champs Round 1 - back up date
Sunday	11	December	North Narrabeen Beach Carnival
Saturday	17	December	Twilight Nippers and Christmas Party
Sunday	8	January	Narrabeen Beach Carnival
Monday	9	January	Nippers 3 Day Challenge Camp starts
Wednesday	11	January	Nippers 3 Day Challenge Camp ends
Sunday	15	January	Manly Nipper Nats
Sunday	15	January	Nippers resumes
Sunday	22	January	Freshwater Open Carnival- NO NIPPERS
Sunday	29	January	Branch Champs - Water
Sunday	5	February	Branch Champs - Beach
Sunday	12	February	Club Champs Round 2- land events
Sunday	19	February	State Patrol Competition @ Freshie - NO NIPPERS
Sunday	26	February	State First Aid Comp @ Freshie - NO NIPPERS
Thursday	24-27	February	Nippers State Age Titles - Queenscliff
Sunday	5	March	Club Champs Round 2- water events
Sunday	12	March	Final Nippers for season
Saturday	18	March	Club Presentation Day + BBQ from 3pm

CARNIVALS, CLUB CHAMPIONSHIPS AND EXTRA TRAINING

Our Nippers program at Freshwater is all about fun and learning. Engaging in competition is a great way of building surf and beach skills, making great friends and enjoying the fun of being part of a team. We offer several options for joining in the competitive elements of Nippers and optional extra training.

1. CLUB CHAMPIONSHIPS

- On several normal Nipper Sundays, we will run "Club Championship" days that give every nipper (in U8-U14's) the chance to compete in Beach, Surf and Iron Person events within their age groups.
- Club Champs are held at Freshie beach and mimic carnival conditions so all of our nippers can get a taste of what a nipper carnival might be like and also test the skills they have learned throughout the season.
- These are fun events where the focus is on participation and cheering on your nipper mates.
- Points are accumulated and tallied over the club championship rounds and we then award our overall club champs and event champions at our presentation day at the end of season.

2. NIPPER CARNIVALS

- Competing at SLS Carnivals is a wonderful way to expand your nipper's experience. They are competitive but promote participation, friendship and teamwork.
- Carnivals are open to Nippers in U9's and above
- Northern Beaches branch fortunately offers many carnivals for our nippers to enjoy.
- Carnivals are typically on Sunday mornings and held at one of the local beaches. Some are water events based and some land/beach events based.
- Nippers need to pass both the preliminary and carnival proficiency to participate - but beyond that we welcome participation no matter the skill level
- We do however strongly recommend that nippers attend some land or water training sessions before they attend their first carnival - this gives them some knowledge and confidence of what to expect at the carnival and allows them to get to know the coaches and their teammates
- Toward the end of the season, the major carnivals roll around being Branch Titles and NSW State Age Championships, both of which will be held on the Northern Beaches this season.

EXTRA TRAINING (SURF AND LAND)

- Training sessions are on offer throughout the season for U9-14 nippers.
- Training is broken down into Water and Land sessions and usually occurs in the afternoons on weekdays and also Saturday morning.
- Training this season is set to kick-off from mid October.
- TeamApp will outline specific training sessions as they are confirmed for the coming season.
- Sessions are run by experienced coaches and aimed at preparing nippers for competition at carnivals. Our coaches are typically ex-Nippers who understand the challenges and are great at motivating the kids to improve.
- We welcome all nippers to trial a few sessions before committing to the sessions for the whole season which does involve an extra flat fee of approx. \$100.00.
- For more information contact: Robin Brenchley, Junior Sports Coordinator
robinbrenchley@hotmail.com

BOARD HIRE

If your nipper intends to train and compete in water events, we have foam boards (U9,U10) and fibreglass boards (U11-U13) available.

Cost per season:

- Nipper Foamie (U9/U10's): \$100
- Nipper Glass (U11-U13's): \$200

As part of the agreement in hiring one of our boards, the expectation is that your Nipper will attend water training and compete for Freshie at water based surf carnivals.

If you are interested in hiring a board:

- 1.** please jump on the Freshie shop to make payment:
<https://shop.freshwaterslsc.com/board-hire/>
- 2.** Complete the board hire agreement-
document located on the shop page for board hire.
- 3.** Please forward a copy of your payment receipt and board hire agreement to Mark Burrough- markburrough@hotmail.com
- 4.** Mark will then be in touch regarding a suitable pick up time for your board from the club



JUNIOR ACTIVITY COMMITTEE AND CONTACTS

POSITION:	NAME:	EMAIL:
JAC Chairman	Tony Wessling	nipperschairman@freshwaterslsc.com
Secretary	Sarah Mandalinic	nippers@freshwaterslsc.com
Registrar	Freshwater Admin	admin@freshwaterslsc.com
Junior Sports Coordinator	Robin Brenchley	robinbrenchley@hotmail.com
Water Safety Superintendents	Andrew Braund	andrewjbraund@gmail.com
	Chris Veitch	veitchchris@yahoo.co.uk
Sunday Activities Coordinator	Brent Cahill	brent.cahill@gmail.com
Equipment Coordinator - Gear	Chris Potter	chrispotter4@icloud.com
Equipment Coordinator - Boards	Mark Burrough	markburrough@hotmail.com
Carnival and Officials Coordinator	Toni Cadden	toni.cadden@gmail.com
Education Coordinator	Jacinta Herd	cintaherd@gmail.com
Social Coordinators	Sylvia Mezaros	sylvia@mindfulglobaltravellers.com
	Carla Davies	carla@encypher.net
Social Media Coordinator	Elena Gatti	elenagatti@yahoo.com
JAC Member	Di Pinnuck	dianapinnuck@gmail.com
Volunteer Coordinator	Jasmine Tan	jtan3@optusnet.com.au



SEE YOU AT THE BEACH!

