



MULLALOO SURF LIFE SAVING CLUB

# WOODSIDE NIPPERS

INFORMATION GUIDE

2022/23

**2022 WOODSIDE NIPPERS CLUB OF THE YEAR**

**FIRST WOODSIDE NIPPER CLUB DAY ON THE BEACH**

**SUNDAY, 16 OCTOBER\***

*(this will also be the Woodside Nipper Induction Day)*

**Pool Preliminary Evaluations for u7 to u13s, HBF Arena Joondalup, Sunday, 9 October**

*\*Note under 6s first Club day will be Sunday, 27 November. All other age groups 16 October.*

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## A WELCOME MESSAGE

Welcome one and all to the Woodside Nippers program for the 2022/23 season here at Mullaloo Surf Life Saving Club. This season, our fantastic, enthusiastic team of Age Group Managers are ready and raring to go! We are excited and hope you are too!

What makes our Club great is our members and as a (predominantly) volunteer organisation, to take ideas and turn them into reality, we rely on you, the parents and carers of our precious Nippers, to help us in this endeavour. Your skills and talents are valuable and your Club, our Club, needs you – beyond the sea and sand between our toes. So please don't hesitate in getting involved in the myriad of opportunities available as part of your membership. A little means a lot in the bigger picture and your kids will love seeing you being a part of club life.

Please take the time to read this booklet thoroughly as it is an amazing source of information. If there are ANY questions, please feel free to talk to either your AGM or one of the management team, we are here to help!

We hope you enjoy your 'new normal' season, learn some new skills and above all, HAVE FUN! Here's to a safe and happy 2022/23 Woodside Nippers season.

See you on the sand!



## KEY CONTACTS

The first point of contact for most enquiries is our Office.

**Maria Pascoe** – Office Administrator

**Simone Pheiffer** – Marketing Officer

Office hours are Monday – Friday from 9am – 4pm. p: 9307 7766 e: [info@mullaloosurf.com.au](mailto:info@mullaloosurf.com.au)

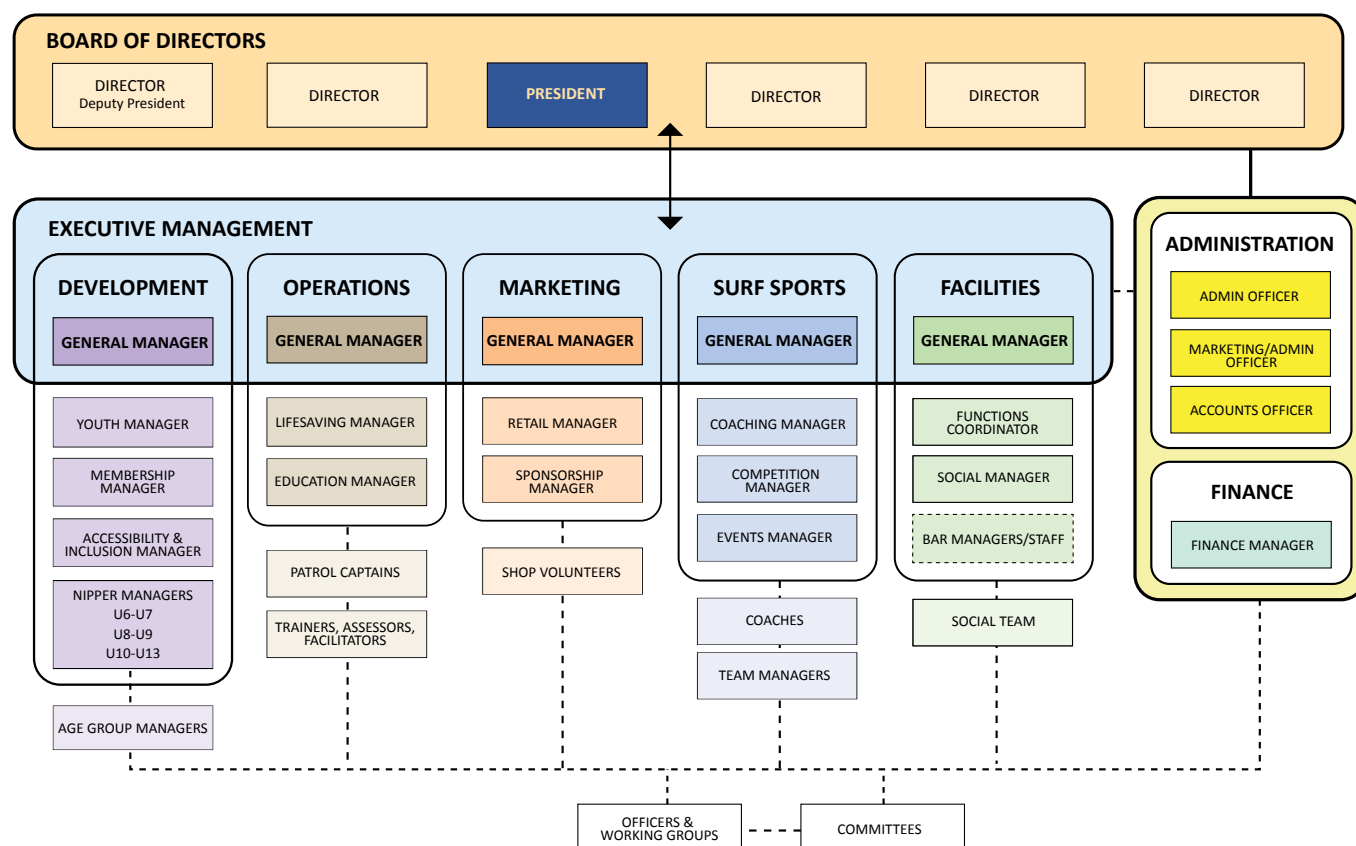
## AGE GROUP MANAGERS (ALL VOLUNTEERS)

Age Group	Manager and contact emails
	U10-U13 Nipper Manager <b>Stu Ketteringham</b> <a href="mailto:10to13nippermanager@mullaloosurf.com.au">10to13nippermanager@mullaloosurf.com.au</a>
U13 Boys	<b>Nathan Linehan &amp; Brenda Campbell</b> <a href="mailto:u13boys@mullaloosurf.com.au">u13boys@mullaloosurf.com.au</a>
U13 Girls	<b>Tanya Honor &amp; Jordin Barclay</b> <a href="mailto:u13girls@mullaloosurf.com.au">u13girls@mullaloosurf.com.au</a>
U12 Boys	<b>Clare &amp; Stu Ketteringham</b> <a href="mailto:u12boys@mullaloosurf.com.au">u12boys@mullaloosurf.com.au</a>
U12 Girls	<b>Sian &amp; Clayton Miller</b> <a href="mailto:u12girls@mullaloosurf.com.au">u12girls@mullaloosurf.com.au</a>
U11 Boys	<b>Drew Brown &amp; Ryan Stephenson</b> <a href="mailto:u11boys@mullaloosurf.com.au">u11boys@mullaloosurf.com.au</a>
U11 Girls	<b>Molly Bean</b> <a href="mailto:u11girls@mullaloosurf.com.au">u11girls@mullaloosurf.com.au</a>
U10 Boys	<b>Brett Warner</b> <a href="mailto:u10boys@mullaloosurf.com.au">u10boys@mullaloosurf.com.au</a>
U10 Girls	<b>Holly &amp; Andrew Brown</b> <a href="mailto:u10girls@mullaloosurf.com.au">u10girls@mullaloosurf.com.au</a>

Age Group	Manager and contact emails
	U8-U9 Nipper Manager <b>Kelly Marshall</b> <a href="mailto:8and9nippermanager@mullaloosurf.com.au">8and9nippermanager@mullaloosurf.com.au</a>
U9 Boys	<b>Jade Mountjoy</b> <a href="mailto:u9boys@mullaloosurf.com.au">u9boys@mullaloosurf.com.au</a>
U9 Girls	<b>Simon Stirling, Miason Cox, &amp; Liam Harris</b> <a href="mailto:u9girls@mullaloosurf.com.au">u9girls@mullaloosurf.com.au</a>
U8 Boys	<b>Jess Barton</b> <a href="mailto:u8boys@mullaloosurf.com.au">u8boys@mullaloosurf.com.au</a>
U8 Girls	<b>Cassie Kay &amp; Tania Spencer</b> <a href="mailto:u8girls@mullaloosurf.com.au">u8girls@mullaloosurf.com.au</a>
	U6-U7 Nipper Manager <b>Christina Davini</b> <a href="mailto:6and7nippermanager@mullaloosurf.com.au">6and7nippermanager@mullaloosurf.com.au</a>
U7 Boys & Girls	<b>Luciano Albaytero</b> <a href="mailto:u7@mullaloosurf.com.au">u7@mullaloosurf.com.au</a>
U6 Boys & Girls	<b>Christina Davini</b> <a href="mailto:u6@mullaloosurf.com.au">u6@mullaloosurf.com.au</a>

## CLUB BOARD AND MANAGEMENT TEAM

With a Club of over 2,000 members, we rely heavily on a broad range of volunteer managers. The Club is structured so that the legal and financial responsibility rests with elected members of the Board while management of the operations of the Club is assigned to volunteer positions. Administrative support is provided by paid staff. The diagram below depicts the range of official positions (officers of the Club), support roles (e.g., coaches, trainers) and their interconnectedness.



## NIPPER COMMITTEE

Nipper AGM Supporter

Nipper Board Coordinators – **David and Emma Chadderton** - [nipperboards@mullalooosurf.com.au](mailto:nipperboards@mullalooosurf.com.au)

New Member Liaison

Club Day Concierge

*Please note, Nipper Liaisons for the various age groups also makeup the Nipper Committee, at the time of publishing these roles were not finalised.*

*If you would like to be part of the committee, please contact one of the Nipper Managers to find out more.*

## MEMBERSHIP










### What your Woodside Nipper membership gives you:

- Mesh sling bag with a high-vis vest, age group cap and wide-brim hat
- Access to Club facilities
- Sunday Woodside Nipper Day activities
- Use of Club foam boards (U8-U10) and access to leased Club boards (U11-U13)
- Christmas celebration day
- Post carnival celebrations
- Presentation of trophies & participation medals
- Insurance cover for all approved Surf Life Saving & Club training activities
- Midweek training program with coaches
- Additional clinics/holiday activities as advised
- Opportunity to participate in competitions against other Clubs throughout WA.



## WOODSIDE NIPPER AGE GROUPS

Woodside Nippers are placed in an age group that is determined by the child's age as at 30 September each year. The education program for each age group works towards the Surf Life Saving Australia (SLSA), Age Group Certificate listed below. To easily identify our Woodside Nipper age groups, we have different cap colours.

AGE	DATE OF BIRTH	SLSA AGE GROUP	CAP COLOUR	AGE GROUP CERTIFICATE
5 years	1 October 2016 to 30 September 2017	U6	 Pink	Surf Play 1
6 years	1 October 2015 to 30 September 2016	U7	 White	Surf Play 2
7 years	1 October 2014 to 30 September 2015	U8	 Yellow	Surf Aware 1
8 years	1 October 2013 to 30 September 2014	U9	 Green	Surf Aware 2
9 years	1 October 2012 to 30 September 2013	U10	 Light Blue	Surf Safe 1
10 years	1 October 2011 to 30 September 2012	U11	 Purple	Surf Safe 2
11 years	1 October 2010 to 30 September 2011	U12	 Dark Blue	Surf Smart 1
12 years	1 October 2009 to 30 September 2010	U13	 Red	Surf Smart 2
13 years	1 October 2008 to 30 September 2009	U14 (Youth)	 Blue, yellow, white	Surf Rescue Certificate

As part of Woodside's partnership with Surf Life Saving Western Australia, every Woodside Nipper (u6 to u13) will be given a:

- Mesh sling bag
- High-vis vest
- Age group cap
- Wide-brim hat

**Woodside Nipper Pack Pick Up date Friday 14 October, 4.30-6pm at the Club.**  
*More opportunities will be advised.*

***Please note, the Woodside Nippers Program is not a learn to swim program. We strongly encourage your child to attend swim lessons. Being confident swimming in a pool contributes immensely to being confident swimming in the ocean.***

## FIRST UP – PRELIMINARY EVALUATION

The Preliminary Evaluations are in place to ensure that participants are fit and able to meet the requirements of the Woodside Nippers Program (this is a requirement of SLSA and is compulsory). The table below outlines each age group's requirements.

Children 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 the child.

**What does your Woodside Nipper need for the preliminary evaluation:** Woodside Nippers will require their bathers\* and goggles, with an optional swim cap if needed.

**Preliminary swim evaluations will be Sunday 9 October, 08:30 - 11:30 and will be held at the HBF Arena, Competition Lanes, Joondalup, to carry out the preliminary evaluations.**

- 8.30-9.30am – U7, U10, U11
- 9.30-10.30am – U8, U9, U12, U13

**If your child is unable to attend please contact the Age Group Manager.**

**The U6 age group date is still to be confirmed, but will be in November, closer to their start date.**

*\*It is recommended that children not wear their club branded bathers as they are not suitable for use in chlorinated water.*

Age Group	Flotation	Submersion	Propulsion	Continuous Skill Sequence
Under 6	Back or front float for minimum of 5 seconds, recover to stand.	Submerge to retrieve object from bottom of pool with hands (e.g. dive ring)	Push and glide from pool wall (distance 1-2m) recover to stand	Wade through water (5m) float on back or front (5 sec) recover to stand, submerge to retrieve object from bottom of pool with hands, recover to stand.
Under 7			Push and glide from pool wall, kick (distance 2-3m) recover to stand	
Under 8			From pool wall swim on front any stroke (20m) followed by swim underwater (3-5m)	Swim on front through water any stroke 20m, followed by back or front float (5 sec) followed by submerge to retrieve object from bottom of pool with hands. (do not recover to stand in between each task)
Under 9	Front to back float or back to front float – 5 sec each side.	Submerge to retrieve object from bottom of pool with hands (e.g. dive ring)	Survival breaststroke and/or sidestroke and/or back sculling for minimum 50m	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50m followed by tread water and/or sculling for minimum 1 min, followed by submerge to retrieve object from bottom of pool with hands. (do not recover to stand in between each task)
Under 10	Tread water and/or sculling for minimum 1 min		Swim on front through water any stroke for 25m followed by survival breaststroke and/or sidestroke and/or back sculling for minimum 50m	
Under 11	Front to back float or back to front float – 5 sec each side. Tread water and/or sculling for minimum 2 min	Submerge to perform forward or backward roll underwater, recover to surface, retrieve object from bottom of pool with hands (e.g. dive ring)	Swim on front through water any stroke for 50m followed by survival breaststroke and/or sidestroke and/or back sculling for minimum 50m	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50m followed by tread water and/or sculling for minimum 2 min, followed by submerge to retrieve object from bottom of pool with hands. (do not recover to stand in between each task)
Under 12	Front to back float or back to front float – 5 sec each side.	Submerge to perform forward or backward roll underwater, recover to surface, retrieve object from bottom of pool with hands (e.g. dive ring)	Swim on front through water any stroke for 100m followed by survival breaststroke and/or sidestroke and/or back sculling for minimum 50m	Swim on front through water using a combination of breaststroke, sidestroke, freestyle for 100m, followed by tread water and/or sculling for minimum 3 min, followed by submerge to retrieve object from bottom of pool with hands. (do not recover to stand in between each task)
Under 13	Tread water and/or sculling for minimum 3 min			

## COMPETITION (CARNIVAL) EVALUATION

To maintain safety and life saving standards, SLSA has set a minimum standard of proficiency that Woodside 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	SWIM DISTANCE	TIME
Under 8	100m swim	Less than 6 minutes
Under 9	100m swim	Less than 6 minutes
Under 10	150m swim	Less than 9 minutes
Under 11	288m swim	Less than 9 minutes
Under 12	288m swim	Less than 9 minutes
Under 13	288m swim	Less than 9 minutes

## WOODSIDE NIPPERS ON SUNDAYS

The Woodside Nipper surf season typically runs from mid October to March. Club day activities occur on Sunday mornings. In addition to this, various training sessions are available as your Woodside Nipper progresses through Age Groups (see [Coaching on p11](#)). Sunday start times are:

AGE GROUP	START TIME	FINISH TIME	FLAG COLOUR
U6 – U7	9:30AM	10:45AM	Pink, White
U8 – U13	9:00AM	11:00AM	All others

On Club day:

- Assemble on the beach near your cap coloured flag, at least 5 minutes before the start time above with your cap on, ready for activities
- Ensure your child already has sunscreen applied
- Age Group Managers will call a roll and mark off an attendance sheet
- Woodside Nippers will rotate through activities (water, beach, games, education).

The Club offers a sausage sizzle most Sunday mornings. Any funds raised through the sausage sizzle goes back to the Club.

Our Club bar is also open for families to enjoy after being on the beach! Your membership allows you to invite up to 5 guests - now that's a Sunday treat!

The Boardies kiosk sells various food, drinks, coffee, lollies etc.

## WOODSIDE NIPPERS SAFETY

- **The coloured cap must ONLY be worn during Club Day activities (after you have been signed in). The cap is not to be worn prior or post Club day activities (after signed out).**
- **Woodside Nippers must stay with their Age Group Manager at all times, unless coaches take over for a specific activity**
- **If Woodside Nippers must leave their group (e.g. to go to the toilet etc.), the Age Group Manager must be informed prior to them leaving and they should be accompanied by a parent/guardian**
- **No Woodside Nipper is to enter the water unless authorised by the Age Group Manager**
- **U6s & U7s must have a parent/guardian remain with the age group at all times**
- **All Woodside Nippers must have a parent/guardian on the beach/surrounds throughout the session and be on hand to assist your child in the event of an incident or injury**
- At the conclusion of the session, Woodside Nippers are again **checked off** the attendance roll after all equipment and boards have been packed away into the shed
- Woodside Nippers are not to leave the Club/surrounds until collected by an adult and checked off the attendance roll. Failure to sign your child out may result in the closure of the beach and a search being carried out to find them
- Club caps are to be removed at the end of the session once Woodside Nippers have been checked off the attendance roll



- Once Woodside Nippers have been checked off the attendance roll and removed their Club caps, any Woodside Nippers re-entering the water are the responsibility of their parents/guardians
- By requirement of SLSWA, all Woodside Nippers must wear the supplied fluoro, hi-viz lycra vest during water activities at all sanctioned Club activities, including Club days, training sessions and competitions.

## WHAT TO WEAR / BRING

- Woodside Nipper Age Group Cap and Woodside Nipper high visibility rash vest is **compulsory**
- Club bathers recommended
- Sunscreen (applied before getting to the beach), hat, towel and water bottle are essential
- Nipper board – *see Nipper Boards (lease)*
- Goggles recommended
- Warm clothing for cool days and sun smart clothing for hot days.

## UNIFORMS

Mullaloo SLSC official competition uniform is a Club cap with official Club bathers. A hi-viz vest is required to be worn for all aquatic activities. Club apparel can be purchased from the “Mullaloo Surf Shop” which is located at the front of the main Club building, on the left-hand side. The Shop is normally open Friday afternoons in the winter, with the addition of Sunday mornings during the Surf Club season. 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).

## 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 e.g. on their Club cap and hi-viz vest.

There is a lost property container in the Life Saving Gear Shed.

## WHAT TO EXPECT AT NIPPERS

The Woodside Nipper program will always depend on the surf conditions on the day. If the conditions are favourable, more time will be spent in the water than on the beach and vice versa should water conditions be adverse.

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

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

There are two “Points Day” Club Days for our U10-U13 Age groups. The points accumulated over the two events go towards the relevant age group Champion and Runner Up.

There are several annual events/challenges that the Club also runs, which our Woodside Nippers get to enjoy, such as the Club Challenge, Ted Scott Marathon and IRB Awareness.

WATCH THIS SPACE – We are trying to coordinate something special for our first Club day.

## AGE GROUP MANAGERS (AGM’S)

AGM’s are allocated to each age group and are responsible for organising and conducting various activities as per the programs developed by Surf Life Saving Western Australia (SLSWA). The responsibilities of an AGM are as follows:

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

- Keep the children and parents informed of the requirements of the age group and of Club information
- Ensure the children in the age group are aware of and encourage sun protection.

AGM's are all volunteers. We encourage and actually require more AGM's (ratio, 1 AGM : 25 Woodside Nippers). Please consider joining and assisting in this important function. Note that there is an on-line and practical course to complete to become an AGM. This will assist those who may not feel comfortable in the role, as well as those who have undertaken AGM duties previously. Please contact the Nipper Managers ([U6-U7](#), [U8-U9](#), [U10-U13](#)) to find out more.

## AGE GROUP MANAGER ASSISTANTS (AGMA'S)

The focus of an AGMA is to assist the AGM with conducting the Woodside Nipper programs during the summer. The aim is to develop the capacity and capability of Woodside Nippers to become competent surf life savers of the future. The requirements of an AGMA are as follows:

- Attend Woodside Nipper Club days
- Take direction from the AGM
- Assist the AGM with instructing the group
- Be a positive role model
- Be aware of their own and the group's safety and wellbeing
- Work as part of a team
- Assist the AGM if required to plan sessions
- Encourage enjoyment and fun.

## AGE GROUP DEVELOPMENT PROGRAM OVERVIEW

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

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

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

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

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

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

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

Cap Colour	Age Group	Certificate	Skills and Learning
	Under 6	Surf Play 1	This will be your Nippers first introduction to the Woodside Nipper Program. This level is designed to be educational through play, participation and fun.
	Under 7	Surf Play 2	
	Under 8	Surf Aware 1	Introduction to beach safety, basic lifesaving skills and surf sports skills. These age groups are referred to as Little Nippers and are offered a modified interclub carnival.
	Under 9	Surf Aware 2	
	Under 10	Surf Safe 1	These age groups demonstrate beach safety skills, lifesaving skills and further develop their surf sports skills through club activities, clinics and Interclub carnivals.
	Under 11	Surf Safe 2	
	Under 12	Surf Smart 1	These age groups transition towards becoming a surf lifesaver, develop an understanding of what is required to be a patrolling member and continue to develop their surf sport skills through club activities, clinics and Interclub carnivals.
	Under 13	Surf Smart 2	

## COACHING

Training is available mid week at Mullaloo Beach to all U9s to U13s in a variety of surf life saving disciplines including board paddling and beach events. All training sessions are split into separate tiers that run at the same time to cater for all skill levels – the tiers are skills based rather than age based.

**Please Note: Parents are expected to bring their children to the coaches not just drop them at the front of the Club. Each child must have a parent or nominated adult on the beach during water activities for safety reasons or they will be unable to participate.**

### Midweek Board Training Tiers

Tier 4 – Woodside Nipper Competitive  
Tier 5 – Woodside Nipper Intermediate  
Tier 6 – Woodside Nipper Developing  
(Tiers 1-3 are Youth to Seniors.)

Tiers are generally run at the same time.

Additional sessions may be run for our more competitive Nippers (at alternate locations closer to State Championships) that have been identified through the Club Day Activities and Coaching program.

### Other Training Available (subject to available coaches)

- Beach Training
- Swim Training (stamina training not learn to swim)

### Rescue & Resuscitation (R&R) Training and March Past

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 & U11, and the U12 & U13 boys and girls.

The Nipper March Past event involves a team of 12 boys and/or girls marching in formation around a set course in time with music. The team includes members carrying a reel, wearing a belt and carrying the Mullaloo Club flag. Training involves marching to improve individual and team technique and learning the various commands and movements associated with the event. Training is usually held once a week at a time which is most convenient to the team members and lasts for about 50 minutes.

See the Club [calendar](#) for details on days and times of available training sessions.

## NIPPER BOARDS (LEASE)

All competition age Nipper members will require a board. It is preferred that they have their own board.

If you do not wish to purchase your own board for your child, you will be able to “Lease” a club board. We will be charging a \$50 usage fee and a \$100 bond/deposit. The bond will be returned to you upon return of the board in good condition. Any damage costs incurred at the time of the board’s return will be taken out of the bond. If you have repaired the damage yourself and the board is in reasonable condition upon return then the full bond will be returned. Please discuss repairs with the equipment officer before attempting to fix damage yourself.

### THE COST OF BOARD LEASE IS \$50 PER BOARD.

If your child is not in possession of their own board or a Club leased board on Club days or competition days, then Club boards will be made available to them for their use, but these will only be the FOAM nipper boards, not fiberglass, regardless of age.

**2022/23 SEASON CLUB BOARD LEASE  
& BOARD SALE (NEW and USED)  
8 OCTOBER 2022, 10am-12pm**

## EQUIPMENT RULES

Our Club enjoys access to outstanding resources and there are a few key rules relating to the use of Club equipment:

- AGM’s are solely responsible for allocating equipment on Club days
- The Equipment Officer is responsible for equipment allocation on Club training days/carnivals
- **Woodside Nippers are responsible for ensuring the equipment is returned to the gear shed washed down and free of sand**
- Nippers are responsible for reporting any damage to the equipment to their AGM/Coach or Equipment Officer
- Only Nippers of Mullaloo SLSC 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

- All other equipment that will be used during the Nipper sessions is supplied by the Club.



## SLSA APPROVED EQUIPMENT

There are a range of boards from various manufacturers that come in different sizes and will usually be foam or fibreglass construction. Whilst we cannot recommend one supplier over another, below are some useful links to websites that may assist you in choosing the right craft for your child.

Our Mullaloo Surf Shop can also order nipper boards.

SLSA Surf Craft Specifications link:

<https://www.mullaloosurf.com.au/macwp/wp-content/uploads/2022/09/SLSA-Craft-and-Boat-Specifications-2022.pdf>

Links to possible suppliers (not a complete list):

Bennet Boards: <http://bennettsurfboards.com/product-category/surf-life-saving/nipper-boards/>

Carvin' Boards: [sales@carvinboards.com](mailto:sales@carvinboards.com), Mark Nicholls 0499 274 444 or Stuart Campbell 0423 161 043

Dolphin: <http://www.dolphinurf.com.au/boards>

Kracka: <http://www.krackasurfcraft.com.au/Our-Boards/Junior-Nipper>

Secondhand boards may also be found at the following:

- Other surf club websites
- Gumtree
- Gear Trade
- Club notice boards



Age Group	Craft (SLS Approved only see section 20)	Length & Min Weight	Eligibility for use in competition
Under 8	Foam Encased Nipper Board	2.0m Not Specified	Successfully completed competition proficiency swim.
Under 9	Foam Encased Nipper Board	2.0m Not Specified	Successfully completed competition proficiency swim.
Under 10	Foam Encased Nipper Board	2.0m Not Specified	Successfully completed competition proficiency swim.
Under 11	Fibreglass Nipper Boards Only	2.0m 4.5kg	Successfully completed competition proficiency swim.
Under 12	Fibreglass Nipper Boards Only	2.0m 4.5kg	Successfully completed competition proficiency swim.
Under 13	Fibreglass Nipper Boards Only	2.0m 4.5kg	Successfully completed competition proficiency swim.

## COMPETITION

The Nipper Surf Sports program offers a wide range of competition events for all ages culminating in the Nipper State Championship each year. Competition is designed to provide an environment to enhance the lifesaving skills used for patrols. The Club runs a program that encourages every member to achieve their own competition goals. Our coaching programs are designed to support our children in all aspects of competition by practicing the skills they learn in groups on Club days suitable to their ability. Not all children want to be involved in competition and there are pathways the Club provides in life saving and other activities.

There are a range of carnivals that members can enter throughout the year. Please refer to the [Club website](#) and Club emails for more details as they become available. Information can also be found on Surf Life Saving WA's website: <https://www.mybeach.com.au/members/surf-sports/nippers/>

Nippers in the U9-U13 age groups who wish to compete at the State Championships must have achieved their respective age award, passed the competition proficiency swim and competed in at least one SLSWA Nipper Carnival.

### Who can compete?

- U8-U13s who have completed their competition evaluation
- Nipper carnivals are divided into "Little Nipper" U8-U9 carnivals and "Nipper" U10-U13 inter club carnivals
- Competitors need to wear the Woodside Nipper yellow singlet, Club bathers and Club cap (blue, yellow, white)



- Members must have paid the relevant competition fee.

### Where are carnivals held?

Local area carnivals will be close by, probably at Sorrento and Mullaloo, whereas inter club carnivals will be held at different beaches around the metro area, with a country carnival held outside the metro area around Australia Day.

### How long do the carnivals go for?

- U8-U9 Carnivals are expected to last no longer than Club day activities (approximately 2 hours)
- U10-U13 carnivals generally run for 3-4 hours depending on the events. The State Championships runs over 2 days.

### How to enter?

- Online entry is through SLSWA's SurfTec entry system (<https://entries.surftec.com.au>). Details are emailed with the Club e-news several weeks prior to the event and needs to be completed before the advised closing date or your child may miss out
- Carnival entry fees are generally \$10-\$15 as set out by the hosted Clubs.
- The Little Nipper Championships \$25 (medals awarded at this event)
- The Nipper Championships, Beach \$20, Surf \$30 (medals awarded at these events).

### What to Bring?

- Mullaloo 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
- Suncream, Club bathers, hi-viz singlet, towel, goggles if needed, warm clothes if the weather/wind turns and Sunsmart clothes for hot days
- Mullaloo Club bathers to be worn at Competitions
- Club cap – the cap worn at carnivals is the Club coloured one (blue, yellow white).

### Club Craft

- Foam boards are available for U8-10s. It can still be advantageous to have your own
- Limited fiberglass boards are available for lease from the Club for U11-13s competitors
- Ask for advice about purchasing a new or secondhand board. We have several Club personnel to assist.

### Team Selections

Throughout the season, the for 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 time table also considered
- Teams may include younger age group members if required.

### Player's Tea

There will be a player's tea a couple of days prior to the first carnival where Woodside Nippers will find out information about the competition. For a small donation dinner will be supplied. There will also be a player's tea before the State Championships.

## 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 of this size only comes from the ongoing commitment of volunteers and help offered by parents, including:

- As a parent or guardian you are **REQUIRED** to be at the beach at all times during Sunday activities

and mid-week training sessions if your child takes part in these. Your child remains your responsibility. Medication, trips to the toilet and the individual general welfare of each child on Mullaloo beach is the responsibility of the parent / guardian.

U7 Nipper parents need to be with the age group at all times

- Every U6-U10 family is required to assist in the sausage sizzle at least once in the season and every U11-U13 family is required to assist in beach pack-up/set-up.
- At all times, abide by the [Member Code of Conduct](#).
- 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:

### Officials

- Help with the running of the carnivals either by judging, marshalling competitors, presenting medals, recording results or starting races.
- There is 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.
- Mullaloo SLSC maintains a dedicated Beach Patrol and IRB (inflatable rescue boat) Patrol during Sunday 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. Check our website for details of [upcoming courses](#) and requirements. Also note that 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 Woodside Nippers!



### “Beach Crew”

Please put your hand up and ask your Age Group Manager if they need any help. Parents without surf qualifications can contribute significantly to the Club, such as:

- Set-up / pack-up of equipment at carnivals and Nipper days
- BBQ assistance (cutting rolls, cooking sausages, selling sausages and then clean up afterwards).

A roster will be set up for the beach set-up/pack-up and the sausage sizzle that will rotate between age groups. Your AGM/Liaison will pass that information on to you.

### Mobile First Aid Assessment Base

If you are a nurse, doctor or paramedic, you can assist on Sunday Club Activity days by wearing an armband which will identify you as being able to assist in first aid. Please liaise with the Nipper Manager if you are willing to provide this kind of support.

### Other Roles

We are always looking for parents to help with a variety of tasks, such as:

- Committee members
- Social coordinators
- Equipment and maintenance.

## MEMBER SAFETY

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.**

## WATER SAFETY RISK MANAGEMENT STRATEGY

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.

## SAFETY SIGNALS – NIPPERS

### SAFETY SIGNAL – ASSISTANCE NOT REQUIRED

Woodside 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 Woodside Nippers Program.

If you have any concerns over the safety of your child, please see our Water Safety Coordinator.

### 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 (from a craft or boat)



9. Assistance required



10. Shore signal received and understood

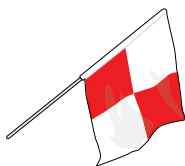


11. Emergency evacuation alarm



12. Powercraft wishes to return to shore

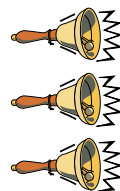
### SIGNAL FLAGS AND TOWER ALARM



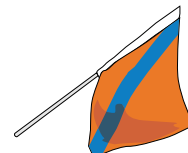
Emergency evacuation flag



Emergency evacuation alarm



Mass rescue



Signal flag



## 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 Sunday Woodside 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 Woodside Nippers and Water Safety to return to shore.

Woodside Nippers are to 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.

## MULLALOO SURF LIFE SAVING CLUB ROOMS

Mullaloo is lucky to have training/function rooms and a licensed bar with a view of our amazing beach.

The bar is open Fridays and Sundays from 5pm and Sunday after Club day from 11am-2pm. All of our bar staff are volunteers so we ask that you assist when visiting the bar by being patient, returning empties and putting your own rubbish into the bins provided. If you are interested in helping out behind the bar you just need to have an RSA (Responsible Service of Alcohol) certificate which can be completed via online training for a small cost and usually takes no more than an hour or two. Once you have your RSA you just need to send a copy to the Club Office and they can put you on the bar roster. It's great fun and a good way to get to know your fellow Club members.

The Club often holds special function nights to raise money for the Club or celebrate achievements of Club members. Keep an eye open for notices in the newsletter and on Facebook for upcoming events.

Mullaloo SLSC is a family Club, however we would like to remind our members that the bar area is subject to strict liquor licensing rules. Adults and children must be wearing shoes at all times when in the bar area and children are to be supervised at all times. It is not acceptable for children to be running around the bar or in/out of the balcony door, or be using outdoor scooters/bikes etc. inside the Club rooms. We are very proud of our function rooms and would like to keep them looking good for many years to come.

If anyone has any ideas/suggestions or would even like to volunteer their time, we are always looking out for ways to keep our younger members entertained whilst the older members have a chance to catch up with old friends or meet new people.

## CONTINUOUS IMPROVEMENT

Mullaloo 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 portfolio 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 Nipper Managers in one of the following ways:

- E-mail communication
- Verbal communication
- Writing a letter

Your feedback is integral to the success of the Club.

## FREQUENTLY ASKED QUESTIONS

### ***My child is currently 11 (12 in January 2023), what age group will he be in?***

Your child will be in Under 12 age group (even though they turn 12 during the season). The age group that your child joins is determined by their age as at 30 September, therefore your child was 11 on the 30 September 2022 (turning 12 in January).

### ***My son turns 5 in November 2022, can he join then?***

Yes, if your son turns 5 after 30 September, that is when they can participate in the Woodside Nipper Program for that season. Note though, as his birthdate was after 30 September, he will effectively be doing the U6 program for two seasons. SLSWA run a [Surf Babies Program](#) at our beach which may be of interest for younger children.

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

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

### ***I have 3 children and can't be with all groups at the same time?***

That is fine. Parents of U6-U7 children need to be with their group at all times. Parents of U8-13s just need to inform the Age Group Manager where they will be on the beach if they are not going to be with the group.

### ***My friend's birthday puts him in a different age group. Can they be together?***

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

### ***How often do I bring my child to the beach?***

Our Nipper Days are held each Sunday (start mid October – March with time off over Christmas). We understand that families are busy so the program doesn't require 100% participation but your child will benefit from regular attendance. We also have mid-week specialised training sessions available to those who wish to improve their skills and fitness. Check the email newsletters, website and Club notice boards for further information.

### ***What does my child need?***

Club cap and high visibility rash shirts/vests are compulsory – please note that these will be provided to you at no charge as part of the Woodside Sponsorship with SLSWA. Appropriate bathers, water bottle, towel, goggles and sunscreen are also important. Purchasing your own foamie or fibreglass Nipper board can depend on your finances and your child's interest, but can be a good idea as they will have this with them all the time to practise. Club foamies are available for use (up to Under 10) and Club fibreglass Nipper boards may be leased for a nominal fee.

### ***What do children do in Surf Life Saving?***

Depending on their age group, children will cover basic CPR/ first aid skills, sprints and flags, swimming, board paddling, wading, Nipper development and lots of FUN activities. They will also learn surf life saving skills, surf awareness and develop personal and emotional skills.

### ***Woodside Nipper Awards – what are these for my child?***

Each age group award has sessions that they participate in to acquire relevant skills and knowledge. They will need to attend and participate in all of the compulsory sessions to attain the award. They must also complete the Pool Evaluation to obtain the award.

### ***Does my child have to be able to swim?***

Ideally yes, for U8-U13 age groups as they need to complete their Pool Evaluation which includes a swim and float. This is carried out before participating in any Woodside Nipper Activities session to assess their swimming and self survival ability in the water. This will determine their level of participation in Woodside Nipper aquatic activities. The next step is for them to train to complete their Competition Swim Evaluation which allows them to compete at carnivals. Only those who wish to compete are required to complete the Competition Swim Evaluation.

### ***Is this a learn to swim program?***

No, although your child will benefit enormously and increase their confidence from exposure to open water activities including swimming and board paddling. We do not provide specific learn to swim training or stroke correction. It is strongly encouraged for this to be taken up externally.

### ***What happens when my child finishes all the various Woodside Nipper Activities age groups and awards?***

The Woodside Nipper Development Program is designed to gradually introduce your child into the role of a qualified Surf Lifesaver and assist in patrolling the beaches. They can continue to be involved in a variety of competition events if desired. They will undertake various other awards and learn many facets of community service involvement. They can be taught specialist areas of competition and compete both at a State and a national level.



## COMMUNICATION AND USEFUL LINKS

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

**Email** – the most effective form of communication is our emailed e-news (weekly in season, bi-weekly off season). If you don't receive these emails, please ensure the Office has an up to date email address (you can also update your details through the Surf Life Saving Members Area portal). Your AGM or Liaison will also send out important or group specific updates via email.

**Website** – Our website provides all information regarding Club news, upcoming events, training, patrol rosters etc. <http://www.mullaloo surf.com.au>

**Facebook** – 'Like' our [Mullaloo Surf Club](#) page to receive up to date photographs and event notifications.

All our Nipper Age Groups have an associated Facebook Group (private), these can be accessed via: <https://www.facebook.com/MLSLSLSC/groups>

Keep an eye on changes or additions to training on our [Mullaloo Surf Sports Training](#) group.

**Instagram** - check out [Mullaloo Surf](#) photos.

Please take note of our [Social Media Policy](#)

**SLSA** (Surf Life Saving Australia) [www.sls.com.au](http://www.sls.com.au) for National circulars, news, education, general member information.

**SLSWA** (Surf Life Saving Western Australia) [www.mybeach.com.au](http://www.mybeach.com.au) for WA circulars, carnival information, news, education, general member information and [www.mybeach.com.au/beach](http://www.mybeach.com.au/beach) for Mullaloo Beach specific information.

**Seabreeze** [www.seabreeze.com.au](http://www.seabreeze.com.au) for up to date local surf report

**Bureau of Meteorology** [www.bom.com.au](http://www.bom.com.au) for up to date weather report

**Sharksmart** [www.sharksmart.com.au](http://www.sharksmart.com.au) for up to date reports and sightings of sharks.

## NIPPER COMPETITIONS – 2022/23 DATES

### NIPPERS (U10-U13)

#### OCTOBER

**SunSmart WA Endurance Championships** (U12 & U13): Saturday 29 October at Sorrento Beach

#### NOVEMBER

**R&R Sunset Series R1 (U11-U13):**

Friday 18 November at Sorrento Beach

**Rainbow Coast Carnival:**

Saturday 26 – Sunday 27 November at Bremer Bay

**SunSmart Nipper Development Carnival:**

Sunday 27 November at Alkimos Beach

#### DECEMBER

**R&R Sunset Series R2 (U11-U13):**

Friday 2 December at Scarborough Beach

**SunSmart Nippers Carnival 1:**

Sunday 11 December at Leighton Beach

#### JANUARY

**SunSmart Nipper Carnival 2:**

Sunday 22 January at Trigg Beach

**Country Carnival:**

Saturday 28 – Sunday 29 January at Back Beach Bunbury

#### FEBRUARY

**R&R Sunset Series R3 (U11-U13):**

Friday 3 February at TBC

**SunSmart Nipper Championships Qualifiers:**

Saturday 18 – Sunday 19 February at Mullaloo Beach

#### MARCH

**SunSmart WA Beach Championships:**

Saturday 4 at Trigg Beach

**SunSmart WA Nipper Championships:**

Saturday 18 – Sunday 19 at Trigg Beach

*Little Nippers U8-U9 next page*

## NIPPER COMPETITIONS – 2022/23 DATES *continued*

### LITTLE NIPPERS (U8-U9)

#### DECEMBER

**SunSmart WA Little Nipper Carnival 1:**  
Sunday 4 December at Sorrento Beach

#### JANUARY

**SunSmart Little Nipper Carnival 2:**  
Sunday 15 January at Quinns Mindarie Beach

**Country Carnival:**  
Saturday 28 – Sunday 29 January at Back Beach  
Bunbury

#### FEBRUARY

**SunSmart WA Little Nippers Championships:**  
Sunday 26 February at Mullaloo Beach

# MULLALOO SLSC MARINERS

A program aiming to give young members with disabilities beach safety and water awareness skills.

The program is designed for young members aged 6 years and above with a disability, including physical, intellectual and learning difficulties which can be modified to suit an individual participant's needs so everyone can be included in our Club activities.

Activity dates are advised through the season and are heavily dependent on weather.

Please contact our Program Coordinator [Dara Mills](#) for more information.

*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.*

# WOODSIDE NIPPER SUNDAY'S ARE FUN DAYS!

***Our Club is proudly supported by***

