



NIPPERS HANDBOOK

2018/2019 SEASON

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Welcome to Wanda Nippers

Welcome to Wanda Nippers – proudly the junior activities group of Wanda SLSC. We are a vibrant and dedicated club, with a focus on fun, friendships, surf sports excellence, surf safety education and most importantly, creating the lifesavers of the future.

Established in 1946, Wanda SLSC has a history that we are very proud of, with the junior activities group playing a key role in that - surf education and awareness provided to many thousands of children and being one of the strongest clubs in NSW in surf sports competition. Many of our nippers, as they progress through the nipper program, will become the lifesavers patrolling the beach in the years ahead, proudly carrying on the Wanda history.

Nippers is primarily about surf lifesaving with a focus on having fun, teaching and enhancing skills and emphasising beach and surf awareness. Our nipper program provides education in lifesaving, competition, training and interaction with their friends

We pride ourselves on being a family orientated club, with something for everyone. From nipper's involvement in Sunday activities, competition or surf education and development programs, to parental involvement as an Age Manager, Water Safety or joining our Wanda SLSC beach patrol teams, it really is a family based club.

Each nipper season is busy with a lot of activity, it's important that we keep our families up to date and there are several ways we do this:

- Keep an eye on the season calendar on [our website>>](#)
- We'll send you our Weekly Nipper News emails
- Like our [Facebook page>>](#)
- Follow us on [Instagram>>](#)

There really is no other sport quite like nippers – nippers swim, board paddle, run flags, beach sprint, have fun with new friends and learn about the surf environment. We look forward to sharing a fun season with you and your nippers.

See you on the beach.

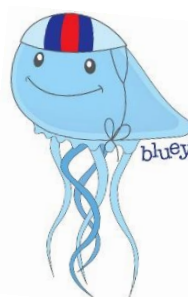


Our Nipper Program

There are over 52,000 junior surf lifesavers (nippers) in Australia. Teaching nippers about surf awareness and beach safety is the primary focus of the program. Over the nipper season from October to March, children from as young as 5 are taught how to respect the surf, read the surf and use the surf to their advantage. Doing this in an environment that is fun and builds comradery within the group and club is unique to surf lifesaving.

At Wanda, our nippers program incorporates surf awareness, skills coaching and competition to suit a variety of levels within our nippers. Nippers participate in age appropriate activities and games to develop their knowledge of the surf and are also able to participate in running, wading, surf swimming, board paddling and surfing. For those nippers who are less certain about the surf, our water confidence program helps develop their confidence through support, encouragement and education, but always, the focus is on fun.

We encourage all nippers to undertake learn to swim or swim training at a local club or pool to help them with their confidence in the surf. Learning to swim is not part of the nippers' program.



Age Groups

Children can join nippers from an age of Under 6 (5 years) as educational members, then from Under 8 (7 years) to Under 14 as full members. Age is determined as at 30 September each year.

Age Group	Cap Colour	Date of Birth
U6	Dark green and white	Born between 1 Oct 2012 and 30 Sept 2013
U7	Mauve and white	Born between 1 Oct 2011 and 30 Sept 2012
U8	Light blue	Born between 1 Oct 2010 and 30 Sept 2011
U9	Yellow	Born between 1 Oct 2009 and 30 Sept 2010
U10	Purple	Born between 1 Oct 2008 and 30 Sept 2009
U11	Red	Born between 1 Oct 2007 and 30 Sept 2008
U12	Pink	Born between 1 Oct 2006 and 30 Sept 2007
U13	Green	Born between 1 Oct 2005 and 30 Sept 2006
U14	Wanda cap	Born between 1 Oct 2004 and 30 Sept 2005

Safety – Always our first priority

Safety is our first priority in all activities conducted by the Wanda Nippers. Safety extends to safety on the beach, in the water and gives consideration to the protection of all children.

Proficiency: As many of the nippers activities are conducted in open water, Surf Life Saving Australia has a minimum standard for junior skills evaluation (proficiency) and education for all children taking part in nippers. Proficiency details for each age group are outlined on our website, [Junior Skills Evaluation and Education Policy>>](#)

Surf Conditions Assessment: Each Sunday an assessment of the beach is conducted by the Council Lifeguards and the Wanda Patrol Captain to decide if conditions are suitable to conduct activities, liaising with our Wanda Nippers Water Safety Co-ordinator. In the event conditions change during the morning and the surf becomes unsafe, nipper activities will focus on beach activities only.

Water Safety: Strict guidelines are prescribed by Surf Life Saving Australia for all surf clubs in relation to water safety. These guidelines include:

- Prescribed ratio of qualified Water Safety officers (Orange Rashie team) to Nippers is required for water activities to be held.
- Water Safety Officers must hold a current Bronze Medallion or Surf Rescue Certificate and be a member of Wanda SLSC.
- Water Safety Officers must wear orange rash vests or caps during water activities to ensure they are easily identified by nippers.
- The IRB (inflatable rescue boat) must be present during all water events
- Nippers in age groups u8-u14 must wear a pink high-vis rashie while participating in water activities (this includes nippers and training sessions) – no rashie, no water, no exceptions.

Member Protection: Every assistant of the club over the age of 18 who is in direct contact with children is required to complete a Working With Children check. This is a mandatory requirement legislated by NSW government to ensure the protection of all children. At Wanda Nippers we also have a designated Member Protection Officer should any of our club members have a concern or questions in this area – memberprotection@wandanippers.com.au






A Typical Nippers Morning

Typical Timeline

From 8.30am	Pick up any Wanda gear or merchandise you might need from the Uniform team - find them in the downstairs clubhouse before nippers, cash or eftpos accepted
9.15am	Pop your age group cap on Make sure you have your sunscreen on Join us for club announcements in front of the clubhouse
9.30am	Move to your age group banner to find your Age Manager and Age Group friends Make sure your age manager marks you off on the roll! Head to the beach to start activities for the day
9.30 - 11.00am	Have fun in your age group specific activities Parental assistance to help the Age Managers*
Approx 11.00am	Nippers is over for the day – make sure your age manager has marked your name off the roll Take your cap off and pop it safely in your bag for next week Head up to the front of the clubhouse to buy a sausage from the BBQ or maybe a snow cone Parents and guardians might like to head to the upstairs clubhouse for a drink and bite to eat from our inhouse caterers, Feast Catering










* As a parent or guardian, you are to remain at the beach while nippers is on. Your nipper remains your responsibility, with you to be on hand for assistance within the age group, trips to the toilet and the general welfare of your nipper during the activities.

What To Bring

-  **Age group cap:** For the safety of our nippers, all nippers must wear their Wanda age group cap during nippers. This should only be removed once your nipper has had their name marked off the role by the Age Manager.
-  **Swimmers, Towel, Drink Bottle:** Staying hydrated while on the beach is important, especially on the warmer days of our summer.
-  **U8-U14 Age Groups:** These age groups must wear a pink high-vis rashie while participating at nippers. This is a Surf Life Saving Australia requirement – no rashie, no participation. Your nipper may also wish to bring goggles, a swim cap and their own nipper board with them each Sunday.

Activities

Sunday nipper activities are age appropriate and designed for nippers to have fun while learning about surf and beach safety, and most importantly helping to develop our lifesavers of the future.

	U6 and U7's: These two age groups play games to assist with learning how to negotiate sand and shallow surf. The key focus is on building friendships with their groups and learning about surf and beach safety in a fun manner.
	
	U8's: This group is encouraged to do water wades and water relay events to learn how to negotiate shallow surf. When suitable, they are introduced to surf swimming and body boarding with help from the U13's.
	U9 and U10's: Mastering surf swimming and nipper board paddling are a key focus for these groups. Refining their technique for beach flags and beach sprinting are also key, as is learning basic R&R skills and signals.
	
	U11-U13's: These age groups continue to refine their surf skills, beach skills and develop their understanding of surf education including signals, rescue and resuscitation skills.
	
	
	U14's: As qualified Surf Rescue Certificate holders, the U14's complete their activities early and then move to being part of the water safety team helping other nipper age groups with their water activities.

Based on a clearly defined structure and outcomes established by SLSA to aid the children's lifesaving development, the Surf Ed program is a key part of our junior activity program. All Nippers are able to gain the respective Surf Ed Award for their age group during the season, subject to a minimum number of attendances prior to 31 December.

We are fortunate to have senior members of the club and coaches who will assist nippers in fine tuning their technique for each of the key nipper areas of swimming, boarding, sprinting and flagging. We also have a water confidence program that caters for those less enthusiastic about the surf, helping to build their confidence and involvement in the water-based activities.

Equipment

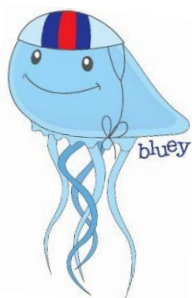
Equipment is provided for Sunday nipper activities. For those age groups on nipper boards, (u9-u14), there are some club boards available for use on Sundays during nippers, by all the registered nippers.

Where club gear and equipment is used, it is to be handled with care as if it were your own. Where you use the gear, including boards, it's your responsibility to take it back to the clubhouse, wash it and store it appropriately in the nipper shed after nippers.

Sometimes damage to club gear may occur. If it does, please ensure you report this immediately to your Age Manager and our Gear Steward.

If you buy your own equipment to use at nippers, like a nipper board, or you are allocated specific club equipment for competition, the security of this equipment is your own responsibility.

A board hire program has recently been introduced for Wanda Nippers to hire a foam or fibreglass board for the season, in the event they do not have their own. Details of the hire program, including costs, terms and conditions, are outlined on our website – watch out for all the details soon.



*Nippers is always on – rain, hail or shine.
In the case of bad weather or a closed
beach, we just amend the activities for the
day!*



Parents Run Nippers!

Wanda Nippers operates entirely from volunteer help, in fact 1 in 2 nipper parents are required to run nippers in a wide range of roles - you don't need to have surf lifesaving experience to be able to lend a hand!

Weekly Nippers Set Up

We need a hand from all Nipper parents each week for beach set up and pack up. To assist with this, we roster the beach set up and pack up, with each age group usually only rostered on this activity once or twice a season.

Nippers BBQ

The BBQ is a key source of fund raising for our nippers. To ensure this can run each Sunday, each age group is rostered on a particular Sunday, usually two times a season. BBQ activities are divided into shifts that can be shared between the age group, both the boys and girls groups.

The roster for beach setup/pack up and the BBQ are available on our website, with the weekly Nipper News Email reminding parents which age group is rostered for each week.

[BBQ and Beach Setup/Pack Up Roster>>](#)

Water Safety Team

This team is one of the most vital volunteer parent roles we have at nippers – for our Sunday activities to run or for our nippers to be able to compete at surf carnivals, we must be able to meet the Surf Life Saving Australia prescribed water safety ratios. The Water Safety team are the orange shirt team who ensure the safety of our nippers in the water. To become part of the water safety team, you must first obtain your Bronze Medallion – something that is achievable for most parents. Courses are run by Wanda SLSC trainers at Wanda (or nearby) and is generally held over a few weeks, including weeknights and weekends. Courses are advertised throughout the year or you can register your interest directly with the club at clubhouse@wandaslsc.com.au



Surf Sports Officials

During the season there are many surf carnivals run for u8-u14 nippers, where it is a requirement of participating clubs to provide a specific ratio of qualified surf sports officials. Officials are those people responsible for the conduct of surf sports events, including referees, starters, judges, recorder and marshalls across all the surf sports disciplines. To become an official you must first complete the SLSA officials training course comprising of an online portion of learning and a

practical assessment. If you are interested in becoming an official, please register your interest with our Officials Coordinator, officials@wadanippers.com.au

IRB Crew

The Inflatable Rescue Boats (IRB) have a key role in ensuring the safety of our nippers in the water. Our dedicated IRB crew are water safety qualified as well as having undertaken specific IRB training. If you would like to join this team, please register your interest directly with the club at clubhouse@wandaslsc.com.au

Age Managers and Assistants

Every age group is run by age managers and assistants, typically parents from the age group. Age managers and assistants lead the age group each week, running activities, educating and coaching the nippers. If you are interested in becoming an Age Manager or an Assistant, please contact our Nipper Program Coordinator, activities@wadanippers.com.au

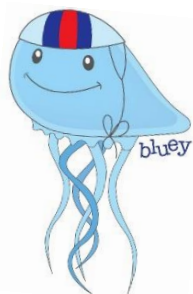
Committee, Coaching and Support Roles

Wanda Nippers is run by a committee of volunteer mums and dads and is supported by a range of non-committee helpers including admin support, coaches, social organisers and more. Recruitment for these roles is done in the lead up to the Nipper AGM (usually May-June), so watch out for notices and talk to any of the current committee if you are interested.

Sponsors

To operate our Nipper program, we need a large amount of specialist equipment including rescue tubes, rescue boards etc. We also need uniforms and safety rash vests for our army of volunteers and for surf sports carnivals we require tents, beach equipment, boards, buoys and flags. Sponsorship is vital in supporting all of our nipper activities. If you would like to apply to be a sponsor or know someone who might, please contact our Sponsorship Manager sponsorship@wadanippers.com.au

[Sponsorship packages and more detail>>](#)



At Wanda Nippers we value the contribution from all our parents – it makes our club!

Code of Conduct

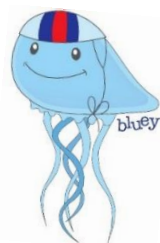
The culture of our club and behaviour of our members is important to us. Our code of conduct outlines the behaviour expected of our Nippers, Nippers Parents and Guardians, Administrators, Age Managers, Coaches and Officials. In keeping with Surf Life Saving Australia Limited (SLSA) guidelines, our Code of Conduct is designed to reflect our commitment to the health, safety and wellbeing of all our members, and illustrate our dedication to providing a safe environment for those participating in surf life saving activities.

Parents and Guardians have an important role in the delivery and supporting of activities at Wanda for their own and other children. With this comes a responsibility to act in a constructive and encouraging manner at all time. Key behaviour requirements of all individuals include:

- respect the rights, dignity and worth of others
- be fair, considerate and honest in all dealings with others, and be a positive role model
- make a commitment to providing quality service
- be aware of, and maintain an uncompromising adherence to SLSA's standards, rules, regulations and policies
- demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age
- contribute to the provision of a safe environment to the conduct of all activities within surf lifesaving

Code of Conduct details are on our website:

- [Administrators Code of Conduct](#)
- [Age Managers Code of Conduct](#)
- [Athletes Code of Conduct](#)
- [Coaches Code of Conduct](#)
- [Officials Code of Conduct](#)
- [Parents Code of Conduct](#)



If you see behaviour that is not in keeping with the Code of Conduct or our club culture, please let our Wanda JAG Chairperson know.



Training and Coaching

At Wanda Nippers we are fortunate to have a strong training program available for our nippers to participate in, in addition to our Sunday Nippers program. Training is open to all our nippers, with nippers able to join in any number of the sessions available. The full training program is available on our website. Where changes are required due to conditions, these will be communicated to families via SMS.

[Full training program>>](#)

Water Training Program

Board training: We have partnered with Nathan Smith's Star Academy team to provide our board training program for u9-u13 nippers. Nathan and his team, supported by Todd Lester for the u9 and u10's, help nippers to practise their board technique and continue to develop their confidence in the surf.

Swim Technique training: Pat Warn and Andy Lawson will run surf swim technique training for u9-u14 nippers before nippers each Sunday. This training focuses on negotiating waves, rips and sweep and using them to their advantage.

Surfboard Riding: For U12+ nippers who can already surf and are interested in competing in surf board riding. (this is not learn to surf).

Wade training: A fun session for u8 nippers to practise their technique for negotiating the shallow surf.

U14's board and swim training: Will be as per the Wanda Senior Club training program

Beach Training Program

Running training: Our beach training program is lead by the team from Jock Athletic. There are a number of sessions available including beach training at Wanda, sprint training at the Sutherland Athletics track and sandhills running. In addition to this, beach relay training will also commence once nippers begins.

March Past: Wanda has a long and proud history with this traditional aspect of surf life saving. Open to U10+, training will teach our team the finer technique of this event and prepare them for competition.

R&R: Another traditional event that Wanda has a successful history in. With many different events available, this training focuses on teaching and developing the truly technical requirements for this event in preparation for competition.

Carnivals

Surf Sports Carnivals are held as competition between nippers from different surf clubs, culminating with the Branch Junior Championships, followed by the NSW Age State Championships. Other Carnivals and events are held throughout the season in which Wanda Nippers may compete if they choose to. Most carnivals are for u9-u14 age groups, however some may also be open to u8's. Events typically include:

- U8's: Individual Sprint, Beach Flags, Wade Race, Sprint Relay & Wade relay.
- U9 & U10: Sprint, Beach Flags, Sprint Relay, Surf Swim, Board Race, Swim Teams, Board relay.
- U11 – U14: Sprint, Beach Flags, Sprint Relay, Surf Swim, Board Race, Swim teams, Board Relay, Cameron Relay, Board Rescue & Iron Man. There is also Surf Board riding for all competitors aged 12 years to 14 years at some carnivals.
- Club events: March Past; R & R.; All Age Sprint Relay; and All Age Board Relay.

Participation

Not all children wish to compete in carnivals and being a good lifesaver does not depend on carnival participation, however, participation can be an enjoyable and rewarding experience.

Carnivals are advertised on our website and participation is optional. If you do wish to enter your nipper, please ensure you follow the details for carnival entry as outlined on our website.

State Championships Carnival preparations start in November. Nippers wishing to compete at the carnival needing to let their Age Managers know. Entry for this carnival is not automatic, families must let us know if they wish to attend.

[Carnival calendar and entries>>](#)

Age and Club Championships

To celebrate the participation and achievements of our nippers each season, Wanda Nippers awards a range of end of season awards. Awards include Age Group Champions, Club Champions for Beach and Water, plus Lifesaving awards and Encouragement awards. Please refer to our website for detail on each of the awards presented and the criteria for how these are determined.

[End of season awards>>](#)

Nipper Events - Beach

Beach Sprints: Sand running over a set distance (50m-70m depending on age)

Beach Flags: On the starters whistle, move from lying flat on the sand to running a short distance to grasp a baton standing in the sand.

Beach Relays: Teams of four runners racing on the beach sprint track, transferring a baton between each runner.

Surf Wade: Running through shallow water around a line of water safety and back up the beach to finish.

March Past (u9-u14): A traditional surf lifesaving event, where a team of 12 march around a sand arena. The team includes a flag bearer, a belt person, six reel squad and four rear rank.

R&R:

- 2 PERSON R & R; U10/U11 & U12/U13. Two competitors per team, one patient & one rescuer
- 5 PERSON R & R; U12 – U14. Five competitors per team, one rescuer, one reel person, one cardiac operator, one resuscitator and one patient

Cameron Relay (u11-u14): A relay event comprising of one swimmer, two runners and one board paddler

Nipper Events - Water

Surf Race: Swimming from the beach around a designated course and finishing back on the beach

Surf Teams: Similar to the surf race, but teams of 4 swimmers. Points awarded based on the finishing place of each swimmer in the team, the team with the lowest total of points is the winner.

Board Race: From the beach, competitors enter the surf with their boards and paddle around a designated course before finishing back on the beach, with their board.

Iron Person: An individual event comprising of a swim, a sand run, a board paddle and final run around a set course.

Board Relay: A team of three board paddlers taking their turn to paddle around the set course before tagging their next team member.

Board Rescue (u11-u14): One team member swims to a buoy. The board paddler paddles to the buoy, picks up the swimmer and the two team mates return to shore.

Surf Board Riding (usually u12-u14): a surfing competition for nippers.

All junior competition and events are conducted under the rules and regulations specified by the Competition Rules of SLSA and SLSNSW. The Rules are available from the Club.

Wanda JAG Contact Details

Committee

Chairperson

Fiona Sutton phone 0418 200 692
chairperson@wandanippers.com.au

Surf Sport Manager

Brad Tattam
headcoach@wandanippers.com.au

Member Services Manager

Gary McNamara phone 0400 180 188
gary.mc@exponet.com.au

Finance Manager

Ray Jokhan
treasurer@wandanippers.com.au

Administration Manager

Andrew Cole phone 0405 122 022
compliance@wandanippers.com.au

Administration Coordinator (secretary)

Todd Hulbert phone 0457 660 036
secretary@wandanippers.com.au

Team Manager

Brooke Thatcher phone 0448 307 732
teammanager@wandanippers.com.au

Lifesaving and Education Manager

Katie Spinner
lifesaving@wandanippers.com.au

Communications Manager

Tracey Christensen phone 0415 415 736
news@wandanippers.com.au

Water safety Manager

Brett Thatcher
watersafety@wandanippers.com.au

Nipper Program Manager

Brooke Thatcher phone 0448 307 732
activities@wandanippers.com.au

General Committee

- Louise Lakomy
- Todd Lester
- Tim Mayo

Admin roles (non-committee)

Member Protection Officer

Sam Park
memberprotection@wandanippers.com.au

Sponsorship Manager

Lisa Zammit
sponsorship@wandanippers.com.au

Uniforms Coordinator

Tammy Spaul
uniforms@wandanippers.com.au

Carnivals Manager

Katie Spinner
carnivals@wandanippers.com.au

Officials Coordinator

Steve Doran phone 0408 640 558
officials@wandanippers.com.au

Registrar

Nikki Teasel
registrar@wandanippers.com.au

Proficiency

To be advised

Recording

Andrew Cole phone 0405 122 022
results@wandanippers.com.au