

SANDON POINT NIPPER OUTLINE

SEASON 2023/2024



We are looking forward to welcoming our Nippers to the upcoming 23/24 surf club season

1. Season Dates

2023/2024 NIPPER CALENDAR			
DATE	ACTIVITY	TIME	WHERE
15/08/2023	Registrations opens		
05/09/2023	Information Session	7 pm	Surf Club
29/09/2023	Registrations close		
17/09/2023	Proficiency 1	TBA	Corrimal Pool
23/09/2023	Proficiency 2	TBA	Corrimal Pool
24/09/2023	Proficiency 3	TBA	Corrimal Pool
08/10/2023	Nippers #1	0945-1100	Surf Club
22/10/2023	Nipper #2	0945-1100	Surf Club
05/11/2023	Nippers #3	0945-1100	Surf Club
19/11/2023	Nippers #4	0945-1100	Surf Club
03/12/2023	Nippers #5	0945-1100	Surf Club
17/12/2023	Nippers #6 Christmas Party	1630-1800	Surf Club
	CHRISTMAS NEW YEAR BREAK		
21/01/2024	Nippers #7	0945-1100	Surf Club
04/02/2024	Nippers #8	0945-1100	Surf Club
11/02/2024	Nippers #9	0945-1100	Surf Club
18/02/2024	Nippers #10	0945-1100	Surf Club
03/03/2024	Nippers #11	0945-1100	Surf Club
17/03/2024	Nippers #12	0945-1100	Surf Club
24/03/2024	Nippers # 13	0945-1100	Surf Club
TBA	PRESENTATION		

2. Registration

Registration enquiries can be sent to clubregistrar@sandonpointsurfclub.org.au.

All registrations are to be completed online. All registrations and payments must be completed before you attend proficiency, no exceptions. No registrations will be accepted after the 1/10/23

Sandon Point SLSC requires at least one parent or guardian to join as a general member with all nipper members. (i.e. one parent or guardian per family of Nippers)

a. Selecting the correct age group

Age groups for nippers are set by SLSA and remain a minimum age of 5 years (u6) up to a maximum of 13 years (u14) on a seasonal basis

The age group is determined by the Nippers age at midnight on the 30th September each year

Proof of age/birth certificates must be shown for all new children joining the surf club. Children must have obtained an age of 5 years by the 30th September before they can become a Nipper member. However, a child still may be registered to be a Nipper if they turn 5 between the 30/9 and the first Nipper date, although they must remain in the u6 age group for the following year

Date Range		
1st October 2009	30th September 2010	U14
1st October 2010	30th September 2011	U13
1st October 2011	30th September 2012	U12
1st October 2012	30th September 2013	U11
1st October 2013	30th September 2014	U10
1st October 2014	30th September 2015	U9
1st October 2015	30th September 2016	U8
1st October 2016	30th September 2017	U7
1st October 2017	30th September 2018	U6

b. How To Register

New Member: online registration and payment go to <https://sls.com.au/join/>

Please note: all new members must provide proof of identification- either their birth certificate / passport or licence. Email to clubregistrar@sandonpointsurfclub.org.au

Registrations cannot be approved until payment and proof of identification is received

We highly recommend that you set up a family unit so that you can approve the whole family- it will save you time today and in future years

Existing members: Online registrations and payments, go to <https://members.sls.com.au>. Check your contact details are correct, renew your membership and make payment

c. Membership Fees

Fees are stated on the Sandon Point surf Club website

Note: With increased the financial pressure on families at the moment, it has been decided that membership fees will not increase for the 2023/2024 season

Sandon Point SLSC is a NSW active kids provider. Active kids vouchers can only be redeemed for the child whose name appears on the active kids voucher

When you pay online, the system will ask you to put your active kids voucher information into the system, so please have your voucher ready

3. Proficiency

All nippers from U8 to U14 must attend and pass a pool proficiency test before participating in surf activities

All Nippers must be registered (including payment and proof of identification) with Sandon Point SLSC prior to participating in the pool proficiency.

The pool proficiency requirements are as follows

Stage 1: Under 6, Under 7, Under 8			
Aquatic Play and Fundamental Aquatic Skills			
Depth of Water: 1 metre			
	Under 6	Under 7	Under 8
Flotation	Back or front float for a minimum of 5 seconds, recover to stand	Back or front float for a minimum of 10 seconds, recover to stand	Back or front float for a minimum of 15 seconds, recover to stand
Submersion	Submerge to touch the bottom with both hands		
Propulsion	From standing position in waist deep water, perform a front glide (1-2 metres) and recover to stand	From standing position in waist deep water, perform a front glide (2-3 metres) and recover to stand	Swim on front any stroke for a distance of 20 Metres, followed by a swim underwater for 2-3 metres
Stage 2 : Under 9, Under 10, Under 11			
Applied aquatic skills			
Depth of Water :1.5 Metres			
	Under 9	Under 10	Under 11
Flotation	Front to back float, or back to front float - 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute		Front to back float, or back to front float - 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 2 minutes
Submersion	Submerge to touch the bottom with both hands		Submerge to perform a forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with both hands
Propulsion	Swim on front through water any stroke for 25 metres, followed by survival stroke(s), breaststroke and/or sidestroke and/or backsculling for minimum 10 metres	Swim on front through water any stroke for 25 metres, followed by survival stroke(s), breaststroke and/or sidestroke and/or backsculling for minimum 25 metres	Swim on front through water any stroke for 25 metres followed by survival stroke(s), breaststroke and/or sidestroke and/or backsculling for minimum 25 metres

Stage 3: Under 12, Under 13, Under 14			
Junior/Trainee Lifesaver- Pathway to SRC			
Depth of Water- 1.8 Metres			
	Under 12	Under 13	Under 14
Flotation	Front to back float, or back to front float - 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 3 minutes		
Submersion	Submerge to perform a forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with both hands		Submerge to perform a forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with both hands
Propulsion	Swim on front through water any stroke for 75 metres, followed by survival stroke(s), breaststroke and/or sidestroke and/or backsculling for minimum 50 metres	Swim on front through water any stroke for 100 metres, followed by survival stroke(s), breaststroke and/or sidestroke and/or backsculling for minimum 50 metres	Swim on front through water any stroke for 100 metres, followed by survival stroke(s), breaststroke and/or sidestroke and/or backsculling for minimum 100 metres (Nipper requirement . Timed 200m swim in 5 minutes (SRC Requirement)

It should be noted that these are the minimum skill requirements for each age group. Minimum proficiency requirements for competition are more stringent, and will be completed during nippers for those who want to compete at carnivals.

Whilst it is not compulsory at this stage for under 6's and under 7's to complete a formal proficiency test, the requirements are included here as a guide for what would be expected from these age groups.

As a Surf lifesaving club, we are not trained swim teachers. We do not teach kids how to swim, we teach kids with competent

pool swimming abilities how to swim in the surf. Nippers shouldn't be considered a substitute for swimming lessons but a complement to help improve overall swimming skills.

All Nippers are encouraged to head to the pool BEFORE completing their proficiency to practise the required skills beforehand

4. Uniforms

A range of uniform products are available for purchase. These include boys and girls swimwear, high visibility singlets, and club skull caps

Note: The mandatory items are the skull caps and the hi viz vests. Club swimwear is not mandatory

5. How Nipper days run

An assessment of the beach conditions will be conducted each nipper morning before commencement to assess which age groups will use which water areas. Marshalling will occur at the clubhouse at 9:45 am before moving to your allocated areas. At the completion of nippers, rolls will again be marked back at the clubhouse marshalling area at 11:15. It should be noted that children will only be released by age managers after nippers after they have sighted the child's parents or caregivers

At the completion of nippers, it is a requirement that the nippers help get the equipment back to the clubhouse and help wash it down and put it away

6. Board Training

Board training will continue throughout the season for u9 to u14 age groups. Dates and times are yet to be confirmed

Only those children who have completed their proficiency and are registered, financial members can attend. All children must sign in upon entry to the session and sign off when they leave

7. Under 14's

U14 SRC training will be conducted during the nipper days. Once the u14's have successfully completed the SRC, they will be asked to assist with water safety. This is an important aspect of our Nippers development from those that need help to those that provide help. The young Nippers love getting help from the big kids. With the SRC award, our u14's are qualified to start patrolling our wonderful beach. If your u14 child is keen to do patrols, please let your age manager know, and they will forward your request on to our club captain

8. Learn to Surf

In collaboration with our friends at Sandon Point Boardriders club, we will again this year be conducting learn to surf lessons before each nippers. The lessons are free of charge and are a

fantastic way to get kids involved in the sport of surfing. It is also an excellent way to help kids gain a better understanding of surf behaviour and to build their confidence in the water. Dates and times will be announced when they are finalised

9. Parent Involvement

The Sandon Point Surf Club Nipper program is run for the Nippers by a dedicated group of volunteers. We are keen to recruit as much parent help as we can to help with the running of the nippers, be it as committee members, Age Managers, water safety or BBQ assistants. The more the volunteers put into it, the more the kids get out of it.

If you are keen to help, or have any other questions, email nippers@sandonpointsurfclub.org.au, or for registration queries email clubregistrar@sandonpointsurfclub.org.au

We look forward to seeing you all on the beach for another fantastic summer

Regards

SPSLSC Junior Committee