



Fremantle Surf Life Saving Club

Nipper Handbook

Season 2024/25

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AGM Contact Details

COLOUR	AGE GROUP	NAME	EMAIL
	U6	James Townsend	Jamesstonsend077@gmail.com
	U7	Michael Johnson	mike.w.johnson@outlook.com
	U8	Kate Findlater	katefindlater@gmail.com
	U9	Kit McIntosh	kit.macintosh@gmail.com
	U10	Han Yeang	han.yeang@hotmail.com
	U11	Adam Dees	adam@d-shed.com.au
	U12	Felicity Hawkins	felicity.hawkins@icloud.com
	U13	Kirsty Moore	kirsty.moore83@gmail.com



Club Roles		
Managers of Junior Development	Adam Dees & Felicity Hawkins	nippersmanager@fremantlesurfclub.com.au
Nipper Surf Sports Officer	Richard Dreverman	fmslsc@fremantlesurfclub.com.au



Club Admin Contact Details

Please direct all questions to admin. They will be able to answer all your questions about the Club or Surf Life Saving.

Administrators

Javier Mogollon: General Manager

Jo Jameson: Administrator

Email Address: fmslsc@fremantlesurfclub.com.au

Phone: 9335 4359

Administration office hours:

Monday to Friday: 9am – 4pm



Season Nipper Age Groups & Cap Colours

Age Group	Cap Colour	Date of Birth
Under 6	Pink	1 ST October 2018 to 30 th September 2019
Under 7	White	1st October 2017 to 30 th September 2018
Under 8	Yellow	1st October 2016 to 30 th September 2017
Under 9	Green	1st October 2015 to 30 th September 2016
Under 10	Light Blue	1st October 2014 to 30 th September 2015
Under 11	Purple	1st October 2013 to 30 th September 2014
Under 12	Dark Blue	1st October 2012 to 30 th September 2013
Under 13	Red	1st October 2011 to 30 th September 2012

Nipper Proficiency Swim

Surf Life Saving WA (SLSWA) requires all Surf Clubs to assess the swimming capability of all nippers (new and existing) from under 8's to under 14's. The proficiency swim is conducted in a pool, and we generally have one day scheduled each year. If you can't make the pool proficiency swim, a proficiency swim can be done in the ocean on the first day of Nippers. Keep in mind though – the ocean conditions can make the swim harder! Your child needs to be able to complete the required skills **with confidence** to be proficient to participate in Nipper activities at the beach.



Fremantle Leisure Centre: 15th September

GROUP 1 - sign in by 10:15am and start swimming at 10:30am sharp.

Under 13s – Lane 4

Under 12s – Lane 3

Under 11s – Lane 1&2

GROUP 2 – sign in by 11:15am and start swimming at 11:30am sharp.

Under 10s – Lane 4

Under 9s – Lane 3

Under 8s – Lane 1&2

Swim must be completed regardless of the Nipper's swimming lesson level.



Pool Proficiency Swim Requirements

Details can be found https://fremantlesurfclub.com.au/wp-content/uploads/2022/07/PRELIMINARY-SKILLS-EVALUATION_18072022_101013.pdf

Swim Distance Age Group	Proficiency (Pool or Beach)
Under 8	Float 5 sec; Submerge to retrieve object on bottom (submersion skill repeated each age group); swim on front any stroke 20m then swim underwater 2m
Under 9	Float back then front 5 sec each; tread water 1 min; swim any stroke 50m
Under 10	Float back then front 5 sec each; tread water 1 min; swim on front any stroke 25m then any stroke
Under 11	Back to front float 5 sec each; tread water 2 min; Submerged backward roll; Swim on front 50m then 50m any stroke
Under 12 & 13	Float back to front 5 sec each; tread water 3 min; Submerged backward roll; swim on front 100m then any stroke 50m

Ocean Competition Swim

To maintain safety and lifesaving standards, SLSWA has set a minimum standard of proficiency which Nippers must achieve to be eligible to compete in carnivals (including Pool Rescue Series). Age Managers will arrange these competency tests at the ocean. Nippers must swim the required distance in the required time according to age group standards.

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



Nippers First Day / Sunday Morning 20th October 2024

Session Times:
8.30 - 8.40am check in - on time
8.40 – 8.45am announcements
8.45 – 10.45am activities

U6 usually finish early: 9.45 to 10.00 approximately.

U7 also usually finish early: 10.00 to 10:15 approximately.

Basic Requirements

At the beginning of the season, your Nipper will receive their own Nipper cap (colour corresponds to age group), Hi-Vis vest and Broad Brim Hat. Your nipper must wear these items when participating in Nippers and Carnivals. Children need to wear bathers & clothing to cover shoulders.

Remember to Bring

- Age group cap and hi-vis vest. DO NOT FORGET as for safety reasons Nippers can't participate without these
- Broad Brim Hat
- Long sleeve top for on beach / long sleeve rashie (wet suits are for cold days are permitted)
- Swimming goggles
- Sunburn cream on all exposed skin before leaving home.
- Water bottle
- Towel
- Healthy snack
- Thongs or sandals for the days when the sand is hot.
- Warm clothing for cold days

Parent Tips

- Label all clothing and belongings
- Ensure your Nipper(s) has/have had breakfast before coming to the beach.
- A plastic tub to carry all the gear in is very useful.
- A parent or responsible adult MUST BE on the beach with your child at all times. Your child will not be allowed to participate unless there is a responsible parent/adult on the beach. If you help in the canteen or need to move between age groups, please let the Age Manager know where you are.
- Encourage your child throughout the session.



- Be supportive of the person in charge of your group. All Age Managers are volunteers and rely on assistance from parents.
- We are a volunteer organisation and need your help. Please help your Age Managers create a great experience for your children by volunteering for roles, **Water Safety, Age Manager, Carnival Coordinator, Official, Canteen help, Camp Mentors**

Sign-in & Sign Out

When you arrive at the beach, find your age group flag (colour matches cap) and sign-in your Nipper with your Age Manager. Children should only don cap and vest once signed in by Age Managers for the session.

At the end of the less children will be signed out by Age Manager. Cap and vest should only be removed once signed out. This signals who has responsibility for the children. Children can't be signed out unless parent/guardian is present and sighted by Age Manager.

If you need to leave early, please tell your Age Manager – please don't leave without doing this as Age Managers need to assume unaccounted children are missing. If this occurs, we will telephone the responsible parent, and if we still can't account for the child, we need to evacuate the beach, engage Surf Life Saving Patrol, and call the police to establish a missing child search.

Attendance

For children to receive the Surf Play Certificate attendance must be at least 60% for the season.

If your child is going to be away for an extended period, or has an injury please let Age Manager know.

Nippers will continue through all weather: rain, hail, thunder and lightning and sun!

Based on the weather the nippers will remain on the beach or be moved into the club rooms for safety. In extreme heat conditions we may finish the session early at 10.00 hours.

Age Managers

Please respect and help your Age Managers as they are all parents of other Nippers who volunteer their time. Our Age Managers hold a certificate with SLSWA and undertake a refresher course each season. Please note that our Age Managers are not qualified swim instructors. Nippers is not a swim-school and swimming lessons are not provided. It is expected that children enrolled in nippers can swim – if your child is not a strong swimmer relative to their age group, a parent may need to remain with the child in the water at all times, particularly at the start of season.



Beach Set Up

The following diagram shows the typical beach setup for normal Sundays. It may change from week to week depending on what activities are underway, and what other events are on the beach.



Parking

The following picture shows the typical locations for parking and Nipper sign in point. The following picture shows the typical locations for parking and Nipper sign in point. Please arrive early to allow plenty of time to find a park. This allows Age Managers to start on time, and run a more engaging session for children.



Competitions and Carnivals

This season there will be a Little Nipper Competition (Under 8 & 9), Nipper Competition (Under 10-13) and Nipper clinics that will be arranged by SLSWA and in some cases, by the various clubs.

It is not compulsory for your Nipper to compete, but we do encourage all our Nippers to have a go as it is a great environment to test their skills and most importantly to have some fun.

Sun safety is enforced at carnivals – all competitors must wear broad brimmed hat and long-sleeved shirt when marshalling, and in between events.

Requirements to be able to Compete.

1. Pool and Ocean proficiency Swim
2. Yellow Hi-Vis vest that meets the current SLSWA requirements (ie not faded)
3. Fremantle Competition Cap (can be purchased from club/uniform shop)
4. Red competition wrist band is required for most carnivals, especially from U10 and above – this will be advised on carnival program (available at no cost from club; replacement bands attract a fee).

NB: To be eligible to compete at State Championships, your Nipper must have competed in at least one Nipper/Little Nipper carnival. In addition, Nippers (U10 and above) need to qualify as finalists at the Metropolitan State Qualifier Championships for some individual races (board race, iron, board rescue, beach sprint, flags).

Carnival Registration

Competition entries: register via the Fremantle SLSC Website. A list of competitions can be found on the website via Surf Sports drop down menu to Nipper Competition with the list of Carnivals for the season and closing dates for registration – PLEASE DISREGARD SLSWA CARNIVAL CLOSING DATE FOR CARNIVALS, AS THEY DO NOT APPLY.

Link: <https://fremantlesurfclub.com.au/events/category/nipper-carnival-entries/>

Please do not register via SLSWA website, as you will be charged a fee, and the club can't manage competitors readily this way.

Entry Fees

As part of your membership fees the club covers all nipper carnival entry fees excluding Nipper States Titles.

Normal Carnival entry & Nipper Metro Qualifiers:	\$0
Nipper States:	\$40



Nipper Clinic

Nipper clinic is a SLSWA skills masterclass encompassing all Surf Sport disciplines. This clinic will help Nippers to gain and progress valuable skills during the season. Nippers will be combined with other clubs along the WA coast for a Sunday session. There will only be one Nipper clinic available for each age group and these are capped at 12 Nippers per session (out of two age groups). For the Nipper clinics the following age groups will be paired up: Under 8s/9s Under 10s/11s and Under 12s/13s.

Supplemental Surf Sports Training Sessions

In addition to the Sunday morning Nippers sessions during the season, the club offers additional training sessions for Nippers and Parents.

To find out more:

1. Sessions will be posted on club website: <https://www.fremantlesurfclub.com.au/surf-sports/>
2. Check out club newsletter
3. Request to join FMSLSC Surf Sports Facebook page
4. Ask your Age Managers

Nipper Rescue Boards

U8 & 9's use Redback foam boards, and children are required to bring their own to each session. New boards can be purchased from the club, and second-hand boards can be found on gumtree or from older age groups at club. Don't worry if your child doesn't have a board for the first few weeks of the season.

Older age groups progress to bigger boards which are supplied by the club (ie parents are not required to purchase). Boards need to be washed so they are free of sand and put away in correct racks after every use. Boards are not to be stood or sat on, or dragged in sand, as this causes damage that is expensive to fix and takes the boards out of use for children.

If boards leave the club (for carnivals or supervised training) they require a board cover bag which are stored in mezzanine storage area.

To arrange to pick up a board please email the Nipper Surf Sports Officer (fmslsc@fremantlesurfclub.com.au)

When removing a board please fill in the paper register kept on the whiteboard near the front board racks.

When you return your board sign the register, wash and rack the board, email the Nipper Surf Sports officer.

Please report any damage to your age managers / admin team.



As a guide – the correct size board correlates with children's body weight:

Make	Size	Recommended Weight
Dolphin	Small	30-40kgs
Dolphin	Medium	40-50kgs
Dolphin	Large	50-60kgs
Dolphin	X Large	Over 60Kgs
Make	Size	Recommended Weight
BRT	Small	Up to 45kgs
BRT	Medium	Up to 55kgs
BRT	Large	Up to 60kgs
BRT	X Large	Over 60kgs

Nipper Camp

Each season, we try to hold a Nipper Camp for U10-U13s. The camp is traditionally held at Point Peron and is a great way for the nippers to integrate with different year groups. It is full of fun activities including surfing, snorkelling and much more! The camp can only go ahead with parent volunteers, and it's a great opportunity for parents who are not Age Managers to volunteer. The Age Managers put in a huge effort week in and week out, so we encourage them NOT to attend camp. For each age group we need 1 Mum PLUS 1 Dad who are NOT age managers to attend the camp and stay overnight. Otherwise we can't guarantee children from that age group can attend. In this situation, priority will be given to children of parents who volunteer most weeks (eg Age Managers and Water Safety). Adults who attend overnight require a current Working With Children Check – this can take around a month to be processed, so new applications need to be submitted by the end of January. Our admin team will supply volunteers with an application form that contains Fremantle Surf Life Saving Club details.

If you can assist, please email Nipper Co-manager, Felicity: felicity.hawkins@icloud.com

Dates: 14-16 March 2025 (2 nights)

Communication

Fremantle SLSC communicates to their members via multiple different ways:

- Weekly Newsletter – if you are not receiving newsletter by email please contact admin (fmslsc@fremantlesurfclub.com.au)
- Facebook – @Fremantle Surf Life Saving Club
- Age Managers emails

If there are any issues with communication please contact admin, we are here to help!



Parent/Guardian requirement on the Beach

It is a requirement from SLSWA to always have a parent on the beach with your nipper/s, whether that is to help the Age Managers, Water Safety or to help keep an eye on your nipper.

This is very important for the younger age groups, i.e. Under 6 – Under 10. Large numbers and Nipper skills means the Age Managers need extra support in activities and eyes on the group.

For U6s & U7s it is a requirement that a responsible adult be “in the water” with your Nipper, that means “one on one” at any time the Nipper is in the water.

You are more than welcome to move between age groups, however, please spend the majority of the time with the youngest ones or bring another person with you to assist the other nippers on their age groups, and let the AGM know where you are going before leaving.

When children are in the water, a strict ratio of 1 qualified Water Safety Officer to 5 children is mandated by the club and SLSWA. Water safety officers are parents who have attained 1 of 2 qualifications after completing a training course run by the club:

- 1) Surf Rescue Certificate (Entry level qualification)
- 2) Bronze Medallion (Advanced Qualification).

We encourage all parents to attain their Surf Rescue Certificate to become Water Safety Officers with their age group. Not only does this help us have more Nippers in the water at any one time, it is also fantastic for our Nippers to see their parents participating, and obtaining awards that they themselves will work towards once they reach Under 14s.

At Nipper Carnivals, clubs are rostered on for water safety in the competition arenas, so we also need Water Safety parents to assist on these occasions.

Water Safety Training - Parents/Guardians

To assist with Age Group Water Safety the minimum requirement ~ Surf Rescue Certificate (SRC) or Bronze Medallion to assist in the water with their age groups.

We encourage all Parents to gain one of these awards - there is plenty of opportunity throughout the season: from September following through to February.



Surf Rescue Certificate (SRC) – U14s and above

Time: There is physical (dry – land based, and wet – ocean based) and online components to be completed.

Cost: No cost for the course.

Requalification: Annually – ‘Requals’ are normally held from September to November each season 1–2-hour session for each Wet and Dry requal.

Requirements:

1. Swim 200m in the ocean in under 5 minutes
2. Complete a run/swim/run of 100m (each section) in under 5 minutes.

Bronze Medallion (15yrs old and over)

Time: Either 8-week course or intensive 1-week courses. Physical (dry – land based, and wet – ocean based) and an online component.

Cost: Will be displayed at the time of booking.

Requalification: Annually – Requals are normally September/November of each season 1–2-hour session Wet and Dry

Requirements:

1. 400 meters in 9 minutes or less in a pool environment
2. Complete a run/swim/run of 200m (each section) in under 8 minutes

How to book

To book either of these courses, follow the link in the Newsletter, Facebook or website to book your spot – but be quick, places go fast!!



Volunteer

The club is a volunteer organisation, and the Nipper and Youth programs are run by dedicated volunteers of all ages. There are many ways to volunteer around the club with or without a qualification.

Possible options are listed below. If you are interested, please contact admin and they will be able to give you all the correct information and who to get in touch with.

No qualification

- Canteen
- Uniform shop
- Helping with a committee including Marketing, Surf sports or Social – we always need fresh ideas.
- Sponsorship
- Sunday morning nipper pack up and set up.
- Carnival setup, pack up, marshalling etc.
- Age Manager assistance

Qualification

- Age Manager – Age Manager Course
- Water Safety – Bronze Medallion or Surf Rescue Certificate.
- Carnival Official – Core Officials Course
- Trainers – Trainers Course
- First Aid – you may be eligible to attain SLSWA award if you have evidence of current skills

SLSWA resources and events are advertised via their website: mybeach.com.au

[Most of the education / training courses are accessed via Surf Life Saving Australia's members website, you need to create a free account:](#)

<https://members.sls.com.au/>

[Then click on 'e-learning' then 'training library'.](#)

[The most relevant folders are:](#)

[Age Managers](#)

[Officiating](#)

[Coaching](#)



Uniform Shop

Uniform shop is open every Sunday from 7.30am-9.30am.

Helpers are always needed throughout the season – please contact the club.

Most important items to buy:

- Long sleeve club shirt
- Competition cap for Under 8-Under 13

Canteen - Open Sunday from 8am -12am

Hungry Nipper's or Parents? Don't worry we have you covered at our canteen! With a variety of options to suit all diets including Gluten Free and Vegetarian. We are also open to new ideas for the canteen, if you would like one of your favourite options to appear in the canteen let the office know!

Each week a different age group will be rostered on for canteen duty and beach setup, so volunteers from parents will be required. The more who assist, the easier it is on all.

Sponsorship

Sponsorship is necessary to help the club maintain and upgrade equipment for all club members from Nipper boards to Surf Rescue Boards. Sponsorship packages are available for all levels of businesses.

Fremantle SLSC's major sponsors include:

Melville Toyota, Fremantle City Council, Aussie Natural Spring Water, Fremantle Steel, Fremantle Ports, Churchill Imaging, Mincon, Wild Bakery, Totally Workware and Betty Burgers,

If you, or your company are interested in sponsoring the club in any manner, please contact admin and we will direct your enquiry to Mick Burke (Marketing Manager – marketingmanager@fremantlesurfclub.com.au)

FAQ

My son turns 5 in October 2024, can he join then? No, sorry, he needs to be 5 on the 30 September to join for that season. He will be able to join the following season. Another option is to join Surf Babies ages 2-7 years old at our beach on Saturdays with SLSWA. Please book and enquire through their website <https://www.mybeach.com.au/courses-programs/childrens-programs/>

Can I drop my children at Nippers and leave the beach? No, it is 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? Your youngest child will take priority. Under 6 and Under 7 children must always have a parent/guardian on the beach with them. For older children, discuss with their Age Manager about where you will be on the beach if you have a younger child you need to be with elsewhere.

My Nipper's 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 with immediate friends before and after Club activities.

How often do I bring my child to the beach? Our Nipper Days are generally held each Sunday from October – March, with a few weeks of over Christmas. We understand that families are busy so the program doesn't require 100% participation, but your child will benefit from regular attendance. Fremantle requires 60% attendance for Nipper to gain their certificate.

Dates for 2024-25 Season:

First day: Sun 20th October

Last regular day prior to Christmas Break: Sun 8th Dec

Twilight Nippers / Christmas Party: Sat 14th Dec

First day back on beach after Christmas: Sun 5th Jan

Last day on beach: Sun 23rd March

What does my child need? Club cap and high visibility rash shirts/vests are compulsory. Appropriate Club shirt, bathers, water bottle, towel, goggles, and sunscreen are also important. Purchasing your own foamie 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. See also page 7 of this booklet.

What do children do in Surf Life Saving? Depending on their age group, children will cover basic cardiopulmonary resuscitation/ first aid skills, sprints and flags, swimming, board paddling, wading, Nipper development and lots of FUN activities. They will also learn surf lifesaving skills, surf awareness, and develop personal and emotional skills.

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 the compulsory sessions to attain the award. They must also complete the Pool Evaluation to obtain the award and 60% attendance.

Does my child have to be able to swim? Yes, for U8-U13 age groups as they need to complete their Pool Evaluation including a swim and a float. This is carried out before participating in any Nipper Activities session to assess their swimming and self-survival ability in the water. This will determine whether they can participate in Nipper 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 Nipper Activities age groups and awards? The 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.

