

WINDANG SURF CLUB 2024 - 2025 SEASON



IMPORTANT DATES

Saturday 14th September
Club Open/ Registration Day

Date TBA
Pool Proficiency

Sunday 20th October
First Day of Nippers 9am

Sunday 17th November
CONVOY - no Nippers

Sunday 15th December
Christmas Nippers

Sunday 2nd February
Return to Nippers

Sunday 9th February
Carnival Day

Sunday 23rd March
Last Day of Season

Saturday 5th April
Presentation

Nippers is a junior program that introduces children aged between 5 and 14 years to surf lifesaving.

At Windang, Nippers is all about learning surf safety skills, gaining confidence and having fun in a safe beach environment. Windang Nippers is a family orientated club.

The Nippers program is tailored to each age group. Each Sunday morning during the season, activities will range from beach sprints, riding Nipper boards, flags, fun games and activities as well as education on water and beach safety.

As the ages increase, the Nippers are gradually taught to assist others who may be in difficulty. This training leads to children obtaining their Surf Rescue Certificate and onto the Bronze Medallion at 15 years (Senior Club)

AGE GROUPS

Under 6s
1/10/2016-30/9/2017

Under 7s
1/10/2017-30/9/2018

Under 8s
1/10/2016-30/9/2017

Under 9s
1/10/2015- 30/9/2016

Under 10s
1/10/2014-30/9/2015

Under 11s
1/10/2013-30/9/2014

Under 12s
1/10/2012-30/9/2013

Under 13s
1/10/2011-30/9/2012

Under 14s
1/10/2010-30/9/2011

JUNIOR COMMITTEE MEMBERS 2024 - 2025 SEASON

Chairperson: Jess Trott

Vice Chairperson: Carmel Barrett

Registrar: Anna Scott

Uniform Co-ordinator: Jacinta Barrett

Canteen Co-ordinator: Jess Trott

Water Safety Co-ordinator:

Russ Trott & Tim Styan

Member Protection Information

Officer: Kaye Norris

Grievance Officer: Tim Styan

AGE MANAGERS

U6 - Steve Davidson & Blair Whitaker

U7 - John Wiley & Michelle Wiley

U8 - Dan Green & Mel Styan

U9 - Laura Aboozaid & Brandy Fleming

**U10 - Steve Alford & Anna Scott (with
Meagan Jackson as assistant)**

U11 - Tim Styan & James Hale

U12-14 - Jacinta Barrett & Angela Muller

CLUB AWARDS

The following awards will be given to the financial Nippers of Windang SLSC:

- **Ron Hobbs Award: a prestigious award for outstanding club spirit and participation**
- **Age Winners: boy/ girl trophy for age groups from Under 8s**

100% ATTENDANCE

All children are eligible for the 100% attendance award. Each child must attend every weekly activity and participate in both beach and water events. It is the child's responsibility to have their name marked off each week.

75% ATTENDANCE

To be eligible for club championships, any awards or trophies at the end of the year all Junior members must have attended and participated at nippers for at least 75% of the season.

PARENT CODE OF CONDUCT

Remember your child participates in surf lifesaving for their own enjoyment

Focus on your child's efforts and performance rather than winning and losing

Show appreciation for good performance by all participants

Never ridicule or yell at your child or other children for making a mistake

Respect official decisions and teach your children to do likewise

NOT physically or verbally abuse or harass anyone

PRELIMINARY EVALUATION

The Junior Preliminary Evaluation **MUST** be successfully completed before a junior member is eligible to participate in any club events including beach and water events. This is for **ALL** age groups- Under 6s-Under 14s. The following is the level of assessment required at each age.

ACTIVITIES

"Surf Education" is a SLSA program designed to improve children's knowledge and skills in a number of areas relating to surf awareness and safety. Year by year, the children will be introduced to simple concepts such as recognising patrolled areas through to the more advanced resuscitation and lifesaving skills. The aims of the program are to produce the lifesavers of the future in a non-threatening environment and increase children's skills in basic surf skills such as board riding and surf swimming. Each age group has learning objectives and after satisfactory completion will be awarded a certificate. Under 6s and 7s participate in activities on an educational basis only. Children in these age groups may not compete in any point score/ championship events.

NIPPERS IS NOT A SUITABLE SUBSTITUTE FOR SWIMMING INSTRUCTION. THERE IS AN EXPECTATION THAT NIPPERS WILL BE ABLE TO SWIM AND WE RECOMMEND THEY HAVE LESSONS WITH A QUALIFIED SWIM INSTRUCTOR.

Age Group	Flotation	Submersion	Propulsion
Under 6	Back or front float for a minimum of 5 seconds, recover to stand.	Submerge to touch the bottom with hands.	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.
Under 7	Back or front float for a minimum of 10 seconds, recover to stand.		From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.
Under 8	Back or front float for a minimum of 15 seconds, recover to stand.		Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).
Under 9	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.	Submerge to touch the bottom with hands.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres.
Under 10			Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25 metres.
Under 11	Front to back float or back to front float - 5 seconds each side. Tread water and/or any stroke sculling for minimum of 2 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.
Under 12	Front to back float or back to front float - 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.
Under 13		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.
Under 14			Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.

COLOURED CAPS

Under 6s
Navy

Under 7s
Gold

Under 8s
Red

Under 9s
Lime

Under 10s
Purple

Under 11s
Pink

Under 12s
Royal Blue

Under 13s
White

Under 14s
Yellow

UNIFORMS



Compulsory for all Nippers in the pink hi-vis vest and their age group hat. We will have a number of rash vests available for sale.

Club swimmers are not mandatory but strongly recommended. Club swimmers are required to be worn if members are competing in carnivals. We have a small amount of swimmers (girls one piece and two piece and boy's jammers) available. This will be on a first in basis.

Children can wear a wetsuit during Nipper activities but a hi-vis vest will be required to be worn over the top. Wetsuits are not allowed to be worn during carnivals and pointscore/ championship rounds. When competing in a carnival, all competitors must wear a club cap, hi-vis rash vest and club swimmers. Rash vests that have significantly faded will not be acceptable for water activities.

Please pre-order uniforms from our shop. The link can be found at the top of the Windang Surf Club Facebook Page

LIFESAVER PROFICIENCY

All water events at both weekly activities and carnivals will be monitored by proficient lifesavers. Any parent wishing to perform water safety must have a Bronze Medallion or Surf Rescue Certificate. You must be tested for your proficiency annually. Proficiency tests are conducted regularly during the early months of the season.

Our water safety personnel are easily identifiable. They will either be wearing fluoro orange rash shirts or the red and yellow Surf Rescue uniform.



CARNIVALS

Children in the Under 6 and 7 age groups only attend weekly club activities. Children in the Under 8s to Under 14s age groups are eligible to compete at carnivals, most of which are held in the Illawarra or South Coast areas. Children competing in board events will need to see the Junior President on the Sunday prior to the carnival to collect a board which they will need to transport to the carnival themselves. A foam board is required for 8-10 year old events and a fibreglass board is used for 11-14 years events. The 14s need a long board. All children are welcome and encouraged to attend. To be eligible to compete at carnivals, children must be proficient in both their pool and open water swims. It is unclear what the carnival scene will look like this season. Please keep an eye on our Facebook page for updates.

WET WEATHER

Nippers may be cancelled in wet weather. please keep an eye on the Facebook page for announcements.

CANTEEN

Windang Nippers runs every Sunday morning and supplies food to hungry Nippers at the completion of their activities.



REGISTER

members.sls.com.au

**FOLLOW FOR
UPDATES
AND EVENTS**

f Windang Surf Club

PARENTAL INVOLVEMENT

Nippers is run by volunteers and is heavily dependant on parent helpers to run successfully. Your involvement in your child's surf club activities will only add to their Nipper experience. Each week an age group will be responsible for assisting with the set-up of the beach. Another age group will be responsible for assisting with the pack up of the beach.

Should parents wish to assist within the Nipper activity area, they must complete, in addition to a Working With Children check, the Age Managers Course and the Safeguarding Children Course.

Parents are unable to assist with water based activities unless they hold proficient Surf Rescue Certificate (SRC) or higher. Windang Nippers encourages parents to obtain their SRC or higher, training which is provided by the club.

Parents of Nippers who compete at carnivals MUST assist with nominated duties at the carnivals.

It is compulsory that a parents registers with their Nipper. A parent/ guardian MUST be on the beach at all times.