



SOUTH CURL CURL NIPPERS INFORMATION BOOKLET

**2024/2025
SEASON**



Version: September 2024

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WELCOME TO SOUTH CURL CURL NIPPERS

This handbook sets out information about the Nippers program at South Curly. It is useful to both new parents that are considering signing their kids up and renewing nippers.

After over 106 years in active service, South Curl Curl Surf Lifesaving Club continues to build on its strengths – on the sand, in the water, and socially! Our Nippers have maintained strong numbers over the past few years, and we have over 300 blue, yellow & white caps running around our glorious beach each Sunday.

Like all surf clubs South Curly is very family oriented and the focus is primarily to ensure that our Nipper program is fun, safe and educational; not only for the children but also for the Mums and Dads who join us on Sunday mornings at our beach. Our aim is to safely teach kids beach craft, and a life-long passion for the ocean. We are a very inclusive club and pride ourselves on making Nippers accessible to all and providing opportunities for all Nippers, regardless of their abilities.

We encourage kids to “have a go” at Nippers sessions, training and carnivals (if we have enough officials, any eligible child can enter carnivals), and we have an Additional Needs (Rippers) group that has been running successfully for a number of years.

Socially we are very active—look out for our infamous BBQ’s on the deck, Sippers, annual camping trip, and other occasions to get together and have a chat.

SUNDAY ACTIVITIES

To give the little ones a chance to use the beach & pool without being "crashed" by the big kids, we have different starting times for the younger age groups as follows:

8.45am – 9.45am Under 6, 7 and 8 and SRC

10am – 11am Under 9 – Under 13 and Rippers (Additional Needs Nippers)

The younger age groups can take longer than the allocated hour depending on numbers and helpers available. Nippers assemble behind their age marker on the beach for roll call and must be wearing their age-colour nipper cap and have **sunscreen applied** before Nippers starts. At the end of the nippers session, each child **must** be marked off the roll prior to leaving with parent. Nipper caps are to be removed once Nippers has finished.

PLEASE NOTE: WE REQUIRE A PARENT OR GUARDIAN TO BE ON THE BEACH AT ALL TIMES DURING NIPPERS (NIPPERS IS NOT A CHILD-MINDING PROGRAM).

SOUTH CURLY WELCOMES PARENT PARTICIPATION – WE ENCOURAGE PARENTS TO BECOME AGE MANAGERS / AGE ASSISTANTS OR BRONZE-PROFICIENT WATER SAFETY TO BE INVOLVED "ON THE BEACH".

NIPPER SEASON START

The 2024/2025 season commences on **SUNDAY 20th OCTOBER 2024**

UNIFORM & GEAR SALES

For safety reasons ALL children MUST wear a cap and high visibility rash-vest during all Sunday Nippers activities.

Different cap colours are assigned for each age group, as shown below. If your child is continuing from last year, they will be able to reuse their cap. The caps are also reversible allowing them to be used as a South Curly cap for competition or assessment. Children are also encouraged to wear club costumes and club swimsuits. Club caps are to be removed once Nippers has finished.

Age Group Cap Colours for 2024-25

U6	Red
U7	Navy
U8	Lime Green
U9	Mauve
U10	Aqua
U11	Royal Blue
U12	Yellow
U13	White
U14 "The SRCs"	South Curly Cap
Rippers	South Curly Cap

It's very helpful to your Age Managers and helpers if the kids have their name written on their cap (big letters with a black texta) and it helps with lost property also.

Club Gear is on sale online via TeamApp or at the club most Sundays.

Apart from all the Nippers gear, we have a great range of kids and adult swimwear, towels, t-shirts, caps etc. They all make great gifts too!

AGE GROUP CALCULATION

The age group for your child is calculated from the age they are on or prior to 30 Sept. For example, if your child is 11 on the 30th September they will be in the Under 12 age group for the season.

THE AGE OF CHILD AT 30 th SEPT	NIPPERS AGE CATEGORY
5	Under 6
6	Under 7
7	Under 8
8	Under 9
9	Under 10
10	Under 11
11	Under 12
12	Under 13
13	Under 14

We understand that the kids like to participate with their friends, however, there is some restriction to the flexibility of moving children between their designated age groups. Please contact the Junior Activity Chair at nippers@southcurlcurlslsc.com.au if you wish to discuss the possibility for your child to participate outside of their designated age group.

PARENTS RUN NIPPERS!

The Club operates entirely on volunteer help. There are many jobs, and for many you don't need surf lifesaving experience. It is our experience that ***the more you get involved, the more your child will enjoy Nippers.***

Roles that parents can help with include:

- Lead Age Managers
- Age Managers
- Age Group Assistants
- Water Safety (Bronze Medallion required)
- Clothing Sales
- Fundraising
- Carnival Entry Assistance
- Carnival Judge/Official

Your assistance throughout the season will be regularly required and counted on. Please offer your help so that our wonderful Age Managers come back next season!

BRONZE MEDALLION ANYONE!

At the beginning and during the season training is arranged for people interested in obtaining their Bronze Medallion. The Bronze Medallion course can be one of the most rewarding courses you can attempt – often a great personal achievement. Once qualified it helps us meet our water safety requirements as SLSC mandates that nippers water safety must be performed by proficient Bronze Medallion holders. Having achieved your Bronze Medallion, you can also join the South Curl Curl Beach Patrols; another great way to participate in the Club, meet new friends and give back our community.

SPEAKING OF AGE MANAGERS!

If you would like to help run Sunday morning events, please let us know—we always need keen people. If you have previous experience and/or Bronze Medallion this is an advantage but not essential.

CHILD PROTECTION

Any parent assisting on the beach should be registered as an associate member to cover insurance requirements. Age Managers and Water Safety (where outside your own child's age group for more than 5 sessions) also need to apply and show proof of approval for the "Working With Children Check" (WWC) for child protection. Please complete the registration process at: <https://www.service.nsw.gov.au/transaction/apply-for-a-working-with-children-check> and once you received your approval email (from 1 week, but up to 4 weeks), please email your approval WWC number and details to: mail@southcurlcurlslsc.com.au

ALL ABILITY RIPPER NIPPERS PROGRAM

Run in conjunction with the Cerebral Palsy Alliance at Allambie Heights, South Curl Curl is very proud to offer a modified nipper program for children & youth with additional needs. The program has been developed to allow inclusion for all children & youth aged 5 to 15 and aims to teach the following skills:

- surf awareness and
- beach safety

The sessions will also include fun activities such as:

- beach races,
- flags,
- wade and swim races.

As members of this group become more confident in the water, they learn skills to be able to use nipper surfboards and catch a wave or two to shore.

The Rippers group are supported by volunteers from South Curl Curl Surf Lifesaving Club, however family members are actively encouraged to participate with their child so everyone has the opportunity to share in the excitement as each member masters new skills throughout the season.

South Curl Curl encourage members of 'Rippers' to join in their age mainstream group if they

wish and are welcome to participate in both groups. Our main focus is to make sure members are actively learning whilst having fun!

Email Kirsten Quinn – rippers@southcurlcurlslsc.com.au if you have any requirements for this program or would like to help out.

SUN PROTECTION

Please make sure your child has their sunscreen applied before they join their age group. Please note: Age Managers are neither responsible nor allowed (child protection laws) to apply sunscreen to the children, this is the responsibility of the parent/carer.

NIPPER BBQ'S

To help fundraise, the boat crews have offered to hold regular Breakfast BBQ/Sausage Sizzles during Nippers on a Sunday morning on the promenade.

When the BBQs are run, please support the club and buy some brekkie when you can.

SURF EDUCATION

The SurfEd program is what Nippers is all about and is based on a clearly defined structure and outcomes to aid the children's lifesaving development. During the season, all Nippers can gain their respective SurfEd award for their age group. These certificates are only issued to children participating in their correct age group who have met the minimum requirements regarding attendance and participation.

PROFICIENCY

Before the children can participate in any water activity they must complete the Preliminary Skills Evaluation (see table below). These evaluations will be carried out in the first few weeks of the Nippers season. Prior to any competition Nippers must complete the next phase of this evaluation i.e. Competition Skills Evaluation. Details of the Junior Activities Competition Skills Evaluation requirements can be found on the SLSC website.

Unfortunately, Nippers are unable to participate in any water activities until they have passed the Preliminary Skills Evaluation for their age group.

Stage One: Under 6, Under 7, Under 8

Aquatic Play and Fundamental Aquatic Skills (FAS).

Recommended depth of safe aquatic environment – 1 metre

	Under 6 (DOB 1/10/2018-30/09/2019)	Under 7 (DOB 1/10/2017-30/09/2018)	Under 8 (DOB 1/10/2016-30/09/2017)
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 hands.		
Propulsion	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.	From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).

**A child's age group is determined by their age as of 30 September of that year*

Stage Two: Under 9, Under 10, Under 11

Applied Aquatic Skills.

Recommended depth of safe aquatic environment – 1.5 metres

	Under 9 (DOB 1/10/2015-30/09/2016)	Under 10 (DOB 1/10/2014-30/09/2015)	Under 11 (DOB 1/10/2013-30/09/2014)
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 minimum of 2 mins.
Submersion	Submerge to touch the bottom with hands.		Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.
Propulsion	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.	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.	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.

Stage Three: Under 12, Under 13, Under 14

Junior/trainee lifesaver – pathway to SRC

Recommended depth of safe aquatic environment 1.8 metres

	Under 12 (DOB 1/10/2012 – 30/09/2013)	Under 13 (DOB 1/10/2011 – 30/09/2012)	Under 14 (SRC) (DOB 1/10/2010 – 30/09/2011)
Flotation	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.		
Submersion	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands.
Propulsion	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.

CARNIVALS

Carnivals are a great way for kids to test the skills they have developed at nippers. We encourage all kids to go along and have a go. It's about building up confidence and enjoying the events. Sydney Northern Beaches Branch conducts Carnivals during the season for age groups U8 upwards for Beach, and U9 upwards for Water.

The team events like Beach Relay, Board Relay, Cameron Relay, and Board Rescue are a great way for the kids to get involved as a group. We don't have selection criteria for carnival team events but your attendance at regular nippers and team training may be considered if we have a limited number of teams.

The only restriction to entering nippers in carnivals is that we provide 5 officials. Roughly this equates to 1.25 official per 10 nippers we enter. **For the 2024/25 we will need carnival officials, a competition manager and water safety** for our nippers to continue to be benefiting from these organised events.

The carnival official course has no pre-requisites and is open to anyone. Furthermore, you can pick the area in which you wish to officiate on the day, and you have the best beach-side view of what's going on.

With regards to other information on carnival events and entries, please see our **Nipper Surf Sports Manual**. To ensure that this is a smooth process for all involved we all have roles and responsibilities so please read the manual to check what you (as a parent of a competitor) are required to do.

REGISTRATION

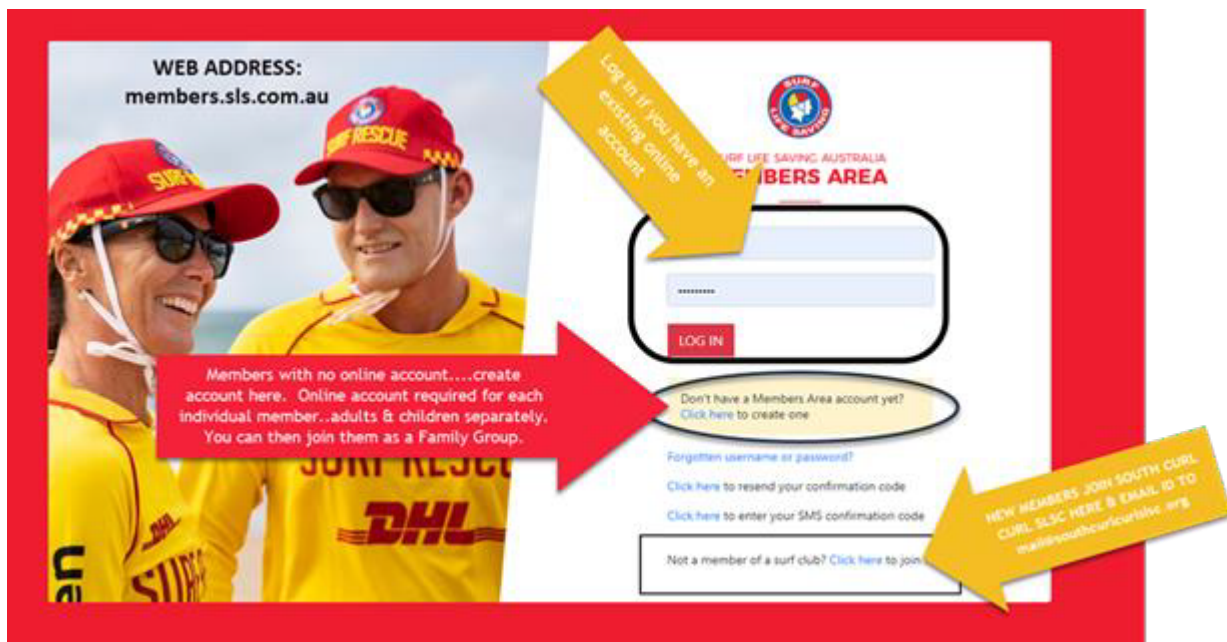
IMPORTANT SEASON 2024/2025 SEASON INFORMATION:

There will be an onsite club registration day being held on Sunday, 15th September, 2024. Registrations are also being taken online. To renew online please visit <https://members.sls.com.au/members/> to login, create an online account or join the club. New members will need to email a copy of identification for each member to mail@southcurlcurlslsc.com.au

SLSA requires all nippers to be current financial members, non-financial members will therefore not be able to participate until their membership is renewed and paid online. This season both new and renewing MEMBERSHIPS MUST BE COMPLETED ONLINE - Membership renewal and payment.

You need to create an online account for each club member (this is because the account moves with the member throughout their surf lifesaving membership). To make life easier you can use the same log in and password for each member and you are able to make a family payment in one go rather than separate payments for each member.

Once this is set up, next season the renewal process is as simple as clicking on RENEW!



WEB ADDRESS:
members.sls.com.au

Log in if you have an existing online account

Members with no online account....create account here. Online account required for each individual member..adults & children separately. You can then join them as a Family Group.

Don't have a Members Area account yet?
Click here to create one

Forgotten username or password?
Click here to resend your confirmation code
Click here to enter your SMS confirmation code

Not a member of a surf club? Click here to join

NEW MEMBERS JOIN SOUTH CURL CURL SLSC HERE & EMAIL ID TO mail@southcurlcurlslsc.com.au

Please note that ALL NEW CLUB MEMBERS will be required to send proof of age (ie. birth certificate, drivers license, passport) to the club mail@southcurlcurlslsc.com.au

2024/25 FEES ARE:

- \$90 ACTIVE PATROLLING ADULT
- \$50 ACTIVE PATROLLING CADET (POST SRC - U18)
- \$100 NIPPER (U6 TO U14)
- \$275 FAMILY CAP
- \$50 ASSOCIATE/SOCIAL MEMBER (**THIS MEMBERSHIP FEE IS MANDATORY FOR AT LEAST ONE PARENT. TO HELP ON THE BEACH YOU MUST BE AT LEAST AN ASSOCIATE MEMBER FOR INSURANCE PURPOSES**)



Family is assumed to be up to 2 adults and their children who are Under 18 or full-time students. Gym

Memberships are only available to patrolling members and subject to availability.

Note: Anyone undertaking the SRC with the U14s training group must pay nipper fees regardless of age.

NIPPERS CALENDAR OF EVENTS 2024/2025

OCTOBER 2023

Sunday 20	Normal Nippers - Nippers – First day of Nipper season! Welcome/Welcome back!
Sunday 27	Normal Nippers

NOVEMBER 2023

Sunday 3	Normal Nippers
Sunday 10	Normal Nippers
Sunday 17	Normal Nippers
Sunday 24	Normal Nippers

DECEMBER 2023

Sunday 1	Normal Nippers
Sunday 8	Normal Nippers
Sunday 15	Xmas/Fun Nippers - bring your Santa hat! Club Xmas event
Sunday 22	Xmas Break – NO Nippers
Sunday 29	Xmas/New Year Break—NO Nippers

JANUARY 2024

Sunday 5	Xmas/New Year Break—NO Nippers
Sunday 12	Normal Nippers
Sunday 19	Normal Nippers
Sunday 26	Australia Day – No Nippers

FEBRUARY 2024

Sunday 2	Normal Nippers
Sunday 9	Normal Nippers
Sunday 16	Normal Nippers
Sunday 23	Normal Nippers

MARCH 2024

Sunday 2	Normal Nippers
Sunday 9	Normal Nippers
Sunday 16	FINAL NIPPERS & PRESENTATION

APRIL 2024

23 - 25	Surfari - RACECOURSE END OF YEAR CLUB CAMPING TRIP
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* Information valid as at 12th September 2024 - subject to change

SOUTH CURL CURL SLSC TEAM APP

INTRODUCTION AND QUICK START GUIDE

To communicate on the run and to stay up to date with what's happening we recommend you download our SCCSLSC App to your smart phone, or tablet.

Step 1. Download "Team App"



OR



Download "Team App" to your smartphone from the Apple App Store or Google Play. Create an email-based login and associated password (and remember this for future).

Step 2. Search for "South Curl Curl SLSC or SCCSLSC"

Register for South Curl Curl Surf Life Saving Club.



Note: to access App through computer and web address – ie. no smartphone/tablet, please use the following:

<https://sccslsc.teamapp.com/>

Step 3. Select ALL appropriate Access Groups to join

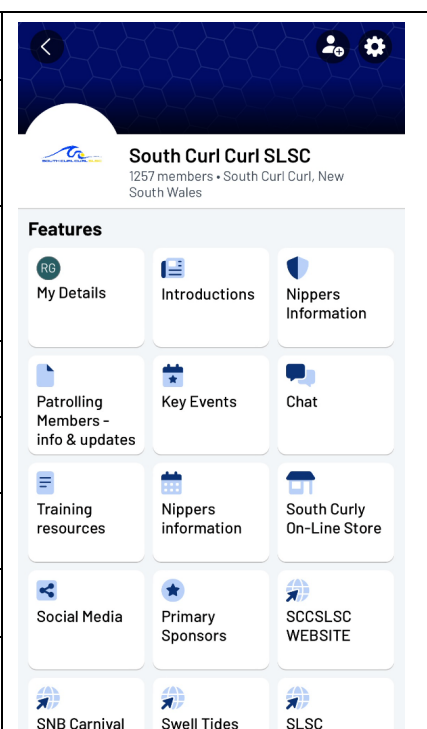
Access Group options: U6s, U7s, U8s, U9s, U10s, U11s, U12s, U13s, and U14s – THE SRC SQUAD.

(For example, for two child family – one in U8s, the other in U11s, then you would register for both U8s and U11s).

For accredited Bronze certification, please also indicate "Bronze" and "Water Safety" groups (requires validation to join). For accredited Age Managers, please also indicate "Age Manager" group (requires validation to join).

For accredited Officials, please also indicate "Officials" group (requires validation to join).

Step 4. Enjoy the App – but here are some quick pointers.

<p>"INTRODUCTIONS": "Welcome" and "Key Contacts" information for Club.</p>	
<p>"KEY EVENTS": highlights major Nipper, Club, Carnival, and Social events on our calendar. Save to your smartphone calendar. Events send Notifications (if you enable it "ON" in "Settings") to remind you.</p>	
<p>"CHAT": Various Chat Rooms for Age Managers to talk to you directly for weekly Nipper updates, or for Social event support. Latest Training/Assessment courses. Great for parents to socialise and communicate with other parents!</p>	
<p>"NIPPERS INFO" important information for Nippers parent regarding Nippers including Carnival Information</p>	
<p>"Patrolling Members" Information for patrolling members including the patrol rosters</p>	
<p>"Training resources" Training related information to keep our skills up-to- date</p>	
<p>"Weekly Training": Additional Board + Sprint/Flag training information</p>	
<p>"South Curly On-line Store": on-line store to purchase caps, clothing and other club accessories</p>	