Chelsea
LONGBEACH
SURF LIFE SAVING CLUB INC
ABN 87 727 013 881
INC No. A0002135S

NIPPERS PROGRAM
SEASON 2026/27 HANDBOOK

Under development – Updated 01/11/2026

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INTRODUCTION

Welcome, all new and returning Nippers and families.

Chelsea Longbeach Surf Life Saving Club encourages all children to do their best, develop their skills, reach their full potential, and, most importantly, have fun. The ocean is a big part of our way of life here in Chelsea, and our Nippers program provides a safe, friendly and supportive environment where children can learn about surf lifesaving, develop their skills and build their confidence in and around the water. We encourage all children to participate in and enjoy the wide range of activities our program offers.

We look forward to meeting you on the beach. If you have any questions, please don't hesitate to contact Peter via email at clslsc.junior@gmail.com.

Peter Burnley	Darren Lawson
Junior Coordinator	**Membership Liaison**

NIPPERS PROGRAM

The Nippers program ensures children have fun at the beach while participating in lessons to develop surf awareness, skills, and water safety. It also provides a pathway to becoming a qualified surf lifesaver and a junior competitor (surf sport).

The whole family can get involved in the program, with parents and older siblings encouraged to volunteer in one of the many supporting roles on the beach.

Carnivals and competitions are an excellent way to increase fitness levels, surf skills, competition skills, self-esteem and confidence, sportsmanship and social skills, and team spirit.

Junior Nippers (U6-U14)

Any child may join the national Nippers program once they have turned five years of age.

The national program is structured specifically for ages and abilities. It gradually teaches kids basic lifesaving skills required to be safe around an aquatic environment and develop their skills to compete in surf sports and become patrolling club members.

Nippers are divided into age groups determined by the child's age at midnight on 30th September. Refer to Nippers' Age Criteria on the next page for details. Each group is instructed by an accredited Age Manager and Assistant Age Manager.

The national program is divided into three sections:

- Education – a series of associated learning outcomes used to assess the acquired skill and knowledge to meet the outcomes of the respective age group.
- Skill Development – practical activities in beach and water environments designed to progressively build on skills that lead to competence in surf lifesaving and competition.
- Games – are often used as part of a warm-up to each session and to add an element of fun and teamwork to the program.

U14 Nippers

During their last year of the Nippers Program, U14 Nippers undertake their Surf Rescue Certificate (SRC) training. This award teaches basic first aid, resuscitation and surf rescue skills, enabling candidates to become training cadet lifesavers who can participate in beach patrols and water safety. The SRC is a 20-hour course run in conjunction with the Nippers sessions.

The course covers surf awareness, rescue techniques (boards/rescue tubes), resuscitation (CPR), first aid, communications, radio operations, standard patrol practices, teamwork and improved fitness. Assessment includes completed activities that may include role-plays, oral and written questioning, practical demonstrations and performing scenarios.

Little Nippers (U5)

U5	

This program educates children about water safety and having fun safely in and around the water. It consists of role-playing and games and an introduction to our skill-based activities (i.e. flags). A parent/guardian must always remain and participate with their children.

Starfish Nippers (Age 5 – Young Adults)

Starfish Nippers	

Starfish Nippers is a modified and structured Nippers program for all abilities alongside a club's Age Group Nippers program. It provides water and beach safety and awareness through beach exercise, water familiarisation and safety education. The program features modified Nipper's activities such as traditional beach games, beach running, beach flags, swimming, board skills, water familiarisation, beach, water and surf safety. Catering for participants from age 5 to young adults with all abilities, Starfish includes kids with autism spectrum disorder, attention deficit disorder, global developmental delay, Down syndrome, and a wide variety of other medical and intellectual challenges and learning difficulties.

Every Starfish Nipper is supported by a mentor who encourages participation by adjusting the program to individual needs and skill levels. Sometimes, every nipper has a mentor and assistant for water activities.

Nippers Age Criteria

Nippers are divided into age groups determined by their age at midnight on the 30th of September each year.

Age Group	Date of Birth Range
Under 5	01/10/2021 or later
Under 6	01/10/2020 – 30/09/2021
Under 7	01/10/2019 – 30/09/2020
Under 8	01/10/2018 – 30/09/2019
Under 9	01/10/2017 – 30/09/2018

Age Group	Date of Birth Range
Under 10	01/10/2016 – 30/09/2017
Under 11	01/10/2015 – 30/09/2016
Under 12	01/10/2014 – 30/09/2015
Under 13	01/10/2013 – 30/09/2014
Under 14	01/10/2012 – 30/09/2013
Starfish	5 years – Young Adult

Junior Preliminary Assessments (U6-U14)

Many of the activities that nippers engage in are conducted in the water. Surf Life Saving Australia has developed a Junior Preliminary Skills Assessment for each age group to ensure that all Nippers have a suitable swimming ability to participate in these activities.

The assessment consists of a swim, a float, and a submersion that is progressively increased by age group and must be achieved before the nipper may undertake any junior water activities, training, or competition each season. Held at Toby Haenen Swim Centre (Chelsea Heights), it is conducted by qualified club personnel.

U6 – depth of safe aquatic environment – chest height

From a standing position in waist-deep water, perform a front glide (distance 1-2 metres) & recover to stand. Next, perform a back or front float for a minimum of 5 seconds, then recover to stand. Next, submerge to touch the sand/pool at the bottom of the water with hands.

U7 – depth of safe aquatic environment – chest height

From a standing position in waist-deep water, perform a front glide (distance 2-3 metres) & recover to stand. Next, perform a back or front float for a minimum of 10 seconds, then recover to stand. Next, submerge to touch the sand/pool at the bottom of the water with hands.

U8 – depth of safe aquatic environment – chest height	**U9 – depth of safe aquatic environment – head height**	**U10 – depth of safe aquatic environment – over head height**
20m front swim (any stroke) followed by 2-3m swim underwater, min. 15-second back or front float, recover to stand. Submerge to touch the sand/pool at the bottom of the water with hands.	25m front swim (any stroke) followed by min. 10m survival strokes*, min. 5-second each side back to front or front to back float, tread water for min. 1-minute. Submerge to touch the sand/pool at the bottom of the water with hands.	25m front swim (any stroke) followed by min. 10m survival strokes*, min. 5-second each side back to front or front to back float, tread water for min. 1-minute. Submerge to touch the sand/pool at the bottom of the water with hands.

U11 – depth of safe aquatic environment – over head height	**U12 – depth of safe aquatic environment – over head height**	**U13 – depth of safe aquatic environment – over head height**
25m front swim (any stroke) followed by min. 50m survival strokes*, min. 5-second each side back to front or front to back float, tread water for min. 1-minute. Submerge to touch the sand/pool at the bottom of the water with hands.	75m front swim (any stroke) followed by min. 50m survival strokes*, min. 5-second each side back to front or front to back float, tread water for min. 3-minute. Submerge to perform front or backward roll/somersault underwater, submerge to touch the sand/pool at the bottom of the water with hands.	100m front swim (any stroke) followed by min. 50m survival strokes*, min. 5-second each side back to front or front to back float, tread water for min. 3-minute. Submerge to perform front or backward roll/somersault underwater, submerge to touch the sand/pool at the bottom of the water with hands.

* Survival stroke(s) breaststroke and/or sidestroke.

U14 – depth of safe aquatic environment – over head height
100m front swim (any stroke) followed by min. 100m survival strokes*, min. 5-second each side back to front or front to back float, tread water for min. 3-minute. Submerge to perform front or backward roll/somersault underwater, **do not** recover to surface, submerge to touch the sand/pool at the bottom of the water with hands.

***** Survival stroke(s) breaststroke and/or sidestroke.

Any participant not meeting the required evaluation level will require more supervision when involved in water-based activities. We strongly encourage you to enrol your child in swimming lessons at an accredited swim school if your child is not an established and confident swimmer.

Junior Surf Education Award (U6 – U14)

Nippers only need to be actively involved in the training to be eligible for an award. This is the best way to introduce children to surf lifesaving, where fun takes priority over being 'tested'. There is a surf education award for each age group.

Age Group	Cap Colour	Education	Skills Development
U6 U7		Surf Play One Surf Play Two	Beach Sprints, Wade, Boards, Beach Flags, Dolphin Diving
U8		Surf Aware One	Beach Sprints, Wade, Boards, Beach Run, Beach Flags, Dolphin Diving, Surf Race
U9		Surf Aware Two	Beach Sprints & Relays, Beach Run, Beach Flags, Run-Swim-Run, Wade, Surf Race, Aquacameron, Board Race
U10		Surf Safe One	Beach Sprints & Relays, Beach Run, Beach Flags, Wade, Surf Race, Aquacameron, Boards
U11		Surf Safe Two	Beach Sprints & Relays, Beach Run, Beach Flags, Run-Swim-Run, Surf Race, Ironman/Ironwoman, Aquacameron, Board Race, Board Relay
U12 U13		Surf Smart One Surf Smart Two	Beach Sprints, Beach Run, Beach Flags, Run-Swim-Run, Surf Race, Ironman/Ironwoman, Aquacameron, Tube Rescue, Board Race, Board Relay, Board Rescue
U14		Surf Rescue Certification	Beach Sprints, Beach Run, Beach Flags, Run-Swim-Run, Surf Race, Ironman/Ironwoman, Aquacameron, Tube Rescue, Board Race, Board Relay, Board Rescue

Refer to APPENDIX A – 'Junior Surf Education Awards' for further details

Schedule

Session 1: U5 - U9 Age Groups

1:45pm – 2:00pm	Meet & Warm Up
2:00pm – 2:20pm	Activity #1
2:20pm – 2:40pm	Activity #2
2:40pm – 3:00pm	Activity #3

Session 2: U10 - U14 Age Groups / Starfish

2:45pm – 3:00pm	Meet & Warm Up
3:00pm – 3:20pm	Activity #1
3:20pm – 3:40pm	Activity #2
3:40pm – 4:00pm	Activity #3

Each session consists of up to five groups, with up to 30 participants in each group. Nippers meet on the beach at the flag designated for their age group. A parent/guardian must sign their child in and out at each session.

Activities

Board Race/Relay	**Wade Race/Relay or Swim**	**Beach Flags**	**Beach Sprint/Relay or Limited-Contact Games**

Nippers Program Award (Surf Education)
U6-U7: Surf Play
U8 – U9: Surf Awareness
U10-U11: Surf Safety
U12-U13: Surf Smart
U14: Surf Rescue Certificate

Refer to APPENDIX A – 'Junior Surf Education Awards' for more details
Refer to APPENDIX B – 'Nippers Events' for more details

Program Calendar (Season 2025/26)

Date	Event
18th Oct 2026	Club Open & Registration Day Age Manager/Starfish Mentor Induction
14th Nov 2026	Pool Session (U6-U14): including Preliminary Swim Assessment
21st Nov 2026	Nippers Session & U5 commences
28th Nov 2026	Nippers Session
5th Dec 2026	Nippers Session & Starfish commences
12th Dec 2026	Nippers Session
19th Dec 2025	Nippers Session & Christmas Party
26th Dec 2026	Christmas Holidays - No Nippers
2nd Jan 2027	
9th Jan 2027	
16th Jan 2027	Nippers Session
23rd Jan 2027	Long Weekend Holiday - Modified Nippers
30th Jan 2027	Nippers Session
6th Feb 2027	Nippers Session
13th Feb 2027	Nippers Session

20th Feb 2027	Nippers Session
27th Feb 2027	Junior Club Championships
5th Mar 2027	Long Weekend Holiday – No Nippers
12th Mar 2027	Club Championships (Backup)

20th Mar 2027	Annual Presentation Night

NIPPERS COMPETITION

We encourage formal competition for Nippers in U8*-U14 through carnivals (inter-club) held at ocean beaches and in the bay around Victoria each season. There are regular-season carnivals, Regional Championships, followed by Junior State Championships. They are usually held on Saturdays and spread throughout the summer from November to February.

* Under 8s members cannot compete in water events other than the Wade Individual & Relay. Under 9s can now compete in Aqua Cameron.

Competition Training
Competition training is available to Nippers (U8-U14) committed to participating in Junior Carnivals. These training sessions, facilitated by experienced coaches, allow athletes to practice their skills and train for all competition disciplines, including board, iron man, swim, sprints, flags, R & R&R and March Past.

Competition Skills Evaluation
To partake in training and competition, nippers must have achieved their Competition Skills Evaluation, which ensures their capability to complete the competition course safely and reasonably. It is compulsory for U12 – U14 Nippers who want to compete in ANY event and U9 - U11 Nippers who want to compete in water events. Evaluation for U8 is not required as Wade's only water competition takes place in waist-deep water.

U5-U7	U8	U9	U10
Not Required (No competition)	Not required (no water competition other than Wade, which takes place in waist-deep water)	150-metre open water swim within 12 minutes (continuous freestyle)	150-metre open water swim within 11 minutes (continuous freestyle)

U11	U12	U13-U14
288-metre open water swim within 12 minutes (continuous freestyle)	288-metre open water swim within 10 minutes (continuous freestyle)	288-metre open water swim within 9 minutes (continuous freestyle)

Conditions and swell size will be considered when conducting the Competition Skills Evaluation swims - there should be a focus on Nippers completing the swim continuously (e.g. no rest breaks).

Competition Skills Evaluation Form 14 needs to be processed by LSV before competitors can enter the competition entry system.

Competition Equipment

U9-10: Foam 'Nipper' Boards, Max. length 2.0m – intra/inter competition
U11-U13: May use Foam or Fibreglass 'Nipper' Boards, Max. length 2.0m, Weight 4.5kg for fibreglass – intra/inter competition.

Junior/Youth & Senior Carnivals & State Competition Calendar (subject to change)

Date	Event
Sat 7th Nov 2026	Youth/Senior Carnival #1 Beach/Water (U14+) TBC
Sun 22nd Nov 2026	Youth/Senior Carnival #2 Beach/Water (U14+) Jan Juc
Sat 5th Dec 2026	Junior Carnival #1 – Ocean Grove
Sun 6th Dec 2026	Youth/Senior Carnival #3 Beach/Water (U14+) Ocean Grove
Sat 12th Dec 2026	Battle of the Bay Warrnambool
Thu 7th Jan 2027	Junior Carnival #2 Beach/Water (U8-U13) Torquay
Sun 10th Jan 2027	Youth/Senior Carnival #4 Beach/Water (U14+) Anglesea
Sun 17th Jan 2027	Junior Carnival #3 Beach/Water (U8-U13) Mt.Martha
Sat 31st Jan 2027	Junior Carnival #4 Beach/Water (U8-U13) Mordialloc
Sun 21st Feb 2027	Junior Carnival #5 Beach/Water (U8-U13) TBC
Sun 28th Feb 2027	Youth/Senior Carnival #5 Beach/Water (U14+) TBC
Sat 6th – Mon 8th Mar 2027	Junior State Lifesaving Championships (U9-U13) Mordialloc
Fri 19th – Sun 21st Mar 2027	Youth/Senior State Championships Beach/Water Warrnambool

NIPPERS APPAREL

Participants will need to have the following items each session:

- Bathers
- High visibility rash vest (pink or green)
- Club cap or age group cap
- Wide brim or bucket style hat or legionnaire style cap
- Sunblock (at least SPF 30+)
- Goggles
- Towel
- Water bottle (filled with water only)
- Dry clothes for after session (suggested only)

Club rash vests, bathers, wide-brim hats and caps (age group and club) are available from the Merchandise Team before the sessions. Belongings should be clearly labelled.

High visibility lycra tops are **mandatory** for all open water-based junior programs and activities conducted by clubs. It includes swims, board paddling and wading. The lycra tops must meet the colour guidelines set out by SLSA: fluoro pink, fluoro yellow, and fluoro green. We recommend that fluoro orange is not used as this is the colour worn by water safety officers.

SAFETY

Our club is committed to safeguarding children and young people in Surf Life Saving. Safety extends to the beach and in the water and considers the protection of all children. We do this by ensuring that our members behave in a way that creates a safe, positive and inclusive environment.

Sign In / Sign Out

All children must be signed in and out of any Nippers session by a responsible parent or guardian.

Parents or guardians are required to be in proximity to the beach for the duration of all sessions in the case of medical or other emergencies or to assist with the need to attend the toilet or change of clothing, find goggles, etc.

Age Managers will have an attendance record for this purpose. If your child is not on the attendance record, you must check with the Junior Coordinator to ensure your child is properly registered. Children are not to leave the Clubhouse or its surroundings until collected by the adult responsible for them.

Sun Safety

Please ensure your child has their sunscreen applied before joining their age group. It is also a good idea to reapply sunscreen regularly. While the club has limited sunscreen available, we ask that parents/guardians please bring their own.

Water Safety

We cannot commence any race or activity unless there is the correct number of water safety officers. In addition, you need to hold a current Bronze Medallion or Surf Rescue Certificate to be a water safety officer.

An Inflatable Rescue Boat (IRB) must be present during all water activities. We need as many qualified, proficient Bronze Medallion or SRC holders as possible to assist in the water and accompany the children during water activities. Please note that parents are not to accompany swimmers unless they are qualified.

The minimum ratio for water safety for Age Group Nippers is one (1) qualified adult to five (5) children. All water safety officers must wear an orange cap and orange long-sleeved rash vest during water activities and must sign the Patrol Log or Water Safety Log Book at the commencement of each session.

Medical Conditions

The Junior Coordinator or Age Manager must be notified of any medical conditions or special needs on membership renewal or at the program's commencement. It aids our Age Manager in planning and delivering a program that is mindful of your child's needs and allows for any alterations or alternatives to the scheduled program to be considered.

Dangerous Conditions

Dangerous conditions include extreme low or extreme high weather temperatures, high or strong winds, and rough or dangerous seas. It also includes any other condition that causes concern for all members' safe participation, including poor water quality (as advised by the EPA, who monitors water quality).

It should be assumed that the program will proceed regardless of the inclement conditions, but that such activities will be modified to account for those conditions and ensure the safe participation of all members.

In the rare circumstance that it is deemed necessary to cancel an event, this will be at the sole discretion of the Junior Coordinator and the on-duty Patrol Captain. In such a case, the Junior Coordinator or Patrol Captain will advise parents/guardians of the cancellation as soon as practicable by SMS, email and notice board at the club.

COMMUNICATION

Our club requests that all members sign up to receive updates via TeamApp. It allows push notifications to be sent to smartphones and emails. Download 'Stack TeamApp' from the app store or GooglePlay and search 'Chelsea Longbeach' to request access. Our club will continue to use the members-only Facebook group, email and regular newsletters to communicate.

CODE OF CONDUCT

Chelsea Longbeach SLSC expects all members, supporters and associates of the club to respect the Surf Life Saving Australia (SLSA) Code of Conduct and recognise that they always have a responsibility to the duty of care to members.

SLSA General Code of Conduct

- Respect the rights, dignity and worth of others
- Be fair, considerate and honest in all dealings with others, and be a positive role model
- Be aware of, and maintain an uncompromising adhesion to SLSA's standards, rules, regulations and policies
- Be professional in, and accept responsibility for actions
- Make a commitment to providing quality service
- Use facilities and equipment for their proper purposes, and care for and maintain such facilities and equipment correctly
- Refrain from anything which may abuse, intimidate or harass others
- Preserve and protect the standing and reputation of the Association
- Understand the consequences of any breach of SLSA's Member Protection Policy and Code of Conduct
- Demonstrate a high degree of individual responsibility, especially when dealing with a person under 18 years of age
- Contribute to the provision of a safe environment to the conduct of all activities within surf lifesaving

In addition, the Members Protection Policy includes expectations relating to positive guidance, overnight stays, language adhering to role boundaries, transporting children, use of electronic communication, use of changing rooms, use of photography, physical contact, gift-giving, wearing of uniforms and use of alcohol or drugs.

Refer to https://sls.com.au/governance/ and select Policies > 'Members Protection Policy' for full details.

VOLUNTEERS

Getting Involved

Our program encourages all parents/guardians to be actively involved with their children. We are a family club, and we need families to share the workload to maintain a high standard and enjoyable environment for our Nippers.

Assistance is required in setting up the beach, replacing flags, being a water marker, and collecting and cleaning boards. Other roles are available at the club, including committee members, Age Managers (and junior representatives) and Carnival assistants.

Age Managers (and Age Manager/Nipper Safety Assistants) & Starfish Mentors

Age Managers (and junior representatives) and Starfish Mentors are essential in caring for and nurturing future Australian surf lifesavers. They use their experience and passion for youth development to mentor Nippers and facilitate fun learning programs that encourage and develop young surf lifesavers. They aim to enrich Nippers' lives by delivering surf lifesaving knowledge and skills in a fun and safe aquatic environment.

Group	Age Managers
U5	Jaylyn, Rachelle, Jacob
U6	Mel, Judy
U7	Ben M, TBC
U8	Sharon, TBC
U9	Adam, TBC
U10	Matt, Ben M, Mel, Jacob
U11	Jade, Adam
U12-13-14	Pete, Dom, Craig, Ben H

Seeking Volunteers

* Not regularly available

Group	Starfish Mentors
Starfish Nippers	TBC

* Subject to change based on finalising Nipper participants and the number of volunteers.

Responsibilities include:

- overall safety and well-being of their age group
- facilitating the development of surf lifesaving skills, including movement and surf awareness skills
- facilitating the development of personal skills, including confidence, teamwork and leadership
- plan, prepare and deliver lessons to their age group
- foster a collaborative approach to the management of their age group

Eligibility to become an Age Manager or Starfish Mentor:

- 18 years or older
- be a financial member of our Life Saving Club
- hold a current WWCC registration (uploaded on Surfguard Account)

Age Managers & Starfish Mentors must be willing to:

- take responsibility for the learning of a group
- be a positive role model
- ensure the safety and well-being of the group
- develop their knowledge of surf lifesaving

- watch the Skills Maintenance (SLSA Age Manager) video
- complete the Age Manager Online Course
- complete the online Child Safe Awareness Course
- Complete two on-the-beach training sessions with the club Age Group Mentor
- undertake work as part of a team
- be willing to take the time to plan
- instil enjoyment and fun in what they do

Age Manager Assistant (ages 13+) - Assist age managers with facilitating nipper activities by supporting and guiding participating nippers. As an option, these representatives can receive the Age Manager Assistant Award as formal recognition by completing their CPR Course (from age 13) or First Aid Certificate (from age 15). They must be a current financial club member and hold the relevant WWCC.

Nipper Safety Assistant (ages 13-17) - Assist with water safety for Nipper age group U8 or below. These representatives must complete a proficiency assessment consisting of a 50m swim using a continuous stroke, tread water for 2 minutes, demonstrate an aquatic rescue and demonstrate knowledge of signals (breach to water and water to the beach). In addition, they must be a current financial club member and hold the relevant WWCC.

Junior Coordinator (Peter Burnley)
The Junior Coordinator oversees the operation of the club's Nippers program. They develop and implement a program that meets the requirements for developing, nurturing and providing opportunities for Nippers, including teaching surf lifesaving skills and programs for youths within our club.

Responsibilities include:

- a member of the club's committee
- recruits and co-ordinates age managers to assist in the delivery of nippers and co-ordinate relevant train preseason
- co-ordinates open day and program inductions
- ensures key communication by providing clear and consistent messaging to members, volunteers and supporters
- plans sessions for different nipper skill levels and different weather and beach conditions
- ensures water safety and age manager ratios are met as aligned with compliance requirements
- has regular contact with LSV State Nipper Coordinator
- submits a report to the secretary for each committee meeting and the AGM

Age Manager Mentor (Judy Silom)
The Age Manager Mentor works with Age Managers to develop their surf lifesaving and competition knowledge while providing mentorship and support.

Responsibilities include:

- a member of the Nippers Program sub-committee
- appoints Age Managers and Junior Age Managers
- inducts new Age Managers

- provides advice and guidance on delivering the program
- co-ordinates Age Manager training requirements

Starfish Coordinator (Zane Andrews)
The Starfish Coordinator works with the Junior Coordinator to develop a modified and structured program to run in conjunction with the Age Group Nippers program. In addition, the Coordinator provides leadership and support to the Starfish Mentors.

Responsibilities include:

- a member of the Nippers Program sub-committee
- meets with Starfish parents/guardians to support inclusiveness
- appoints and inducts Starfish Mentors
- provides advice and guidance on delivering the program

Coaching Coordinator (Jaylyn Clarke)
Reporting to the Club Committee, this role is responsible for managing coaches and the overall coaching requirements for all competition-based athletes. It includes sourcing appropriate coaches, attracting and retaining athletes through the professionalism of our coaches and coaching program, building a rapport with all athletes, focusing on future goals for any athletes and streamlining coaching timetables to ensure the availability of programs and venues.

Competition Coordinator (Melissa Bell)
Reporting to the Club Committee, this role represents all Masters, Senior, Youth and Junior competitors in all forms of competition associated with lifesaving.

Responsibilities include:

- Communicating with members about LSV competitions, including entry, costs, details, equipment, venues, times, etc.
- Registration of Carnival entries of competitors, and in conjunction with the Coaching Coordinator, selecting persons for team events
- Organising Age Managers, Carnival Team Manager, Officials, pack up/setup, Boat and Crew, tent and board/equipment and any other relevant duties to fulfil LSV requirements
- Arranging for all competitors to have the correct applicable awards for competing and are financial: swim assessments, junior surf awards, patrol awards, patrol hours, life membership

LSV Liaison Officers
These roles are responsible for communication between LSV and our club.

- Membership & Leadership Development (M&LD) – **TBC**
- Aquatic Sports Council – **TBC**
- Life Saving Operations Council Meeting – **TBC**

PATHWAYS BEYOND NIPPERS

Youth Involvement Program (Ages 14 - 18)

The Youth Involvement Program (YIPS) is under development at Chelsea Longbeach Surf Life Saving Club. The rewards-based program encourages participants to increase their involvement in a broad spectrum of club activities while increasing member interaction.

Participants in the program are provided with a YIPs booklet to record their activities, such as completing patrols, training (both education and surf sports), attending coaching programs, completing a leadership course, providing community support, running a program, and involvement in club activities.

APPENDIX A - JUNIOR SURF EDUCATION AWARDS

Below is a summary of each of the surf education awards:

Surf Play – Level One (U6) and Level Two (U7)
Surf Play focuses on play, participation, and fun. Sessions will focus on activities and games, with some simple beach safety and awareness lessons such as guidelines, the importance of having an adult with them at the beach, what a lifesaver is and what they do, wading, beach sprinting, and beach flags.

Surf Aware Level 1 (U8)
Surf Aware 1 is all about understanding, identifying and demonstrating sun-smart guidelines and dangers related to themselves and what it means to feel safe. Nippers learn to recognise when they or someone else is in an emergency and how to get help. Ecosurf discusses the beach environment and the communities surf lifesavers operate. Surf sports skills focus on: bodyboarding, wading, dolphin-diving, beach sprint starts, and beach flags starts.

Surf Aware Level 2 (U9)
Surf Aware 2 builds on Surf Aware 1. Personal Safety Networks are introduced so participants are comfortable asking for help. Ecosurf talks about the impact surf lifesavers can have on the beach. Safety of self-steps up on gear by introducing safety tips and the ability to identify hazardous surf conditions. As a U9, participants can begin to use a Nipper board, so basic board positioning and paddling are introduced. Other surf sports skills focus on: bodyboarding, sand running technique and diving for a beach flag.

Surf Safe Level One (U10)
The first of the Surf Safe Awards, Surf Safe 1, begins to get a little more specific in its lessons, introducing some new topics. Ecosurf focuses on water conservation and sun safety; the spotlight is on the consequences of skin damage. Participants learn about rips, recognising unsafe behaviours and relating these areas to preventative actions. Resuscitation is introduced with an opportunity to experience CPR on a manikin. Rescue techniques are presented for the first time as participants learn to use the body boards to assist distressed swimmers and experience rescue tubes. Surf sports skills focus on entering and negotiating the surf on a board and beach relay baton changes.

Surf Safe Level 2 (U11)
Surf Safe 2 takes a significant step up in the level of content as U11s can learn more technical aspects of lifesaving and be more physical in surf sports skills. Participants are encouraged to persist when needing help, and Ecosurf gets into energy conservation. There is a strong focus on recognising ‘at-risk' people and recognising and managing patients suffering from a range of basic first aid cases. As a 10-year-old, participants can learn how to perform CPR, and there is an opportunity to work towards a Resuscitation Certificate. There is also a substantial section on interpersonal communication and beach signage. Surf Sports Skills focus on: board dismounts, catching waves on a board, board relay, surf swimming techniques, crouching beach sprints, starts and ironman/iron woman and Cameron relay transitions.

Surf Smart Level 1 (U12)
Surf Smart 1 continues to be similar to Surf Safe 2. Participants begin to learn about their rights and responsibilities as members of SLSA. The Ecosurf lesson looks at how hot weather impacts the beach environment. Personal health, wellbeing, and sun safety focus on skin cancer and staying fit and healthy. The role of patrols is first introduced to this award, as is managing rips and using them to assist rescues. As an 11-year-old, participants can work towards a Basic Emergency Care Certificate (and the Resuscitation Certificate).

This certificate comprises lessons in the human body, basic first aid, and resuscitation. Some more signals have been introduced that complement the first set previously learned. Board skills come into play as participants learn how to conduct a board rescue. The focus of surf sports skills is to complete all the skills in each skill set, including rolling under waves on a board, diving under large waves, beach sprint, arm and leg drive, and beach flag race strategies.

Surf Smart Level 2 (U13)
The last junior development award, Surf Smart 2, looks to wrap up the skills and knowledge learnt in all previous awards. Participants learn about what the SLSA Member Safety and Wellbeing Policy are. In Ecosurf, they tackle Global Warming and Climate Change issues and how they will impact surf lifesaving. Surf safety is wrapped up in the 10 Surf Safety Tips. Communication focuses on the importance of communicating with beach users, patrols identify other professional emergency services, and participants will experience performing a tube rescue. Participants can work towards a Basic Emergency Care Certificate (as well as the Resuscitation Certificate).

This certificate comprises lessons in the human body and basic first aid and resuscitation. The focus of surf sports skills is on bringing all the skills learnt in the previous awards together to participate in an event for each of the disciplines: board race, board rescue, surf race, run-swim-run, beach sprint, beach relay, beach flags, ironman/ ironwoman, and Cameron relay.

Surf Rescue Certificate (U14)
When participants progress from the junior development awards and/or reach the age of 13, they can study for and gain their Surf Rescue Certificate. The Surf Rescue Certificate (SRC) is the introductory award for patrolling club members. It is usually obtained as a U14 member and requires assessment, which includes a written or oral examination, performance of basic skills, and simulation of rescue scenarios.

It extends their knowledge and skills to date, qualifying them to participate in surf lifesaving patrols. Participants will usually continue to be involved in the program this year, increasing their surf sports skills while enjoying the camaraderie and friendships they have developed throughout Nippers. In addition, it provides them with the pathway to move into the senior ranks in the current and/or following season.

APPENDIX B – NIPPERS EVENTS

Below is a summary of each of the surf education awards:

Beach Flags (U8 – U14) – Competitors lie down in the sand, facing away from the flags. They reach their feet at the signal, turn, and sprint to a flag (a piece of hose) placed in the sand. There are always fewer flags than competitors. Anyone who fails to gain a flag is eliminated until only two Nippers are left. The competitor who wins the last flag wins.

Beach Sprint (U8 – U14) – The course is usually set over 70m. Starting when the whistle is sounded, the competitor sprints across the soft sand through the finish line. The first competitor's chest across the finish line is deemed the winner. U8 – U14

Beach Relay (U6 – U14) – Consists of a team of four competitors and a baton (rubber hose). Members 1 and 3 are stationed at one end of the course, whilst members 2 and 4 are at the other. The object is to complete the race without dropping the baton and exchanging within the set boundaries. The first across the line wins.

Board Race (U9 – U14) – This race uses a board to negotiate the break, follow a set course of buoys and return to shore surfing the waves back to the beach. Board requirements for the U9-10s are on 2m long foam boards; U11-13s are 2m long fibreglass boards, and U14s use a Malibu fibreglass board, 3.2m in length U9 – U14

Board Rescue (U12 – U14) – Consisting of 2 Nippers, a swimmer and a board paddler. The swimmer enters the water, swims to their coloured buoy and signals to the board paddler, who paddles out around the buoy, picks up the swimmer, and both competitors paddle to the beach, carrying the board over the line. U12 – U14

Board Relay (U9 – U14) – A board relay team consists of three competitors with their board. The first team member paddles out around the buoys, then heads back towards the shore and tags with the second team member, who does the same. The final team member must complete the same course and then run through the finish line. The winner will be the first team to pass all the buoys successfully and cross the finish line.

Surf Race (U9 – U14) – Involves swimming around a course of buoys placed out in the ocean. Getting through the shorebreak can be tough, and the return to the beach, negotiating the waves, but you must be tough to be a lifesaver. The distances for the U9- U10 are approx. 200m and 300m for the U11-U14.

Surf Teams (U9 – U14) – Consisting of four members, all competitors swim in the same race, around the buoys and back to the beach. Each placing is given a certain number of points, e.g. First = 1 point, tenth = 10 points. The team with the least amount of points win, or in the case of a draw, the team that crossed the line first wins.

Ironman/Ironwoman (U11 – U14) – in the Nipper age groups, the ironman/ironwoman race involves three legs, including the board and the swim sections, with a run in between each of these. It is a tough event that requires endurance, strength and many skills.

Aqua Cameron Relay (U11 – U14) – Involves four members, a wader, a swimmer, a board paddler and a runner. The wader completes a wade course and tags the runner near the shore, which runs along the beach and tags the swimmer, who completes a swim race, then runs back to a position ready for the board paddler to tag, who completes a board race before tagging the runner, who sprints towards the finish line.

Wade Race (U8 – U10) – athletes have to wade, dive or swim their way through waist-depth water around the three Water Safety Markers from left to right, then make their way back up the beach through the finish line.

Wade Relay (U8 – U10) – this relay race consists of 4 competitors. The first member runs and wades around the water safety markers, back to the beach, where they tag the second member, who does the same. Next, they tag the third, fourth, and final member who runs through the finish line.

R & R (U11 – U14) – 2 and 5-person R & & teams compete in a precise drill that simulates rescue and resuscitation. Points are given for incorrect procedures. The team with the least amount of points wins.