

WOODSIDE NIPPERS

AT SECRET HARBOUR SLSC

WELCOME TO THE 2022/23 SEASON!



Pool Proficiencies

All Nippers from under 6 upwards must complete a swimming proficiency at the start of every season. This is a Surf Life Saving requirement as we do not teach Nippers to swim. There are 3 opportunities (listed below) to complete your child's swimming proficiency at State Swim in Secret Harbour.

- Sunday 11th September 2022, 12 -1pm
- Sunday 16th October 2022, 12 -1pm
- Sunday 30th October 2022, 12 -1pm

To compete in Surf Sports Carnivals, every competitor must complete a Comp Proficiency swim at the start of season. Contact your Surfsports Coach/Age Manager to arrange a time with them to complete this compulsory open water swim.

Sunday Mornings at Woodside Nippers

Nippers & their families meet Sunday mornings on the beach side of the Secret Harbour Surf Life Saving Club starting **30th October 2022**.

What to bring:

- Woodside Nippers uniform bag including high-vis vest and coloured skull cap (based on age group). The Woodside Nippers high-vis vest may be worn over bathers and/or rashie. **This will be provided to all Woodside Nippers on the first morning.**
- Towel
- Sunscreen
- Full water bottle
- Goggles (if you need them)
- Any medications/food if needed
- Warm clothes if weather is cooler



Merchandise Purchases

We encourage our club members to utilize our weekday office hours: Mon-Wed 9am-2pm, Thurs 9am-4pm & Fri 9am-7pm.

Our office will be open 8am-10am for enquiries & merchandise purchases from the first Sunday of Nippers for 5 weeks only until 27/11/22.

Club Communications

Team App (Secret Harbour SLSC): is used to share club news, documents, and key dates for the season. Follow the instructions from posters around the club.

The club newsletter is also sent to the email address we have on file.

Social Media: Follow the clubs FB page (@SHSLSC) and Insta (secretharbour_slsc) for club news, images, videos, and stories. The SHSLSC Members FB Group is a great community and a good place to share the days events and photos with your fellow club members.

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Sunday Morning Routine

- 7:30am** Check the roster for set up and pack down, if it's your age group's turn, meet at the west side of the club to help pack equipment up to take down to the beach.
- 8:30am** Head to the west side of the club building and find your age group flag. Sign your Nipper(s) in using the sign-in/out sheets in the age group folders, these are located on the tables near your age group flag.
- SIGN IN = WOODSIDE NIPPER CAP ON**
- 8:50am** Announcements for Woodside Nippers presented by Junior Club Captains.
- 9:00am** Meet Age Group Managers at your Nippers flag, sit on the grass, and wait for the roll call so the total number of Nippers in your group can be recorded. Your Age Manager will then lead all Nippers along with parent/guardians to the beach to conduct surf skills training and games
- 10:30-** Age Manager confirms the finish time depending on weather conditions.
- 11am** Parents sign Nippers out in sign in/sign out folder.

SIGN OUT = WOODSIDE NIPPER CAP OFF



ALL NIPPER PARENTS MUST SIGN THEIR CHILD OUT



Arriving Late to Woodside Nippers

This is a mandatory safety procedure for Woodside Nippers: If you arrive late, you must first see your Age Manager to tell them you are joining the session. Then, you must sign in so they can adjust the number of Nippers they are responsible for on the beach.

Parental Involvement & Supervision

All Woodside Nippers need to have a parent/guardian on the beach within sight of them. It is not acceptable to drop Nippers and go elsewhere. Under 6 and 7 age groups must have a parent actively participating with their child during all activities.

Water Safety

Water safety is our **number one priority**. Trained parents, guardians, and participating cadets wear **ORANGE** rashies to be easily identified in the surf. We need 1 water safety trained person to every 5 children. Every season we offer our parents and guardians the opportunity to become officially qualified with the Nipper Rescue Certificate (NRC) which is free for members.

EVERYONE ON THE BEACH IS A VOLUNTEER

HAVE A CHAT WITH OUR FRIENDLY MEMBERS AND OFFICE TEAM

ABOUT HOW YOU CAN HELP TOO!

ACT - BELONG - COMMIT



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Setup and Packup Roster

Help needed - many hands make light work

As a club we manage our program with the support of all Nipper parents and guardians chipping in their time to make sure the beach is ready for Sunday activities.

DATES

30th October
8th January & **19th** March
6th November, **15th** January & **26th** March
13th November & **22nd** January
20th November & **5th** February
27th November & **12th** February
4th December & **19th** February (*Club Carnival*)
11th December & **26th** February
18th December (*Christmas Party*) & **12th** March

AGE GROUP

Board of Management
 Under 13
 Under 12
 Under 11
 Under 10
 Under 9
 Under 8
 Under 7
 Under 6

Every age group is on rostered during the season to help with set up, pack down, and BBQ. Parents and Woodside Nippers will need to arrive at **7:30am** to help set up the sign-in area and beach arenas for the morning activities. At the end of the session, this age group is responsible for packing up the Woodside Nipper trailer with all of the equipment, ensure all boards are off the beach, and hose the sand off all equipment before we store it in the gear shed. This is a fun way to work together and get to know the other Woodside Nipper families. There will always be an experienced club member to guide you. All Woodside Nippers are encouraged to help too!



We need parents to help set up beach arena's and prepare, cook/sell our BBQ each week.

Please meet in the boat shed area and find the BBQ coordinators.

Key Dates to Remember

- SLSWA Age Managers Development Meeting 12/10/22 - 6:30 to 9pm - SurfClub 1st Floor
- Adult NRC Course Date - 12/11/22 - 8-11am - Surf Club - Wet training Area
- Woodside Nippers Christmas Party: Sunday 18/12/22
- Woodside Nippers Return: Sunday 8/01/23
- Public Holiday (**NO Nippers**): Sunday 29/01/23 - **Bunbury Carnival**
- Woodside Nippers In-House Carnival: Sunday 19/2/23 - Contact - Kathryn Ashworth
- Woodside Nippers Last Day on Beach - Wind up - 26/03/23
- Public Holiday (**NO Nippers**): Sunday 5th March 2023
- Woodside Nippers Windup: Sunday 26th March 2023



SEE YOU ON THE BEACH!



NIPPER RESCUE CERTIFICATE (NRC) AT SECRET HARBOUR SLSC



Become qualified to provide Water Safety at Nippers

The **Nipper Rescue Certificate (NRC)** is a water safety and rescue award, enabling members to provide water safety for Woodside Nipper activities.

It is designed to enable parents/guardians to formally assist in improving the delivery of Nipper water based activities and create potential pathways to lifesaving operations such as beach patrols or carnival water safety.

Proficiency requirements for the NRC include being able to complete a 200m ocean swim in under 6 minutes, perform an aquatic rescue with a rescue tube and contact tow and demonstrate signals. We will show you how to do the rescues and signals as part of your NRC training.

Requalifications: To maintain currency, members who hold a NRC will need to undergo an annual proficiency test at the club.

Date: Saturday 12th November 2022

Time: 8:30am - 11:30am (Approximately 3 hour duration)

Location: Secret Harbour Surf Life Saving Club

The NRC course is free for Secret Harbour SLSC members. To register, please contact the club office on 9524 7092 or members@secretharbourslsc.com.

