



HANDBOOK 2024-2025

Nippers : Parents : Carers

Welcome to Nippers at
Taree Old Bar Surf Life Saving Club

Cnr Ungala & Old Bar Rd
Old Bar NSW 2430

www.facebook.com/tareeoldbarnippers

www.tareeoldbarsurfclub.com.au

join@tareeoldbarsurfclub.com.au



WHAT IS NIPPERS?

Nippers is the Junior Activities of Surf Life Saving.

At Taree Old Bar Surf Life Saving Club we aim to;

- Teach and develop basic surf safety skills
- Provide competition for children at various levels, i.e. Club, Branch, State
- Have fun and encourage junior members and their families to become active members of the club

To learn more about Nippers and Surf Life Saving - [CLICK HERE](#)

PLEASE BE ADVISED : NIPPERS IS NOT A LEARN TO SWIM PROGRAM!

It is not the aim of the Club to teach children to swim and all children from participating in Nippers must complete the SLS mandatory preliminary evaluation (pool proficiency) before participating in any water based activities.

Swimming lessons are recommended for those children who do not meet this proficiency.



NIPPER SESSIONS

- Nippers begins at 9:30am every Sunday
- Activities begin with a weekly briefing to all parents and Nippers
- Nippers are asked to assemble in their age groups on the club house lawn by 9:15 am
- As part of our safety requirements, all Nippers will be required to have their attendance documented
- We will also note the attendance of the accompanying parent
- Nippers will, dependent on the conditions, participate in a range of activities such as Flags, Sprints, Board Paddle, Wades and Ocean Swims
- They will also gain education regarding surf hazards and dangers, surf awareness and First Aid activities as part of the requirements of SLSA
- All of this is provided by a team of Volunteers; Age Managers, Water Safety, Patrol and BBQ / Admin
- One parent/guardian must remain on the beach with their child at all times (not negotiable)
- Children **CANNOT** be left unsupervised
- If a child is left unsupervised, your membership could be cancelled
- Nippers must remove their age group coloured cap at the completion of activities. This is to signify that the nipper is no longer under the care of the club (Age Manager & Water Safety).
- At the completion of Nippers, a BBQ will be held with all proceeds going back into the club. Please advise if you are able to contribute to the running of the BBQ - Many hands make light work.

REGISTRATION NOW OPEN

- Registrations are **NOW OPEN** for the season 2024-2025 at Taree Old Bar Surf Life Saving Club (TOBSLSC)
- Please check the [Facebook](#) and Email communications for registration open and closing dates. No new registrations will be accepted after the closing date. Registrations will only be accepted with the required payment at the time of online registration.
- All registrations are to be completed online. If you are unable to sign up online, require assistance, or unable to pay at the time of registration due to circumstances out of your control - please contact the club to discuss at join@tareeoldbarsurfclub.com.au
- Registration for Nippers this season is \$25. This is a one-off fee and no weekly fees are payable
- As well as the child registering, one parent per family must also register as a club member. This is a Surf lifesaving Australia requirement and allows insurance coverage.
- The parent's membership will be a Community/Junior Activities Parent membership for \$25
- Please note that if a parent is already an active season club member, you do not have to sign up again



REGISTRATION STEPS

-NEW NIPPERS-

NEW PARENTS & NIPPERS - [CLICK HERE](#)

- I would like to join: Surf Life Saving Club
- The club I want to join is: Taree Old Bar SLSC
- I want to join: My family (for Nippers), allows children to be added under the parent/guardian
- If you have shared surnames, if may help to create your family name as “Smith-Johnson” for example.

As the parent/guardian, please set yourself up joining as a family. You will then be asked to add a child/member to your family; you can also add another parent/guardian too.

Please enter all details and make your payment for you (registered parent) and child/ren using the Surf Life Saving payment gateway that is connected to the online registration.

Bank transfers are not accepted unless agree to prior with the club.

FINAL STEP

It is helpful to our club Registrar to email join@tareeoldbarsurfclub.com.au when you have registered. Please include your name as the member parent and the children you have registered this season. Please also share your Childs shirt size.

REGISTRATION STEPS

-RETURNING NIPPERS-

RETURNING PARENTS & NIPPERS - [CLICK HERE](#)

- Following the prompts in your Surf Life Saving members portal to renew the member parent and nippers under the Family group
- Please check that your contact and emergency details are accurate and update in they are not - we will communicate with you via this
- Please update the shirt size for your child if you are able

Please make your payment via the online payment gateway connected to the SLS member portal.

Bank transfers are not accepted unless agree to prior with the club.

FINAL STEP

It is helpful to our club Registrar to email join@tareeoldbarsurfclub.com.au when you have registered. Please include your name as the member parent and the child/ren you have registered this season.

REGISTRATION & GEAR

Nippers are to wear a coloured skull cap and Hi-Vis Pink Rash Shirt whilst participating in Sunday Nippers. A club cap is only required for competition / branch events outside of the club.

Returning Nippers

You are encouraged to use your Cap and Hi-Vis Rash Shirt from last season. There is no need to purchase new ones if they still fit and are in good condition.

New Nippers

Once you've registered and pay, please confirm by email to join@tareeoldbarsurfclub.com.au the following:

- Registration (Family Name)
- Rash singlet & shirt size your child will require

The combined cost of the Age Group Coloured Cap and Rash is \$30 and can be paid for and collected at the gear collection times listed on the Nipper Calendar. Payment can be paid for by cash or card at time of collection

For new Nippers a **birth certificate** will be required to be sighted by our team to confirm the Childs DOB. This is a requirement of Surf Life Saving. Please DO NOT email a copy - we can sight this during Pool proficiency or gear collection days.

Active Kids Vouchers









This season the club will not be accepting Active Kids Vouchers. We envisage this may change next season.

AGE GROUP CAP COLOUR

This season, 2024/2025 sees the introduction of coloured age group caps now required by Surf Life Saving.

Taree Old Bar Club Caps are only to be worn at Carnivals and other Surf Sports Events attended by Nippers.

Caps will be \$10 each payable by cash or card

AGE GROUP	COLOUR	PICTURE
UNDER 6	PURPLE	
UNDER 7	DARK BLUE	
UNDER 8	LIGHT BLUE	
UNDER 9	GREEN	
UNDER 10	YELLOW	
UNDER 11	MAROON	
UNDER 12	PINK	
UNDER 13	RED	

SLS NSW REQUIREMENTS

-VOLUNTEERING-

We are required to provide two Age Managers for every 20 children in Nippers. To be an age manager you need to complete an online course and practical assessment. Please let us know if you are willing to gain this qualification and be actively involved in your Childs Nipper experience and education.

Before each Sunday Nipper activity session a water safety risk assessment is conducted. For all water activities, age group managers will ensure that a minimum ratio of 1 qualified lifesaver to 5 children is in the water during activities. This is in addition to regular patrols.

At times, due to team members if there is a shortage some water activities will not run. If you wish to volunteer and be actively involved in your Childs Nipper experience (in the water), the club runs Bronze and SRC training allowing you to actively participate in the water for Nipper sessions. Get in touch with us now for more information.



SURF SPORTS COMPETITIONS

We encourage all TOBSLSC members (Masters & Juniors) to attend and participate in local branch and broader competitions such as carnivals, fast 5s and club training days - many of which are at alternate beaches.

Competition events are known as Surf Sports events in Surf Live Saving. When carnivals arise - help is needed. Each carnival entry requires a specific amount of water safety and officials from our club for our members to take part. We are also required to provide our own equipment. A club cap, not the Sunday session coloured cap, is required to be worn at competition / branch events outside of the club.

Again this is another great opportunity for you to actively be involved in your local community and Childs experience at Nippers. Please keep this in mind and consider completing an official's course by contacting the clubs Director of Surf Sports at email surfsports@tareeoldbarsurfclub.com.au

Surf Sport Event Requirements

For a Nipper to compete in Surf Sport events there are minimum requirements. From ages U8/9 and up with both pool and ocean swim proficiency to be completed.

This season Branch Carnival is being hosted by Forster on Saturday 7 December 2024. We will be encouraging as many Nippers as possible to participate and enjoy this event.

CANCELLED SESSIONS

The weather conditions and beach conditions plays a BIG part in Sunday Nipper sessions, especially at Old Bar Beach.

If the club decides to cancel a scheduled Nippers session due to a range of factors and risk assessment, it will be communicated to all members via the Nipper Facebook Page and via SMS to the associated parent of the child who attends Nippers. This may happen the day before or the morning of, so please be prepared.

For this reason we ask all members to ensure they provide correct contact details when registering for the new season - to ensure you are kept up to date.

Nipper Facebook Page - Please join and follow

Please ensure you join the Taree Old Bar Nippers Facebook Page. This will communicate events, cancellations and share Sunday session photos. The URL to join and follow is below

<https://www.facebook.com/tareeoldbarnippers>



AGE GROUP ALLOCATIONS

Listed below are the age groups for the 2024-2025 Nipper season.

Age groups are determined as at midnight on 30 September 2024.

Age Group	Age as of 30 Sept* 2024	Award	Birthdate Between Dates
Under 6	5	Surf Play One	1/10/2018 – 30/09/2019
Under 7	6	Surf Play Two	1/10/2017 – 30/09/2018
Under 8	7	Surf Aware One	1/10/2016 – 30/09/2017
Under 9	8	Surf Aware Two	1/10/2015 – 30/09/2016
Under 10	9	Surf Safe One	1/10/2014 – 30/09/2015
Under 11	10	Surf Safe Two	1/10/2013 – 30/09/2014
Under 12	11	Surf Smart One	1/10/2012 – 30/09/2013
Under 13	12	Surf Smart Two	1/10/2011 – 30/09/2012
Under 14	13	Surf Rescue Certificate (SRC)	1/10/2010 – 30/09/2011

*unless ageing up or down applies in individual cases.

AGE GROUP ALLOCATIONS

A child may join as soon as they turn five years of age. Under existing insurance arrangements, no club is to accept membership of a child until they reach five years. Should clubs have a demand to run programs for children under five years of age, they must organise their own insurance to run the program.

A child who reaches five years old after 30th September may join nippers for the rest of the season; however, this child must remain in the U6 nippers age group again the following season.

Proof of Date of Birth - New Members

Proof of age must be sighted for all new children joining a club.

This can be completed at the Pool Proficiency or Gear Collection dates. **NEVER** send this information via email - because we'll never ask you too!

PRELIMINARY EVALUATION

-POOL PROFICIENCY-

Many activities that will be completed by children as part of Junior Activities will be conducted in the water. Nippers is NOT a learn to swim program and your child should be a proficient swimmer for their age.

To ensure all children have a suitable swimming ability to allow them to participate in Nipper activities, SLSA has developed a Junior Preliminary Evaluation for each age group. Every junior member is required to participate in this evaluation prior to any water-based activities being undertaken.

The Junior Activities Preliminary Evaluation, or commonly referred to as Pool Proficiency for Taree Old Bar Surf Life Saving Club will be conducted as per below:

Pool Proficiency Details

- **Date:** Sunday 20 October 2024
- **Location:** Taree Aquatic Centre
- **Cost:** \$6.50 per nipper child and \$1 for adult spectator
- **Duration:** 10am to 12pm - however you and your child may be completed well before 12pm.

PRELIMINARY EVALUATION

-POOL PROFICIENCY-

Please be aware that this evaluation is not a test or assessment, which if not completed competently precludes the child from becoming a member or continuing with junior surf education or training activities.

It is simply so that the Junior Activities team can be aware of those Nippers that may need extra support to ensure their safety in the ocean.

Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water-based activities at the discretion of the club.

Participating “UP” an Age Group

A child may participate one age group above their SLS allocation. It is not uncommon for a child to be in U7, however their peers are in U8 (school years), due to the 30 September SLS birth line.

Participating “UP” an age group is an option that you need to discuss with the Junior Activities Coordinator **BEFORE** the Pool Proficiency date to ensure your child is evaluated at the age group they are planning to participate in.

A child participating “UP” is at the complete discretion of the Junior Activities and Water Safety team.

PRELIMINARY EVALUATION

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	Under 7	Under 8
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	Push and glide from wall (distance 1-2 metres) & recover to stand.	Push and glide from wall, kick (distance 2-3 metres) & recover to stand.	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).

Stage Two: Under 9, Under 10, Under 11			
Applied aquatic skills			
Recommended depth of safe aquatic environment – 1.5 metres			
	Under 9	Under 10	Under 11
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 minutes.
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	Under 13	Under 14
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 through water 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.

NIPPER CALENDAR

-2024/2025-

Day	TideForecast	Date	Activity	Where	Day
Sunday	*	1st Oct	Nippers Registration Open	www.tareeoldbarsurfclub.com.au/nippers	Sunday
Wednesday	*	16 Oct	Nippers Registration Close	www.tareeoldbarsurfclub.com.au/nippers	Wednesday
Sunday	High	20-Oct	Pool Proficiency	Manning Aquatic Centre - Taree Pool	Sunday
Sunday	Low	27-Oct	Regular Nippers Activities	Old Bar Beach	Sunday
Sunday	High	3-Nov	Regular Nippers Activities	Old Bar Beach	Sunday
Sunday	Low	10-Nov	Regular Nippers Activities	Old Bar Beach	Sunday
Saturday	-	16-Nov	Champion Lifesaver, 8yrs+	Old Bar Beach	Saturday
Sunday	High	17-Nov	Regular Nippers Activities	Old Bar Beach	Sunday
Sunday	Low	24-Nov	Regular Nippers Activities	Old Bar Beach	Sunday
Sunday	High	1-Dec	Regular Nippers Activities	Old Bar Beach	Sunday
Saturday	Low	7-Dec	LNC Branch Carnival	Forster	Saturday
Sunday	Low	8-Dec	Nippers Christmas Celebration & Activities	Old Bar Beach TENT booking Santa Craig	9:30-11:00am
School Holidays - Monday 23 December 2024, return Thursday 30 January 2025					
	-	24-26 Jan	Country Championships (Optional)	Warilla Barrack Point	3-days
Sunday	Low	2-Feb	Regular Nippers Activities	Old Bar Beach	9:30-11:00am
Saturday	-	8-Feb	Fast 5s (Optional)	Black Head	tbc
Sunday	High	9-Feb	Regular Nippers Activities	Old Bar Beach	9:30-11:00am
Sunday	Low	16-Feb	Regular Nippers Activities	Old Bar Beach	9:30-11:00am
Sunday	High	23-Feb	Regular Nippers Activities	Old Bar Beach	9:30-11:00am
Sunday	High	2-Mar	Last Week of Nippers Activities	Old Bar Beach	9:30-11:00am
Presentation Date tbc - April/May 2025					
					Version: 17/08/24
Holidays					
*Spring Holidays - Monday 30 September to Friday 11 October 2024					
*Summer Holidays - Monday 23 December to Thursday 30 January 2025					
*Easter : Friday 18th April to Monday 21 April 2025					
*Autumn Holidays - Saturday 13 April 2024 Return Monday 29 April 2024					

CLUB CONTACTS

For all enquiries in relation to Nippers or to assist as a volunteer with Nippers at Taree Old Bar Surf Life Saving Club - please contact the Junior Activities Coordinator by email join@tareeoldbarsurfclub.com.au

If you'd like to contact any members of the Club Executive Team please visit our website or [CLICK HERE](#) to view their contact details

We're looking forward to another fun season of Nippers this year at Taree Old Bar Surf Life Saving Club.

CLUB PRESIDENT	VICE PRESIDENT	DIRECTOR OF LIFE SAVING
Michael Cameron	Joe Dunn	Andy Snelgar
DIRECTOR OF MEMBER SERVICES	DIRECTOR OF SURF SPORTS	DIRECTOR OF EDUCATION
Kasey Brown	Jay Clarke	Graham Moses
DIRECTOR OF ADMIN		DIRECTOR OF FINANCE
Amy Dyer		Nev Finch

SEE YOU AT NIPPERS

