



North Bondi Nippers Information Pack 2023/24

Nippers is a program run by the Club and runs from 15 October 2023 until 17 March 2024. Nippers is about fun, friendship and surf safety, whilst instilling courage, resilience, teamwork, and community-mindedness!

At North Bondi, children 5-14 years-old learn about the many aspects of surf lifesaving by participating in age group activities both in and out of the water. Along with fun physical skills such as swimming, board paddling, shallow wading, beach running, and flags; Nippers also develop a solid understanding of Surf Life Saving – from the foundations of the ocean and surf environments, through to CPR, basic first aid, and responding to a rescue.

Nippers is not a learn to swim program. We strongly encourage all nippers to participate in an external professional swimming program. Your child will be safer in the ocean and progress more quickly if they are a confident swimmer.

Proficiency requirements

To take part in nippers, children in U8s to U14s must complete an annual proficiency as detailed on our website. All proficiencies must be continuous and unassisted. A pool proficiency certificate must be filled out by a swim coach or club authorised person and provided to the club prior to commencing nippers.

<https://northbondisurfclub.com/nippers-registration/>

Wetsuits can be worn for the ocean proficiency. Please refer to the link above for the ocean swim requirements.

Typical Sunday Morning

Nippers Calendar: 2023/24 calendar can be found on the website (subject to change):

<https://10f892.p3cdn1.secureserver.net/wp-content/uploads/2023/09/2023-24-Nipper-Calendar.pdf>

Scheduled Start Times:

Session 1: 7:45am to 9:00am – U6 Boys, U6 Girls, U9 Girls, U10 Girls, U10 Boys, U11 Boys, U11 Girls, U12 Boys

Session 2: 9:00am to 10:15am – U7 Boys, U7 Girls, U8 Boys, U8 Girls, U9 Boys, U12 Girls, U13 Boys, U13 Girls.

ALL Nippers need to be marked off by their age manager before and after their session time, so please arrive early so Nippers can start on time. It is crucial all nippers are signed out before leaving nippers. If a child is not marked off at the end of their session, we firstly contact the lifesavers to assist with a missing child, followed by a call to the Bondi police.

It is compulsory that every Nipper wears their North Bondi Cap during Sunday Nippers. It is also compulsory that every Nipper wear the North Bondi issued High Vis pink rash vest. This is a safety requirement so that all Nippers are easily observable on the beach and in the water.



No Cap and No Pink Rashie = No Activities. No Exceptions.

The Club has an SMS system that is used to update parents if weather conditions make Nippers unsafe resulting in cancellation. Mobile numbers are sourced from the registration forms.

2023/24 North Bondi Merchandise Stalls

North Bondi Surf Club will provide all Nippers with a pink rashie during the first nippers session. A cap must be purchased for \$15 from one of the merchandise stalls.

Sunday 8th October 2023 - 12.00-2.00pm. For new nippers

Sunday 15th October 2023 - First Day of Nippers

Sunday 12th November 2023 - During Nippers

Sunday 17th December 2023 - XMAS STALL during nippers

Sunday 11th Feb 224 - During North Bondi Ocean Swim, no nippers on this day.

Who can join Nippers?

Children can join Nippers once they have turned five years old. Nipper's age group will depend on their date of birth. The 2023–24 age group range:

Age Group	Birth Date	Nippers Cap Colour
Under 6	Born between 1/10/2017 to 30/09/2018	Yellow – U6's Girls Green – U6's Boys
Under 7	Born between 1/10/2016 to 30/09/2017	Red – U7's Girls Blue – U7's Boys
Under 8	Born between 1/10/2015 to 30/09/2016	Red, Brown & White Club Cap
Under 9	Born between 1/10/2014 to 30/09/2015	Red, Brown & White Club Cap
Under 10	Born between 1/10/2013 to 30/09/2014	Red, Brown & White Club Cap
Under 11	Born between 1/10/2012 to 30/09/2013	Red, Brown & White Club Cap
Under 12	Born between 1/10/2011 to 30/09/2012	Red, Brown & White Club Cap
Under 13	Born between 1/10/2010 to 30/09/2011	Red, Brown & White Club Cap
Under 14	Born between 1/10/2009 to 30/09/2010	Red, Brown & White Club Cap

Nippers must be in correct Age Groups and must turn 5 before the start of the season (October). Unfortunately there are no exceptions. Proof of age/birth certificate must be submitted for all new children joining North Bondi Nippers.



An overview of the program for each age group is below:

UNDER 6 & UNDER 7 (SURF PLAY 1 & 2)

Activities and games are the focus of sessions, including tunnel races and obstacle courses. Nippers take part in a number of simple beach safety and awareness lessons available such as: basic safety practices during activities, what makes up a beach environment, sunsmart 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.

UNDER 8 (SURF AWARE 1)

Focus on understanding, identifying and demonstrating sunsmart guidelines and dangers that relate to themselves, as well as what it means to feel safe. Nippers learn to recognise whether they are, or someone else is in an emergency situation and how to get help. Ecosurf discusses the beach environment and communities surf lifesavers operate in. Surf sports skills focus on; bodyboarding, wading, dolphin-diving, beach sprint starts and beach flags starts.

UNDER 9 (SURF AWARE 2)

Builds on Surf Aware 1. Personal Safety Networks are introduced so nippers are comfortable asking for help; Ecosurf talks about the impact surf lifesavers can have on the beach. Safety of self steps up a gear by introducing safety tips and the ability to identify hazardous surf conditions. As an U9, participants can begin to use a nipper board, so basic board positioning and paddling is introduced. Other surf sports skills focus on; body surfing, sand running technique and diving for a beach flag.

UNDER 10 (SURF SAFE 1)

The first of the Surf Safe awards. Nippers identify adults at the surf clubs they can ask to help them, in Ecosurf they focus on water conservation and in 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 for the first time. Rescue techniques are also introduced for the first time as participants learn to use 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.

UNDER 11 (SURF SAFE 2)

Start to learn more technical aspects of lifesaving and are able to be more physical in surf sports skills. 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 strong section on communication both interpersonal and through beach signage. There is a significant percentage of surf sports skills which focus on; board dismounts, catching waves on a board, board relay, surf swimming techniques, crouching beach sprint starts and ironman/ironwoman and cameron relay transitions.

UNDER 12 (SURF SMART 1)

Participants begin to learn about their rights and responsibilities as a member of SLS, the Ecosurf lesson looks at how weather impacts on the beach environment. Personal health & wellbeing and sun safety is focused on skin cancer and staying fit and healthy respectively. The role of patrols is first introduced to this award as is the managing rips and using them to assist in rescues. Participants can work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate). This certificate comprises of lessons in the human body, complete basic first aid and resuscitation. Some more signals are introduced that compliment the first set previously learnt.

Previous 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 and includes; rolling under a wave on a board, diving under large waves, beach sprint arm and leg drive and beach flags race strategies.

UNDER 13 (SURF SMART 2)

The last of the junior development awards, Surf Smart 2 looks to wrap up the skills and knowledge learnt in all the previous awards. Participants learn about what the SLS Member Safety and Wellbeing Policy is, and in Ecosurf they tackle the issues of Global Warming and Climate Change and how they will impact on surf lifesaving. Surf Safety is wrapped up into the 10 Surf Safety Tips,

Communication focuses on the importance of communicating with beach users, Patrols identifies other professional emergency services and participants will experience performing a tube rescue. Participants can work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate). This certificate comprises of lessons in the human body, complete basic first aid and resuscitation. The focus of surf sports skills is on bringing all the skills learnt in 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.

UNDER 14 (SRC)

In U14s Nippers will partake in the Surf Rescue Certificate (SRC). As nippers you have already begun your training to becoming lifesavers and your SRC is the next step on that journey. The SRC teaches children how to become junior lifesavers and prepares them to Patrol the beach. SRC holders are an active and important part of North Bondi's patrolling members and perform rescues just like Bronze Medallion holders do but are limited to manual CPR and cannot carry certain loads. The SRC is an exciting six-week course.



Education and Competition:

To be eligible to compete at carnivals all Nippers must be pool and ocean proficient and attend a minimum of half the Sunday morning nipper activities and education modules. Post Christmas, if a nipper has not attended at least half the Sunday morning nippers, in addition to their proficiencies, they will not qualify to compete at Carnivals. This is a requirement from Surf Life Saving NSW.

Club Championships at North Bondi Nippers

U6s and U7s have no formal competition aspect to Nippers. They will be learning traditional surf life saving skills and participate in fun activities that further these skills. U6s and U7s still attend Nippers on Championship Days but participate in their regular activities and no results are recorded. They are not involved in carnivals. Every U6s and U7s Nipper will receive a medal for participation on the last day of the season.

CLUB CHAMPIONSHIP DAYS

Club championships are held for U8 – U14 Nippers only. North Bondi will hold two club championship days whereby all the results will be recorded towards the final awards. These are the only days where results will go towards the end-of-season trophies.

To be eligible for an award, all competitors must compete in both club champ events and have attended a minimum of half the Sunday morning nipper activities between the first and last nippers day. If a child was representing North Bondi at any carnival or participating in surf life saving training or activities held on a Sunday, this can also be counted towards their attendance.

Carnivals

The following carnivals are open to all our older group nippers. Participation recommendations are;

- Waverley Shield – U8 to U14s all encouraged to attend
- U9-U14 Branch Carnival – recommended for those that train or do well on our Sunday mornings.
- U9-U14 Manly Nipper Nationals – recommended for those that train or do well on our Sunday mornings.
- U9-U14 State Championships – recommended only for those who are competitive and attend regular training.

In addition to these, we also encourage competition nippers to participate in other carnivals throughout the season. If you commit to these carnivals it is expected you attend otherwise you will be expected to reimburse the entry fee to the club. These are all noted on the calendar and your Age Manager will advise you of these closer to the events.



Training

NIPPERS TRAINING

Learning to paddle on nipper boards will take place during Sunday nippers with your Age Managers throughout the season.

There are also various school holiday and term programs run by outside groups where children can learn to master their skills in the surf on a more structured basis.

Should your Nipper be interested in competition training but you are a bit uncertain, our best advice is to spend as much time as possible at the beach, invest in some surf lessons for your child or enrol in one of the "Let's Go Surfing" camps, North Bondi Nipper Camp or Mermaid Swim Academy.

Once the season commences, the competition squad coaches and team selectors will be assessing all age groups regularly. They will identify Nippers who have the potential to join the Competition Squad.

COMPETITION TRAINING – INVITATION ONLY

Competition training is for Nippers in Under 9s and older who are committed to competing for North Bondi at Nipper carnivals.

Competition training is available for both Beach and Water events.

The parents of all Nippers who receive competition training are required to assist during training or at carnivals.

The Awards for 2023/24 Season

- Age Champion for U8-U14s (1st, 2nd)
- Ironman / Ironwoman for U11-U14s only (1st, 2nd)
- Discretionary Awards
- Most Outstanding Male and Female U14 Nipper
- Most Outstanding Competitor

We will not be offering trophies for individual event awards this season, however we may recognise the winners of individual events. This includes Wade/Swim, Board, Beach Sprint and Flags events.

AGE CHAMPION

This is based on the cumulative total of all individual events and their results for each nipper across the two championship days. During Club Championships NO water safety officer or official shall interfere or assist competitors. The club championship referee shall be the sole person to determine either a re-run or disqualification of either an event or competitor.

DISCRETIONARY AWARDS

In addition to the Age Champion and Ironperson Awards there are several other discretionary awards. Nippers are nominated for these by their Age Managers and the nominations



reviewed by North Bondi Nippers' Selection Committee. These are traditionally awarded to those nippers who are not otherwise receiving an Age Championship Award.

MOST OUTSTANDING MALE AND FEMALE NIPPER AWARD

This is awarded by the Selection Committee (nominations from age managers and any others) and is traditionally awarded to 1 male and 1 female U14 nipper. The award is based on the following criteria:

- Attendance as a representative of North Bondi will be considered. This includes both attendance at North Bondi itself and also external carnivals representing North Bondi.
- Each nipper should aspire to be like the recipient of this award. They are required to be a good role model to all, display good sportsmanship at all times, be a team player and be representative of the values of NBSLSC.
- Performance at external Carnivals. This can include, Waverley Shield, Branch, State and other carnivals. Both as an individual participant and also the team events participated in.
- The point score system within North Bondi for the Championship Days will be taken into consideration.

MOST OUTSTANDING COMPETITOR

The Most Outstanding Competitor is awarded to the Nipper who has performed above all others at carnivals throughout the season. This Nipper will have exhibited perseverance and dedication in training, in addition to podium finishes at external Nipper carnivals, in particular, Sydney Branch and NSW State Championships.

Parent Volunteers

The nipper program at North Bondi is successful due to the large number of parents and club members who continue to assist us and devote time and energy into making our nippers future lifesavers. Nippers does not work without parent volunteers. There are many ways in which you can help and we encourage all parents to choose something that suits them.

The more you put into it, the more your children will get out of it. There are several ways you can assist:

- BBQ Volunteers. This is compulsory for all. Nipper age groups will be dedicated a Sunday morning to volunteer on the BBQ. Please sign up by clicking on the BBQ roster link: <https://signup.com/go/kmwftCB>
- Acting as an age or assistant manager/ or lending a hand to your age managers with activities.
- Assisting with setting up and packing up the beach – this is an expectation of all nipper parents.
- Completing your bronze medallion and volunteering for water safety.
- Completing an official's course.
- Assisting with merchandise sales.
- Assisting with social events.

If you are interested to become a volunteer, please email: nippers@northbondisurfclub.com



north bondi
SURF LIFE SAVING CLUB EST. 1906

Visit our website for more information: www.northbondisurfclub.com