



Welcome to 'Scarboro'

Surf Life Saving Club. We hope that this information booklet will answer your questions in regard to the Woodside Nippers program. Should you require more information, please contact our office on 93411011 or [adminofficer@scarboro.com.au](mailto:adminofficer@scarboro.com.au) and our office staff will direct your enquiry.

Founded in 1928, Scarboro SLSC is located on the Esplanade in Scarborough, within the City of Stirling. Scarborough Beach is located approximately 14kms from Perth CBD and is well served through high-frequency public transport making it easily accessible to the greater Perth metropolitan area.

At Scarboro SLSC our Club's purpose is to cultivate and develop an active and healthy community to generate better and more resilient people through surf lifesaving. We are affiliated with Surf Life Saving WA and Surf Life Saving Australia.

In 2028, we will mark our 100th anniversary and are excited about the seasons ahead as we approach that milestone now that we are settled into our new purpose-built facilities as part of the Scarborough Foreshore Redevelopment.

To assist with finding relevant information please use the following contents links:

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## New Member Registration

We are excited to have you join our club. Please visit [join.sls.com.au](http://join.sls.com.au) to complete your registration.

Please note the following:

- Nipper registrations **require a parent member to register** with the child/ren, plus and a copy of the child's birth certificate.
- The registration process is complete once payment has been received.

If uncertain of membership category, please call 9341 1011

## Renew Your Membership

**Existing** members of Scarborough SLSC can **Renew** their membership and pay online. If you have previously registered or renewed online your login details remain unchanged.

Go to [www.slsa.com.au](http://www.slsa.com.au) - **Members Area Login** and put in your **User ID** and **Password**, if you cannot remember, choose **Forgot User Name or Password**.

## Now I am registered what happens next?



Meet your Age Manager and pack collection at Scarborough Function Hall:

Age Group U8 to U13: Wednesday 11/10/2023, Time: 4:30pm to 6:30pm.

Age Group U6 to U7: Wednesday 13/12/2023, Time: 4:30pm to 6:30pm.

### What if I can't make this date?

Collection will be available at 0800 on the first two Sundays of nippers, 15th and 22nd of October 2023 for U8 to U13

and

January 7<sup>th</sup> and 14<sup>th</sup> 2024 for U6 and U7.

Please meet at the Nipper Lawn.

## Woodside Nipper Age Group Categories

Woodside Nippers are placed in an age group that is determined by the child's age as at 30 September each year. The education program for each age group works towards the Surf Life Saving Australia (SLSA), Age Group Certificate listed below. To easily identify our Woodside Nipper age groups, we have different cap colours.

Age @ 30/9/2023	Date of Birth	SLSA Age	Cap Colour	Age group Certificate
5 years	1 October 2017 to 30 September 2018	U6	Pink	Surf Play 1
6 years	1 October 2016 to 30 September 2017	U7	White	Surf Play 2
7 years	1 October 2015 to 30 September 2016	U8	Yellow	Surf Aware 1
8 years	1 October 2014 to 30 September 2015	U9	Green	Surf Aware 2
9 years	1 October 2013 to 30 September 2014	U10	Light Blue	Surf Safe 1
10 years	1 October 2012 to 30 September 2013	U11	Purple	Surf Safe 2
11 years	1 October 2011 to 30 September 2012	U12	Dark Blue	Surf Smart 1
12 years	1 October 2010 to 30 September 2011	U13	Red	Surf Smart 2

The SLSA age groups do not align with the school year cohorts so from time-to-time school friends may be in the group above or below. We are unable to accommodate requests to change age groups to be with friends for Sunday Morning activities. We are required to comply with the policies set by SLSA. This is a good opportunity for children to connect with new friends and develop themselves within the Surf Life Saving movement. There is weekly training, social and other activities offered in which children will be able to socialise and participate with their friends across the age groups.

## Communications

To have access to RSVP for training, find information on proficiency swims, see when carnivals are coming up and access your age group chat section you will need to sign up for the **TEAM APP**. Please see step by step instruction on how to access this information below:

[Team App instructions](#)

## Preliminary Swimming Evaluations

Preliminary Evaluations are a risk management procedure to appraise the swimming capabilities of participants and must be done as part of club's duty of care. Preliminary Evaluations must be conducted before Woodside Nippers participate in any water-based activities at your club. These evaluations can be completed either in a swimming pool or in open water.

Age Group	Flotation	Submersion	Propulsion
Under 6	Back or front float for minimum of 5 seconds, recover to stand.		From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.
Under 7	Back or front float for minimum of 10 seconds, recover to stand.	Submerge to touch the bottom with hands. (1m depth)	From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.
Under 8	Back or front float for minimum of 15 seconds, recover to stand.		Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).
Under 9	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.	Submerge to touch the bottom with hands. (1.5m depth)	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
Under 10			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
Under 11	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 2 minute.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands. (1.5m depth)	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.
Under 12	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands (1.8m)	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.
Under 13			Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres

## Competition Carnival Evaluations

To maintain safety and lifesaving standards, SLSA has set a minimum standard of proficiency that Nipper Activities Members (Woodside Nippers) must achieve before being eligible to compete in water events at carnivals (see table below).

Age Group	Competition Evaluation
Under 8	Minimum 100m open water swim in 6 minutes
Under 9	Minimum 100m open water swim in 6 minutes
Under 10	Minimum 150m open water swim in less than 8 minutes
Under 11	Minimum 200m open water swim in less than 8 minutes
Under 12	Minimum 200m open water swim in less than 8 minutes
Under 13	Minimum 200m open water swim in less than 7 minutes

## Sunday Morning Activities

The Woodside Nipper club activities occur on Sunday mornings.

The sessions commence at 0900 hours.

- U6 and U7 expect to finish between 1000 and 1030hrs
- U8 to U13 expect to finish between 1030 and 1100hrs.

Finish times are dependent on conditions on the day.

### **Where do I take my Woodside Nipper on Sundays?**

- Assemble on the beach near your cap-coloured flag, at least 5 minutes before the start time above with your cap and fluoro vest on, ready for activities
- Ensure your child already has sunscreen applied
- Age Group Managers will call a roll and mark off an attendance sheet
- Woodside Nippers will rotate through activities (water, beach, games, education).
- Woodside Nippers must always stay with their Age Group Manager, unless coaches take over for a specific activity
- If Woodside Nippers must leave their group (e.g., to go to the toilet etc.), the Age Group Manager must be informed prior to them leaving and they should be accompanied by a parent/guardian
- No Woodside Nipper is to enter the water unless authorised by the Age Group Manager
- U6s & U7s must have a parent/guardian always remain with the age group
- All Woodside Nippers must have a parent/ guardian on the beach/surrounds throughout the session and be on hand to assist your child in the event of an incident or injury
- At the conclusion of the session, Woodside Nippers are again checked off the attendance roll after all equipment and boards have been packed away onto the trailers
- Woodside Nippers are not to leave the group until collected by an adult and checked off the attendance roll. Failure to sign your child out may result in the closure of the beach and a search being carried out to find them
- Club caps are to be removed at the end of the session once Woodside Nippers have been checked off the attendance roll
- Once Woodside Nippers have been checked off the attendance roll and removed their Club caps, any Woodside Nippers re-entering the water are the responsibility of their parents/guardians
- By requirement of SLSWA, all Woodside Nippers must wear the supplied fluoro, hi-viz lycra vest during water activities at all sanctioned Club activities, including Club days, training sessions and competitions.

## [Member Protection](#)

Scarboro SLSC supports its service delivery with a Member Protection Policy and Club Code of Conduct that is overseen by our Club's Member Protection Information Officer (MPIO). The MPIO provides information and guidance on such things as working with children requirements, national police clearances, and complaints procedures. The MPIO is the 'go to' person if you want to discuss problems or grievances at our Club, particularly if you are considering making a formal complaint. The MPIO will work with you to present any grievance or complaint to the Club's Complaints Manager, who will oversee the complaint.

For more information please visit:

[Scarboro Member Protection Policy](#)

The contact details for the club's MPIO are [MPIO@scarboro.com.au](mailto:MPIO@scarboro.com.au) .

Alternatively, please view SLSA member complaints portal:

[SLSA Complaints Portal](#)

## [Training Opportunities](#)

Training is available outside of normal Sunday activities to all nippers in a variety of surf life saving disciplines including board paddling, surf swimming and beach events. All training sessions are designed to cater for all skill levels.

For details on viewing the training calendar and to RSVP please visit the [Team App schedule](#) regularly and lookout for regular email communications. [Team App site](#) and [Team App instructions](#)

**Please Note:** Parents and caregivers are required to bring their children to the coaches, this is not a drop and run sport as it comes with high risks being by the water. Each child must have a parent or nominated adult on the beach or the applicable venue during activities for safety or the child will be unable to participate.

## [Education for Parent / Guardians](#)

Belong to something bigger. Your membership at Scarboro SLSC is about more than just learning safe on our beaches, it's about helping to protect the community while becoming a part of one.

A key award for all parent / guardians in the Woodside Nipper program requires parents to complete the 'Nipper Rescue Certificate'. A short course that enables you as the parent / guardian to support the delivery on the beach. We can't do it without you.

The Nipper Rescue Certificate helps parents become more confident and familiar with conditions, assisting children in the water, carnival water safety and helping with a rescue (if needed). Please visit our [Team App](#) for course dates and how to register.

Requirements: Recognise safe beach zones 200m Ocean Swim Demonstrate Aquatic Rescue with a Rescue Tube and a contact tow

Learn the Signals: – Assistance required – Attract attention – Remain stationary – Go to the right and left – Return to shore – Proceed further out to sea – Pick up swimmer

## Volunteers

All Age Group Managers, officers, nipper crew and coaches are volunteers. We encourage and are seeking more assistance. Please consider joining and assisting with the nipper program at Scarborough. Training opportunities and support is available. Please email Nipper Officer via the admin team [adminofficer@scarboro.com.au](mailto:adminofficer@scarboro.com.au) if you would like more information or to express your interest.

## How can I get involved?

1. [Occasional Helper](#)
2. [Age Manager](#)
3. [Competition Official](#)
4. [Education Awards](#)
5. [Club Committee](#)

## Officials to Support Your Child in Competition

Each club is required to provide officials so that each child can compete. The officials help with the running of the carnivals either by judging, marshalling competitors, presenting medals, recording results or starting races.

Express your interest now by emailing [adminofficer@scarboro.com.au](mailto:adminofficer@scarboro.com.au) and we can send you more information about how you can be involved and learn the skills. You even receive a very special officials t-shirt and pole position to watch your children in the sport they love.

## Club BBQ and Canteen

Each age group will be allocated a week to oversee the delivery and support the canteen each Sunday. Your age manager will communicate and have available a copy of the roster on Team App.

The weekend process typically includes:

- Meet at the canteen at 9.00am.
- Collect the marquee and barbeque from the gear shed.
- Set up to be completed by 9.15am normally on the limestone section in front of the Gym.
- The BBQ box, sausages, onions, bread and sauces will be supplied.
- Sausage sizzle joining instructions will be emailed to you prior to your rostered duty.



Free coffee for all BBQ volunteers

It's a great way to meet all the club members, young and not so young.

## Starfish Nippers

Is an inclusive program providing children with special needs the opportunity to participate in Surf Lifesaving. The introduction of the Starfish Nipper Program at the Scarborough Surf Life Saving Club has provided children with special needs the opportunity to participate in a specialised one to one water safety program that is accommodating to their needs, having the opportunity to experience the beach and all that Surf Life Saving has to offer.

For more information, please contact the office at [adminofficer@scarboro.com.au](mailto:adminofficer@scarboro.com.au)



## Competition Opportunities

Whether you're new to carnivals or experienced these events are a fantastic opportunity to have fun, meet other avid beach goers and network to your hearts content. Either way we are here to help give every nipper and parent the opportunity to enjoy the experience.

## Who can compete?

- U8-U13s who have completed their competition evaluation
- Nipper carnivals are divided into "Little Nipper" U8-9 carnivals and "Nipper" U10-13 inter club carnivals

## Nipper Carnivals

Supporting the growth and development of our Nippers Surf Life Saving WA offer a range of carnival competitions for your Nipper. For more information your Age Manager will guide you on the registration process and fees.

Competition is designed to provide an environment to enhance the lifesaving skills used for patrols. The Club runs a program that encourages every member to achieve their own competition goals. Our coaching programs are designed to support our children in all aspects of competition by practicing the skills they learn in groups on Club days suitable to their ability. Not all children want to be involved in competition and there are pathways the Club provides in life saving and other activities. There are a range of carnivals that members can enter throughout the year. Please refer to the Club website and Club emails for more details as they become available.

Surf Life Saving WA publish up to date carnival schedules and a comprehensive competition guide on their website: [www.mybeach.com.au/members/surf-sports/nippers/](http://www.mybeach.com.au/members/surf-sports/nippers/). Nippers in the U8-U13 age groups who wish to compete at the State Championships must have achieved their respective age award, passed the competition proficiency swim and competed in at least one SLSWA Nipper Carnival.

## Country Carnivals

Every year toward the end of January the country carnival is a school holiday highlight. There will be a competition for U8's to U13's. If you would like to come down and join in the fun keep an eye on Team App.

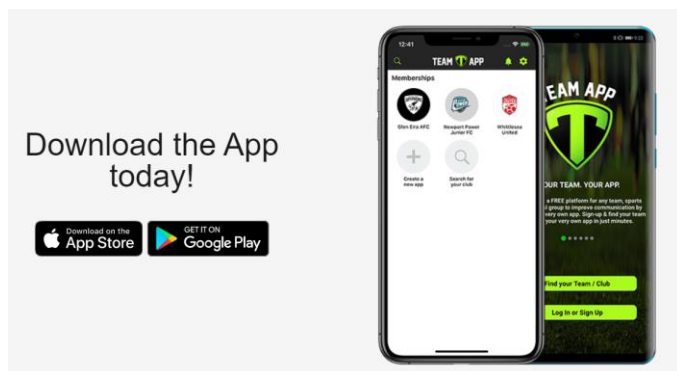


# Team App Instructions

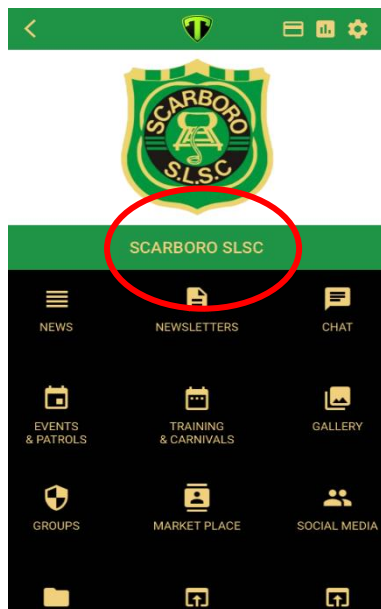
## How To Install the TEAM APP

To have access to RSVP for training, find information on proficiency swims, see when carnivals are coming up and access your age group chat section you will need to sign up for the **TEAM APP**. Please see step by step instruction on how to access this information below:

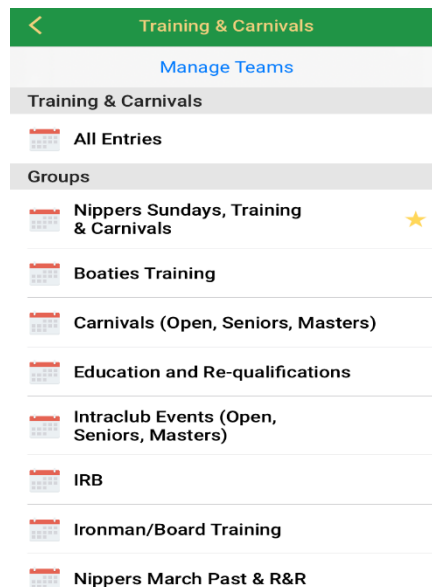
1. **Download the TEAM APP from the Ap Store or Google Play or scan ME.** Launch Team App, then: 1. Sign-up to Team App. You'll be sent an email to confirm your registration. 2. Log in and search for Scarboro SLSC to request to become a member. Don't like Apps, you can do this all through the website also <https://scarboroslsc.teamapp.com>



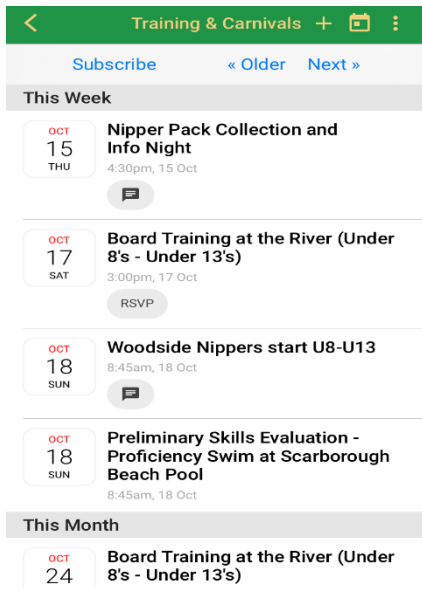
2. **Find Scarboro SLSC**



3. **Click on “Nippers Sundays, Training & Carnivals”**



4. **From here you can see all the events and information, as well as being able to RSVP for training by selecting the event. \*You don't need to RSVP for the adults, just children.** Once you click on the event more information will be listed.



**5. To join in your group chat – select CHAT at the main menu then your child’s age group**

\*\*Please try to refrain from using emoji’s on the chat as all members in the group receive notifications for each comment posted.

In the chat group there is also a section for “**Lost Property**” and “**Market Place**” where you can sell your boards/skis or Scarboro clothing.

**6. \*\*How do you make sure you are in the right group?** You will need to request the relevant groups of interest when you join. However, if your preferences change or you forgot to join one. Go to the ➤ Setting button top right (looks like a cog wheel) ➤ Scroll down to Access groups ➤ Select the groups you would like to join and request the access

**7. ‘Chat Room’ Notifications** > Select ‘Chat room’ > At the very bottom, scroll down and turn ‘on or off’ notifications.