Dee Why Surf Life Saving

Nippers

Handbook

2026 – 2027

Welcome to Nippers Dee Why Surf Life Saving Club

Welcome to the Dee Why Surf Life Saving Club Nippers program for the 2026-2027 season and our 60th Year of Nippers! We are excited to have you join us for another fantastic year of fun, learning, and community spirit. Our Nippers program is designed to teach young members essential lifesaving skills, beach safety, and the importance of teamwork.

The Dee Why Surf Life Saving Club has a proud history dating back to 1912. For over a century, our club has been dedicated to ensuring the safety of beachgoers and providing valuable training to our members. Located on the beautiful Dee Why Beach, our club has become a cornerstone of the local community. We are proud of our heritage and remain committed to our core values of service, safety, and community.

As we embark on this new season, we look forward to seeing our Nippers grow, learn, and have fun. We hope you make lasting memories and friendships while developing essential lifesaving skills. Welcome to the Dee Why Surf Life Saving Club family, and here's to a fantastic Nippers season!

Mark Rosenthal – Junior Activities Coordinator





https://www.surflifesaving.net.au/history/slssnb-clubs/dee-why/

Nippers Mission Statement

"Dee Why Nippers is dedicated to providing a fun, safe and inclusive environment where children can learn vital surf safety skills, make life-long friends, and grow into active, confident and community-minded individuals."

The Nippers program at Dee Why Surf Life Saving Club is vital for educating young members about beach safety and lifesaving skills. Through fun activities, Nippers learn to navigate the surf, understand ocean dangers, and develop rescue techniques. This program fosters responsibility, teamwork, confidence, and resilience, ensuring the next generation is well-prepared to contribute to our beach community's safety and well-being.

About the Nippers Program

Overview

The Nippers program at Dee Why Surf Life Saving Club is designed to educate young members about beach safety and lifesaving skills in a fun and engaging environment. The program is open to children aged 5 to 14 (U6 must turn 5 years old by 30 September 2027) and is divided into different age groups to ensure age-appropriate training and activities.

Throughout the season, Nippers participate in a variety of activities that help them develop essential skills such as swimming, board paddling, and surf awareness. These activities are not only aimed at improving their physical abilities but also at building their confidence and teamwork skills.

Nipper Activities

Under 6 & Under 7	Under 8
• Introduction to club and beach • Sun safety • Who are Life Savers, what do they do • Where to swim "Between the Flags" • Swim safety "Identify holes and gutters" • Marine creatures • Introduction to beach flags/sprints and wade • Shallow water activities • Get your face wet • Introduction and getting comfortable on a board	• Build on confidence from U7 learning • Sprint and flags • Water wade and wade for competition • Dolphin diving under waves and wave education • Introduction to body surfing • Surf swimming skills • Develop board paddling skills • Introduction to club sports • Introduction to CPR
Under 9 & Under 10	**Under 11, under 12 & Under 13**

• Build on what is learnt in previous years
• 150 M open water swim prerequisite for competitors, club champion water events and iron person
• Beach flags; sprint; swim and board paddling for competition
• Body and surf swimming
• Board paddling (foam) and board skill development
• Rip awareness and management
• Extending on CPR skills
	• Build on what is learnt in previous years
	• 200 M open water swim prerequisite for competitors, club champion water events and iron person
	• Board paddling advance to fiberglass boards
	• Introduction to:
	  ○ Beach signals
	  ○ Radio instructions
	  ○ Resuscitation
	  ○ Board & Tube rescue skill
	  ○ Basic first aid and CPR

Under 14	
• 200 m open water swim prerequisite for competitors, club champion water events and iron person • Advance to fiberglass longboard • Water safety and active patrol members as SRC (SRC course run over October long weekend)	

Running of Nippers

Nippers will be held every weekend except for the two weeks over the Christmas period. Please refer to the Nipper calendar for more information (see Appendix 1 Nippers Calander 2026 - 2027).

- **Marshalling**: All Nippers must gather in front of the club at 8:45 AM SHARP. This is when you will receive the day's briefing. All Nippers should Marshall in their respective age pit areas on the beach, indicated by the age flag, wearing their Nippers cap and pink singlet.

- **Start Time**: Events on the beach will commence at 9:00 AM for all age groups.

- **Finish Time**: The sessions will conclude at approximately 10:30 – 11:00 AM for all age groups.
- **Pre-Start Rules**: Nippers must not be in the water wearing their pink singlet or cap prior to the start of Nippers.

Beach Safety Rules

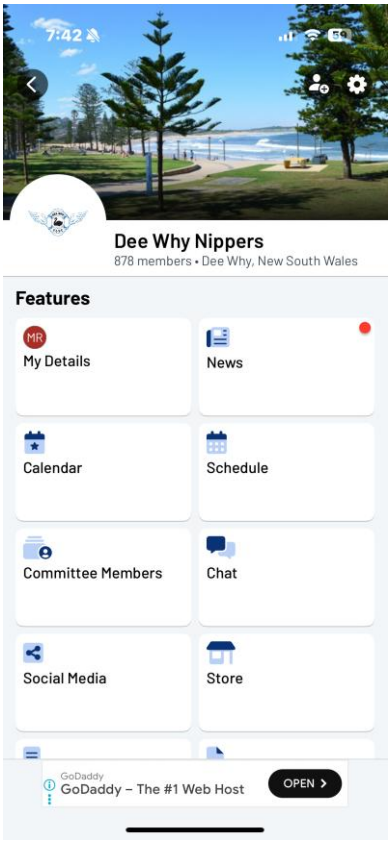
All Nippers should adhere to the following beach safety rules to ensure their safety and promote good practices:

- **Promoting Safe Practices**: Swimming outside the safe flag zone can promote poor water safety practices to the public and other swimmers. If Nippers are seen in the water outside the flagged area without water safety personal, it may give the impression that the area is safe to swim, which can be misleading and dangerous.
- **Uniform Requirements**: For safety and identification purposes, it is compulsory that all Dee Why Nippers always wear their uniform when participating in Nippers and carnivals. The Dee Why Nipper uniform consists of:
    - Dee Why Nipper cap (please label with your child's name in black waterproof texter on white strip of cap) and Fluorescent Pink rash vest with sponsors logo. Further information see Nippers Clothing | Dee Why SLSC
    - Appropriate swimwear that allows for beach events and swimming is essential. While Dee Why swimmers or shorts/jammers are preferred, they are not mandatory. Uniforms can be purchased online, and pick-up can be arranged through the Dee Why uniform shop, which will be open prior to the start of Nippers. Dates and times will be posted on Dee Why Nippers App. For any inquiries, please contact uniform.officer@dyslsc.org.au
- **Sun Protection and Water**: Ensure all Nippers are well protected from the sun by applying sunscreen 30 minutes before arriving at the beach and wearing a rash vest when appropriate. Bring a drink bottle for hydration and to wash out any sand that may get into their eyes.
- **Sign-In and Sign-Off**: All Nippers must sign on at the start of each session and sign off with their Age Manager before leaving their age group. This must be done in the allocated age pit area in front of the club. If you need to take your child early or they are unwell, ensure the Nipper is signed off by the Age Manager or assistant before leaving the beach. It is the parents' responsibility to ensure their child has signed in and out, regardless of the age group.

Communications

To ensure you stay informed throughout the Nipper season, club communications are done via Stack TeamApp :

1. **Download the App**: Get Stack TeamApp from your favourite app store – it's free!
2. **Sign Up**: Create an account within the app.
3. **Log In**: Once logged in, search for "Dee Why Nippers" and request to become a member.
4. **Join Access Groups**: Request to join the "Nippers Parent" access group and your Nipper's relevant age group, e.g., "Nipper U6 2025".
5. **Approval**: Wait for the admins to approve your request.
6. **Enable Notifications**: Turn on notifications to stay updated.
7. **Stay Engaged**: Regularly check the app for important notices about Nippers, training, carnivals, schedule changes, events, and request for parent helpers (mostly BBQ roster)



Following these steps will ensure you don't miss out on any important information throughout the season.

Communication via WhatsApp Groups

To support efficient communication throughout the season, each Nipper age group and Junior Surf Sports squad may operate a dedicated WhatsApp group.

These groups will be used to share important information, including:

- Training schedules and updates
- Competition and carnival information
- Weather cancellations and venue changes
- BBQ Volunteer and water safety requirements
- General reminders and club announcements

Participation in WhatsApp groups is voluntary; however, they are the primary communication channel used by Age Managers, Coaches, and Surf Sports Coordinators for timely updates.

Parents and guardians are responsible for ensuring their contact details are current and for monitoring messages relevant to their child's activities. All members are expected to communicate respectfully and in accordance with Dee Why SLSC's Code of Conduct.

Official club policies, registrations, and critical communications will continue to be distributed through approved club channels, including email and the club website, where appropriate.

Swim Proficiencies for Each Age Group

Nippers is not a learn-to-swim program and does not teach children to swim. While being a good swimmer is not required, we highly recommend enrolling your children in learn-to-swim programs or squad training.

To ensure the safety and skill development of our Nippers, we have established specific swim proficiency requirements for each age group. These requirements are tailored to match the abilities and developmental stages of the children, ensuring they are comfortable and capable in the water. To participate in swim proficiencies, the Nipper must be registered along with a parent as a financial member of the club.

If you are not already a financial member, please join DWSLSC at surf life saving join or watch How to Join DWSLSC video for guidance. Existing members must renew their Nipper membership before attending swim proficiencies at members.sls.

STAGE ONE: UNDER 6, UNDER 7, UNDER 8 **Aquatic Play and Fundamental Aquatic Skills (FAS). Minimum depth of safe aquatic environment – 1 metre**			
MINIMUM AQUATIC SKILL	Under 6	Under 7	Under 8
Propulsion	Push and glide from wall (distance 1-2 metres) recover to stand.	Push and glide from wall, kick (distance 2-3 metres) recovers to stand.	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).
Continuous skill sequence	Wade through water (distance 5 metres) float on back or front (5 seconds) recover to stand, submerge to retrieve object from bottom of water with hands, recover to stand.		Swim on from through water any stroke 20 metres, followed by back or front float (5 seconds) followed by submerge to retrieve object from bottom of water with hands (do not recover to stand between each task)

STAGE TWO: UNDER 9, UNDER 10, UNDER 11 **Applied Aquatic Skills. Minimum depth of safe aquatic environment – 1.5 metres**			
MINIMUM AQUATIC SKILL	Under 9	Under 10	Under 11
Flotation	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 1 minute.		Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 2 minutes

Submersion	Submerge to retrieve object from bottom of water with hands (e.g dive ring).		Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (e.g dive ring).
Propulsion	Survival stroke(s) breaststroke and/or sidestroke and/or sculling for minimum 50 metres.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or sculling for minimum 50 metres.	Swim on front through water any stroke for 50 metres followed by survival stroke(s) breaststroke and/ or sidestroke and/or sculling for minimum 50 metres.
Continuous Skill Sequence	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for minimum 1 minute, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).		Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for minimum 2 minutes, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).
STAGE THREE: UNDER 12, UNDER 13, UNDER 14 **Junior/trainee lifesaver – pathway to SRC. Minimum depth of safe aquatic environment – 1.8 metres**			
Flotation **Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 3 minutes.**			
MINIMUM AQUATIC SKILL	Under 12	Under 13	Under 14
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.

Nippers who wish to participate in club championship, iron-person and club competitions must be open water proficient.

Note: The definition of 'Open Water' is sourced from NSW Maritime and refers to navigable waters that are not enclosed by land or not within a river, bay, harbour or port. They include coastal and ocean waters.

AGE	Evaluation
U6	Nil
U7	Nil
U8	Nil (no water competition, except for wade which takes place in waist-deep water)
U9	Minimum 150m open water swim (any recognised stroke)
U10	Minimum 150m open water swim (any recognised stroke)
U11	Minimum 200m open water swim (any recognised stroke)
U12	Minimum 200m open water swim (any recognised stroke)
U13	Minimum 200m open water swim (any recognised stroke)
U14	Minimum 200m open water swim (any recognised stroke)

Open Water Proficiencies and Water Events

All water events, including open water proficiencies, will be held at the discretion of water safety, the patrol captain, and the Council Lifeguard. The decision will be made based on the conditions and the group's competency. This ensures that all water activities are conducted safely and that the participants can handle the conditions.

Standard Nipper Session Events

- **Beach Flags**: Run the same as carnivals, with a maximum of 15 starters in each group. The flag winner proceeds to the next round for all age groups.
- **Beach Sprint**: A 70m track with a maximum of 15 starters in each race. The U6's and U7's may use a shorter track.
- **Beach Relays**: A team event with 4 members on the sprint track using a baton.
- **Wade**: Suitable for all age groups, but a carnival event for U8s only. It involves a 70m run on sand and in knee-deep water around bunting held by several helpers.

- **Board**: For age groups U9s and up, involving a board paddle around the cans and relays. Younger age groups may use the boards to familiarize themselves with the equipment, but only under favourable conditions and with sufficient water safety. U6 – U 8s use redback boards in controlled zones catching waves into shore.

- **Swim**: Up to a 150 – 200 m surf swim around the cans for age groups U9s and up. Younger age groups can participate in a shorter course based on their competence, pending good conditions and sufficient water safety.

Surf Education

A necessary part of Nippers, teaching them about the beach, surf, rips, marine life, conditions, pollution, patrols, how to get help, and where to go if they get into trouble.

Introductory Lifesaving Skills

- Board Rescue: For those who are proficient.
- Tube Rescue: For those who are proficient.
- Resuscitation: D.R.S.A.B.C.D.
- First Aid
- Scenarios
- Communication



Other Events

- Suitable events will be created for the younger age groups by their Age Managers to encourage them to get into the water as often as possible. Events such as relays into waist-deep water and diving under waves will be used to help build confidence.
- Beach Relays and Ball Events
- Beach Volleyball



Club Championship, Iron Person and Surf Education Award

Club Championship

During the Nipper season, two Club Championship days will be held: one for beach events (Flags and Sprints) and the second for water events (Swimming, Boards, and Team Relay). The Club Championship point score is for ages U8 - U14 only. The top three positions will be awarded on the day of the event, with points for individual events allocated to the top six places, contributing to the overall age champion.

To participate in the Club Championships, Nippers must be pool swim proficient and complete the ocean swim proficiency before competing in the board event. Time limits may be enforced on swim and board events at the discretion of the Water Coordinator. Water safety may also ask any competitor to return to shore if necessary.



Points allocation for individual beach & surf events	
Place	**Points**
1	6
2	5
3	4
4	3
5	2
6	1



At the completion of the Club Championship days, points will be tallied for the overall age champion. To be eligible for the overall age club champion award, Nippers must have attended at least 70% of all Nipper sessions up to and including the third last week of Nippers Season. Participation in SLS carnival events will count towards Nipper attendance, as these events provide valuable surf lessons on safety and conditions through coaching and mentorship.

At the end of the season, encouragement awards will be given to the younger age groups (U6 and U7 – Three Girls & Three boys from each age) to recognize Nippers who have:

- Consistent attendance
- Always trying their best
- Positive attitude and teamwork
- Respect for others and listening to Age Managers

These awards are typically informal and designed to boost confidence and celebrate effort, rather than competition.

Iron Person

The Iron Person event will be held at the end of the Nipper season. This is the penultimate event, showcasing all the skills that Nippers have been learning and practicing throughout the season. The Iron Person event is divided into three groups: Junior (U9-10), Intermediate (U11-

13), and Senior (U14). At the end of the event, 1st, 2nd, and 3rd places are awarded to both boy and girl entrants. Points for the age champion are not allocated for this event. However, points are allocated for placing in the Iron Person event for the Club Nipper of the Year.

To be eligible to participate in the Iron Person event, Nippers must be open water proficient and have attended 70% of Nipper sessions up to the end of the last third week of the season.

Format of the iron person is not for the faint hearted – 290m swim, 70 m run, 400m board paddle and 70m run.

Nippers Surf Education Award

The Nippers Surf Education Awards are designed to recognise the knowledge and skills that children acquire throughout the Nippers program. These awards are an integral part of the Junior Development Program and are tailored to the specific age groups of the participants.

AGE GROUP
U6 (Surf Play One)
U7 (Surf Play Two)
U8 (Surf Aware One)
U9 (Surf Aware Two)
U10 (Surf Safe One)
U11 (Surf Safe Two)
U12 (Surf Smart One)
U13 (Surf Smart Two)
U14 (SRC)

Surf education is a continuous process reinforced throughout each Nippers session. To be eligible for the SLSNSW award, Nippers must achieve 70% attendance across the season. For administration and processing requirements, Nippers must have 70% attendance by the end of the third last week of the season. (Applications for extenuating circumstances regarding missed attendance requirements will be reviewed by the JAC and Education Officer)

Surf Education Award Process

- **Completion of Lesson Plans**: Nippers complete the lesson plans for their age group, which are conducted during Nipper sessions.
- **Award Distribution**: Once the assessments are completed and approved, the awards are processed through surf guard and certificates of completion issued via email.

These awards recognise the effort and progress of Nippers, motivating them to improve their surf life-saving skills. They instil a sense of achievement and pride. By participating and working towards these awards, children gain valuable skills, confidence, teamwork, and a love for the surf environment. For further information on the Junior Surd Education awards please see Junior Awards and Certificates Factsheet - Surf Life Saving

The **Dee Why Nipper of the Year Award** is calculated based on a combination of factors that reflect a Nipper's overall performance and contribution throughout the season. Here are the key criteria considered:



1. **Competition Results**: Points are awarded based on performance in various surf lifesaving events such as beach sprints, swimming, board paddling, and other competitions.
2. **Attendance**: Regular participation in training sessions, competitions, and club activities is crucial. Consistent attendance demonstrates commitment and dedication.
3. **Sportsmanship**: Displaying good sportsmanship, including fair play, respect for others, and positive behaviour, is highly valued.
4. **Teamwork and Leadership**: Contributions to team events and showing leadership qualities, such as helping peers and setting a good example, are important factors.

The Code of Conduct for NSW Nippers Surf Life Saving outlines the expected behaviour of all participants, including Nippers, parents, and volunteers. This code ensures a safe, respectful, and enjoyable environment for everyone involved in the program. Here are the key points:

- **Respect and Fair Play**: All participants should show respect for others, including fellow Nippers, coaches, officials, and spectators. Fair play and sportsmanship are essential values to uphold.
- **Safety First**: Safety is the top priority. Participants must follow all safety guidelines and instructions provided by the Age Managers, Parent Helpers and Water Safety. This includes always wearing the appropriate uniform and safety gear.
- **Positive Attitude**: Nippers should maintain a positive attitude and encourage their peers. Bullying, harassment, or any form of negative behaviour will not be tolerated.
- **Participation and Effort**: Nippers are encouraged to participate fully in all activities and give their best effort. The focus is on personal development and enjoyment rather than winning.
- **Parental Support**: Parents and guardians should support their children in a positive manner. They should respect the decisions of coaches and officials and refrain from any negative or disruptive behaviour.
- **Volunteer Commitment**: Volunteers play a crucial role in the success of the Nippers program. They should fulfill their responsibilities with dedication and integrity, setting a positive example for the children.



By adhering to this Code of Conduct, we can ensure a positive and supportive environment for all participants in the Dee Why Nippers Program.

For further information please refer to: Member Protection (Code of Conduct Extracted) - Surf Life Saving NSW and SLSSNB Parent Code of Conduct Declaration

Emergency Procedures for Nippers

To ensure the safety and well-being of all participants, the following emergency procedures must be followed during Nipper's sessions:

- **Supervision**: Children must not leave their age group unless accompanied by an adult, such as their Age Manager or nipper helper, unless given permission by the parent.
- **Injury Reporting**: Any injury during Nippers must be reported to the Age Manager, who will follow up with the WH&S Officer.
- **Emergency Contacts**: Age managers will hold an emergency contact list for each Nipper age group to ensure quick communication in case of an emergency. (note Parents must not leave nippers unattended at the beach. Nipper parents must remain close to age groups during activities just in case nipper needs parent support)
- **Lost Children**: If a Nipper child becomes lost, they should seek assistance from an Age Manager/Parent Helper wearing the blue and white shirt or proceed to the patrol tent or BBQ area for help.

Nipper Parent and Volunteer Help!

We need your help! Our Nipper program is entirely run by volunteers, and we rely on parent enthusiasm, participation, and assistance to make it a success. It is a requirement at registration that at least one parent is financial member of the club. One parent or carer must be present at the beach while their Nipper is participating in nipper sessions. You cannot drop your Nipper and leave.

Active involvement from ALL parents in our Nippers Program is essential. This enables us to provide a fun and, most importantly, a safe environment. The more helpers we have, the better the experience we can deliver for our Nippers. Please do not hesitate to contact any of our Age Managers or Junior Activities Coordinator if you have any questions or would like to understand how you can get further involved. Parents are expected to stay on the beach while Nippers is in progress. Parents are asked to assist where possible and to be involved. It has been found that the more involved the parents get, the more their children learn and gain from the experience.



Each week, an age group will be rostered to assist with setting up and packing up the beach, as well as the BBQ. Age Managers will coordinate this and request parent help. If no help is found, the age group will not participate in activities. All BBQ proceeds support Nipper activities and equipment. Your assistance is greatly appreciated.

Beach Setup and Pack Down

- **Setup**: At least 2 - 3 people are required from the rostered age group to assist their Age Manager at 8:15 AM. Tasks include setting up the beach flag areas and sprint track.
- **Pack Down**: Assistance of 2- 3 people from the rostered age group is needed at the end of Nippers to pack up the equipment.

BBQ Assistance



We require two BBQ shifts from the rostered age group:

- **Shift 1**: Set up from 8:30 AM to 9:45 AM
- **Shift 2**: From 9:45 AM to 11:30 AM

Each shift requires 2-3 people to assist the BBQ Coordinator. This includes, set up, cooking and serving, washing up and putting the BBQ away. Please meet the BBQ Coordinator in the BBQ area at you designated shift time. The Age Manager will arrange shift rosters directly with your age group to ensure everyone is informed and prepared for their assigned duties. Age group BBQ roster please see Appendix 1 Nippers Calander 2026 – 2027.

Water Safety – Bronze Medallion

Parents are not permitted to join their children in the swim or board activities unless they are current proficient bronze holders and signed in as water safety volunteers. Parents are encouraged to obtain their Bronze Medallion Bronze Medallion Training to fulfill this requirement. Water safety hours contribute to patrol hours performed over the season.



If you wish to become a member of our surf patrol and water safety group, please contact our education team training@dyslsc.org.au or review our education calander at: https://dyslsc.org.au/education/education-calendar/



Parent Helper/ Nipper Safety Assistant / Age Manager and Age Assistant

All Age Managers/Assistants, Nipper Safety Assistant (NSA) and Parent Helpers must obtain a Working with Children (WWC) Check. To do this, apply for the WWC Check please see the below steps.

Working With Children (WWC) Check **2025_26-SLSNSW-Working-with-Children-Check-Requirements.pdf**

- **Requirement**: All parents and guardians who volunteer at the club must complete a WWC Check.
- **Process**:
    - Apply for the WWC Check through Service NSW (Application for volunteer is free of charge) - New Application - New Application - NSW Working with Children Check
    - Submit the application online and provide necessary identification documents.
    - Once approved, provide the WWC number to the club for verification by emailing information to junior.secretary@dyslsc.org.au

Purpose: Ensure the safety and well-being of all children participating in the Nippers program. For further information please review slsa-policy-6-04-child-safe

Frequently Asked Questions for WWCC 2025_26-SLSNSW-Working-with-Children-Check-FAQs.pdf

Age Manager or Assistant at Dee Why Nippers

Supporting young lifesavers as an Age Manager or Assistant is a rewarding way to contribute to your community and help children build confidence and skills in the surf.

How to Get Started

To express your interest, contact the Junior Activities Coordinator at junioractivities@dyslsc.org.au or nippers@dyslsc.org.au

Training Requirements

Before starting, you'll need to complete the Child Safe Awareness online course (approx. 20–45 minutes) via the SLSA eLearning platform on the SLS Hub.

Once completed, you can access the Age Manager online theory course. This training covers:

- Surf safety and Nipper activities
- Roles of parent helpers
- Effective communication with children and volunteers

Completing the course earns you the Age Manager certification. For guidance, refer to the SLSA Age Managers Learner Guide.

Your Role

As an Age Manager or Assistant, you'll help:

- Organise and run Nipper activities
- Support coordination of events
- Ensure safety and engagement for all participants

Being a positive role model is key to creating a safe, fun, and educational environment.

Parent Helper Course

Want to get involved without taking on a formal role? The Parent Helper Course is a great way to participate in beach activities and support your child's experience.

- Duration: 1 hour
- Covers:
    - Basic surf safety and awareness
    - Understanding Nipper activities

- Roles and responsibilities of parent helpers
- Communication with children and volunteers

Courses are held during the first few weeks of the Nipper season.

Nipper Safety Assistant (NSA) Award

Interested in helping with water activities for U6–U8 Nippers? The NSA Award is a nationally recognised initiative to boost water safety support.

NSAs may assist only when:

- Surf conditions are assessed as low risk using the Surf Risk Rating (SRR) tool
- Activities involve U8 age group or younger
- Activities are in shallow water only
- NSAs make up no more than 50% of water safety personnel

Eligibility

- Must be 13 years or older
- Must complete:
  - A 50-metre swim
  - 2 minutes of continuous treading water
  - Practical training and orientation (safety signals, rescue tube use)



Competitors and Training

Overview

Junior competition at Dee Why SLSC is designed to develop surf skills, teamwork, and sportsmanship in a safe and supportive environment. It includes beach and water events for children aged **U9 to U14**.

Eligibility & Age Groups

- Age as at 30 September determines the competitor's age group.
- Competition age groups are U9 to U14.
- Competitors must be a financial member of Dee Why Surf Life Saving Club.
- Competitors must pay the applicable competition fee:
    - Existing Competitors: $60 annual competition fee.
    - New Competitors: $90 New Competitor Levy, which includes Dee Why SLSC competition merchandise as part of the registration.
- Competition fees contribute to the delivery of the club's competition program, coaching support, equipment, and administration.

Note: Competition fees are separate from annual club membership fees and must be paid before participating in competition activities and carnivals.

U8 competitors can participate in SLSNSW competitions, but with some important limitations and guidelines:

U8 Competition Eligibility

- **U8s are eligible** to compete in **local club and branch-level carnivals**, but their participation is generally **non-competitive** or **participation-based**.
- Events are designed to be **fun, skill-building, and inclusive**, focusing on surf awareness and basic beach skills.
- **No official placings or points** are typically awarded at this level to reduce pressure and promote enjoyment.

Typical U8 Events

- **Beach Sprints**
- **Beach Flags**

- **Wade Races**
- **Wade Relays**
- **Shallow Water Activities** (no board or deep-water swim events)

State Championships

- U8s **do not compete** at the **NSW State Championships**.
- The **Age Championships** at State level begin from **U9 and up**.

For all surf sport events please refer to Surf Life Saving NSW Surf Sports Calendar

Training Requirements

- **Regular attendance** at weekly training sessions (typically Wednesday, Friday afternoon or Sunday morning prior to Nippers). Official training days and times and updates will be announced via Dee Why Nippers Team App
- **Water proficiency assessments** required for participation in water events.



Competition Events

- **Beach Events**: Sprints, Flags, Relays
- **Water Events**: Swim, Board, Wade, Iron person
- **Team Events**: Cameron Relay, Board Relay, Surf Teams
- **Lifesaving Events**: Rescue Tube, CPR, First Aid (U14+)

Safety & Supervision

- All water activities supervised by qualified water safety personnel.
- Parents are encouraged to assist as **Age Managers**, **Officials**, or **Water Safety**.
- Competitors must wear high-vis rash vests during training.
- Club Cap and High-vis rash vest must be worn during all events.

Registration & Communication

- Carnival entries coordinated by the **Junior Competition Coordinator** for any further information or questions please contact junior.surfsports@dyslsc.org.au



Branch and State Competition Requirements

To be eligible to compete in **Branch or State Carnivals** (including both **beach** and **water** events), junior competitors must meet the following criteria:

Mandatory Evaluations

All competitors must have successfully completed:

- **Junior Preliminary Evaluation**
  (Basic swim and survival skills assessment)
- **Junior Competition Evaluation**
  (Timed swim to ensure surf competency)

These evaluations ensure that all participants are capable of safely participating in surf sports activities.

Surf Education Requirements for junior competitors

- **U8–U13 Competitors**:
  Are **no longer required** to complete their **Age Award** by 31 December to compete in championship events. However, Age Awards remain a **core educational component** of the Junior Activities program and should be completed during the season.
- **U14 Competitors**:
  Must obtain their **Surf Rescue Certificate (SRC)** to be eligible for championship events, as per the **Surf Sports Manual**.

Tips for Handling Fibreglass and Foam Boards

Handling rescue boards with care is essential to ensure their longevity and safety. Here are some tips for managing both fibreglass and foam rescue boards:

1. **Carry with Care**: Always carry boards properly to avoid damage. Use both hands and avoid dragging them on the ground.
2. **Avoid Hard Surfaces**: Do not throw boards onto hard surfaces. Place them gently to prevent cracks and dents.
3. **Rinse with Fresh Water**: After use, rinse boards with fresh water to remove salt and sand. This helps maintain the board's condition.
4. **Store Properly**: Return boards to the appropriate racks as instructed by Age Managers. Proper storage prevents damage and keeps the boards in good shape. **Fins against Black Tape and Tip of Board onto Silver Tape.**
5. **Supervised Use**: Club Nipper boards should only be used under the supervision of the Gear/Board Steward or Board Coach, as required by insurance policies.
6. **Inspect Regularly**: Check boards for any signs of damage before and after use. Report any issues to the Age Manager or board steward immediately.



Tip of boards onto silver



Black Fins up against Black Tape

Nipper Committee & Age Managers 2026 – 2027

Role	Name	Email
Junior Activities Coordinator*	Mark Rosenthal	jac@dyslsc.org.au
Deputy Junior Activities Coordinator/s	Ben Payne	deputy.jac@dyslsc.org.au
Junior Secretary	Allison Harris /Katherine Payne	junior.secretary@dyslsc.org.au
Social Event Coordinator	Vacant	nippers@dyslsc.org.au
Registrar 1	Beth Aburumman Richards	junior.registrar@dyslsc.org.au
Education Officer	Neil Kafer	nippers@dyslsc.org.au
Junior Parent Representative 1*	Jo Rosenthal	junior.parent.representative@dyslsc.org.au
Junior Parent Representative 2*	Kristin Hellmrich	junior.parent.representative@dyslsc.org.au
Child Protection Officer	Vacant	childprotection.officer@dyslsc.org.au
BBQ Coordinator 1	Vacant	bbq.coordinator@dyslsc.org.au
BBQ Coordinator 2	Vacant	bbq.coordinator@dyslsc.org.au
Water Safety Coordinator 1	Lachlan Pike	nippers@dyslsc.org.au
Water Safety Coordinator 2	Scott Alden	nippers@dyslsc.org.au
Uniform Shop Coordinator 1	Joanna Rosenthal	uniform.officer@dyslsc.org.au
IRB Coordinator	Alex Suhr	irb.captain@dyslsc.org.au
Equipment Manager	Alex Lakeman	nippers@dyslsc.org.au

Junior Surf Sports Manager	Sylvia Robinson	junior.competition.manager@dyslsc.org.au
Junior Surf Sports Administrator	Monika Auld	junior.surfsports@dyslsc.org.au
Point score Coordinator	Jo Rosenthal	nippers@dyslsc.org.au
Junior Board Coach	Alex Suhr	junior.surfsports@dyslsc.org.au
Junior Board Coach	Alex Lakeman	junior.surfsports@dyslsc.org.au
Junior Swim Coach	Vacant	junior.surfsports@dyslsc.org.au
Junior Beach Coach	Geoff Robinson	junior.surfsports@dyslsc.org.au

*** Management Committee Positions**

Age Managers for the 2026/27 Season

Role	Name
U6 Age Manager Lead	Sylvia Robinson / Alex Cropper
U6 Age Manager	Ramya Vasudevan
U6 Age Assist	David Coates / Stephen Cragg
U6 Age Assist	Beau Reilly / Cameron Rabbett
U6 Age Assist	Rebecca Wayne
U7 Age Manager Lead	Nixon West
U7 Age Manager	Melanie Williams / James Barnes
U7 Age Assist	Rebecca Neale
U8 Age Manager Lead	Alex Lakeman
U8 Age Manager	Allison Harris
U8 Age Assist	Howden Clair / Sophie Clair
U8 Age Assist	Eliza Bell / Mia Ryko
U9 Age Manager Lead	Rowan Holloway
U9 Age Manager	Justin Steinlauf
U10 Age Manager Lead	Muni Duerinckx
U10 Age Manager	Allen Lakeman
U10 Age Manager	Ian Harris
U11 Age Manager Lead	Shane King
U11 Age Manager	Emily Yeoh / Anna Chu
U12 Age Manager Lead	Ben Payne
U12 Age Manager	Matt Saxon

U12 Age Assist	Jackie Dent
U13 Age Manager Lead	Dean Wayne
U13 Age Manager	Kylie Grewal
U14 Age Manager Lead	Chris O'Bryan
U14 Age Manager	Dave Bradfield

Appendix 1 Nippers Calander 2026 - 2027

Day	Date	Event	Times	Notes	BBQ /Beach Roster
2026-2027 Nipper, Carnival and BBQ Roster dates					
Saturday	12th September	SRC Induction	1pm – 3pm	Betty Barry Room, BYO device	
Wednesday	30th September	Nipper Committee Meeting	7pm – 8pm	Virtual online	
Long Weekend	2nd- 5th October	SRC Camp	9 am – 3 pm	Under 14 Surf Education	
Saturday	3rd October	Nipper Open Day	9 am – 11 am	Nipper information sessions and Uniforms	
Thursday	8th October	Nipper info Session	7 pm – 8 pm	Zoom Session	
Sunday	11th October	Age Manager Brief	3 pm - 7 pm	Venue TBA	
Wednesday	14th October	Nipper info Session	7 pm – 8 pm	Zoom Session	
Sunday	18th October	Nippers Session 1 Nippers – U6 & U7 Orientation Nippers – U8 – U13 Pool Prof	 9:00 am – 10:30 am 12:30 pm – 3:30 pm	 Session 1 Water Proficiencies and orientation In2swin Brookvale – Pool Proficiencies	N/A
Sunday	25th October	Nippers-Surf Ed 2	9:00 am – 10:30 am		U14
Sunday	1st November	Nippers-Surf Ed 3	9:00 am – 10:30 am		U13
Sunday	1st November	U8 & Junior Beach Carnival		North Curl Curl	
Sunday	8th November	Nippers–Surf Ed 4	9:00 am – 10:30 am		U12
Saturday	14th November	Bennet Junior Craft	9:00 am – 1:00 pm	Dee Why - BBQ water safety assistance	
Sunday	15th November	Nippers–Surf Ed 5	9:00 am – 10:30 am		U11
Sunday	22rd November	Nippers-Surf Ed 6	9:00 am – 10:30 am		U8
Sunday	22nd November	Junior Fast & Furious		Freshwater	
Sunday	29th November	Nippers-Surf Ed 7 – Club Championship round 1	9:00 am – 11:00 am	U9 – U14 Club Champs Beach or water conditions dependant	U7
Sunday	29th November	U8 Carnival		Bilgola	
Sunday	6th December	Nippers- Surf Ed 8	9:00 am – 11:00 am		U6
Sunday	6th December	Junior Beach & Water Carnival		Long Reef	
Sunday	13th December	Nippers- Surf Ed 9	9:00 am – 10:30 am		U9
Sunday	13th December	Junior Beach Carnival		Narrabeen	
Saturday	19th December	Nippers-Surf Ed 10	3 pm – 4:30 pm	Twilight Nippers End of Season Party	U10
Sunday	27th December – 10th January	No Nippers Christmas Break Mid-Season Break			

2026 Nipper, Carnival and BBQ Roster dates					
Sunday	10th January	Nipper Nats		Manly	
Sunday	17th January	Nippers-Surf Ed 11	9:00 am – 10:30 am		U11
Sunday	24th January	Nippers-Surf Ed 12	9:00 am – 10:30 am		U12
Sunday	31st January	Nippers-Surf Ed 13	9:00 am – 10:30 am		U13
Sunday	7th February	Nippers- Surf Ed 14	9:00 am – 10:30 am	Manly Cole Classic Swim	U6
Sunday	14th February	Nippers – Surf Ed 15	9:00 am – 11:00 am		U14
Sunday	14th February	Junior Branch Championships Beach & Water		Queenscliff	
Sunday	21st February	Nippers –Surf Ed 16 – Club Championship Round 2	9:00 am – 11:00 am	U9 – U14 Club Champs Water or Beach (conditions dependant)	U8
Sunday	28th February	Nippers–Surf Ed 17	9:00 am – 10:30 am	Club Champs Water Back up	U9
Thur - Sunday	4th – 7th March	SLSNSW State Champ Junior		Swansea Belmont – Blacksmiths Beach	
Sunday	7th March	Nippers–Surf Ed 18	9:00 am – 10:30 am		U7
Sunday	14th March	Nippers – Surf Ed 19	9:00 am – 10:30 am	Iron Person	U10
Sunday	21st March	Presentation Ceremony – U6/U7/U8 Presentations – U9 – U14 Nipper Committee Meeting	9:00 am-10:00 am 10:00 am – 11:00 am 11:30 – 12:30 pm	Last Day nippers Awards	U6 – U8 BBQ setup U9-U14 BBQ pack down 1 person each age group