

Trigg Island Surf Life Saving Club New Nipper Member Information

What is Woodside Nippers?

Woodside Nippers is Surf Life Saving WA's junior surf program that introduces children, aged 5 to 12, to surf lifesaving.

Held on Sunday mornings at Trigg beach, generally from October to March, it is a fun, outdoor activity that grows a child's confidence; teaches valuable skills and lessons about beach safety; and provides a fun and safe environment to get outside and enjoy our coast.

Our Nippers run, swim, laugh, and make new friends. It's what we call serious fun!

Not only will your child have fun and meet new friends through the program, they will also develop the ability to become a knowledgeable participant in lifesaving beach patrols as well as a wide range of surf sports.

What do Woodside Nippers learn?

The Woodside Nippers curriculum is comprised of 4 key learning areas.

Surf Awareness: This covers surf skills and kids will gain a knowledge of where the dangers are and how to read the surf these are essential ingredients in keeping safe at the beach.

Individual Safety: This deals with recognising potential risks that we all face when visiting the beach, and in life in general.

Lifesaving Skills: This learning area starts to introduce our Nippers to the role we hope they undertake as they grow and develop into future lifesavers.

Surf Sport Skills: Nippers learn a variety of skills to help them develop confidence and introduce them to surf life saving's various surf sport events, such as swimming, board racing, and beach flags, to name a few.

Parent Involvement. (Volunteering)

The activities each week at our Woodside Nippers program rely on our parents getting involved and helping out and we promise you'll have as much fun as our Nippers do!

Some of the ways you can get involved include;

- Helping record results
- Helping with club set up and pack down
- Helping with the club canteen
- Loading and unloading trailers for carnivals
- Becoming qualified Water Safety Personnel
- Becoming a qualified Foundation Coach
- Becoming a qualified Competition Official
- Being an Age Group Manager/Assistant Age Group Manager

We encourage you to talk to your Nipper's Age Group Manager to see where you can best help out. Your volunteering will be a positive example to your own children and will greatly assist the club. With most of us leading super busy lives, the idea of volunteering may seem an impossible task. I mean, how can we fit anything else into our already jam-packed schedules? The benefits of volunteering are vast for the volunteer – not just the community or group you are assisting.

- 1) Volunteering connects you with others
- 2) Volunteering builds self-confidence and self-esteem
- 3) Volunteering is good for your health - both physical and mental
- 4) Volunteering is important for a sense of purpose
- 5) Volunteering helps you forget your own problems
- 6) Volunteering can help your career
- 7) Volunteering can help you engage and become closer to your kids

What Age Group Will your child be in?

Our Nippers are classed in age groups by birthdate, not school year. The age groups are set by SLSWA and must be adhered too. See the table below for your applicable group and Woodside Nipper cap colour.

Age Group	Birth Range	Cap Colours
Under 6's	1/10/2015 to 30/9/2016	
Under 7's	1/10/2014 to 30/9/2015	
Under 8's	1/10/2013 to 30/9/2014	
Under 9's	1/10/2012 to 30/9/2013	
Under 10's	1/10/2011 to 30/9/2012	
Under 11's	1/10/2010 to 30/9/2011	
Under 12's	1/10/2009 to 30/9/2010	
Under 13's	1/10/2008 to 30/9/2009	

Club Fees

Trigg Island SLSC membership fees for the 2021/22 season are

Under 6 and 7	\$140
Under 8 to Under 13	\$160

We hold a Compulsory Fundraising raffle, \$20 per family, not each member.

It is also requirement that at least one parent become a member cost is \$110 per parent.

What are the dates I need to know?

Trigg Island SLSC's Woodside Nippers Program runs Sunday mornings from November through to March Below is a table of some starting dates.

Month	Event	Venue
October		
17/10/21	New Families Information Sessions All Age Groups	Trigg Island SLSC
23/10/21	Pool Proficiency Swims*	Craigie Leisure Centre
29/10/21	U13 Nipper Development Camp	Ern Halliday
30/10/21	Endurance Champs Sorrento Beach. (U12 & U13)	Sorrento
1/11/21	1st Day of Activities U8-13s	Trigg Island SLSC
November		
28/11/21	First Day Club for U6-7's	Trigg Island SLSC

What is a Proficiency Swim?

These Preliminary Evaluations are in place to ensure that participants are fit and able to meet the requirements of the Woodside Nippers Program. The evaluations consist of a swim/glide and survival float component which may be conducted at the beach or in a pool (see table below for each age group requirement). The kids can join in with the beach activities but will not be able to join in water activities until they have met the proficiency.

Age Group	Swim Distance	Float
Under 6	15m freestyle	30 second survival float
Under 7	15m freestyle	30 second survival float
Under 8	25m freestyle	1-minute survival float
Under 9	50m freestyle	1-minute survival float
Under 10	100m freestyle	1.5-minute survival float
Under 11	200m within 6 minutes	2-minute survival float
Under 12	200m within 6 minutes	2-minute survival float
Under 13	200m within 5 minutes	3-minute survival float

What Do I need to Bring?

Included in your membership fee your child will receive a Woodside Nippers pack which includes; Their Woodside Nippers Age Group Cap; Woodside Nippers Hi Vis Vest, a Woodside Nippers wide Brimmed Hat, and a Woodside Nippers Sling Bag. You will need to bring a water bottle sunscreen and a towel along with any appropriate clothing for the day's conditions. Also, our club merchandise shop is open to purchase all your club bathers, t-shirts, jumpers, jackets etc.



We look forward to seeing you down at Trigg Island Surf Life Saving Club and please feel free to contact us with any further questions you may have.

Director of Nippers	Kevin Duguid	nippers@triggisland.com
Under 6 Age Group Manager		u6@triggisland.com
Under 7 Age Group Manager	Nick and Melissa Straight	u7@triggisland.com
Under 8 Age Group Manager	Lauren Robertson, Anthony Spry & Rachael McDonald	u8@triggisland.com
Under 9 Age Group Manager	Adam Yeo, Jacob Smith & Jane Sutherland	u9@triggisland.com
Under 10 Age Group Manager	Risma Price & Tim Emmott	u10@triggisland.com
Under 11 Age Group Manager	Donna Zaffino & Tim Carr	u11@triggisland.com
Under 12 Age Group Manager	Kirk Phillips & Renae Liddell	u12@triggisland.com
Under 13 Age Group Manager	Robert Walker & Alex Cheeseman	u13@triggisland.com
Club Office	Bronwyn Meldrum	admin@triggisland.com