SORRENTO
SURF LIFE SAVING CLUB

# JUNIOR
# HANDBOOK
## 2025/2026 SEASON

# INTRODUCTION

Welcome to the Sorrento Surf Life Saving Club.

Surf Life Saving is Australia's major water safety, drowning prevention, and rescue authority. Our movement is a part of the history, fabric, future, and culture of this country. It protects life, it saves life, and it promotes the value of life. Sorrento Surf Life Saving Club (Sorrento SLSC) creates a safe environment in and around our beaches, through patrols on, in, and above the shore and through education and training programs.

Surf Life Saving is the largest volunteer movement of its kind in Australia. For people young and old, Surf Life Saving inspires a positive and uniquely Australian attitude. Because every member, every club, embraces and promotes the 'can do' attitude to life.

Sorrento SLSC is one of the largest junior supported Surf Clubs in W.A. We are a family-based club that values the junior members, as they are the future of the club. Our club mission statement is at the core of the junior program.

1. Beach Safety, Lifesaving
2. Family
3. Competition

Every parent wants their children to lead happy, healthy, and active lives. There is no better place for this than introducing your children to surf lifesaving and nippers at Sorrento. Nipper's is a junior program that introduces children aged 5 to 13 to surf lifesaving. It is a fun outdoor activity that grows a child's confidence, and teaches valuable life skills and knowledge.

The Juniors of today are the future of Surf Life Saving, and the Nippers pathway teaches lessons and skills allowing them to continue in lifesaving and sport as they grow older. But it's not hard work. We like to call it serious fun! Nipper's is a great way for children to make friends, be active, and enjoy the beach in a safe environment.

We hope you and your family will enjoy the benefits of being members of this great club. If at any time throughout the season you have a question, please feel free to approach any member of the Management Committee listed in this handbook.

Be active and enjoy the benefits from being part of the Sorrento SLSC family.

**2025 / 2026 SEASON**

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## Mission Statement

To provide a safe beach environment for the community while embracing the family atmosphere and success in competition.

1. Beach Safety, Lifesaving
2. Family
3. Competition

## Junior Program Aims and Objectives

The aims of the Sorrento SLSC Junior Program are to:

1. Develop surf awareness
2. Increase confidence and skills in beach-related activities
3. Offer training to those wanting to pursue competition or awards
4. Instil and reinforce Sun Smart philosophies
5. Encourage enjoyable and healthy participation
6. Progress the members towards surf awards for relevant age groups
7. Promote a positive non-threatening environment

**Age Requirements**
Age groups are determined by SLSWA for all clubs with the cut-off for age groups being on the 30 September which determine the age group for the entire season. While a child may have a birthday during the season, they remain in their relevant age group. A copy of birth certificates must be provided within 2 weeks of registration.

## Nipper Management

Each age group has a Senior Age Manager reporting directly to the Junior Director. This group forms the Junior committee and are responsible for the planning and execution for the Nippers program.

Each Age group may also consists of the following volunteers:

- A Liaison Officer to support the Senior Age Manager with notifications, compilation of results and event planning.
- 8 to 16 Assistant Age Managers to support the setup, running and pack down of the sessions and events.
- 2 Board coaches
- Qualified water safety

Volunteer Senior Age Group Managers and Liaisons, assist each age group and look after the following:

**All Age Groups**
- Membership notifications
- Volunteer sourcing and management
- Beach Pack Up

**Competition Age Groups**
- Intra-Club Points
- Carnival Notifications to Parents

**Issues such as water safety are managed as follows (in accordance with the Water Safety Policy 1.1):**

- Club Day- Senior Age Group Manager / Club Day Patrol Captain
- Mid-week Training - Coach
- Carnivals – Senior Age Group Manager / Area referee / Beach water safety

The Senior Age Group Manager will attend junior meetings and will be the person that will look after and assist all age group managers and report directly to the director and / or assistant.

| Age Group | Senior Age Manager | Email Address |
|---|---|---|
| Under 6 | Matt Minchin | Under6@sorrentoslsc.org.au |
| Under 7 | Romony Dixon | Under7@sorrentoslsc.org.au |
| Under 8 | John Stapleton | Under8@sorrentoslsc.org.au |
| Under 9 | Gemma Ellis | Under9@sorrentoslsc.org.au |
| Under 10 | Kate Day | Under10@sorrentoslsc.org.au |
| Under 11 | Lisa Booth | Under11@sorrentoslsc.org.au |
| Under 12 | Clare Macey / Jamie Morris | Under12@sorrentoslsc.org.au |
| Under 13 | Glenn Ridley | Under13@sorrentoslsc.org.au |

## Colour Age Caps and Rash Vests

Coloured caps and hi-vis vests must be worn while involved in all junior activities and training sessions, as these are designed for:

- Safety and identification of juniors in the surf.
- Ease of organisation and tracking of juniors.
- Familiarisation of wearing of caps when competing in carnivals and patrolling.

No cap and Vest - No nippers - No Training - No attendance recorded.

**TABLE 1: AGE GROUP CAP AGE RANGE 2025/2026**

| Age Group | Birth Date | Cap Colour |
|---|---|---|
| Under 6 | 1/10/2019 – 30/09/2020 | Pink |
| Under 7 | 1/10/2018 – 30/09/2019 | White |
| Under 8 | 1/10/2017 – 30/09/2018 | Yellow |
| Under 9 | 1/10/2016 – 30/09/2017 | Green |
| Under 10 | 1/10/2015 – 30/09/2016 | Light Blue |
| Under 11 | 1/10/2014 – 30/09/2015 | Purple |
| Under 12 | 1/10/2013 – 30/09/2014 | Dark Blue |
| Under 13 | 1/10/2012 – 30/09/2013 | Red |

**Appropriate Hi-Vis Vests (colour to be defined by the club and/or SLSWA) must be worn at all times when doing water based activities i.e. Nippers, training and special events.**

## Pre-Requisites

As a prerequisite for participating in junior activities, children are required to prove their proficiency as per SLSWA requirements. Juniors are required to meet the appropriate proficiency level within 2 weeks of commencement with club activities. Sorrento SLSC can provide training for those needing to meet their required proficiency level; however it should be noted that juniors from Under 8 and above, are required to meet a minimum levels noted in the table below before at the beginning of the season.

**Note:** This information may be superseded by subsequent SLSA bulletins or SLSWA. This information can be checked by visiting www.mybeach.com.au

**TABLE 2: 2025/2026 WOODSIDE NIPPER PRELIMINARY EVALUATIONS**

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

| Age Group | Competition Evaluations |
|---|---|
| Under 8 | Minimum 100m open water swim in 6 minutes |
| Under 9 | Minimum 100m open water swim in 6 minutes |
| Under 10 | Minimum 150m swim in open water 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 |

## Training

Sorrento SLSC provides training for all competing Nipper Age Groups. The club supports the development of juniors in training in addition to the Sunday activities.

Training sessions will be advertised on the club notice board, the web site, via emails and Facebook pages.

Refer to coaches for changed times or locations on specific training days.

**Juniors must wear their Age cap and hi-vis vest for all water-based training sessions.**

## General Information

### What to Bring

Juniors should bring the following items to all club activities. We endorse the Sun Smart recommendations and therefore juniors without adequate sun protection may not be permitted to participate in club activities.

- Hi-vis vest (colour to be defined by the club and/or SLSWA)
- Age group cap
- Broad brimmed hat or peaked cap
- Long sleeved shirt
- Sun screen
- Bathers – racing (no boardies)
- Water bottle
- Towel
- Warm clothing (dependant on weather)
- Swimming goggles

**REMEMBER - Club Policy -** No Parent/Guardian (unless nominated carer advised to Age Manager), No Sunscreen, No Drink, No Cap, No hi-vis vest – **NO PARTICIPATION.**

### Jewellery and Valuables

Due to safety and potential losses rings, watches, necklaces, bracelets (except Medic Alert bracelets) are not permitted during activities. The nature of club activities may result in belongings being left unattended. Any valuables including jewellery, wallets and mobile phones should be left at home or given to parents before the activities commence. Age managers and officials cannot take responsibility for lost valuables.

### Uniform Shop

Bathers, t-shirts, hats, rash vests and caps are available from the club shop. Opening times will be advertised on the club website. Please support and promote the Club by purchasing your equipment at the Uniform Shop.

### Club Showers and Nippers

All nippers using the clubs indoor showers and change room must be accompanied by a parent or guardian **at all times, no exceptions** (including week days during and after training). For families where same gender parent/nippers do not exist and an alternative adult supervisor cannot be obtained, families may use the handicap/family shower/change room.

### Parking at the Club House

Sunday mornings are very busy at Sorrento SLSC. Parking inspectors visit often and parking is at a premium. Over 60% of our junior members live within a 5km radius of the surf club and we encourage all families to walk or cycle to Sunday morning Nippers rather than drive. This is another great “Be Active” activity that the whole family can share in.

## Junior Activities

### Activities

Junior activities are scheduled for Sunday Mornings usually from 8.45am during the season. Sessions will finish at approximately 11am although this may change depending on weather and/or prevailing conditions. Age managers will have pre-arranged meeting areas for roll call and club activities. The activities the children are encouraged to participate in include:

- Swimming / Wading races
- Board paddling / Board Rescue
- Sprints and Beach Flags
- Surf awareness and lifesaving skills

As surf lifesaving is a water-based activity, all juniors are expected to participate and develop skills in water events at every opportunity.

**Club Swim**

Integrated into the Junior Sessions is the club swim, which is a social swim which all parents and competing juniors are encouraged to participate in. Please speak to your Age Manager for further information.

**Competitions**

The Sorrento SLSC supports juniors wanting to participate at competition level. We encourage juniors to participate in events as part of social and physical development. Subject to successful completion of the competition evaluation.

**Club Championships**

Junior Club Championships will be undertaken for all competing age groups, competitors can only compete in their own age groups as specified by SLSWA, with results being recorded for age groups. There are three club championships, to be held during the season the dates of these are published in the season junior's calendar. Competition points will be awarded as per below table.

| Position | Points |
|---|---|
| 1st Place | 10 points |
| 2nd Place | 7 points |
| 3rd Place | 5 points |
| 4th Place | 3 points |
| Participation (Must Complete) | 1 point |

Overall championships will then be awarded to juniors achieving the highest point score from the best two results from the three events.

Nippers in the Under 6 and Under 7 groups will be rewarded for their participation and effort with no official results being recorded.

Nippers must attend at least 70% of Nipper Sundays to qualify for Club Championship medals and trophies.

The Junior Club Championships consist of the following individual (Male and Female) events including:

- Swim
- Boards
- Sprints
- Flags
- Iron person (Optional)

## SLSA Carnivals

Competing age groups have the opportunity to compete against children from other clubs at junior interclub carnivals. Carnivals are scheduled by SLSWA. In addition to in season carnivals, there will be State Qualifiers and State Championships.

Please contact your Senior Age Manager for further details.

SLSWA include both individual and a number of team events.

**Competition Requirements**
To compete in SLSWA carnivals, competitors are required to have the following items

- Club competition cap
- Designated colour hi-vis vest (as defined by SLSWA)
- Sorrento club bathers or black bathers (No boarders or string bikinis)
- Long sleeved shirt or long sleeved rash vest
- Broad brimmed hat or peaked cap
- Sun screen

**Water Safety**
Clubs are expected to provide water safety at carnivals, water safety personnel must have SRC or Bronze or as stipulated by SLSWA. Each age group will provide water safety for their own age group at carnivals.

**Competition Officials**
To participate in SLSWA Carnivals, each Age Group is required to provide one competition official for every ten juniors competing. Club officials are critical to running of SLSWA carnivals. Training courses are run by SLSWA with the club funding training for parents wanting to be involved with being an official.

## Junior Awards

Children from each age group will complete a surf education award. After the child has demonstrated the preliminary swim and float they can start learning practical surf skills and theory for first aid and general surf knowledge.

This is a structured program leading to the Surf Rescue Certificate at age 13 and the Bronze Medallion at age 15. The Surf Rescue Certificate enables the member to become part of an active beach patrol.

The program is a season-long process, and to complete it satisfactorily the nipper will need to attend at least 50% of Club Sundays during the season. Practical skills are demonstrated by the age group manager and children will be assessed on their knowledge to complete their relevant surf education award.

| Age Group | Surf Education Award |
|---|---|
| Under 6 | Surf Play 1 |
| Under 7 | Surf Play 2 |
| Under 8 | Surf Awareness 1 |
| Under 9 | Surf Awareness 2 |
| Under 10 | Surf Safety 1 |
| Under 11 | Surf Safety 2 |
| Under 12 | Surf Smart 1 |
| Under 13 | Surf Smart 2 |

## Care of Equipment

Training and competition equipment is expensive both to purchase and to repair. It is important that these items and all other gear and equipment is handled and cared for correctly. Boards should be carried, not dragged, and should be laid fin up on the sand. Do not leave them lying in direct sunlight for a long time as this causes them to bubble.

- Boards are only to be used on Sundays during nippers or during sanctioned training sessions
- Boards are not to be stood or sat on whilst on the beach
- Board must not be dragged. They must be carried off the ground.
- Nippers must not stand on boards whilst riding them
- All boards are to travel in covers

**Each age group will be responsible for the set-up and return of gear for their group**.

## Boards for Age Groups

Nippers that wish to use personal boards must comply with the below list to be able to use boards on Sunday's and at club championships. Age managers will refer to coaches or committee for approval if unsure.

- Soft boards and foamies will be allocated to the younger age groups at the start of the season.
- The fibreglass nipper boards are to be used by U11 to U13 age groups only, these will be colour coded so that each age group will have a specific colour.
- All damages and losses must be reported immediately to the Gear Steward, Age Manager, Coach and or Junior Director.

Use of boards at carnivals, preference of boards will be given to nippers that have attended regular training sessions.

## Parent Responsibilities

All Nippers must arrive on time and report to their Age Manager for roll call. Nippers must not leave their group without being marked off the roll by the age manager. The session starts at 8.45am and finishes at approximately 11.00am (on some Sunday's the session may start earlier – this will be communicated by your Senior Age Manager). It is compulsory that Nippers are accompanied and have a responsible individual at the club at all times. Parents are needed to help with:

- Equipment – setting up, pulling down, washing and storing.
- Age group supervision.
- Water safety.
- BBQ help – a roster system operates
- Carnivals

**Please volunteer your help – don't wait to be asked! Nipper sessions cannot operate without volunteers.**

Newsletters will also be placed on the surf club web site, Facebook page or TeamApp each week (www.soslsc.com). Please ensure that you review this so that you know what is happening.

### Water Safety

The safety of juniors is the highest priority for the club. While Sorrento is typically a relatively safe beach, weather and surf conditions can change. One of the skills in learning surf lifesaving will be to become familiar and confident in hazardous and challenging conditions.

We will require an appropriate number of parents to be involved with water safety and age managers will need to ensure this is in place in order for water activities to proceed. Club guidelines mandate that there be one (1) water safety person for every five (5) nippers in the water or one (1) on one (1) for Under 6 and Under 7.

**Water activities will not take place without adequate water safety personnel.**

### Parent Training

While parents can assist in club activities and water activities without formal SLSWA qualifications we encourage parents to consider achieving some formal training. The Nipper Rescue Certificate and Surf Rescue Certificate is a recognised course which covers fundamental surf lifesaving and resuscitation. Parents can also progress toward further qualifications including Bronze Medallion, IRB Driver, First Aid and Advanced Resuscitation. Qualifications of Bronze Medallion and above will allow members full use of club facilities including use of gym equipment, ski and boards and entitlement to compete at Masters Competitions. Bronze Medallion holders will be required to participate in patrols. Parents wanting to pursue training should register with the Club office.

## Junior and Parent Protocol

Juniors and Parents are to follow the following protocol, when querying a decision, needing information or putting in a complaint.

1. Liaison officer for your age group
2. Senior Age Group manager
3. Junior Director
4. Board member

## Member Protection Information Officer

Sorrento SLSC Juniors has a member protection officer whose roll it is to ensure that all nippers feel safe from being harassed, bullied or sexually abused and that they have a point of contact. If such a scenario needs to be reported please contact the MPO directly.

The member protection officer is in place to try to resolve the problem or pass it on to the appropriate person/s or authorities.

All information that is supplied to this officer will be treated with the utmost confidentiality.

## Club Activities

### Social Activities

The strength of our club is dependent on member participation and involvement in activities. Social events are aimed at developing the family atmosphere and providing a social environment for all juniors and parents alike. We appreciate the effort of all volunteers assisting with the running of these events. Anybody wishing to assist with ideas or organising events should contact their Age Manager or Junior Director.

**Barbecues**
At the conclusion of Sunday morning activities a sausage sizzle or other refreshments are available for purchase at the club. All members are welcome to enjoy the club facilities and are encouraged to become acquainted with other club members. Each age group will be rostered to assist with the running of the Sunday BBQ.

**Junior Events**
Juniors have a number of social events during the season. This is to encourage interaction between Age Groups and Parents. Information will be provided during the season via the Club website or TeamApp.

## Club By-Laws

The following By-laws are aimed to ensure all activities are undertaken in a safe and fair manner in keeping with the clubs objectives:

1. In order to maintain insurance coverage and for safety reasons, juniors and parents are to be financial. Payments must be received prior to commencement of seasonal activities
2. Parents are required to be in attendance during all activities
3. Birth Certificates are to be sighted no more than a week prior to the first competition.
4. Juniors must attend at least 50% Club Sundays in order to qualify to receive their relevant surf awards.
5. Juniors must attend 70% of Nipper Sundays to be eligible for Club Championship awards.
6. Members must be proficient to the required level for their age group at least one month prior to the State Championships in March.
7. For safety reasons, members will not be permitted to compete in any events unless they have completed the swim proficiency time.

## Nippers Code of Conduct

Nippers and Parents are requested to read and discuss the following Club Member's Code of Conduct Agreement.

**NIPPERS CODE OF CONDUCT AGREEMENT**
As a Nipper Club Member or Nipper Parent, I Will:

- Compete by the conditions and rules of the Club as stated
- Never argue with the Coach's, Assistant Coach's, Beach Official's or Water Safety's decision.
- Control my temper – no criticism, by word or gesture.
- Listen and obey all instructions from my Age Manager/s
- Work equally hard for the Club and myself. Our Club's performance will benefit and so will my own.
- Be a good sport. Cheer all good performances whether our club's or other clubs.
- Treat all Nippers as I would like to be treated. Not interfere with, bully, harass or take unfair advantage of any Nipper.
- Not throw sand.
- Understand that after three warnings, I may be asked to leave the beach and may be referred to the junior disciplinary committee, if my behaviour does not improve.
- Always act in a responsible and sensible manner, when representing our Club.
- Remember the goal of Nippers is to have fun, improve lifesaving skills and feel good.
- Co-operate with the coach, teammates and officials, for without them we do not have a sport.
- Have Fun!

# Club Contact

### Club Office Hours

| | |
|---|---|
| Monday | 8.30am – 3.30pm |
| Tuesday | 8.30am – 3.30pm |
| Wednesday | 8:30am – 3:30pm |
| Thursday | 8.30am – 3.30pm |
| Friday | 8.30am – 3.30pm |

### Phone

08 9448 1431

### Street Address

189 West Coast Drive, Sorrento WA 6020

### Office Manager

Rachel Hartley

admin@sorrentoslsc.org.au

SORRENTO
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