



A club for life

ELWOOD NIPPERS PROGRAM 2024/25 SEASON

Nippers Registration

Before your child is able to participate in ELSC Nippers, registration of your child requires **ALL** of the following to be completed **before your memberships will be finalised**.

- Completion of online membership registration for **each family member including parents** through the SLISA Members Portal - refer to the Membership Renewal and Registration process
- All members aged 18 and over, including parents of Nippers **must** have a current **Working with Children Check (WWCC)** with Elwood LSC listed as an organisation
- Payment of the relevant membership fee (\$150 for family membership)
- Payment of the Nipper Program fee (\$50 per child until 30 September, \$60 from 1 October)
- Join the Elwood LSC page on Stack TeamApp (note you need to register and sign in)

We will hold two Nipper uniform days for collection of Nipper caps and purchase of uniforms. These will be held on **Saturday 12th October 12pm – 5pm and Sunday 13th October from 12pm – 5pm** at Elwood Life Saving Club.

Please ensure that you have completed all membership and registration requirements (including your WWCCs) by **30 September 2024**. Nippers will not be registered for the program if this has not been completed by then.

An explanation of the membership enrolment process can be found at www.elwoodlsc.com.au Please contact our Secretary, Rachael Rylance on 0410131558 or secretary@elwoodlsc.com.au if you require assistance with your membership.

Nipper Age Groups

Nippers are broken into age groups according to the following birth-date cut offs:

Under 6: must be 5 yrs old at 30 September	(born between 1 Oct 2018 – 30 Sep 2019)
Under 7: must be 6 yrs old at 30 September	(born between 1 Oct 2017 – 30 Sep 2018)
Under 8: must be 7 yrs old at 30 September	(born between 1 Oct 2016 – 30 Sep 2017)
Under 9: must be 8 yrs old at 30 September	(born between 1 Oct 2015 – 30 Sep 2016)
Under 10: must be 9 yrs old at 30 September	(born between 1 Oct 2014 – 30 Sep 2015)
Under 11: must be 10 yrs old at 30 September	(born between 1 Oct 2013 – 30 Sep 2014)
Under 12: must be 11 yrs old at 30 September	(born between 1 Oct 2012 – 30 Sep 2013)
Under 13: must be 12 yrs old at 30 September	(born between 1 Oct 2011 – 30 Sep 2012)

Due to safety and insurance concerns, **Nippers are required to participate within their correct age group**. Nippers will **not** be able to participate in an age group above or below their own.

Children who are not five (5) years old as of midnight 30 September 2024 are not permitted to participate.

Parent Assistance

The success of the Nipper program is completely dependent upon the support you, as a parent, provides during the sessions. A parent of each Nipper family is required to provide assistance during the Nippers Program. Parent participation is a great way to meet other parents, make friends and help deliver a viable and successful program to our junior members.

We request a parent, relative or friend of each family to volunteer and assist the Nippers program in one of the following ways:

Age Manager	The person responsible for an Age Group. We currently need more Age Managers. An Age Manager is to have completed or be currently completing the Age Manager's course. You do not need to be Bronze qualified to be an Age Manager.
Age Group Assistant – to assist Age Manager	Parents who assist the Age Manager and can manage the Age Group if the Age Manager is away. We currently need more Age Group Assistants. As a minimum the SLS – Child Safe Awareness online course needs to be completed to assist in this role.
Bronze Medallion / Surf Rescue Certificate – to provide water safety	Parents who obtain their water safety qualifications are needed in the water so that we can meet the required ratios when Nippers engage in water activities. We will inform you of the next Bronze Medallion and Surf Rescue Certificate course.
BBQ/Coffee	Parents to who run the weekly BBQ and coffee cart each week.
Uniforms	Parents who help in the club at the commencement of the program.
Set Up & Pack Up	Parents to assist with set up and pack up.
Nipper Sub-committee	Parents who can assist the Nipper Coordinator.

Please complete the volunteer sign up form online at [volunteer sign up form](#) or email nippers@elwoodlsc.com.au with the position that you are volunteering for, or contact Georgie Park-Beard, our Nippers Coordinator on 0412381891.

Age Manager Courses

There are several steps to complete your Age Manager award.

1. Complete the two online modules via the SLS Members Portal
 - SLS - Age Managers
 - SLS – Child Safe Awareness
2. Attend a practical session on one of the following dates:
 - Saturday 12th October
 - Sunday 13th October
3. Run at least two Nipper sessions as an Age Manager under the guidance of an Age Manager mentor.

2024/25 Schedule

Sign in for each session will start at 09:00am and the sessions will run from 9:15am – 11:00am Please note that this schedule is subject to change. Any changes or updates will be communicated via the Elwood LSC page on Stack TeamApp or SMS, so please ensure your details are correct.

ELSC Nippers Schedule 2024/25		
Session	Date	Comment
	12 Oct 2024	Age Manager Practical & Uniform Collection Day
	13 Oct 2024	Age Manager Practical & Uniform Collection Day
	26 Oct 2024	Age Manager Workshop (morning)
	27 Oct 2024	Prelim Swims @ Harold Holt pool
1	10 Nov 2024	
2	17 Nov 2024	
	24 Nov 2024	Triathlon at Elwood – No Session
3	1 Dec 2024	
	7 Dec 2024	LSV Junior Carnival #1 – Ocean Grove
4	8 Dec 2024	
5	15 Dec 2024	
6	22 Dec 2024	
	3 Jan 2025	LSV Junior Carnival #2 – Cosy Corner
7	12 Jan 2025	
	19 Jan 2025	LSV Junior Carnival #3 – Mt Martha
8	19 Jan 2025	
	25 Jan 2025	LSV Junior Carnival #4 – Anglesea - TBC
9	26 Jan 2025	*Note this session will only be run if we have enough volunteers available
10	2 Feb 2025	
	9 Feb 2025	LSV Junior Carnival #5 – Jan Juc
11	9 Feb 2025	
12	16 Feb 2025	Junior Club Championships
	21 – 23 Feb 2025	LSV Junior State Championships – Pt Leo

Surf Education Program - SLSA Awards

Successful completion (including attending at least 60% of sessions) of the Nippers Program will lead to SLSA awards as follows:

- Under 6 / Under 7:** Surf Play
- Under 8 / Under 9:** Surf Aware
- Under 10 / Under 11:** Surf Safe
- Under 12 / Under 13:** Surf Smart and Basic CPR

Proficiency Testing – Preliminary Skills Evaluation

Before Nippers can take part in water based activities they **must** complete the preliminary skills evaluation relevant to their age group. The assessments will take place at **Harold Holt Pool on Sunday 27th October from 10am – 12pm**, further details will be provided prior to this.

Under 6: Push and glide 1-2m from wall, recover to stand; back float for 15 secs, recover to stand; submerge to retrieve object from bottom of pool with hands in depth of 1m.

Under 7: Push and glide from wall, kick 2-3m, recover to stand; back float for 30 secs, recover to stand; submerge to retrieve object from bottom of pool with hands in depth of 1m.

Under 8: Swim 25m (incl 3-5m underwater); back float for 30 secs, recover to stand; submerge to retrieve object from bottom of pool with hands in depth of 1m.

Under 9: Swim 50m (any stroke); front to back float 5 secs each side; tread water and/or scull for 1min; submerge to retrieve object from bottom of pool with hands in depth of 1.5m.

Under 10: Swim on front 50m (any stroke); front to back float 5 secs each side; tread water and/or scull for 1min; submerge to retrieve object from bottom of pool with hands in depth of 1.5m.

Under 11: Swim on front 75m (freestyle); front to back float 5 secs each side; tread water and/or scull for 2min; submerge to perform forward or backward roll/somersault, recover to surface, retrieve object from bottom of pool with hands in depth of 1.5m.

Under 12: Swim on front 125m (freestyle); front to back float 5 secs each side; tread water and/or scull for 3min; submerge to perform forward or backward roll/somersault, recover to surface, retrieve object from bottom of pool with hands in depth of 1.8m.

Under 13: Swim on front 150m (freestyle); front to back float 5 secs each side; tread water and/or scull for 3min; submerge to perform forward or backward roll/somersault, recover to surface, retrieve object from bottom of pool with hands in depth of 1.8m.

Nipper Uniform Requirements

A coloured age group cap is issued to each Nipper, the cost of which is included in the Nippers Program fee. **The coloured age group cap is compulsory for participation at every session.**

Pink high visibility vests must be worn by all Nippers when they are taking part in water activities, these can be purchased at the registration day for \$25. **These vests are compulsory for participation at all sessions, including weeknight training and if members want to use equipment outside of supervised sessions.**

We also request that Nippers have a long sleeve rashie (Club rashies are available for purchase at the registration day and on most Nipper Sunday mornings from 9:15am – 11:00am).

Junior Carnivals

Whilst we don't solely focus on competition at Elwood, we do encourage and support those that are interested in taking part in state and national carnivals. Lifesaving sport is a great way for our members to improve their skills and keep fit.

We run regular training on Monday and Wednesday evenings with a focus on competition skills, technique, and fitness for those that are interested.

The LSV Sport Calendar can be found on the LSV website at [2024/2025 LSV Aquatic Sports Carnival Calendar](#)

Parents of children competing, will need to be involved by either completing the Officials course to officiate at carnivals, gaining their Bronze Medallion to do water safety at carnivals or being an age group manager for the carnivals.

To compete at LSV carnivals, competitors need to wear an ELSC Club cap, which can be purchased for \$18, and there is a Competition Levy payable for all competitors.

Competition Evaluations

Nippers intending on competing in aquatic events at LSV Junior carnivals and Club Championships (excluding Under 6 to Under 8) will be required to complete the Competition Evaluation assessment. This assessment must be done every year in open water. There will be two sessions at the start of the season for these to be done.

Under 6 / Under 7: No evaluation requirement. No LSV Junior carnival events.

Under 8: No competition evaluation requirement. Restricted events at LSV Junior carnivals

Under 9 / Under 10: 150m Open water swim (freestyle) competently within the time limit.

Under 11 / Under 12 / Under 13 / Under 14: 288m Open water swim (freestyle) competently within the time limit.

If your children are interested in competing, please contact Rachael Rylance, our Head Coach at competition@elwoodlsc.com.au or on 0410131558.

Still have questions?

If you have any queries about the Nippers Program, please contact our Nippers Coordinator, or email nippers@elwoodlsc.com.au.

