



Pambula Surf Life Saving Club

NIPPERS



nippers@pambulasurf.org.au

Junior Surf Life Saving
Handbook
2025-2026 Season

PAMBULA SLSC

Welcome to the 2025-2026 Nipper season at Pambula Surf Life Saving Club (SLSC). Welcome to our new members and welcome back to familiar faces.

As a club, we're sure that this season will be as successful as last year, and we look forward to watching our Nippers develop into junior surf lifesavers throughout the year. Last season, our Nippers had a great time and improved their skills during our Sunday activities and a number competed well at the Branch carnivals. It is hoped that this year will be no different.

The Junior Sub-Committee, responsible for organising Nipper activities, consists of parents like you. Most committee members have children who either are Nippers or have been in the past so they have first-hand knowledge of being a Nipper parent and can help with any queries you may have. We strongly believe in the value of surf education and the wellbeing of our children at the beach and look forward to a great season.

Find more information under the Nippers tab on the club website: <https://www.pambulasurfclub.com.au/>

Pambula SLSC Junior Sub-Committee

Contact Nippers: nippers@pambulasurf.org.au

Facebook: [Pambula Surf Nippers | Facebook](#)

Junior Activity Chair: Lauren Moreland

Junior Activity Secretary: Cathleen Dabros

Water Safety Coordinator: John Grady

Age Manager Coordinator: Jo Stubbings

Uniforms Coordinator: Eleanor Farris

HISTORY

Pambula SLSC has a very proud history, with the club celebrating 100 years in 2014.

Pambula is the original home of Nippers, being the first club ever in Australia to have Nippers. Surf Education will tell you some stories about our history and about some of the lives that have been saved at Pambula Beach.

WHY JUNIOR SURF LIFESAVING?

Junior surf lifesaving (Nippers) is one of the fundamental areas of the lifesaving movement.

Being a member of Pambula SLSC allows your child to have an identity within Surf Lifesaving Australia and know that they are part of a great national tradition that is identified worldwide.

Our club offers every child an opportunity to develop confidence and skills in and out of the water with the added bonus of having fun along the way.

Nippers are often seen as being only for those kids that are good at swimming and surfing, **this is not the case**. It is vitally important that all children have knowledge of the hidden dangers of our beaches. During the season every child is shown (in a way that they are able to understand) a little about the dangers of the surf and ways to avoid getting into difficulties in and out of the water. This is part of the National Surf Education Program. It is an ideal way of introducing inexperienced and frightened children to the surf environment.

WHAT HAPPENS AT NIPPERS?

There are set activities and events for all Nippers to participate in each week. They are designed to be age-appropriate and combine team cooperation, knowledge of the beach and surf, as well as physical skills. The knowledge and skills learnt at Nippers are skills for life.

Children who are able to complete the preliminary swimming evaluation at the pool (see page 5-6) can enjoy activities including swimming in the surf, board paddling, board and tube rescues etc.

For those who aren't yet ready to obtain their water proficiency, there are beach-based activities to participate in until they gain the necessary skills and confidence for water-based activities. Beach activities include Beach Sprints, Beach Relays, Flags, Wades, Surf Education (theory), March Past, and other fun activities.

Children will also participate in education sessions each week which contribute to Junior Surf Lifesaving Awards. Surf Education is a series of graded activities that aim to teach children the basic facts about the beach, the water and the environment. The program covers Surf Awareness, Surf Safety, Surf Smart and Surf Rescue.

Nippers can also compete in carnivals against their peers from other clubs, should they wish. Competition is encouraged but not compulsory. Nippers must pass the junior competition evaluation (see page 6) to be eligible to compete in carnivals.

Nippers is run by volunteers. Parents/Guardians are encouraged to participate in the running of Nipper activities as a part of your child's involvement.

Finally, if you have any queries or questions, please do not hesitate to contact the Junior Coordinator or any Committee member of the club.

IMPORTANT INFORMATION

- **It is strongly advised that ALL Nippers bring a wetsuit**, at least at the start of the season, as they will be in and out of the water for extended periods and conditions can turn cold any time of year. This could impact greatly on your child's enjoyment of Nippers. Please also bring a hat, sunscreen, drink, towel, and change of clothes (optional).
- **It is compulsory for the club cap & fluoro vests to be worn at all times while participating at Nippers or at carnivals. This is a safety requirement.** These and other club clothes items including hooded towels, swimmers, hats and clothing can be purchased at Nippers.
Note: The Bucket Brigade are provided with a cap each week. Purchase of a club cap is not required until in the Nippers program (U8)
- A minimum of **one parent/guardian per child/family** must be present during Nippers in case of illness or injury.

SCHEDULE

Nippers is held Sunday mornings between 8:45 am and 11 am. **Please arrive between 8:30 and 8:45am to allow for a prompt start.**

The children will participate in a program that will teach your child specific skills that will enable them to enjoy the surf & sand and if they choose, enjoy competing at Surf Carnivals up and down the coast.

WATER SAFETY

Qualified Lifesavers ensure your child is safe during water activities. They accompany children during ocean swims and board paddling and carry floatation devices. There will be a Patrol on the beach for additional support if needed. Should your child get into difficulty, Water Safety personnel will help him/her. No child is placed in danger. We encourage parents to earn their Surf Rescue Certificate (SRC) or Bronze through courses at the club (free of charge) so that they can help in these roles.

AGE MANAGERS

Age Managers are integral to the delivery of the Nipper program.

An Age Manager is responsible for the age group's safety and well-being during Nippers, initiating and maintaining attendance sheets for the age group and monitoring the efforts of children. Working with the Nippers organisers, water safety and coaches they are asked to help instil enjoyment and fun in what the children do and be a positive role model.

To ensure we have a large resource pool from which to draw, we encourage all able Nipper parents/carers to become Age Managers. You must be a current financial member of the club and over the age of 16. You do not need your SRC or Bronze to be an Age Manager.

A short online course needs to be undertaken along with obtaining a Working with Children Check.

Age Managers Course: Log in to your member area of sls.com.au > Applications > eLearning > Log in to eLearning > Training Library > SLS Age Managers – training courses:

- SLS – Child Safety Awareness (do first)
- SLS – Age Managers

Obtain Working with Children Check (WWCC) <https://www.service.nsw.gov.au/transaction/apply-working-children-check>. It is free for volunteers. **Please forward your WWCC details to our Nipper email address.**

JUNIOR PRELIMINARY POOL SKILLS EVALUATION

Held at Sapphire Aquatic Centre, usually in late October. Check the website and/or Facebook page close to the start of the season for more detail.

Nippers should come to the pool during the scheduled time. There is NO CHARGE for this proficiency swim. Each Nipper MUST have had their pool skills evaluated before they can participate in water activities.

Our assessment team is there to help – we want you to pass, but we must ensure that the Nipper can participate safely. Proficiency will be assessed as follows:

	Under 8	Under 9	Under 10	Under 11
Flotation	Back or front float for a minimum of 15 seconds, recover to stand.	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.	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.	Front to back float or back to front float, 5 seconds each side. Tread water and/or any stroke sculling for minimum of 2 mins.
Submersion	Submerge to touch the bottom with hands (1m)	Submerge to touch the bottom with hands (1.5m)	Submerge to touch the bottom with hands (1.5m)	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands (1.5m)
Propulsion	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).	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.	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.	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	Under 13	Under 14
Flotation	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.
Submersion	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands (1.8m)	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands (1.8m)	Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands (1.8m)
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 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.

JUNIOR COMPETITION SURF EVALUATION (for carnival only)

Assessment will be conducted during the normal Nippers weekly program at the start of the season, prior to the first carnival. If your child is unsuccessful but wishes to try again later in the season, this will be accommodated.

Under 8	NIL (no water competition, except for wade which takes place in waist-deep water)
Under 9	Minimum 150m open water swim (any recognised stroke)
Under 10	Minimum 150m open water swim (any recognised stroke)
Under 11	Minimum 200m open water swim (any recognised stroke)
Under 12	Minimum 200m open water swim (any recognised stroke)
Under 13	Minimum 200m open water swim (any recognised stroke)
Under 14	Minimum 200m open water swim (any recognised stroke)

AGE GROUPS

Age groups for 2025-2026:

Month/Year of Birth	2011	2012	2013	2014	2015	2016	2017	2018	2019+
January	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
February	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
March	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
April	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
May	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
June	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
July	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
August	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
September	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
October	U14	U13	U12	U11	U10	U9	U8	Buckets	Buckets
November	U14	U13	U12	U11	U10	U9	U8	Buckets	Buckets
December	U14	U13	U12	U11	U10	U9	U8	Buckets	Buckets

BUCKET BRIGADE

Under 6 & under 7 year old children may participate in a Nippers program called “Bucket Brigade”.

Here they have fun on the beach, and in shallow water, taking part in organised activities for a shorter time than the full Nipper program. From experience, depending on your child’s ability and confidence, they may become bored with too many years in the more limited Bucket Brigade. This should be taken into consideration when registering them for the first time.

No surf lifesaving club is permitted to accept membership of a child until they reach 5 years of age.

SEASON CALENDAR 2025-26



Pool Proficiency Swims at Sapphire Aquatic Centre 25th October 1-3pm and 26th October 2-4pm. Come any time in those windows, entry is free for Nippers.

Nippers starts at 8:30am for 8:45am on the beach warm up and 9am sharp start.

Two parents from each age group needed each week to help with the BBQ.

DAY	DATE	DETAILS	LOCATION	BBQ ROSTER
Sunday	02 Nov 25	Nippers - orientation	PSLSC	Nil
Sunday	09 Nov 25	Nippers – Junior Search and Rescue Drill and Rip Demo	PSLSC	U14
Sunday	16 Nov 25	Nippers – carnival events	PSLSC	U13
Sunday	23 Nov 25	Branch Carnival (no Nippers at PSLSC)	Moruya Surf Club	Nil
Sunday	30 Nov 25	Nippers	PSLSC	U12
Saturday	06 Dec 25	Christmas Twilight Nippers	PSLSC	U11
Saturday	13 Dec 25	Branch Carnival (no Nippers at PSLSC)	Tathra Surf Club	Nil
Sunday	21 Dec 25	HOLIDAYS		
Sunday	28 Dec 25	HOLIDAYS		
Sunday	04 Jan 26	HOLIDAYS		
Sunday	11 Jan 26	HOLIDAYS		
Sunday	18 Jan 26	HOLIDAYS		
Sunday	25 Jan 26	Nippers - Carnival training only	PSLSC	Nil
Saturday	31 Jan 26	Branch Champs Carnival (no Nippers at PSLSC)	Broulee Surf Club	Nil
Sunday	08 Feb 26	Nippers	PSLSC	U10
Sunday	15 Feb 26	Pambula Mini Carnival	PSLSC	U9
Sunday	22 Feb 26	Nippers	PSLSC	U8
Sunday	01 Mar 26	Nippers	PSLSC	U14
Sunday	08 Mar 26	Nippers – Police Boat	PSLSC	U13
Sunday	15 Mar 26	Nippers	PSLSC	U12
Sunday	22 Mar 26	Pambula Mini Carnival	PSLSC	U11
Sunday	29 Mar 26	Brats vs Adults	PSLSC	U10

NB. School holidays 22nd December 2025 – 26th January 2026 and from 7th April. Good Friday 3rd April

THANKS TO OUR SPONSORS



CARNIVALS

Carnivals are an optional activity for all Nippers. They require preparation, planning and time. The benefits for each Nipper attending carnivals can be great with team and individual rewards increasing self-esteem.

The Nippers Season Program lists the local FSC Branch carnivals for this season. We normally setup our own club tent and supply all boards and equipment to the children within our club. The club pays for the carnival registration fees.

Each year there are NSW Country Championships and a NSW State carnival held with thousands of competitors. **Any** Nipper or Senior member (with their Bronze) can attend these. If you think your child would like to be involved, please speak with his/her Age Manager or the Junior Coordinator.

Please note that to participate in carnivals your child must pass the competition ocean swim distances as per surf lifesaving requirements detailed in this booklet. Events that your child can participate in during a carnival include:

- March Past
- Surf Races (body surfing, wading, sprinting)
- Cameron Relay (team of 4:1xSwimmer, 2xrunners, 1xboard paddler)
- Board Races and Board Rescue (1xswimmer, 1x board paddler)
- Iron Man/Woman (swim, board and sprint)
- Flags
- Beach Sprints
- Beach Relay (team of 4)

LiveHeats wrist band technology allows for tracking and recording of event results. It is compulsory for Nippers to wear them while competing. They will be given one for free if they haven't competed before. If they have lost the band, or it has been damaged, a new one will need to be purchased (usually around \$10).

NIPPER AWARDS

Nippers will be acknowledged for their achievements at the end of season presentation. Various awards will be presented. These awards will include but will not be limited to:

- Age Champion
- Most Improved Award (per age group)
- Best All Rounder (per age group)
- Most Improved in the Water
- All Heart Award
- Nipper of the Year (Male and Female)

Age Champion awards have a set number of criteria which includes attendance and participation at Sunday Nippers, carnival participation and results, and overall attitude. Further information regarding these criteria can be obtained from Age Managers.

CODES OF CONDUCT

KIDS CODE

1. Play to enjoy the sport
2. Follow the rules
3. Do not throw sand, it can be dangerous
4. Do not argue with official's decisions. In a carnival situation, the team manager can ask the necessary questions
5. Try to control your temper and be a good sport
6. Treat other Nippers as you like to be treated
7. Remember the aim is to have fun and improve your ability
8. Always stay with your age group
9. Nipper caps must be worn at all times
10. Listen to your Age Manager and teammates
11. Competing is most important, winning is a bonus

Note: Because of the risk of disrupting and endangering others in the age group, any Nipper who does not follow the above code may be asked to leave the beach on the day.

NO BULLYING WILL BE TOLERATED.

PARENT/GUARDIANS CODE

1. Ensure your children understand the Kids Code
2. Be present on the beach at all times
3. Do not make an unwilling child participate
4. Children are involved in sport for their enjoyment, not yours. Don't spoil it by being too intense
5. Encourage effort, it is as important as the result
6. Work towards improving skills and sportsmanship
7. Do not yell and abuse a child for making a mistake. They are trying as hard as they can
8. Do not publicly question an official's decision
9. Be on your guard against projecting your own aspirations onto your child
10. Recognise the value and importance of volunteer coaches.

SPECTATORS CODE

1. Applaud good efforts by your own team and their opponents
2. Show respect for your team's opponents. Without them there would be no competition
3. Condemn the use of violence in all forms
4. Respect ALL decisions made by the officials
5. Encourage competitors to always play according to the rules
6. Do not swear or harass competitors, coaches or officials.

SUNSMART POLICY

SLIP on a t-shirt with a high neck, sleeves to the elbow and one that you can't see through.

SLOP on sunscreen minimum of factor 30+ and one that is water proof. It must be applied 15 minutes before going into the water!

SLAP on a hat. The best type is one with a broad rim.

WRAP on some sunnies, with a 100% UV filter.

Please remember to take some water on the beach with you!

PHOTOGRAPHS OF NIPPERS ACTIVITIES

Pambula Surf Life Saving Club may take and use of photographs of Nippers activities for the Club website, Club media purposes and the Club Facebook page. Consent to images being taken of you or your child is given at the point of registration. Please be aware there is no longer the option to 'opt out'.

The Club is committed to child safety and will only take and use images that are appropriate for the purposes of the Clubs pursuits.

We ask you when taking photos during the Nippers program to be mindful others and avoiding taking images of children of which you are not the guardian. Please also be aware of child safety laws concerning the taking and use of images of minors.

PARENTAL INVOLVEMENT

Parental/caregiver involvement in any club, in any sport is vital to its success and our club is no different. We rely heavily on the cooperation, help and patience of all parents (see also Child Protection Policy below).

Parents/caregivers will be asked to please **commit to volunteering** regularly during the season as part of their child's membership. Tasks may be rostered and may include acting as an Age Manager or Age Manager stand-in, helping with the BBQ, setting up and packing away gear, Carnival Official etc.

Parents/caregivers are also encouraged to gain their Bronze Medallion to allow them to act as a Water Safety Officers. Other surf lifesaving awards such as first aid, advanced resuscitation or radio operator may also be of interest.

It is **compulsory** all parents / caregivers remain on the beach throughout Nippers. This ensures that the child's Age Manager knows who they have in their care and can find a parent should they need to contact them for any reason. Parents/caregivers **MUST** accompany their child to their respective age group outside the clubhouse at the start of Nippers each week.

SLSA CHILD SAFE POLICY

Please see the website for the SLSA Child Safety Commitment Statement: [Child Safety - Surf Life Saving NSW](#). If you suspect, on reasonable grounds that a child in the club is or is at risk of being abused and/or neglected, you must report it. Please use this link: <https://complaints.sls.com.au/>

The *Child Protection (Working with Children) Act 2012* [Child Protection \(Working with Children\) Act 2012 No 51 - NSW Legislation](#) and the *Child Protection (Working with Children) Regulation 2013* [Child Protection \(Working with Children\) Regulation 2013 - NSW Legislation](#) require that a Working With Children Check (WWCC) is a prerequisite for anyone in child-related roles, either paid or voluntary.

Although there are some exemptions for the WWCC for volunteers include children (under the age of 18) and parents or close relatives volunteering with a team, program or other activity in which their child usually participates or is a team member, many roles will require a WWCC.

For more information see the NSW SLS WWCC Guidelines, which will automatically update each year:

[Working With Children Check Requirements - 2024 - Surf Life Saving NSW](#)

Those who already have a WWCC can simply provide their WWCC Number, full name and date of birth to their club for online verification. Those who do not already have a WWCC will need to follow the below steps:

1. Complete the online application form (once the form has been submitted, an Application Number will be received). [New Application - NSW Working with Children Check](#)
2. Take the Application Number and proof of identity to a Service NSW Centre.
3. Once received, provide their WWCC Number to the club for verification. You will need to provide this WWCC Number, full name and date of birth to the PSLSC to WWCC@pambulasurf.org.au.



Online Registration Troubleshooting Guide 2025

Pambula Surf Life Saving Club – Membership renewals 2025-2026 Season

Registration and fees

Membership at Pambula Surf is to be renewed each year on 1 July. Surf Lifesaving NSW allow a grace period up to the beginning of the patrolling season. If you do not renew by this time your membership will be archived.

We value your membership in our Club and hope you will consider renewing for the coming season. We have set our prices at a low rate to assist with the cost of living we all experience, and a lower rate for renewals vs new memberships.

If you are experiencing difficulties in renewing your membership through your Members Hub you are welcome to contact registrar@pambulasurf.org.au.

Membership Fees for this Season are:

Adult (Associate member)	\$60 for renewing Adult - \$100 for new membership
Adult (Active member)	\$55 for renewing Adult - \$65 for new membership
Individual child (Nippers)	\$30 for renewing child - \$40 for new membership
Family Registration	\$150 for renewing - \$180 for new membership

Note: Every Nipper must have at least **one adult member** (Associate or Active). To join the club or renew, go to <https://members.sls.com.au/SLSAOnline/modules/login/index.php>

Eligible families can get an Active Kids Voucher on the Services NSW app and they can use it to cover the cost of membership. They need to send the Registrar a photo of the voucher, either via email registrar@pambulasurf.org.au or an MMS on 0459258080.

Associate Members aren't required to hold a surf life-saving qualification. So this is a great way for you to choose to assist the club in various roles with your time and specific skills.

Award Members

Award Members can hold the following awards; Resuscitation, Advanced Resuscitation Techniques, Radio Operator, UAV or Apply First Aid awards and can assist patrols without getting wet! We highly value these support roles. Our House team are always looking for helpers in the Bar and selling apparel.

We look forward to welcoming you back to Pambula Surf Club.

Ann Smith, secretary@pambulasurf.org.au Marcella Vitouchova, registrar@pambulasurf.org.au

Registration Information for New Members

A guide to online registrations.

New Members

For Nippers and Members under 18

You will need to make a payment upon registering yourself, your family to join the club.

The Pambula club you are joining requires a parent / carer to join with a nipper. You will need to sign up online as a FAMILY, the system pre-fills the address etc. for all family members. (Although you can choose to pay in the most cost-effective way. E.g., if you are joining one nipper and one parent, it is better to pay as an adult plus a junior, If you are joining 2 adults and 2 juniors, then the Family membership is more cost effective. Please refer to the Membership Price List for the relevant membership fees.)

[SLS Hub - Register](#)

Remember your username as you will use this each year to sign up. Options available:

- **Join as an individual** – select 'An Individual' and follow the prompts
- **Join as a family** – select 'My family'. Many clubs require a parent/carer to join as well as their child. **The first person to sign up must be over 18.** Fill in the required details and then **add a new member** to sign up your child. Keep adding new members to the family group if you have more than one child.

Note: If the system comes up with the following, it means that you have previously been a member at another surf club. (This often happens if adults are joining and maybe did a short time in nippers as children or were a member in another state):

Our checks have detected that you are already an active member of a Surf Club or a Commercial Academy.

Because of this you need to go straight to the Members Area and create an account. From there you can change your membership details or transfer / join another club.

If you are still having issues, please contact the club or entity you are trying to join - you can obtain contact details below or at https://sls.com.au/club_directory

In this instance follow the directions or contact the club for assistance.