



Nippers

Handbook

2025-2026



Table of **Contents**

Welcome	3
What we do	4
Our history	5
What is nippers?	6
Joining nippers	7
What is Surf Education?	9
Parents and carers - how you can help	10
Who's who in the CHSLSC crew?	11
Season calendar	12
Code of Conduct	14

Welcome to Camden Haven SLSC

We acknowledge the Birpai people, the Traditional Custodians of the land and waters we're lucky enough to patrol and enjoy. We pay our respects to Elders past and present, and recognise their deep and ongoing connection to Country.

Whether you're joining us for the first time or returning for another great season on the beach, welcome! We're so pleased to have you as part of the Camden Haven Surf Lifesaving Club community.

At Camden Haven SLSC, we're proud to be part of a national Surf Life Saving movement built on community service, learning, and looking out for one another. Our Nippers program is all about helping kids build confidence in the surf, learn vital water safety skills, stay active, make new friends, and — most importantly — have fun. Parents and carers play a huge part in making each Sunday run smoothly, and we're incredibly grateful for your support. Whether you're helping with beach setup, lending a hand with water safety, or cheering from the sand, your involvement makes a real difference. We encourage you to get involved in whatever way feels right for you. Your child's safety is always our number one priority. Our dedicated team of trained lifesavers, age managers, and volunteers work together to create a safe, inclusive, and encouraging environment for every child.

Inside this handbook, you'll find everything you need to know about the season ahead — from routines and communication to uniforms, weather plans, and how we keep things fun and engaging each week.

Thank you for being part of our club. We look forward to an exciting season and can't wait to see you and your family on the beach.

Yours in surf lifesaving,

Kate Dwyer

President

Camden Haven Surf Lifesaving Club



What we do

Surf Lifesaving Australia

Surf Life Saving Australia (SLSA) is a unique not-for-profit community cause that exists through community donations, fundraising, corporate sponsorship and government grants. SLSA has 173,865 members and 314 affiliated Surf Life Saving Clubs.

Surf Life Saving Australia represents the largest volunteer movement of its kind in the world.

Since Surf Life Saving was established in 1907 over 650,000 people have been rescued by our surf lifesavers.

Our mission

Surf lifesaving exists to save lives, create great Australians and build better communities.

In addition to core services and responsibilities, SLSA also contributes to the community by:

- Training volunteer surf lifesavers and paid lifeguards to undertake rescues, administer first aid and take preventative actions to keep our beaches safe
- Providing helicopter, jet and offshore rescue boat services
- Managing and delivering surf sports events
- Developing and implementing community and school education programs.

Surf Life Saving Australia is continuously working to achieve our vision of zero preventable deaths in Australian waters.

Our history

Camden Haven Surf Life Saving Club (CHSLSC) commenced its service to the Camden Haven Community in 1947 in a single-story building on the site where our existing building stands.

Camden Haven SLSC has a proud history of being involved in competition from Junior members to Senior members, from sand to water events, and all age groups.

In the 2017/2018 season, Camden Haven SLSC celebrated 70 years of service.

We were recognised as the Mid North Coast Surf Club of the Year for 3 years in a row.

Our members also received great accolades such as Mid North Coast Branch Life Saver of the year and Rescue of the Year in the 2017/18 season.

Camden Haven SLSC is a proud community club.

What is nippers?

Also known as Lifesavers in Training (LITs)

The Surf Life Saving Junior Activities Program has become one of the most successful children's development and sporting programs in Australia.

It encourages children to learn new skills and promotes active involvement of parents, creating a learning environment from which both children and parents can benefit, which may someday save someone's life.

This information booklet is designed as a general guide to the Camden Haven Junior Activity Program we will be conducting this year.

What is Nippers all about?

- Instruction in surf safety and surf awareness
- Lifesaving and first aid skill development
- Competitive sports activities
- Platform for senior patrol duties
- To increase fitness and be involved in an active lifestyle
- Enjoyable social activity for children and parents
- Be an active and involved community member

Membership is open to all children who have already turned 5 by the start date of the current season.

At least one parent must become a member of the club as part of our Child Protection Policy.

Parents and grandparents are encouraged to join one of the volunteer groups to contribute to the running of club days and carnivals.



Joining nippers

Preliminary and competition swims

Each child must complete a preliminary swim before their first day on the beach each season. Each age group has different tasks to complete, such as retrieving a toy from the bottom of the pool, floating on their back, treading water, and/or swimming laps.

Preliminary swims will commence on 4 October at Laurieton Pool.

For children aged nine and above, the competition evaluation ocean swim will be held on the first day of nippers at the beach.

Our season

Nippers is held fortnightly on Sunday mornings, usually at Grants Beach, North Haven. Occasionally, we will have special days at Pilot Beach or Diamond Head.

Sign-on is at 9:30am, and a parent or guardian **must** sign their child **on** before activities and **off** after activities. This helps our volunteers ensure each child is safe and accounted for.

Activities run for approximately two hours, finishing with a barbecue where you can purchase a sausage sandwich, fruit, and a drink for a gold coin donation (EFTPOS available).

Each fortnight on Fridays, between 4:15pm and 5:30pm, we run **board training** for all ages to help new nippers gain balance and confidence away from the waves. These sessions are held under the instruction of our Director of Lifesaving and water safety team at the North Haven River Baths, opposite Moo & Bean Cafe.

Communication

Please follow our Camden Haven SLSC Facebook and Instagram pages for updates and special event notifications. There is a closed group for nippers' parents, Camden Haven SLSC Nippers.

Our Junior Activities Coordinator is Nicole Crowe, who can be contacted on 0490 939 571.

Fees

Family membership \$100

Active single membership \$30

Non-active individual membership (parent or associate) \$50

Nipper membership (single, but a parent must also join) \$40*

Senior membership (over 60) \$5.50

*We are unable to accept Active Kids Vouchers

Age groups

Children must be at least 5 years old by 30 September to be registered to participate in activities. If your child is keen to start and turns 5 soon after 30 September, they can participate after the season begins.

Here's how the age groups are determined:

Age by Sept. 30	Date of birth range	Group	Award earned this season
5	1 Oct 2019-30 Sept 2020	Under 6	Surf Play One
6	1 Oct 2018-30 Sept 2019	Under 7	Surf Play Two
7	1 Oct 2017-30 Sept 2018	Under 8	Surf Aware One
8	1 Oct 2016-30 Sept 2017	Under 9	Surf Aware Two
9	1 Oct 2015-30 Sept 2016	Under 10	Surf Safe One
10	1 Oct 2014-30 Sept 2015	Under 11	Surf Safe Two
11	1 Oct 2013-30 Sept 2014	Under 12	Surf Smart One
12	1 Oct 2012-30 Sept 2013	Under 13	Surf Smart Two
13	1 Oct 2011-30 Sept 2012	Under 14	Surf Rescue Certificate

What is Surf Education?

Awards explained

The aim of nippers, or Lifesavers In Training, is to learn surf safety, surf awareness, and lifesaving skills. We also have fun!

Each age category completes accredited training. To be eligible to compete at surf lifesaving carnivals, nippers must earn these awards.

Surf Play One and Two

- Beach activities and games to develop group participation
- Water activities - limited to shallow water
- No carnivals or competition - it's about learning and fun

Surf Awareness One and Two

- Recall surf awareness information and basic emergency procedures
- Perform introductory self-rescue skills
- Completes a run-swim-run

Surf Safe One and Two

- Apply surf awareness information
- Provide emergency care
- Communicate in the beach environment
- Completes a run-swim-run

Surf Smart One and Two

- Apply surf awareness information
- Provide emergency care
- Operate communications systems and equipment
- Completes a run-swim-run

Resuscitation Certificate (under 14+)

- Demonstrates skills by:
 - Assessing an unconscious patient by checking for danger
 - Assessing a patient's airway and breathing
 - Assessing a patient's response
 - Identify 'signs of life'
 - Work in a team

Surf Rescue Certificate (must be at least 13 years old on the day of the assessment)

- Apply surf awareness information
- Provide emergency care
- Operate Communications systems and equipment
- Working in a team
- Communicate in the beach environment
- Completes a run-swim-run
- Participate in an aquatic rescue operation
- Demonstrates resuscitation skills

This award is compulsory for juniors who wish to become patrolling members and wear the red and yellow uniform.

Parents and carers

How you can help

Age managers, assistants and water safety

We can't run Nippers without our parent volunteers — your support each week is what makes the program safe, fun, and welcoming for every child.

You don't need to be a lifesaver to get involved. There's a role for everyone; you don't have to be a confident swimmer, and every bit of help makes a real difference. There are the roles below, or you're welcome to volunteer at our bar, help with the barbecue, assist with cleanup and pack up, or join the committee.

Volunteering is also a great way to meet new people, feel part of the club, and share in the joy of watching our kids grow in confidence on the beach.

Age Managers

- Help children aged 5-13 gain knowledge, skills and confidence
- Be a positive role model
- Deliver the learning program
- Create a fun, safe learning environment

To be an Age Manager, you must be at least 16 years of age, hold a NSW Working with Children Check (unless exempt), and have completed the online Child Safe Awareness course and Age Manager course or face-to-face equivalent.

Age Manager Assistant

- Help with activities on the beach and build your instructing skills

To be an Assistant, you must be aged 13-15 years, hold a NSW Working with Children Check (unless exempt), and have completed the Child Safe Awareness course and Age Manager Assistant course or face-to-face equivalent.

Water Safety Personnel

- Help keep nippers safe in the water by assisting in board paddling and ocean swimming

To join the water safety team, you must be qualified and proficient in an SLISA aquatic rescue qualification: Surf Rescue Certificate or Bronze Medallion.

Please ask our Junior Activities Coordinator, Nicole Crowe, or one of our trainers for more information.

Who's who in the **CHSLSC crew**

Executive committee

President	Kate Dwyer	president@camdenhavenslsc.com.au 0419 798 796
Vice President	Michelle Garvan	0457 834 408
Director of Administration	Nicole Crowe	info@camdenhavenslsc.com.au 0490 939 571
Director of Finance	Susie Bell	
Director of Lifesaving	Tony Worton	lifesaving@camdenhavenslsc.com.au 0427 657 412

Committee

Bar Manager	Bruce Cooper
Junior Activities Coordinator	Nicole Crowe
Registrar	Nicole Crowe
Uniforms and merchandise	Jessie Johnson
Grants Officer	Nicole Crowe
Hall hire	Nicole Crowe
Junior Club Captain	Leah Rumsby
Member Protection Officers	Nicole Crowe 0490 939 571 and Gary Hawkins 0403 135 833

Season calendar

September

- Sunday 14th - Open Day from 10am at the clubhouse. Registration assistance, purchase swimmers and merchandise. Free Camden Haven rashie for new nippers

October

- Saturday 4th - Preliminary pool swim, 8am-10am, Laurieton Pool
- Saturday 11th - Preliminary pool swim, 8am-10am, Laurieton Pool
- Saturday 18th - Preliminary pool swim, 8am-10am, Laurieton Pool
- Sunday 19th - Competition evaluation swim at Camden Haven SLSC 9:30am sign on
- Sunday 19th - First day of season, Celebration Day at Camden Haven SLSC 9:30am sign on
- **Friday 24th - Board training North Haven Baths 4.15pm sign on**
- **Saturday 25th and Sunday 26th - First Branch carnival at Hat Head SLSC from 8am**

November

- Sunday 2nd - Nippers at Camden Haven SLSC 9:30am sign on
- **Friday 7th - Board training North Haven Baths 4.15pm sign on**
- **Saturday 15th Sunday 16th - Second Branch carnival at Crescent Head SLSC from 8am**
- Sunday 16th - Nippers at Camden Haven SLSC 9:30am sign on
- **Friday 21th - Board training North Haven Baths 4.15pm sign on**
- Sunday 30th - Nippers at **Diamond Head** 9:30am sign on

December

- **Friday 5th - Board training North Haven Baths 4.15pm sign on**
- **Saturday 13th - Twilight Teams Carnival at Tacking Point SLSC from 3pm**
- Sunday 14th - Nippers and Christmas fun at Camden Haven SLSC 9:30am sign on

Break for Christmas and New Year

Season calendar

January

- **Friday 23rd - Sunday 25th - Country Titles at South West Rocks SLSC**
- Friday 30th - Board training North Haven Baths 4.15pm sign on

February

- Sunday 8th - Nippers at **Pilot Beach** 9:30am sign on
- **Friday 13th - Board training North Haven Baths 4.15pm sign on**
- Sunday 22nd - Nippers at Camden Haven SLSC 9:30am sign on
- **Friday 27th - Board training North Haven Baths 4.15pm sign on**

March

- **Saturday 7th Sunday 8th - Branch Championships at Port Macquarie SLSC from 8am**
- **Friday 13th - Board training North Haven Baths 4.15pm sign on**
- Sunday 8th - Nippers at Camden Haven SLSC 9:30am sign on
- Sunday 22nd - Nippers at Camden Haven SLSC 9:30am sign on
- **Friday 27th - Board training North Haven Baths 4.15pm sign on**
- Sunday 29th - Presentation day at Camden Haven SLSC 10:30am




Our Code of Conduct


- Respect the rights, dignity and worth of others
- Be fair, considerate, and honest in all dealings with others and be a positive role model
- Make a commitment to providing quality service
- Be aware of and maintain an uncompromising adherence to SLISA standards, rules, regulations, and policies
- Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age
- Contribute to the provision of a safe environment for the conduct of all activities within surf lifesaving
- Abide by the relevant role-specific codes of conduct

Thank you

 www.camdenhavenslsc.com.au

 128 The Parade, North Haven, NSW 2443

 www.instagram.com/camden_haven_slsc/

 www.facebook.com/CamdenHavenSLSC