



NIPPER INFORMATION

Handbook

2019/20



Junior Activities Committee

| | | |
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| CHAIRPERSON | Matthew Horder | 0414 584 148 matthew.horder@bigpond.com |
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| VICE CHAIRPERSON 1 | Anthony Thomas | 0402 804 981 anthony@physiocare.com.au |
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| VICE CHAIRPERSON 2 | Stacey Campbell | 0430 627 551 stacey_kurz@yahoo.com.au |
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SECRETARY

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| TREASURER | Claire Bascombe | 0422 514 716 claire@hawkwell.com.au |
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| REGISTRAR | Lisa Mainelli Jodie Moore | All enquiries via Kylie Jones Nipper Administration Office 5452 3712 |
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| JUNIOR SURF SPORTS CO-ORDINATOR | Jason Irwin | 0403 518 765 jason.irwin72@gmail.com |
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TEAM MANAGER U8-U10

TEAM MANAGER U11-U14

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| CHIEF WATER SAFETY OFFICER | Tony Imbrogno | 0437 991 869 bluewater12@bigpond.com |
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| GEAR STEWARD | Ryan Jones | 0432 260 008 r.kjones@optusnet.com.au |
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| EDUCATION OFFICER | Bill Ochman | 0403 021 384 training@thesurfclub.com.au |
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| AWARDS OFFICER | Jason Irwin | 0403 518 765 jason.irwin72@gmail.com |
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| IRB CO-ORDINATOR | Jaclyn Sampson | 0451 105 750 jaclyn.k.sampson1@gmail.com |
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| OFFICIALS CO-ORDINATOR | Ian Warmington Julie McIvor | 0400 239 134 ianwarmington@bigpond.com 0424 201 992 ju1ieanderson@yahoo.com |
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Age Managers

| | | | |
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| UNDER 6 & 7 | Julie McIvor | 0424 201 992 | ju1ieanderson@yahoo.com |
| | James Petherbridge | 0432 826 076 | jamespetherbridge@yahoo.com.au |
| | Marcus Dowling | 0404 000 594 | marcus.dowling@iua.net.au |
| | Kristie Love-Pelletier | 0414 637 356 | krittilylove76@yahoo.com |
| U6 & 7 Assistant | Kiera Bascombe | | claire@hawkwell.com.au |
| UNDER 8 | Wayne Hooper | 0431 690 919 | standbyaccess@outlook.com |
| | Jason Parsons | 0416 190 029 | jason@surfin.info |
| | Steve Scott | 0407 345 751 | sscott@easterntrees.com |
| U8 Assistant | Brooke Ochman | | billochman@gmail.com |
| UNDER 9 | Gina Fink | 0414 383 917 | gina@savagepr.com.au |
| | Lyndon Masters | 0413 016 424 | lyndon.masters@dlapiper.com |
| | Kate Haydock | 0402 300 030 | katrina.haydock81@gmail.com |
| | Rylee Jones | | r.kjones@optusnet.com.au |
| UNDER 10 | Karina Trotter | 0411 295 692 | karinatrotter@hotmail.com |
| | Stacey Hooper | 0423 356 063 | stacey.hooper11@gmail.com |
| | Michele Verdonck | 0426 202 270 | michele.verdonck@usc.edu.au |
| UNDER 11 | Steve Notley | 0403 092 015 | steve@schsignature.com.au |
| | Oliver Fink | 0424 648 462 | oliver@knightdive.com.au |
| | Anthony Thomas | 0402 804 981 | anthony@physiocare.com.au |
| U11 Assistant | Hayden Notley | | steve@scnsignature.com.ai |
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| | Brett Williams | 0431 656 815 | brettwilliams@live.com |
| | Charli Jones | 0403 061 921 | jonescharli11@gmail.com |
| | Ruth Kelly | 0431 832 264 | ruth.kelly75@gmail.com |
| UNDER 13 | Jason Irwin | 0403 518 765 | jason.irwin72@gmail.com |
| U13 Assistant | Connor Dick | | headsyl1@bigpond.com |
| UNDER 14 | Matthew Horder | 0414 584 148 | matthew.horder@bigpond.com |
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| UNDER 15 | Duncan Bascombe | 0403 957 160 | duncan@hawkwell.com.au |
| COACH - WATER | Mitch Millerr | 0450 302 570 | mitchelmiller@gmail.com |
| COACH - BEACH | Craig Parker | 0412 222 009 | parker@capfin.zbiz |
| COACH - MARCH PAST | Charli Jones | 0403 061 921 | jonescharli11@gmail.com |

What is Mooloolaba Nippers all about?

Nipper Sundays are about learning lifesaving skills, building confidence and having fun in a safe beach environment.

Nippers gain confidence by passing the tests of swimming, body boarding, dolphin-diving, spotting a rip, having fun with new friends and discovering things about themselves.

Each age group has minimum 2 Age Managers. The Age Managers are responsible for the education, training and organisation of the group. The Mooloolaba Nippers are controlled by the Junior Activities Committee (JAC), which meets monthly to discuss current and future operations and planning. The aim of Nippers is to:

- Promote and teach safe participation and enjoyment of Australian waterways through education in all aspects of water safety, personal survival, aquatic competitions, lifesaving and resuscitation
- Promote fun and enjoyment in the water and beach activities
- Encourage children to develop finely tuned water skills through education classes, competition and Surf Life Saving activities
- Encourage long term involvement with the Surf Life Saving movement

Nippers is run every Sunday during the nipper season (with a two week break over Christmas/New Year), which commences on **Sunday 15th September and will finish up in March 2020.**

Children assemble out the front of the Club near the Lifeguard Tower at 8.00am, training finishes at about 10.45am (9.15am for U6 & U7 Nippers).

Cost

In joining Nippers at Mooloolaba, parents must become Associate Members if they are not already an Active Member. An Associate Membership does not include access to Active Members facilities such as the gymnasium and the Active Member showers and toilets downstairs. Associate Membership does however provide the following:

- Insurance when partaking in approved nipper activities – this is a limited insurance, contact the Club for more details
- Access to nipper facilities
- Complimentary Mooloolaba Supporters Club Membership

Family Membership

(2 parents/guardians) with:-

- 1 Nipper \$210
- 2 Nippers \$340
- 3 Nippers \$380
- 4 Nippers \$420

Equipment Levy Fee (per family) \$20

**Parents/guardians that are current financial active members of the Mooloolaba SLSC can deduct \$55 from their Nipper Fee price.*

Mooloolaba SLSC is a registered QLD Sport & Recreation Fair Play Club. As a result, you may be eligible to receive a fair play voucher from QLD Govt Sport & Recreation, which can be redeemed at our Club to assist with your membership fees.

Head to the QLD Govt website to find out if you are eligible for a \$150 voucher towards your Nipper Fees - www.qld.gov.au/recreation/sports/funding/fairplay/apply

Providing a safe environment



Junior Activities is the breeding ground for our future Surf Lifesavers, which means we need to ensure that we provide a safe and supportive environment for all Junior Activities members. Mooloolaba Surf Life Saving Club is committed to ensuring all Junior Activities members participating in lifesaving activities are doing so in a fun, enjoyable and risk free environment.

Children have to be taken by a parent to report to their Age Manager at the beginning of training to be signed in and at least one parent or nominated guardian MUST remain at the beach with your child/children. With the amount of children in each age group it is important that there is a parent present for the duration of nippers to ensure someone is available in case of unforeseen circumstances such as injuries or finishing early. All nippers must report to their Age Manager and sign out before departure.

The Mooloolaba SLSC complies with Surf Life Saving Australia (SLSA) Water Safety Policies while all water activities are being conducted. The Water Safety ratio is determined by the Water Safety Supervisor and the Patrol Captain responsible on the day. In addition to water safety personnel, it is also a requirement for all nippers to wear hivis tops and a coloured nipper cap during all training and competition.

Nippers must wear sunscreen and drink plenty of water during training. Please ensure your child/children have their drink bottle (named clearly) with them on the beach. Each age group has their own container to keep these in while moving around the beach on training days. We will have extra sunscreen available down on the beach.

Parental involvement at Mooloolaba Nippers



Parents are **needed** to assist in the running of Nipper Sundays with a variety of tasks including, but not limited to: Age Managers, Water Safety, Surf Sports Officials, Fundraising etc. At the start of the season you will be asked to complete a Parent Volunteer Preference and we will do our very best to fit you into a position that you are wishing to do.

We require volunteers for every Nipper Sunday morning to assist with BBQ duty & beach set up/pack up – this works on an age group rotational basis, which is distributed on the Nipper Calendar at the start of the season.

It is a Club requirement that as a parent of a competing child (1 parent per family), you must be assigned to a position as outlined in the Mooloolaba Nipper Parent Volunteer Position Description Guide. These positions vary greatly and all require different levels of involvement. The JAC believes there is a position suited to all parents.

The **Volunteer Position Description Guide** can be downloaded from the Surf Club website or can be requested from the Surf Club administration office.

Blue Card Working with Children Check

Surf Life Saving is a source of fun, enjoyment, health and well being for all who choose to participate. In order to show commitment to the safety and welfare of members and others who engage with the association, Surf Life Saving Queensland (SLSQ) has adopted the Blue Card Screening Policy. It has been created to protect all SLSQ individual members who are under 18 years of age from all forms of physical or mental violence, injury, exploitation and abuse (including sexual abuse) while under the care and conduct of any Surf Life Saving leader, trainer, age managers, team manager, coach or JAC committee & water safety officials . It is a requirement that all the above positions over the age of 18 must hold a 'Blue Card' or exemption notice before they start volunteering in any area.



Junior preliminary skills evaluations

Many activities that will be completed by children as part of Nippers will be conducted in water. To ensure that all children have a suitable swimming ability to allow them to participate in these activities, Surf Life Saving Queensland (SLSQ) has developed a Junior Preliminary Skills Evaluation for each age group.

STEP 1 - POOL EVALUATION

Every junior member is required to participate in the Pool Evaluation prior to any junior activities being undertaken. The Junior Activities Preliminary Pool Evaluation includes a pool swim and timed float which must be signed off by an accredited Austswim Instructor or one of our Club Assessors. This can be done at your local pool or on the **18th of August between 9am - 10am @ the University of the Sunshine Coast (USC) Pool or our Nipper Sign On Day at the USC Pool on Sunday 25 August between 9:00 & 12:00pm.** (Please note a \$4 entry fee per swimmer is applicable)

STEP 2 - BEACH COMPETENCY EVALUATION (RUN-SWIM-RUN)

Every junior member who has successfully completed the Pool Evaluation must also complete the Beach Competency Evaluation prior to participating in all nipper activities. This ensures that all children can demonstrate a standard of competence to enable preliminary levels of survival skills at a beach with conditions similar to what would be experienced during weekly nipper programs. If a child is unsuccessful in this assessment they may participate in water activities at the Clubs discretion and must have a 1:1 ratio for water safety.

The child may continue to participate in land based learning outcomes if not permitted to

enter the surf, until the beach competency evaluation is completed.

The next available opportunity to complete the Beach Competency Evaluation is **Sunday 25th August 2019, 9am - 12md** There will be other opportunities to do this which will be advised by email and put on the website, so please keep your eye out for this information.

STEP 3 – ADVANCED OCEAN PROFICIENCY EVALUATION (OPTIONAL)

From the age of 7 (Under 8) juniors may begin to compete in inter-club competition. To ensure that all junior members have the ability, strength, and fitness standard to complete the course they must be able to complete the Junior Advanced Ocean Proficiency Evaluation for their age group. This evaluation also allows the nipper to attend mid-week board training sessions. These evaluations are run on the same days as the Beach Competency Evaluations by our Club assessors. First evaluation will be **Sunday 25th August 2019, 9am - 12md**, for Rainbow Beach Carnival, all nippers wishing to attend. You must be registered/financial and have completed your Pool Evaluation and Beach Competency Evaluation (Run-Swim-Run).

Age Groups (as at 30th September 2019)
If born between:

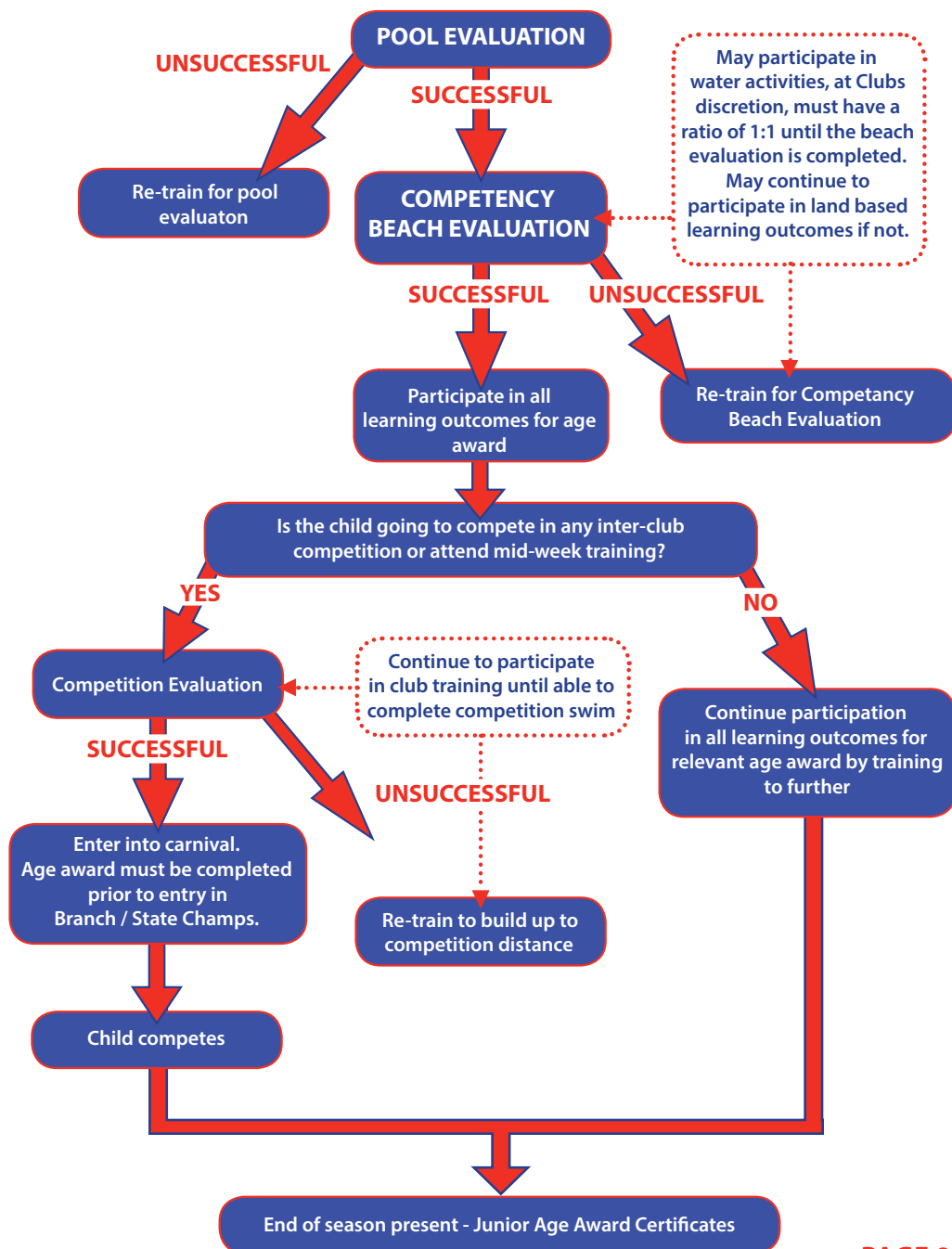
| | |
|------------|---------------------------------|
| U6 | 01/10/2013 to 30/09/2014 |
| U7 | 01/10/2012 to 30/09/2013 |
| U8 | 01/10/2011 to 30/09/2012 |
| U9 | 01/10/2010 to 30/09/2011 |
| U10 | 01/10/2009 to 30/09/2010 |
| U11 | 01/10/2008 to 30/09/2009 |
| U12 | 01/10/2007 to 30/09/2008 |
| U13 | 01/10/2006 to 30/09/2007 |
| U14 | 01/10/2005 to 30/09/2006 |

Junior preliminary skills evaluations

Below are the distances required for each Age Group, and the different Preliminary Evaluations that they are required to undertake. These evaluations are assessed on set dates as advised by the office, and are signed off by endorsed and accredited Junior Assessors. You must complete the Preliminary Evaluation before doing the Advanced Evaluation.

| | PRELIMINARY EVALUATION | | ADVANCED OCEAN PROFICIENCY EVALUATION | AGE AWARD |
|---------------------|--|--|---|---|
| | POOL EVALUATION | COMPETENCY BEACH EVALUATION (RUN-SWIM-RUN) | | |
| Water Safety | 1-5 | 1-5 | 1-5 | 1-5 |
| Under 6 | 6metre swim / dog paddle 30 sec float | NIL (shallow water activities only) | NA (No competition / training) | Surf Play 1 |
| Under 7 | 12 metre swim / dog paddle 30 sec float | NIL (shallow water activities only) | NA NA (No competition / training) | Surf Play 2 |
| Under 8 | 25 metre swim (freestyle) 1 minute survival float | 25m - 25m - 25m Run - wade - run | 25m - 25m - 25m Run - wade - run | Surf Aware 1 |
| Under 9 | 50 metre swim (freestyle) 1 min survival float | 50m - 50m - 50m Run - Swim - Run | Min 150m open water swim (course distance as per competition manual) | Surf Aware 2 |
| Under 10 | 50m swim (freestyle) 1.5m survival float | 50m-50m-50m Run-Swim-Run | Minimum 150m open water swim (course distance as per competition manual) | Surf Safe 1 |
| Under 11 | 50m swim (freestyle) 1.5m survival float | 50m-50m-50m Run-Swim-Run | Minimum 288m open water swim (course distance as per competition manual) | Surf Safe 2 |
| Under 12 | 100m swim (freestyle) 1.5m survival float | 50m-50m-50m Run-Swim-Run | Minimum 288m open water swim (course distance as per competition manual) | Surf Smart 1 |
| Under 13 | 150m swim (freestyle) 3 min survival float | 100m - 100m - 100m Run - swim - run | Min 288 open water swim Course distance as per competition manual) | Surf Smart 2 |
| Under 14 | 200m swim (freestyle in less than 5 minutes) 3 min survival float | 100m - 100m - 100m Run - Swim - Run | Min 288m open water swim (course distance as per competition manual) | Surf Rescue Certificate (MUST be assessed by SRC/Bronze Assessor) 19th -23rd September |

What happens if...?



Uniform

It is compulsory that all nippers must wear a coloured cap appropriate to their age group, and a hi-visibility rash top when participating in any nipper activity. This includes Nipper Sunday, mid-week training and competition. It is also compulsory that all nippers wear the Mooloolaba club swimwear. This enables age managers to easily identify children which belong in our group.

The swimwear and other nipper merchandise is available from the main Surf Club reception during office hours, Monday - Friday. There is also a Mooloolaba maroon & white cap that must be worn during competition. This will be needed as well as the relevant coloured Age Group cap if your child is intending to compete.

Nipper Coaching & Training

A Nipper Training Program for fitness and skill development is provided by Club Members (voluntarily) and by various professional club coaches. These sessions are available at no extra cost to nipper families. The weekly training program will change throughout the season, and is available on the Surf Club website.

The objective for this season's training for the beginners is to simply improve their basic surf skills to the point where they can feel confident in the surf while enjoying themselves at the same time. If you have any questions about the Nipper Coaching Program, please do not hesitate to contact the office.

Please discuss the coaching/training opportunities with the Age Manager to determine the best combination for your Nipper. All coaching sessions are run by professional and SLSA accredited coaches, and no parents or age managers are to approach coaches during these sessions. If you need to discuss anything please wait until the session is completed.

Please note: New members will not be able to begin mid-week training until they have been deemed competent in their relevant age Advanced Ocean Proficiency Evaluation assessments.

Board & Iron Training

Training will be available 3 times per week for U11-U14 Nippers, 2 midweek sessions and a Saturday morning Iron Session (fibreglass boards only). Training for younger nippers (foam nipper boards) will be 1 day per week.

Beach Training

This is a great opportunity to increase speed and development invaluable skills in the lead up to the nipper season. This training is ideal for nippers looking at improving for school sports such as athletics, football, soccer, and of course, Beach Sprinting & Flags! In the coming weeks, flags training and another sprint session will begin on the beach at Mooloolaba. Dates and times to be advised.

Swim Training

Nippers are encouraged to undertake 2-3 swimming training sessions per week though a local pool or club. It is important to understand that children do not learn to swim at Nippers.



Nipper Carnivals



Several carnivals are held during the season for the Under 8 to Under 14 Age Groups. These carnivals are a chance for the kids to have some fun and have a go at competing against other nippers from the Sunshine Coast & QLD. To be eligible to compete at any of the below carnivals each nipper must complete the Advanced Ocean Proficiency Evaluation which is relevant to their age group. At Mooloolaba we are fortunate enough for the nomination fees to be included in the season fees. If nipper does not attend the carnival parents are responsible for nomination fees.

Carnival Nominations

Parents are required to complete the nomination via the Surf Club website for each carnival. If you are unsure about what events to nominate your child for please discuss this with your Age Manager. All carnival nominations are the responsibility of the parent/guardian and not the Age Manager. Please keep an eye out for emails and newsletters that contain important dates for closing of nominations, and carnival bulletins. Most carnival nominations will close three or four weeks prior to the Carnival day.

Carnival Calendar

A Season Calendar including dates of all carnivals will be available at Sign On Day. If you don't have a copy of this you can download it from the Surf Club website or grab a copy from the administration office.



Boards & Gear



Any use of Junior Activities gear must be arranged through the Gear Steward, Ryan Jones. This means ALL gear, from tent pegs to rescue boards.

- Boards are ONLY allowed out for Nipper Sunday's and approved training sessions.
- Once training has finished or at the completion of Sunday Nippers all boards are to be cleaned and returned to the Nipper storage area IMMEDIATELY
- Nipper boards are not to be ridden by adults
- Foam Nipper Boards are only for U8, U9 and U10
- Fibreglass Nipper Boards are for U11, U12 and U13
- U14 and U15 use full size Malibu paddle boards
- No standing on Nipper Boards under any circumstances, both in the water and on the beach
- All boards are to be hosed off before returning to storage area
- All boards are to be placed in the applicable racks – not on the floor!
- No kneeling on Club Nipper boards under any circumstances
- No private boards are to be stored in Nipper storage room
- Do not step off rock wall in front of Surf Club with a nipper board
- Do not leave boards across pathway at the front of the Club
- Do not drag boards across concrete or on the beach, they must be carried
- Do not leave boards on the beach to go for a social swim, ensure boards are returned to storage room first
- Boards listed as 'Competition Boards' are only to be used at carnivals, unless instructed to use these boards by Coach and Gear Steward
- Share Nipper Boards at carnivals, they are for all to use and are not to be hidden for personal use
- If you wish to use Club Gear at carnivals it is expected that you will help pack and unpack trailers.
- Please report all damage to boards to the Coach or Gear Steward so they can be fixed and returned ASAP. Damaged boards are not to be taken into the water.

Facilities

- Parents and nippers have access to all nipper facilities. The showers that nippers are to use are behind the canteen, under the Club. Nipper toilets/showers are NOT for parents to use!
- No nippers are to have access to the senior showers or senior facilities.

Communication

The Club administration office sends out all communication & correspondence via email, sms, and Facebook. It is important that we have your current email and mobile number so that you don't miss out on receiving any important information.

We have a Mooloolaba Nippers Team Page on Facebook and a page per age group. Once you have registered and are members you can request access to these pages as they are closed groups for Nipper Parents Only.

A weekly Nipper Newsletter is also sent out every 2nd Friday which contains any current notices or information!

All information about training, newsletters, carnivals and any other nipper info is also uploaded onto the Surf Club website **www.mooloolabaslsc.com.au**. Click on the Nippers link to find information as well as via Facebook pages.

Contact

For any general nipper enquiries please contact Kylie Jones in the administration office.

The administration office is located on the beach side of the Surf Club. Please walk through the wooden gates, and upstairs to the glass doors. Inside the doors is the active member area and Life Saving administration office.

OFFICE HOURS

Mon - Fri 7.30am - 9am / 12pm - 5pm

KYLIE JONES

EMAIL

kjones@thesurfclub.com.au

PHONE

5452 3712

****Please note all information contained in this handout and in the Nipper Season Guide is subject to change at the discretion of the JAC and Mooloolaba SLSC Executive Committee.***

Surf Life Saving Australia & Mooloolaba SLSC

CODE OF CONDUCT

Code of Conduct — Mooloolaba Surf Club Nippers Managers and Officials

Surf Life Saving Queensland through Surf Sports Australia has printed and published a Code of Conduct for Coaches, Officials, Team Managers, Age Managers and Chaperones.

A copy is provided for those parents/supporters of the Mooloolaba Surf Club Nippers who volunteer to take on one of the above roles. It is then an expectation that you shall be aware of and uphold the SLSA policies, the Code of Conduct and understand the consequences of any breach of the fore mentioned.

Code of Conduct — Mooloolaba Surf Club Nippers For Nippers, Parents and Spectators

This code is designed:

- To maintain appropriate guidelines and the element of enjoyment and satisfaction in nipper activities.
- To improve the physical fitness of all children by making it skill based, safe and enjoyable for all children.
- To make adults aware that children participate to satisfy themselves and not necessarily to satisfy adults or members of their own peer group.
- To behave in a manner that sets examples for all.
- Ensure that our club is not brought into disrepute and asked to withdraw from Carnivals and Competitions as a result of breaches of the Code of Conduct and SLSQ Policies.

NIPPER'S CODE

- Participate for 'enjoyment and a fair competition', not just to please your parents or age manager.
- Remember that the goals of Nippers are to have fun, improve your skills and to make long-term friendships.
- Work equally hard for yourself and your team — your team's performance will benefit and so will your own.
- Be a good sport.
- Treat all teammates and competitors, as you yourself would like to be treated. Don't interfere with, bully or take unfair advantage of any person.
- Co-operate with your coach, manager, officials, teammates, and other competitors.
- Never argue with your Age Manager, Team Manager or an Official's decision.
- Do not approach an official at any stage during or immediately after a carnival event. Respect and share all club equipment

Remember, the SLSQ Management Committee and Mooloolaba Surf Club Committee have the power to cite and action against Nippers, Age Managers, Team Managers, parents and/or spectators for any behaviour that may bring SLSQ and the Mooloolaba Club into disrepute.

Surf Life Saving Australia & Mooloolaba SLSC

CODE OF CONDUCT (cont)

PARENT'S CODE

- Remember, children are involved in Nipper activities for their enjoyment, not yours.
- Do not force an unwilling child to participate in nipper activities.
- Encourage your child to actively promote good sportsmanship.
- Teach your child that an honest effort and working towards skill development is as important as an event placing at this age.
- Never ridicule or yell at your child for making a mistake or for not placing in an event.
- Remember that children learn best by example — the result should be accepted with no undue disappointment from you!
- Do not publicly question any age manager, team manager or official's judgment and never his/her honesty.
- Do not approach any carnival referee/official at any stage during any competition. See your age manager in the first instance and then jointly the team manager.
- Support all efforts to remove verbal and physical abuse from the Mooloolaba Nipper Surf Club.
- Recognise the value and importance of volunteer coaches, managers and officials. They give their time and resources to provide recreational activities for your children.

Remember, the SLSQ Management Committee and Mooloolaba Surf Club Committee have the power to cite and action against Nippers, Age Managers, Team Managers, Parents and/or Spectators for any behaviour that may bring SLSQ and the Mooloolaba Club into disrepute.

HOW TO BE A GOOD JUNIOR LIFESAVER!!

- Report to your Age Manager before commencement of training or at carnivals with a smile, ready to have fun.
- Do not leave training area or carnival tent without Age Managers permission to keep you safe.
- Do not enter the water without permission to keep you safe.
- You must wear your pink rashie & cap (tied up) before being allowed to compete in events at club training or carnivals.
- Club cap is not to be worn before or after club training.
- All members must shower and remove sand OUTSIDE before entering "Nipper" room.
- All gear is to be washed down and returned to "Nipper" room after training.
- Club boards must not be used without permission.
- Always use sunscreen and have a water bottle during training to keep you fit and healthy.
- Learn and practice the lifesaving skills that your Age Manager gives you, so you can be a better lifesaver.
- Remember you are a Mooloolaba Nipper Team Member. Always help out other Team Members.

Notes

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