



MOOLOOLABA NIPPERS



NIPPER HANDBOOK

2024/2025 SEASON





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Our Sponsors are **Dedicated to Supporting our community.**
We thank you for your contribution to the Mooloolaba SLSC and Mooloolaba Nippers.



WHAT IS MOOLOOLABA NIPPERS ALL ABOUT?

Nippers is all about learning lifesaving skills, building confidence, and having fun in a safe beach environment. **Nippers is not a learn-to-swim program; it is required that Nippers have a certain level of swimming proficiency before being** accepted into the program. Nippers need to be swimming either at swimming lessons or squad swimming to maintain the level of swimming needed to negotiate and feel safe and comfortable in the ocean. The ocean is an unpredictable environment, and it is essential that the children are confident in the water.

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 a minimum of two Age Managers. Our Age Managers are responsible for the education, training, and organisation of the group.

Mooloolaba Nippers are managed 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, competitions and Surf Life Saving activities
- Encourage long term involvement with the Surf Life Saving movement

Nippers is run most Sunday's during the Lifesaving Season

First Nipper Sunday of Season	22 September 2024
Last Nipper Sunday prior to Christmas Break	15 December 2024
First Nipper Sunday of 2025	12 January 2025
Last Nipper Sunday of the Season - U6 to U10	23 February 2025
Last Nipper Sunday of the Season - U11 to U14	2 March 2025

The 2024/2025 Nipper Season officially finishes on 22nd March 2025

Each Sunday at 7:45 a.m., children assemble at the front of our Club, near the Lifeguard Tower, for an 8:00 a.m. start.

September to October - The morning finishes around 10 am until the first Nipper Carnival - Rainbow Beach on the 19th October.

From the 19th October to March, the sessions finish at 10.30 am for most age groups. The younger age groups (U/6 and U/7) finish earlier at 9.30 am

MOOLOOLABA NIPPERS MEMBERSHIP

Associate Membership

When joining Mooloolaba Nippers as a Family Group, parents and/or guardians become an Associate Member of our Club. This is a requirement if you are not already an Active Lifesaving Member.

A Nipper Family Group membership includes up to two Parents/Guardians – all Nippers must have at least one adult associated with their membership.

An Associate Membership provides the following benefits:

- Insurance when partaking in approved Nipper activities – this is a limited insurance, contact the Club for more details
- Access to Nipper facilities
- Complimentary social membership to The Surf Club Mooloolaba (Supporters Club).

The associate membership has some limitations regarding Club facilities; Including access to the gymnasium and active member shower and toilet facilities on the ground floor is **NOT permitted**. Members must be active patrolling members to use these facilities.

NB: Children are not permitted in the adult showers and toilets.

Adults are under no circumstances allowed into the Nipper showers and toilets.

Family Group Membership

Nipper Family Group Membership fees for our 2024/2025 Summer Season includes up to 2 parents/guardians along with your Nipper/s as follows.

- 1 Nipper + Up to 2 Parents/Guardians: \$250
- 2 Nippers + Up to 2 Parents/Guardians: \$400
- 3 Nippers + Up to 2 Parents/Guardians: \$460
- 4 Nippers + Up to 2 Parents/Guardians: \$520

A Nipper parent/guardian who chooses to become an Active Patrolling Member of our Club, is not required to pay a further fee as this is included as part of your Nipper Family Group Membership.

FAIR PLAY

Mooloolaba Surf Life Saving Club is a FairPlay Activity Provider which means eligible families can use the Qld Government issued FairPlay voucher towards your Nipper Fees.

All Queensland children that hold a valid Medicare card are now eligible to claim a Fair Play voucher. You can check the full eligibility criteria and submit an application for a \$200 voucher towards your Nipper Fees by going to the Queensland government website:

<https://www.qld.gov.au/recreation/sports/funding/fairplay/apply>

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.

- NEW Nippers will receive a complimentary rash shirt to be worn each Nipper Sunday
- Age group coloured caps can be purchased from the club for \$10.
- Club togs are available for purchase from the website (not compulsory for carnival participants, but preferred for all Nippers so children are easily identified on the beach)
- Maroon & white club caps are to be worn when competing and can also be purchased from the club.

PROVIDING A SAFE ENVIRONMENT

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 must be accompanied by a parent to report to their Age Manager at the beginning of training, who will sign them in and out via our online Nipper App.

At least one parent or nominated guardian **MUST remain at the beach with your child/children during Nippers**. With the number 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, medical or just finishing early.

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.

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.

COMMUNICATION & CONTACT INFORMATION

Our Operations Office and Junior Activities Committee communicate with our members via various platforms including email, Stack TeamApp and our social pages.

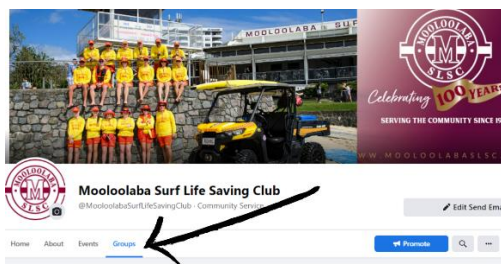
Our regular Mooloolaba Nipper newsletter shares key information for all members.

It is important that your email and mobile number are up to date on your membership profile to ensure you are not missing relevant and important updates.

We encourage all Nippers Families to:

- Download the Stack TeamApp and search for Mooloolaba SLSC – Nippers. Then request access to your age relevant Nipper Groups. This is our main platform for sharing detailed information to all Nipper Families.
- Follow our Community Facebook page for general Club information:
@MooloolabaSurfLifeSavingClub
- Join our private Mooloolaba Nippers Facebook group:
@Mooloolaba SLSC Nippers
This Members only group is a platform for sharing of general information by the Club to our members.
- Read further information and resources available on our website:
www.mooloolabaslsc.com.au/nippers

You can find our GROUPS via the GROUPS section of our Main Community Page!



The Office is located on the beach side of Clubhouse, accessible through the brown wooden beachfront gates which lead onto our members' areas.

The Office is open Monday to Friday from 9am to 4.30pm (days and hours are subject to change).

For all Nipper related enquiries email nippers@mooloolabaslsc.com.au

For general enquiries please contact the Operations Office via lifesavers@mooloolabaslsc.com.au or 07 5452 3711

OUR 2024/25 JUNIOR ACTIVITIES COMMITTEE

Chairperson	Jason Parsons	jacchairperson@mooloolabaslsc.com.au
Deputy Chairperson - Fundraising	Georgina Fink	jacdeputychair@mooloolabaslsc.com.au
Deputy Chairperson - Operations	Anthony Thomas	jacdeputychairops@mooloolabaslsc.com.au
Secretary	Angela Vinnicombe	jacsecretary@mooloolabaslsc.com.au
Treasurer	Steve Scott	treasurer@mooloolabaslsc.com.au
Junior Director of Surfs Sports	Rohan Livingstone	jacjnrdoss@mooloolabaslsc.com.au

OUR 2024/25 AGE GROUP MANAGERS

Confirmed list in progress. Check back soon.

AGE GROUP CAP COLOURS - 2024/2025 SEASON

Age Group determined by age on 30 September 2024

AGE GROUP	DOB	CAP COLOUR
Under 6	01/10/2018 to 30/09/2019	Pink
Under 7	01/10/2017 to 30/09/2018	Fluro Green
Under 8	01/10/2016 to 30/09/2017	Dark Green
Under 9	01/10/2015 to 30/09/2016	Dark Blue
Under 10	01/10/2014 to 30/09/2015	Red
Under 11	01/10/2013 to 30/09/2014	Aqua
Under 12	01/10/2012 to 30/09/2013	Gold
Under 13	01/10/2011 to 30/09/2012	Purple
Under 14	01/10/2010 to 30/09/2011	Club

PARENT INVOLVEMENT AT MOOLOOLABA NIPPERS - FIND YOUR PATHWAY!

Parents are needed to assist in running the Nipper Program 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 form and we will do our absolute best to find you a position in an area of your preference.

We require volunteers for every Nipper Sunday morning - to assist with BBQ duties and beach set up/pack up - this works on an age group rotational basis, which is outlined in the main Nipper calendar. You will be asked to nominate for this on Teams App up to two weeks prior to the Age Group rostered date.

There are many other volunteer roles we need your help with - you can see details in the Nipper Parent Volunteer Information guide on the Nippers page of our website.

We need every Nipper parent/guardian to get involved in volunteering. There are roles for everyone. Please help when it is your turn.

It is a Club requirement that as a parent of a child participating in Carnivals (1 parent per family), must be assigned to a position, at each carnival. Eg, Official, Age Manager, Equipment Management, Age Manager.

WORKING WITH CHILDREN - BLUE CARDS & TRAINING

To comply with the legislation in Queensland for Working with Children, Surf Life Saving Queensland (SLSQ) require anyone engaging in volunteering activities to be a Blue Card holder. It is a mandatory requirement for all our Junior Activities team to hold Blue Cards, but we would also like to encourage any parents to obtain a Blue Card, so you are able to volunteer spontaneously if needed. There will be no fee associated with registering for a Blue Card if you are a Nipper Volunteer.

More information about how to apply and link your Blue Card to our Organisation is on the Nipper page of our website.

[SLSQ Blue Card Application Process](#)

[QLD Blue Card Services Login](#)

HOW TO BE A GOOD JUNIOR LIFESAVER - FOR OUR NIPPERS!

- Report to your Age Manager before the commencement of training with a smile and ready to have fun
- Do not leave your training area or carnival tent without Age Manager's permission, to keep you safe
- Do not enter the water without permission
- You must wear your supplied YELLOW RASHIE and your age group cap (tied up under your chin) before being allowed to compete in events, at club training or carnivals
- Your club cap is only to be worn during club activities and carnivals
- All members must shower OUTSIDE and remove sand before entering our 'Nipper' room
- All gear is to be washed down and returned to the nipper room after training
- Club boards must not be used without permission or out of official training times (before or after Nippers/training or taken home)
- Always use sunscreen and have a water bottle (named)
- Learn and practise the lifesaving skills that your Age Manager gives you so you can be the best lifesaver you can be
- Remember you are a Mooloolaba Nipper Team member. Always help other team members



BOARDS & GEAR

Please liaise with our Gear Steward if you require the use of any club gear. Boards are ONLY allowed out for Nipper Sundays 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
- Nipper boards are for Nipper's use only – no parents or younger siblings not enrolled in Nippers.
- Foam Nipper boards are only for 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, in the water and on the beach
- All boards are to be hosed off before returning to the storage area
- All boards are to be placed in the applicable racks – not on the floor!
- No kneeling on Nipper boards
- No private boards are to be stored in the Nipper storage room
- Do not step off the rock wall in front of Surf Club with a Nipper board
- Do not leave boards across the 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 the storage room first
- Boards listed as 'Competition Boards' are only to be used at carnivals, unless instructed to use these boards by Coach or Gear Steward
- Share Nipper boards at carnivals, they are for all to use and 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; these are available after mid-week training sessions only not on Nipper Sundays.
- Nipper toilets/showers are NOT for parents to use! - No adults are permitted in these areas.
- No nippers are to access the senior showers or senior facilities

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 (or also known as Beach Competition Evaluation), which is relevant to their age group. At Mooloolaba, we are fortunate enough that the nomination fees for SLSQ endorsed carnivals are paid by the Executive Committee. However, if the nipper does not attend the carnival without informing the club before the carnival, **the parents/guardians of that child are responsible for the payment of the nomination fees.**

Carnival Nominations

Parents are required to complete the nomination via the Nippers Stack TeamApp 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 two weeks prior to the Carnival Day.

Carnival Calendar

A Season Calendar, including dates of all carnivals, is available on our website and the Nippers Stack TeamApp. Please note that the Season Calendar is subject to change depending on revised carnival dates and unforeseen circumstances.

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 Stack TeamApp.

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.

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.

SWIM TRAINING

Nippers are encouraged to undertake 2-3 swimming training sessions per week through a local pool or Club. It is important to understand that **children do not learn to swim at Nippers**, but being a confident swimmer makes Nipper activities more enjoyable for all!

The ocean can be a dangerous and unpredictable environment, and all Nippers require a good degree of swimming ability to remain calm and confident in the ocean.

BOARD & IRON TRAINING

- Training will be available multiple times per week for U11-U14 Nippers – see JAC Training Schedule on the Nippers Stack TeamApp
- Midweek sessions and a Saturday morning Iron Session (fibreglass boards only).
- Training for younger nippers (foam nipper boards) will be 1 day per week.
- To partake in Board and Iron Training Nippers must have completed their Comp Proficiency swim and must be confident in the ocean.

BEACH TRAINING

This is a fantastic opportunity to increase speed and develop invaluable skills in the lead-up to the nipper season. This training is ideal for nippers looking to improve their school sports, such as athletics, football, soccer, and, of course, Beach Sprinting and flags! Flags training and another sprint session will begin on the beach at Mooloolaba at the start of the season

Dates and times of training sessions will be available on the Stack TeamApp.

JUNIOR PRELIMINARY SKILLS EVALUATIONS

OPEN DAY 1			
Saturday 31 August	1:00pm to 4:00pm	Office & Clothing Store ONLY	Members Area, Mooloolaba Surf Life Saving Club
OPEN DAY 2			
Saturday 7 September	12:00pm to 3:00pm	Pool Evaluations ONLY	Mountain Creek Aquatic Complex
OPEN DAY 3			
Sunday 15 September	9:00am to 12:00pm	Pool Evaluations	Mountain Creek Aquatic Complex
	9:30am to 12:30pm	Beach Evaluations	Mooloolaba Surf Life Saving Club
	9:00am to 1:00pm	Office & Clothing Store	Members Area, Mooloolaba Surf Life Saving Club
Sunday 22 September	7.45am start	1st Nipper Sunday 2024	Mooloolaba Surf Life Saving Club

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. New pool requirements have been introduced by SLSQ this season – see link below for new updated form.

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 at our Nipper Open Days.

NB: All NEW Nippers are to attend and be assessed by Mooloolaba SLSC Club Assessors at one of our Pool Evaluation Days.

[POOL EVALUATION FORM for Mooloolaba Nippers 2024-2025](#)

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

Every junior member who has successfully completed the Pool Evaluation must also complete the Beach Preliminary Evaluation prior to participating in any 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 like what would be experienced during weekly nipper programs.

BEACH EVALUATIONS:

Beach Preliminary Evaluation - Run Swim Run is Compulsory for U8 to U14 Nippers and they MUST complete and pass Pool Evaluation prior to attending Beach Evaluation.

Note: Beach Preliminary – Run Swim Run is not required if Nipper has completed and passed the Beach Competition Evaluation.

AGE GROUP	CAP COLOUR	BEACH PRELIMINARY EVALUATION / RUN SWIM RUN - COMPULSORY	BEACH COMPETITION EVALUATION ADVANCED OCEAN SWIM – OPTIONAL	AGE AWARD
Under 6	Pink	None - (shallow-water activities only)	None – no competition	Surf Play 1
Under 7	Fluro Green	None - (shallow-water activities only)	None – no competition	Surf Play 2
Under 8	Dark Green	25m-25m-25m - Run-Wade-Run	25m-25m-25m - Run-Wade-Run	Surf Aware 1
Under 9	Dark Blue	50m-50m-50m - Run-Swim-Run	Minimum 150m open water swim	Surf Aware 2
Under 10	Red	50m-50m-50m - Run-Swim-Run	Minimum 150m open water swim	Surf Safe 1
Under 11	Aqua	50m-100m-50m - Run-Swim-Run	Minimum 200m open water swim	Surf Safe 2
Under 12	Gold	50m-100m-50m - Run-Swim-Run	Minimum 200m open water swim	Surf Smart 1
Under 13	Purple	100m-100m-100m - Run-Swim-Run	Minimum 200m open water swim	Surf Smart 2
Under 14	Club	100m-100m-100m - Run-Swim-Run	Minimum 200m open water swim	SRC

STEP 3 – JUNIOR COMPETITION EVALUATION (OPTIONAL)

Beach Competition Evaluation – Which is Optional for U8 to U14 Nippers for those interested in Competing at Carnivals and/or Club Endorsed Training Sessions.

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 Competition 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 Preliminary Evaluations by our Club assessors.

You must be registered/financial and have completed your Pool and Beach Preliminary (Run-Swim-Run) Evaluations.

SURF LIFE SAVING AUSTRALIA AND MOOLOOLABA SLSC CODE OF CONDUCT

Code of Conduct - Managers and Officials

Surf lifesaving Queensland published 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 volunteered to take on one of the roles above. It is then an expectation that you shall be aware and uphold the SLSA policies, the code of conduct and understand the consequences of any breach.

Code of Conduct - Nipper 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

Nippers 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. Do not interfere with, bully, or take unfair advantage of any person.
- Cooperate with your coach, manager, officials, teammates, and other competitors and never argue with your Age Manager or Team manager on 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.

Parents code

- Remember children are involved in Nipper's 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 or Team Manager on an official's judgement 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 Nippers
- Recognise the value and importance of volunteers, coaches, managers and officials, they give their time and resources to provide recreational activities for your children.

Remember the Surf Life Saving Queensland (SLSQ) Management Committee and Mooloolaba Surf Life Saving Club Committee have the power to cite an action against Nippers Age Managers, Team Managers, Parents and spectators for any behaviour that may bring SLSQ or our Club in to disrepute.