



CARNIVAL CHECKLIST

✓ **ESSENTIAL ITEMS** (you can't participate without them):

1. Club pink rashie (x2). It MUST be bright pink no faded or old ones. The kids will not be allowed to enter the water with faded rash shirts for safety reasons.
2. Sunshine Beach competitors cotton cap (Tie up cap). For carnivals the club colours are worn showing (red, black, yellow). Again it can't be faded for safety reasons.
3. Swimmers (preferably club black togs/jammers)
4. Board (wax if fibreglass prior to carnival)

Items 1-3 are available online at sunshinebeachslsc.com.au/nippers/

✓ **RECOMMENDED ITEMS**

5. Sunshine Beach competitors latex swim cap or plain swim cap (worn under the nipper tie down caps)
6. Goggles (2 pairs as they can get lost in the ocean!)
7. At least 2 Towels (one for the chair and one for their body). Sunshine Hoodie towel is great because it offers sun protection as well as keeping them dry or warm on cold/wet days.
8. Wide Brim Hat
9. Long sleeve Sunshine shirt or jacket for sun protection
10. Jacket for the wet windy days
11. Thongs (sometimes a long walk to the beach and the sand can be super hot)
12. Sunscreen (zinc for face and cream for body)
13. Chair (for the competitor only as space in the Club tent is limited)
14. Esky / cool box packed with nutritious food
15. Food - easy snacking food and all subject to personal taste but some popular items include watermelon, strawberries, pasta salad, sandwiches, grapes, oranges, sushi. Avoid apples (as they can cause tummy aches) and preferably no lollies, chocolate, cordial, sugar fuelled juices or soft drinks.
16. HEAPS of water to drink – recommend to freeze some bottles and use as ice blocks in the esky



CARNIVAL CHECKLIST CONTINUED

✓ AND FOR THE SUPPORT TEAM...

it is a long day on the sand for you too so make sure you have your :

17. Hat
18. Sunnies
19. Sun protection
20. Snack box & water bottles
21. Umbrella for shade whilst watching events
22. Beach umbrella/shade tent (often there is space behind the Club tents for you & siblings)
23. A sense of humour & helping hand...

Age Managers, Team Managers, Water Safety personnel and Officials all have kids participating so they rely on other parents to help with their own kids, keep all kids sun safe and together and be prepared to help wherever and whenever you can especially at set up and pack down times.

✓ KEY FOR A SUCCESSFUL CARNIVAL

1. **Manners** – always thank your officials and congratulate your competitors from all clubs – the Sunshine team spirit is a vital ingredient to a great carnival day!
1. **Sunshine Song** – sing it with your team as often and loud as you can
1. **Big Smile** – it should be fun ALWAYS!
1. **Debrief** – stay and participate, pack some treats (chips, dips, crackers) and be a part of Team Sunshine

QUESTIONS?

Contact your Age Manager or Team Manager (see Nipper calendar for contact details).

Join the Sunshine Beach SLSC Facebook and Instagram accounts and TeamApp and watch emails for Carnival specific details.