



SUNSHINE BEACH SLSC



Junior Activities (JA) Handbook 2020/21

This Handbook provides parents/guardians of U7 – U14 Nippers with information about the Sunshine Beach SLSC Junior Activities (JA) and the links with Surf Life Saving Queensland and Surf Sports (competition) opportunities.

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Welcome to Nippers at Sunshine Beach SLSC

Thank you for choosing Sunshine Beach Surf Lifesaving Club (Sunshine Beach SLSC) as your Club. The Junior Activities (JA) Nipper Program covers age groups from U7 up to and including U14 and is the foundation and future of Sunshine Beach SLSC.

The JA Program provides young people with the opportunity to learn how to be safe, develop skills in the surf and on the beach, as well as First Aid, CPR and people management skills.

Nipper Sunday is the backbone of the program; but there are many more opportunities such as Hell Week, Hell Day and Junior Surf Sports all of which provide training to improve surf and beach skills ready for competition carnivals as well as the transition to becoming a volunteer lifesaver.

Our Club's activities are coordinated and run by a group of dedicated Nipper parent volunteers with support from an Office Administrator and Club Coaches. The JA cannot function without volunteers including Age Managers, Water Safety personnel, Carnival Officials, pack up and pack down of equipment as well as cooking on the BBQ. There is a volunteer option for every parent, no matter what your skill or ability, and we respectfully ask that you nominate to help when and wherever you can.

On behalf of the Junior Activities Committee (JAC), we welcome you to your Club and hope you and your Nipper(s) enjoy its activities and the spirit of Sunshine.

Sophie Olver
Chairperson Junior Activities Committee

CONTACTS - Who's who?

JUNIOR ACTIVITIES COMMITTEE – Elected Volunteers

| | | |
|------------------------------------|----------------|--------------|
| Chair, Junior Activities Committee | Sophie Olver | 0438 541 642 |
| Secretary | Nicole White | 0432 867 442 |
| Registrar | Brenda Koning | 0434 788 922 |
| Water Safety Coordinator | Aaron Cross | 0408 925 446 |
| Gear Steward | Bain Swanson | 0487 699 907 |
| BBQ Coordinator | Matt Duncanson | 0418 880 159 |

SURF SPORTS – Elected Volunteers

| | | |
|------------------------------|------------------|--------------|
| Junior Team Manager (U8-U10) | Brigid Duncanson | 0413 917 190 |
| Youth Team Manager (U11-U13) | Tania Lewis | 0438 902 001 |
| Official Liaison Officer | Tara Lees | 0407 746 998 |

AGE MANAGERS - Volunteers

| | | | | |
|-----|------------------|--------------|-------------------|--------------|
| U7 | Mark Wright | 0412 236 282 | | |
| U8 | Simon Martin | 0409 466 282 | | |
| U9 | Jason Westwood | 0410 645 990 | Allan Crapper | 0412 977 042 |
| U10 | Matt Brennan | 0449 838 633 | Max Futcher | 0409 659 399 |
| | | | Michael Butcher | 0400 257 606 |
| U11 | Johnny Gooderham | 0499 980 259 | Matt Heffernan | 0429 451 497 |
| U12 | Guy Jones | 0412 244 520 | Norbert Greveling | 0439 676 839 |
| U13 | John Lewis | 0403 553 515 | Michael Tarrant | 0411 800 549 |
| U14 | Steve Wilson | 0459 412 680 | | |

CLUB PHOTOGRAPHERS

| | |
|---------------|-------------------|
| Simone Arthur | Silke Neuman-Hale |
| Brenda Koning | Dave Gleeson |

| | | | |
|------------------------------|------------------|--------------|--|
| LIFESAVING MANAGER | Michelle Burnett | 0448 120 337 | lifesaving@sunshinebeachslsc.com.au |
| CLUB HEAD COACH | Josh Minogue | 0451 677 251 | coach@sunshinebeachslsc.com.au |
| Beach/ Run Coach | Pauline Gleeson | 0416 072 967 | |
| Assistant Coach | Zion Pettigrove | 0405 735 805 | |
| U9-U10 Board Coach | Lachlan Lansdown | 0428 179 820 | |
| Assistant Beach Coach | Alice Jones | 0409 787 769 | |

COMMUNICATION - How do you find out about...?

Your first and main point of contact should be your Nipper(s) Age Manager. If they cannot help you, or you cannot get in contact with them, then you can use any of the following options to get the help or advice you need:

- **Handbook** – Nippers and Surf Sports manuals provide an overview ([on the website](#) and Team App)
- **Nipper Calendar** – quick snapshot of the season calendar and contacts ([on website](#) , Team App or hardcopy as provided at sign on)
- **Facebook: @Sunshine Beach SLSC Nippers** – this is a CLOSED group to ensure the safety of all Nippers. You will need to search for this page and ask to join. If your membership is fully paid, and Blue Card valid, your request will be accepted. Note: The Club has many facebook accounts: but the main ones for nippers are [@Sunshine Beach SLSC Nippers](#) and [@Sunshine Beach SLSC Surf Sports](#)
- **TeamApp** – go to the APP store on your device. Search for **Team App**, download it. Then search for **Sunshine Beach SLSC** and add it to your list of groups.

- **Website** – www.sunshinebeachslsc.com.au/nippers/
- **Policies & Forms** – subsidy, board hire, awards ([on website](#) or TeamApp)
- **Instagram** – [@sunshinebeachslsc](#)
- **SMS** – from time to time you will receive important text messages from your Age Manager, our Office or Coaches. If you are not receiving such messages contact Michelle Burnett on 0448 120 337.
- **Email** – you can email Michelle Burnett at lifesaving@sunshinebeachslsc.com.au with any queries.
- **SLSQ App** – this is a very useful App providing all relevant information from our overarching Association – Surf Lifesaving Queensland (SLSQ). Available from your App store.

MEMBERSHIP Checklist

NEW MEMBER :

- On the [SLS Portal](#) - “Join” membership with Sunshine Beach SLSC.
- Birth Certificate for child/ren to determine age group
- Parents provide contact details, Medicare card and current Blue Card details (if you have one)
- Child/ren attains Pool Swim Competency
- Make payment for:
 - ✓ Membership
 - ✓ Uniform
 - ✓ Surf Sport Levy (optional)
 - ✓ Board hire (optional)

RENEWING MEMBERS Online before 1st Nipper Sunday:

- On the [SLS Portal](#) - “Renew” membership with Sunshine Beach SLSC.
- Make payment for:
 - ✓ Membership
 - ✓ Uniform,
 - ✓ Surf Sport Levy (optional)
 - ✓ Board hire (optional)

Be informed and get connected:

- Read the [Nipper Handbook](#)
- Check the [Calendar](#)
- Sign up on the [Sunshine Beach SLSC Nippers Facebook](#) page
- Join Sunshine Beach SLSC on [Team App](#)
- Download the SLSQ App from App Store

Membership Registration

In order to enrol a Nipper, at least one, but preferably both parents/guardians need to:

- become an Associate Member or Active Member of the Sunshine Beach Surf Life Saving Club (for insurance purposes), and
- have a current Working with Children Blue Card.

Once at least one parent/guardian has joined, then there is a membership schedule to create a family group of one, two, or three plus children. Other levies can apply depending on your choice of participation in various activities outside of Nipper Sundays (i.e. Surf Sports Levy, board hire).

Prior to the first Nipper Sunday, and every year, a pool competency must be completed and membership fees paid. The pool competency form can be downloaded from the website at sunshinebeachslsc.com.au/surf-

[lifesaving/resources-forms/](#). You will need to either submit this form to Michelle Burnett at the Club Administration Office or bring it with you to the first Nipper Sunday.

Please note that no Nipper can participate in a Nipper Sunday until the pool competency has been completed and the signed form received and processed. To join or renew click www.sls.com.au/join/ and choose the relevant option for you, for any issues or queries call Michelle Burnett on 0448 120 337 or email lifesaving@sunshinebeachslsc.com.au.

Please note that the pool competency form is required EVERY season of Nippers as the pool competency requirements increase as the age/skill of a Nipper increases.

Junior Activities Nipper membership closes 3 weeks after our first nipper Sunday.

CLUB UNIFORM – What to wear?

Every Sunday every Nipper needs to wear/ bring:

- black swimwear (preferably Sunshine Beach Club togs)
- pink hi-vis rash top (U7-U10 Long Sleeve, U11-U14 Singlet)
- Nipper cap (colour as per age group)
- swimming goggles
- sunscreen
- water bottle and towel

Club swimwear and Nipper caps can be purchased online or at the Club Lifesaving Administration Office during business hours (Mon – Wed 9am to 4pm, Thurs 9am to 2pm, Friday 9am to 4pm). Call Michelle Burnett on 0448 120 337 or email lifesaving@sunshinebeachslsc.com.au.

For details of “Surf Sport” carnival uniform requirements, visit the Club website for the [Surf Sports Uniform Policy](#) or Team App under Surf Sports.

COMPETENCY ASSESSMENTS

Each season every Nipper needs to meet the Surf Life Saving Australia (SLSA) Pool competency requirement in order to participate in any waterbased JA Nipper Activities. Pool competencies can only be assessed by authorised personnel such as an accredited swim coach.

In addition to the Pool Competency requirement, SLSA also has an Ocean competency requirement. So a Nipper must pass BOTH the pool AND ocean (run-swim-run) competency to be eligible to participate in water/ocean based activities on any given Nipper Sunday. Should Nippers also wish to participate in Nipper Carnivals throughout the season, they must also pass the SLSA Surf Competition Proficiency requirements.

These competencies assist to keep all the Nippers safe for the junior activities being undertaken. Training may be needed in order to achieve and maintain these competencies prior to and during the season.

Please also note that these competency requirements must be done at the beginning of EVERY season as the requirements change as the Nipper grows older.

Below are the competencies required for the level of activities and the competencies for each age group.

| Age Group | Pool Swim Competency | Run–Swim–Run Competency | Surf Competition Proficiency |
|----------------|-----------------------------------|---|------------------------------|
| <i>Needed:</i> | <i>To join the Nipper Program</i> | <i>To do water activities at Nipper Sundays</i> | <i>To do Carnivals</i> |

| | | | |
|------------|--|------------------------------------|--|
| U7 | Torpedo (push off wall) with face in water & 30 second float | Nil | Not Applicable |
| U8 | 25m freestyle & 1minute float | 25m run, 25m wade, 25m run | 25m run, 25m wade, 25m run |
| U9 | 50m freestyle & 1minute float | 50m run, 50m surf swim, 50m run | 150m swim as per SLSQ Competition Manual |
| U10 | 50m freestyle & 90 second float | | |
| U11 | 100m freestyle & 2minute float | 50m run, 100m surf swim, 50m run | 200m swim as per SLSQ Competition Manual |
| U12 | 100m freestyle & 3 minute float | | |
| U13 | 150m freestyle & 3 minute float | 100m run, 100m surf swim, 100m run | |
| U14 | 200m freestyle in less than 5 minutes & 3 minute float | | |

Training may be needed in order to achieve and maintain these competencies prior to and during the season.

Water confidence and regular swimming

The Nipper program develops surf skills and confidence in the ocean and beach environments.....it doesn't teach swimming!

Swimming is integral to the success of the JA program and regular swimming lesson/squad attendance will develop water confidence and fitness which is vital for enjoyment in the surf. Please ensure your child/ren are competent and fit swimmers leading into and during the season. Swimming lessons and squad attendance on a regular basis is strongly encouraged. Backyard swimming and surfing doesn't count.

For U11 – U14 Nippers who have paid their Surf Sports Levy, the Club offers a [Swim Squad Subsidy](#) which provides a 30% rebate capped to \$500 per person per season. For more eligibility details and the form, visit "[Resources and Forms](#)" on the Club Website, The [Surf Sports Handbook](#) or the Surf Sports section of Team App.

PARENTAL INVOLVEMENT – HELP NEEDED

Sunshine takes pride in being a family-oriented Club and requires parents to be involved.

At the start of the season you will be asked to complete a "[How You Can Help](#)" form and we will do our very best to fit you into a position that you are willing and able to do.

[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, BBQ crew and Equipment workforce. The JA Nipper program cannot function without volunteers:

- **Age Managers** (Green high-vis rash top) lead the age group activities and volunteer their time to undertake an online course to guide Nippers with the beach and water activities. Parents/Guardians are expected to help out to undertake support roles where you can on the beach or on the shore. **DO NOT leave your Nipper unattended on the beach.** If we cannot find parents on the beach we will have no option but to ask your Nipper to sit out of all activities – this is for the safety of all involved.
- **Water Safety personnel** (Orange high-vis rash top) SLSQ policy requires one accredited person per 5 Nippers in the water for junior activities (1:10 ratio for carnivals). Water Safety personnel need to have a current Bronze Medallion (BM) or Surf Rescue Certificate (SRC). If we don't have adequate Water Safety personnel on Nipper Sundays the kids cannot enter the water.
Please Note: Parents cannot accompany swimmers in the water unless they are a current accredited Bronze or SRC holder. So, if you would like to join the fun in the water as an accredited Water Safety person, see our Water Safety Coordinator about the upcoming Bronze course.
- **Equipment Taskforce** are required to assist getting all the equipment set up prior to the commencement of Nipper Sundays and ensuring the gear is washed off, packed up and put away afterwards. Age groups are rostered on (see Nipper calendar) and guided by our Gear Steward from 7am – 10:00am each Sunday.

- **BBQ crew** – Every Sunday the BBQ, led by our BBQ Coordinator, prepares, cooks and sells food for our hungry Nippers and their families. A weekly rolling Age Group roster, as detailed on the Nipper Calendar, will let you know when your Age Group is required for this service. You will need to be prepared to help from 8am to finish.
- **Officials** (Nipper program equivalent of a Referee) for Club Championships and Surf Sport Carnivals. Each club must provide 1 official for every 10 competitors at carnivals. Failure to supply this ratio will mean NO children from Sunshine Beach will be entitled to compete at carnivals.
- **Committee members of the JAC**, Chair, Water Safety Coordinator, Registrar, Secretary, BBQ Coordinator, Gear Steward and Team Managers are all parents donating their time.

Speak to your Age Manager about any of the above opportunities OR you can call Michelle Burnett on 0448 120 337 or email lifesaving@sunshinebeachslsc.com.au.

Surf Life Saving is based on the ethos of volunteering and in the JA Nipper program that's how we keep things going. The unique nature of our Club is that it caters for a diversity of interests and skill levels. Please get in contact with the JA Committee to share any service, sponsorship or abilities you have that could help our club. Sunshine takes pride in being a family-oriented club and encourages parents to become involved and be a part of our community. Volunteering is a great way to meet others. It's your club, the more you contribute, the more you and your Nipper(s) will gain!

NIPPER PARTICIPATION OPPORTUNITIES

There are a variety of opportunities for your Nipper(s) within our Surf Club as they grow, they find out what they enjoy and have fun with friends. The opportunities include:

1. Junior Activities (JA) Nipper Sundays
2. Junior SLSA Education Awards
3. Club Championships
4. Surf Sports Program
 - Carnivals & Training
5. Special Events
 - Presentation Awards Day
 - Christmas Pudding Hunt
 - Fun Day
 - Hell Week (U11-U14s) and Hell Day (U10s)
6. Fundraising Events

1. JA Nipper Sundays

These are the foundation from which we build basic surf skills and lifesaving awards knowledge. The aims of these days are:

- instruction in surf safety & surf awareness
- lifesaving & First Aid skill development
- platform to senior beach patrolling duties
- enjoyable social activity for children & parents.

Hail, rain or shine, JA Nipper Sundays are on!

The only time Nipper Sundays will NOT proceed will be if SLSQ closes the beach or there is lightning. You will receive a text message the morning of Nippers if it is cancelled.

Time: 7:30am for 7:45am start – approximately 9.30am weather and fun dependant

Where: During Covid -19 restrictions we start on the beach inside the “field of play”:

- Stay on the beach - Nippers and parents/guardians must stay with their Age group on the beach

- Sign in – During Covid -19 restrictions Age Managers will take a roll, it is essential we have a complete contact register. If you arrive late please tell your Age Manager

What to bring:

- black swimwear (preferably club togs or jammers)
- pink high-vis rash top (singlet or long sleeve)
- Nipper cap (colour as per age group)
- swimming goggles
- sunscreen
- water bottle and towel
- board – Nipper approved boards only (no surf boards)

NOTE: no high-vis rash top and/or Nipper cap = NO PARTICIPATION

JA Nipper Sundays are 100% volunteer run so remember to be prepared to help when asked and offer help if not asked. See Parent Involvement Help Needed section of this handbook (page 6) for further information.

Club Equipment – Hire and Use - The Club has equipment (tents, sprint reels, flags, boards, markers etc) that are used on Nipper Sundays, carnivals and other activities. The equipment is stored at the Club. It is the responsibility of the Parents/Guardians of the rostered Age Group to undertake Set Up and Pack Up each week (see Nipper Calendar for roster). If you or your Nipper takes any equipment down to the beach or is the last to use a piece of equipment, PLEASE bring it back up to the club at the end of Nippers.

BOARDS

- Body boards – these boards are primarily for the U7-U8s to get the feel of the ocean and start learning board basics (holding on to the board and riding waves). These body boards remain at the Club.
- Foamie boards – U9-U10s start on this board to build their skills of rolling, popping and riding waves. Older age groups may also use these on Nipper Sundays. U9-U10 Nippers can hire one of these boards for the season.
- Fibreglass Nipper boards – U11-U14s use these boards for surf sports events (carnivals) and sometimes Nipper Sundays. U11 Nippers who have paid the Surf Sports Levy can hire these boards for the season. The Club also offers a subsidy for the purchase of boards for surf sports competitors (U11s up) who meet strict criteria. For eligibility and subsidy amounts visit the [Craft Subsidy Form](#) on the website or Surf Sports section of Team App or the [Surf Sports Handbook](#).

For more on [Junior Foamie Use/ Hire Policy](#), [Nippers Fibreglass Board Hire Policy](#), and the application form, visit “[Resources and Forms](#)” on the Club Website or Nippers section of Team App.

U14s Nipper Sundays - As the senior Nippers of the club, the Under 14s are role models to the younger age groups and often help with leadership tasks, coaching and water safety once they achieve their SRC Award. Under 14s have the opportunity to lead by example, be it in competition, while providing water safety or when simply participating and mentoring fellow Nippers on Sunday mornings.

2. Junior SLSA Education Awards

An important part of our Nipper program is the educational pathway delivered through the SLSA Junior Development Program. This program is designed to ensure children have fun at the beach while participating in lessons that will provide them with a pathway to become a fully rounded participant in both lifesaving and sport activities. The program includes a wide range of subjects and skills relative to the aquatic environment

and prepares Junior Activities members for their transition to becoming a senior member and aims to promote the spirit of camaraderie and citizenship within the community.

Note: Every Nipper must satisfy all the criteria of their relevant award and achieve a 60% attendance on Club Sundays to receive their qualification.

| Age Group | Award | Summary of Education |
|--|-------------------------------|---|
| U7 | Surf Play | Introduces beach safety, patrols, where to find help etc. |
| U8 | Surf Aware | Begins the development of surf awareness and skills & develops knowledge of recreational safety in an aquatic environment. |
| U9 | | |
| U10 | Surf Safe | Builds & enhances the ideas, knowledge & skills learnt in surf awareness & introduces hazards and issues of self-survival |
| U11 | | |
| U12 | Surf Smart | Introduces children to surf lifesaving patrol activities and focuses on the basics of lifesaving practices such as resuscitation and First Aid. |
| U13 | | |
| U14 | Surf Rescue Certificate (SRC) | At 13 years of age members are eligible to train for their first Surf Lifesaving award, the Surf Rescue Certificate. The SRC is a traineeship for the Bronze Medallion which can be gained at 15 years. The SRC is also the minimum requirement for water safety duties. Nippers in this age group must gain their SRC before they can compete in Branch or State carnivals |
| The Award Certificates are presented to each Nipper at the END OF SEASON PRESENTATIONS (see Calendar for the date). | | |

3. Club Championships

Club Championships is run for the U7 – U10 Age groups and held on a Club Sunday during the season (see Nipper Calendar for the nominated date).

All Nippers are encouraged to participate in this fun day that will enable Nippers to test their skills.

The events and distances for the Championships will be dependent on the conditions and will include:

| | Shallow Wade | Deep Wade | Swim | Board | Sprints | Flags |
|------------|--------------|-----------|------|-------|---------|-------|
| U7 | ✓ | ✓ | | | ✓ | ✓ |
| U8 | ✓ | ✓ | | | ✓ | ✓ |
| U9 | | | ✓ | ✓ | ✓ | ✓ |
| U10 | | | ✓ | ✓ | ✓ | ✓ |

Achievements will be rewarded with ribbons in each event for 1st, 2nd, and 3rd and an overall Age Champion will be tallied based on places achieved for boys and girls in age groups U8, U9, and U10. Under 7 Nippers receive participation ribbons on the day at the BBQ after the event. Age Champions are announced at the end of season presentation (see Nipper Calendar for date).

For the U11 – U13 Age groups, the Age Championship Award is calculated from results at competitive Surf Sports carnivals throughout the season. For more details click on the Club's Surf Sports Awards policy on "[Resources and Forms](#)" on the Club Website or Surf Sports on Team App, or the [Surf Sports Handbook](#).

AGE CHAMPION AWARDS are presented at the END OF SEASON PRESENTATIONS for U8 to U13s

4. Surf Sports Program

The Sunshine Beach SLSC Surf Sports Program offers U9 – U14 members weekly training sessions with accredited coaches and participation at carnivals for U8 – U14 that include both skill and fitness development.

Not only does this help prepare many of the younger members to enjoy both the ocean and competition, it also creates great friendships and instils a greater level of confidence in all surf conditions.

There is a Surf Sports Levy to assist to cover the cost of carnival fees, coaching personnel and some equipment and activities relating to this Surf Sports Program for Nippers U11 and up. For more details check out the Surf Sports Handbook on "[Resources and Forms](#)" on the Club Website or Surf Sports on Team App.

Club Coaches

| | | | |
|--------------------------|----------------------|--------------------|---------------------------|
| Josh Minogue: | Head Coach | | |
| Pauline Gleeson: | Beach/Run Coach | Alice Jones | Assistant Beach/Run Coach |
| Zion Pettigrove: | Assistant Coach | | |
| Lachlan Lansdown: | U9 – U10 Board Coach | | |

To receive the Surf Sports Updates, please send an email to: coach@sunshinebeachslsc.com.au. Note that Surf Sports Updates come directly from our Head Coach and NOT from Michelle Burnett in Administration.

Surf Sports Carnivals

Sunshine Beach SLSC participates in the Sunshine Coast Branch carnivals as well as the Queensland and Australian Titles.

There are a number of opportunities for U8 – U14 Nippers to test their lifesaving skills and compete within their age group.

- U8 – U10 Carnivals are non-competitive carnivals to foster their skills, participation and develop comradere. There are individual and team events which can include mixed teams.
- U11 – U13 Carnivals include local, Branch and Queensland level competition and Age Champion points are allocated to the top 6 in the final of each event. There are team and individual events in female and male divisions.
- U14 Carnivals include local, Branch, Queensland and Australian Youth Titles and include team and individual events in female and male divisions.

For more details check out the Surf Sports Handbook on "[Resources and Forms](#)" on the Club website or Surf Sports on Team App.

Details about the events please review the [Surf Sports Manual](#) on the [Sunshine Coast Branch website](#).

Surf Sports Training

Through the Club's Surf Sports program, Nippers are provided with training sessions to:

- develop, improve and enhance their surf life saving skills in flat water and surf,
- provide general cross-training for better strength and basic fitness,
- gain confidence and enjoy the ocean.

The Club's coaching staff (paid and volunteers) lead the sessions. However volunteer parents/guardians are required to provide:

- water safety and
- general supervision to make sure all Nippers are safe in the ocean and develop their own abilities in a secure environment.
- Parents are expected to stay on the beach for the duration of all training sessions. Should the Coach not be able to see/find a parent the Nipper will be asked to sit on the beach. This is for the safety of everyone involved.

| Indicative Club Training Sessions over the Season | | |
|---|---------------|--------------------|
| Age Group | Day & Session | Training Session |
| U9 & U10 | Wednesday PM | Foam Board |
| U11 – U13 | Tuesday PM | Fibreglass Board |
| | Wednesday AM | Beach Sprints |
| | Thursday PM | Fibreglass Board |
| | Saturday AM | Iron Session |
| U14 | Monday PM | Fibreglass Board |
| | Wednesday PM | Iron Session |
| | Friday PM | Fibreglass Board |
| | Saturday AM | Iron Session |
| U11 - Open | Wednesday AM | Surf Swim |
| | Thursday PM | Open Track Session |

U9-10 Board Training is very much about gaining confidence, developing the basic board skills and enjoying the ocean as the carnivals are participation based. Training follows the Nipper Calendar, starting just after the commencement of Nipper Sundays and finishing usually a week before the last Sunday.

The U11-U14 training sessions start earlier and go for longer due to Branch, State and for the U14s Australian Titles opportunities. The training involves board, beach and iron (swim and board) sessions. In addition to these sessions Nippers are encouraged to swim at least 2-3 times per week with a squad to instil a general level of confidence in the water so they can swim comfortably and enjoy their time in the ocean.

The Club offers weekly beach/run training sessions for U11 – Open with our Beach Coach (sprints, flags, baton training and running transitions for water events) and also some landbased track sessions.

Water-based training sessions are held at either Sunshine Beach, Noosa First Groyne or in the Noosa River, depending on the focus for the session and the ocean conditions.

The time, location and details of these sessions, is released through the Club’s Coach’s Update weekly email as well as via the club’s closed group Facebook page and occasionally via text.

U9 – U13 NIPPERS MUST WEAR HIGH VIS PINK SINGLET RASH SHIRT AND CLUB CAP TO ALL WATER BASED TRAINING. NO CAP/SHIRT = NO TRAINING. THE SAME APPLIES TO U14’S UNTIL THEY ACHIEVE THEIR SRC AWARD WHEREBY CAPS ARE NO LONGER REQUIRED BUT HIGH VIS SINGLETS ARE.

5. Special Events

End of Season Presentations

All Nippers are recognised for their efforts throughout the year at the End of Season Presentations held at the end of the season (see the Nipper Calendar for date). Presentations include:

1. All eligible Nippers will receive their Junior SLSA Surf Award certificates (see page 8).
2. Age Champions for U8 – U10s (determined by results of the Club Championship day - see Nipper Calendar), will be presented with their award.
3. Age Champions for U11 – U13, (determined by results of Carnivals) will be presented with their award.
4. Special Nipper awards including (but not limited to):
 - Ken Brown Encouragement Award - acknowledges the Nipper who always has a positive attitude, tries hard at all activities no matter what their ability, attends regularly on Club Sundays and perhaps otherwise would not achieve much recognition. This award is presented to a Nipper in each age group from Under 7s to Under 14s with one of these recipients to receive the overall perpetual trophy, that being voted on by the JA Committee and Age Managers.

Award winners are listed in the Club's Annual Report available on "[Resources and Forms](#)" on the Club website.

Christmas Day Lolly and Pudding Hunt

All Nippers are invited to come down to the patrolled area on Sunshine Beach on Christmas Day to participate in the annual lolly hunt. All Adult Actives are also able to try their luck to find a pudding. Both hunts can only be achieved after a refreshing dip/swim in the ocean! Come down and enjoy the fun usually around 9am.

Nipper Fun Day

The Fun Day is an end of season event for all Nippers and their families including siblings. In past years, it has been a social get-to-together and BBQ at an aqua fun park with parents and siblings joining in the fun in the water. Look out for the date and more details on the Nipper calendar and club correspondence.

Hell Week (U11-U14s) and Hell Day (U10s)

In the first week of the public-school December holidays, it has been a Club tradition to run Hell Week Monday - Friday for U11-U14s and Hell Day on the Wednesday for the U10s.

Unique to Sunshine Beach SLSC, the aim of the week/day is to improve fitness and to learn teamwork, resilience, sportsmanship and patience and did we say improve fitness!!

For the U11-14s, the week is physically demanding and tests endurance, hence there is a requirement for Nippers to ensure they meet the requirements (e.g. swimming in squad and attending board training sessions regularly). For the U10s, Hell Day is a taste of Hell Week, with a strong focus on team and fun!

Parent help is integral to the success of the week. In fact it is a requirement of participation of a Nipper that their parent proactively volunteers. The entire week is organized by volunteers and accordingly volunteer numbers will dictate what activities the kids can do. For more details ask your Age Manager and the JA Committee members.

6. Fundraising Events

Junior activities rely heavily on fundraising for all aspects of Nippers. Equipment purchases and maintenance, BBQ's, the end of season activity and the Presentation Day all cost money. All families are expected to support our fundraising efforts and need to be actively involved in fundraising events.

The Club fundraisers include:

- **Weekly BBQ** - Our Sunday BBQ raises much needed funds every week to help fund and update our gear and equipment. An age group roster is created for the season and highlighted on the Nipper Calendar. It is expected that all families from the age group help on the nominated Sunday(s). This is also a great way to meet other parents of Nippers in your child(rens) age group(s).
- **SOS Week Surf Rescue Appeal (Tin Shake)** - This is a nationwide fundraiser usually in late October. Nippers, radiant in their Sunshine Beach SLSC uniform are rostered (under parental supervision) at selected shopping centres to collect money in tins for an hour over the weekend. The funds raised at this event are given back to our Club and then used to replenish equipment, provide necessary training for volunteers and other such resources.
- **General Raffles (Sunday)** – Nippers/Families are asked to assist with selling raffle tickets at the Club twice per year on a Sunday afternoon (4pm-5pm). The raffle policy is on the Club website and a roster of raffle duties will be sent out by Club Administration. A reminder will be sent via SMS in the week prior to the raffle duty requirement. Nippers should wear their club cap (tie up cap), red Sunshine t-shirt, or red and white Club polo shirt and black shorts (if you have them). For the younger Nippers that may not have the club uniform, just their club tie up cap will be sufficient. For any questions regarding raffle duty call Michelle Burnett on 0448 120 337 or email lifesaving@sunshinebeachslsc.com.au.

CLUB POLICIES & FORMS

The policies that pertain to the activities of Sunshine Beach SLSC can be found under [Resources and Forms](#) on the Club Website. As an affiliate club of SLSA and SLSQ the Club follows the policies of these governing bodies, however some are Club determined policies.

The policies that specifically relate to the JA Nippers are outlined as below and can be read in full on the SLSQ App and some Club specific policies will be found on our website or Team App. The SLSQ App is a very useful and readily accessible tool for all Nipper parents. The three key areas of interest on this app for all Nipper Parents will be the

- Policies & Guidelines →SLSA Policies
 - 1.01 Water Safety
 - 6.05 Member Protection
 - 6.20 Social Media
 - 6.21 Photography
- SLSQ Policies
 - MS02 Chaperoning & Supervision of Minors
 - MS06 Blue Card Screening
 - MS13 SLSQ High Visibility Clothing
 - MC01 Photography
 - MPA1 Member Social Media & online communications
- Junior Activities →Junior Policies
 - All policies under this heading
- Junior Activities →Member Protection
 - All headings under here

Other Policy and Forms specific to Sunshine Beach SLSC and mentioned previously include:

- **Swim Squad Subsidy Policy & Form** – rebate to assist with the cost of squad swimming for U11-U14 who have paid the annual Surf Sports Levy.
- **Junior “Foamie” Board Use and Hire Policy** – use and hire of junior foam boards at Nipper Sundays and for the season. U9-U10 have access to foam board hire.
- **Junior Nippers Fibreglass Board Hire Policy** – hire of junior fibreglass boards for U11-U13 for the season
- **Craft Subsidy Form** – reimbursement for U11-open competitors for purchasing a board
- **Surf Sports Awards Policy** – outlines guidelines with respect to distribution of annual surf sports awards and recognition of achievement in competitions (i.e. Age Champions) for U11 – Masters.
- **Surf Sports Uniform Policy** – outlines what competitors are to wear at Surf Sports carnivals.
- **Surf Sports Grievance and Complaints Policy** – provide clear guidelines with respect to the breach of a surf sports policy and/or breach of member protection policy that occurs in a surf sports setting.
- **Raffle Duties – General Raffles-** guidelines for all members with respect to raffle fundraising to support expenses for all Club activities including Nippers and surf sports.

CODE OF CONDUCT FOR MEMBERS

Members and all people involved in any way with Surf Life Saving (SLS) AND Sunshine Beach Surf Lifesaving Club will:

- a) Respect the rights, dignity and worth of others—treat others as you would like to be treated yourself
- b) Be ethical, considerate, fair, courteous and honest in all dealings with other people and organisations
- c) Be professional in, and accept responsibility for your actions
- d) Be aware of and follow—at all times—SLS standards, rules, policies and procedures and promote those standards, rules, policies and procedures to others
- e) Operate within the rules and spirit of the sport, including the national and international guidelines that govern SLS
- f) Understand the possible consequences of breaching the codes and/or this policy

- g) Report any breaches of the codes or this policy to the appropriate PPA (Person in Position of Authority)
- h) Refrain from any form of abuse, harassment, discrimination and victimisation towards others
- i) Raise concerns regarding decisions of PPA (Person in Position of Authority) through the appropriate channels and in a timely manner
- j) Provide a safe environment for the conduct of activities in accordance with any relevant SLSA policy
- k) Show concern, empathy and caution towards others that may be sick or injured
- l) Be a positive role model to all
- m) Respect and protect confidential information obtained through SLS activities or services; whether individuals and/or organisational information
- n) Maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to the role(s)
- o) Ensure that any physical contact with others is appropriate to the situation and necessary for the person's skill development
- p) Refrain from intimate relations with persons over whom you have a position of authority
- q) Agree to abide by the codes
- r) Maintain a duty of care towards others
- s) Be impartial and accept the responsibility for all actions taken

Person in Position of Authority (PPA):

PPA include everyone who holds a position of authority in SLS, whether paid or unpaid, and includes, but is not limited to, all SLS Entity Individual Members. For the avoidance of doubt, PPA also includes Child or Young Person (CYP) who may hold a position of authority in SLS over other CYP.

WELCOME TO SUNSHINE BEACH JUNIOR ACTIVITIES!