



# CARNIVAL CHECKLIST

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## ✓ **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 Club competitors cap (nipper tie up cap). For carnivals the club colours are worn showing (red, black, yellow). Again it can't be faded for safety reasons.
3. Black swimmers (preferably Sunshine Beach club togs/jammers)
4. Board (wax if fibreglass prior to carnival)

*Items 1-3 are available online at [sunshinebeachslsc.com.au/nippers/](http://sunshinebeachslsc.com.au/nippers/)*

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## ✓ **RECOMMENDED ITEMS**

5. Sunshine Beach competitors latex swim cap (worn under club cap)
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

## ✓ 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
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.*

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## ✓ COVID-19 (out of our control)

24. No parents or spectators will be allowed inside the field of play and there will be no shade tents for you. BYO umbrellas & hats.
  25. It is essential you pack food items that are easy and healthy snacks that Age Managers can help kids with (no plastic or packaging please). Tupperware!
  26. Ensure your nipper has zinc, long sleeve rash shirt and hat all on BEFORE they enter field of play with their Age Manager(s). You cannot 'pass' items across the barriers.
  27. Please respect social distancing on the beach or dunes as you watch the event.
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## ✓ KEY FOR A SUCCESSFUL CARNIVAL

- **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!
- **Sunshine Song** – sing it with your team as often and loud as you can
- **Big Smile** – it should be fun ALWAYS!

## 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.