



SUNSHINE BEACH SLSC



Junior Activities Handbook

2024/2025



WELCOME TO NIPPERS AT SUNSHINE BEACH SURF LIFESAVING CLUB!

Welcome to Nippers at Sunshine Beach Surf Lifesaving Club! Thank you for choosing Sunshine Beach SLSC as your club. Our Junior Activities (JA) Nipper Program spans age groups from U7 to U14 and serves as the foundation and future of Sunshine Beach SLSC.

The mission of the Sunshine Beach Nippers program is to prepare young members to become confident and skilled lifesavers by the time they achieve their Surf Rescue Certificate in Under 14s. Our focus areas include:

- **Lifesaving Knowledge Development:** Equipping juniors with surf awareness and beach safety skills to foster lifelong confidence in the ocean.
- **Lifesaving Skills Development:** Enhancing surf skills, CPR proficiency, and basic first aid capabilities.
- **Friendship:** Cultivating camaraderie through a variety of formal and informal activities and social events.
- **Fun:** Promoting active participation and enjoyment for all our junior members.
- **Family:** We believe in the strength of family involvement to build our community. Active participation of parents as coaches, officials, and volunteers sets positive examples, reinforcing the value of children's efforts and interests. Research shows that children whose parents are engaged in their sporting endeavours are more likely to remain active participants over time (ASC research).

On behalf of the Junior Activities Committee, we warmly welcome you to our club. We hope you and your Nipper(s) enjoy our activities and embrace the spirit of Sunshine.



Club Contacts

Junior Activities Committee (JAC)

Director of Junior Activities

Nicole White

doja@sunshinebeachslsc.com.au

Deputy Director

Vacant

Secretary

Kelly Carthy

Water Safety Coordinator

TBA

Gear Steward

James Beer

Registrar

Andy Duggan

BBQ Coordinator

Megan Dean

Publicity Officer

Vacant

Social Coordinator

Olivia O'Rourke

Age Managers

U7	Dominic Taylor	TBA
U8	Mel MacDonnell	Jason Quelch
U9	Wayne Buglar	Tim Lowden
U10	Anton Thompson	Liam O'Rourke
U11	Mark Wright	TBA
U12	Simon Martin	Joel White
U13	Rich Dean	TBA
U14	Max Futcher	TBA

Surf Sports

Director of Surf Sports

Brigid Duncanson doss@sunshinebeachslsc.com.au

Head Coach

Wes Berg coach@sunshinebeachslsc.com.au

Assistant Coach

Jade Berg asstcoach@sunshinebeach.com.au

Lifesaving Manager:

Michelle Burnett lifesaving@sunshinebeachslsc.com.au



Membership

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). Fees and Levies can be found here: [FEES AND LEVIES 2024-25](#)

Membership Checklist:

- NEW MEMBER** : On the [SLS Portal](#) - “Join” membership with Sunshine Beach SLSC.
- RENEWING MEMBERS**: On the [SLS Portal](#) - “Renew” membership with Sunshine Beach SLS. [How to Rejoin Sunshine Beach SLSC](#)
- Make online payment for:
 - ✓ Membership
 - ✓ Uniform
 - ✓ Surf Sport Levy (optional U11-14s)
 - ✓ Board hire (optional U9-11s)
- New members to provide Birth Certificate for child/ren to determine age group
- Parents provide/update contact details, Medicare card and current Blue Card details with Lifesaving office
- Complete pool competency form for all nippers (see below)

Junior Activities Nipper membership closes 30th September, 2024.



Nipper Competency Assessments

Pool Swimming Competency

Each season every nipper needs to meet SLSA's pool competency requirement in order to participate in any water-based JA Nipper Activities. Pool competencies can be assessed at the club pool sign on days or by an accredited swim coach. These must be completed before children can participate in nipper Sunday's. **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.** You can download the pool competency form here [Pool Competency Form](#).

Run Swim Run and Competition Competency

In addition to the Pool Competency requirement, SLSQ also has an ocean competency. These help to assess appropriate water safety requirements. We will run these assessments the first 2 nipper Sundays of the season. Should Nippers also wish to participate in Nipper Carnivals throughout the season, they must also pass the SLSA Surf Competition Proficiency requirements.

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 an essential life skill for children. Regular swimming lessons/squad attendance develop water confidence, strong technique and swim fitness which helps children feel they can participate fully in the nipper program. We encourage all children enrolled in the nipper program to be swimming regularly at a swim school/squad. There are plenty of local options with well qualified coaches.



Communication- Stay Informed and Connected

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:

- **Nipper Calendar** –snapshot of the season calendar dates and contacts
- **Stack Team App** –This is the main form of communication and registration for all carnivals as well as Skills for Life and Surf Sports training. If you plan on participating in carnivals and training, it is important that you have access to this group.
 - Search for **Stack Team App** and download it.
 - On the app search for [Sunshine Beach SLSC](#) and add it to your list of groups. This will give you access to the Nippers page where you can access the Nipper calendar, policies and procedures and the Junior Activities Handbook.
 - **For training and carnival information, search SBSLSC-Surf Sport Info.** Ask to become a member. Once confirmed, you will have access to the appropriate age groups.
- **WhatsApp:** Each age group will have a parent liaison run WhatsApp group. Reminders about upcoming events will be posted here. Groups can also use this to ask questions or organise their own social events outside of Nipper Sundays.
- **Website** – www.sunshinebeachslsc.com.au/nippers/
- **Instagram** – [@sunshinebeachslsc](https://www.instagram.com/sunshinebeachslsc)
- **SMS** – for time critical messages you may receive important text messages from the club. If you are not receiving such messages, contact Michelle Burnett.
- **Email** – you can email Michelle Burnett in the lifesaving office with any queries lifesaving@sunshinebeachslsc.com.au



Nipper Sundays (U7-14s)

Time: 7:45am for an 8:00am start – approximately 10:00am.

Rain or shine, 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.

Where: Meet on the Driveway in front of the Sunshine Beach Surf Club roller doors for muster then head down to beach with age group and age managers.

What to bring:

- Swimmers/jammers
- Pink hi-vis rash top
- Nipper cap (colour as per age group)
- swimming goggles
- sunscreen
- water bottle and towel

**Each nipper will receive a pink high vis rashie after registering (Long sleeve for U7-10s and singlets for U11-14s.) Club caps can be purchased at club sign on days or from the lifesaving office. Age groups cap colours remain the same through the entire nipper journey from U7-13s. Other uniform items such as club swimwear and goggles can also be purchased from the lifesaving office.

Safety Requirements on Nipper Sundays:

- A parent/guardian must be always in attendance with their child.
- Sign in and out – Age managers will sign your child in and out of each session. Please ensure if you are arriving late or leaving early, you have let the age manager know.
- Nippers must wear their pink high vis vest and nipper cap otherwise they are not allowed in the water.
- Make sure your contact details are up to date with the lifesaving office.

**JA Nipper Sundays are 100% volunteer run so remember to be prepared to jump in and help out!



U14s Nipper Sundays - As the senior Nippers of the club, the Under 14s are role models to the younger age groups and are asked to help with leadership tasks, mentoring, coaching and water safety once they achieve their SRC Award.

Skills For Life (U8*-10)

Skills For Life sessions gives U8- U10 and opportunity to attend an extra weekday session with Head Coach Wes Berg. The aim of this program is for nippers to gain confidence and develop basic board and ocean skills. Parents are required to get in the water with their nippers at these sessions to provide 1:1 support. Nippers wishing to participate can hire a foam nipper board, see hire policy below. All abilities welcome. Sessions are on a Tuesday morning at 6.00am at Noosa West. Exact locations and updates are sent out via Stack Team App – SBSLSC Surf Sport Info.

*Please note, as per Branch Policy, U8s can only join in these training sessions from January through to the end of the season.

Sunshine Beach Surf Sports (U11-14)

Our older nippers have the opportunity to also join surf sports which provides extra training by qualified coaches in preparation for surf sports carnivals throughout the season, from local interbranch carnivals to the Australian titles. Weekly training sessions are offered outside of Sunday morning nippers and include board, ironman(board/swim/run), sprints and flags training sessions. 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 more details, check out the [Surf Sports Handbook](#).

Coaching Team:

Head Coach: Wes Berg, Former Nutri-Grain Ironman (Competed 21 years in the professional series!)

Assistant Coach: Jade Berg, Former Uncle Toby's Ironwoman



Carnivals

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 promote team building. There are individual and team events which can include mixed teams. There are usually 4 U8-10s carnivals throughout the season.
- U11 – U14 Carnivals include local, Branch, Queensland and Australian Youth Titles. There are team and individual events in female and male divisions. Nippers must also be members of Surf Sports to compete in U11-13 Carnivals. For more details, check out the [Surf Sports Handbook](#).

Special Events

We also plan a number of special events throughout the season.

These include:

- Nippers BBQ and Raffles (held each week after Nippers)
- Social nights
- Hell Day (U10) and Hell Week (U11-14)
- Santa at Nippers Sunday
- Christmas Day Pudding Hunt
- End of Season Nipper Fun Day
- End of Season Presentation and awards night

More information on special events will be communicated throughout the season

Club Equipment

The Club has equipment (tents, sprint reels, flags, boards, markers etc) that are used on Nipper Sundays, carnivals and other activities. It is the responsibility of the Parents/Guardians of the rostered Age Group to undertake Set Up/Pack Up each week, which includes unpacking the Nipper trailer and setting up the equipment on the beach as well as packing down the beach, hosing off the equipment, and repacking the trailer ready for use the next week. See Nipper



Calendar for roster. Reminders will also go out through the Nipper Facebook page and WhatsApp Age groups.

Nipper Boards

- **Boogie Boards**- Boogie Boards are used by all age groups (U7-14) for board skill building as well as fun! Boogie boards will be provided for Nipper Sundays. These are not able to be taken home or available for hire.
- **Foamie boards** – U9-U10s start on foam nipper boards to build their skills of rolling, popping and riding waves. U9-U10 Nippers can hire one of these boards for the season and to use at Skills for Life sessions. For those not hiring a board, foam boards will be available for use on Nipper Sundays.
[JA01 Junior Foam Board Use Policy](#)
- **Fibreglass boards** – U11-U13 are able to move up to fibreglass boards and are required to supply their own fibreglass boards for use on Nipper Sundays. Board hire is available for U11 Nippers who have paid the Surf Sports Levy. U12s-13s must purchase their own fibreglass board for training and competition. For those who do not have a fibreglass board, foam boards will be available for use during nipper Sundays.
[U11 Fibreglass Board Hire Policy](#)
- **Mals**- U14s are able to move up to mal boards. Nippers must provide their own mal for training and competition.

Club Facilities

Toilets are located in the locker rooms inside actives area of the club. Nippers are able to use these **with parental supervision on Nipper Sundays only**. Hot showers are located outside of the actives area. Showers inside the locker rooms in the actives room are not to be used by nippers.



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. 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



Parental Involvement- Help Needed

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!

- **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 in support roles where you can on the beach or on the shore
- **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.
- **Nipper Adult Assistant Inductee (NAAI)** NAAI undertake an online accreditation to be Water Safety Assistants (shallow water only) to Age Managers in U7&U8 age groups on Nipper Sundays. This is a great way for new parents of U7&U8 to get involved.
- **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, detailed on the nipper calendar, and guided by our Gear Steward from 7am – 10:00am each Sunday.



- **BBQ crew** – Every Sunday the BBQ crew, 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 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.
- **Junior Activities Committee** JAC Chair, Deputy, Water Safety Coordinator, Registrar, Secretary, BBQ Coordinator, Gear Steward, Publicity Officer, Social Coordinator, and Team Managers help organise and run the nipper's season.
- **Photographers:** Taking photos on the beach on Sundays and at carnivals and special events. Club camera can be provided.
- **Parent Liaisons** Help the age managers by communicating with families via the WhatsApp page

CODE OF CONDUCT FOR MEMBERS



QUEENSLAND CODE OF CONDUCT FOR MEMBERS

Members and all people involved in any way with SLS 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) Raise concerns arising under this Policy through the appropriate channels and report any breaches of the Code or this Policy, in line with the Complaint Resolution Policy via <http://complaints.sls.com.au/>;
- f) Refrain from any form of abuse, harassment, discrimination and victimisation towards others;
- g) Provide a safe environment for the conduct of activities in accordance with any relevant SLSA policy;
- h) Ensure SLS is an inclusive organisation that is open to all who wish to participate regardless of age, gender, disability, cultural and linguistic background or sexual orientation;
- i) Provide a safe and nurturing environment for all participating in SLS by actively promoting the principles of equal opportunity, social justice and cultural safety so that all individuals are treated with respect and dignity;
- j) Show concern, empathy and caution towards others that may be sick or injured;
- k) Strive to be a positive role model to all;
- l) Respect and protect confidential information obtained through SLS activities or services; whether individuals and/or organisational information;
- m) Maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to the role(s);
- n) Ensure that any physical contact with others is appropriate to the situation and necessary for the person's skill development;
- o) Refrain from intimate relations with persons over whom you have a position of authority;
- p) Maintain a duty of care towards others;
- q) Be impartial and accept the responsibility for all actions taken;
- r) Operate within the rules and spirit of the sport, including the national and international guidelines that govern SLS;
- s) Raise concerns regarding decisions of PPA through the appropriate channels and in a timely manner;
- t) Report any breaches of the codes or this policy to the appropriate PPA;
- u) Agree to abide by the codes; and
- v) Understand the possible consequences of breaching the codes and/or this policy;

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.



POLICIES & FORMS

As an affiliate club of SLSA and SLSQ the Club follows the policies of these governing bodies, these can be found on the SLSQ App and on the SLSA members portal.

Club specific Policies and Forms can be found on the can be found under [Resources and Forms](#) on the Club Website.

Junior Activity Policies

- [Child & Youth Risk Management Strategy](#)
- [Blue Card Screening Policy](#)
- [Chaperoning & Supervision of Minors Policy](#)
- [Images & Photography Policy](#)
- [Member Protection Policy](#)
- [Under 7 Activities Policy](#)
- [Youth Policy](#)
- [Junior Foam Board Use Policy](#)
- [U11 Fibreglass Board Hire Policy](#)
- [Carnival Checklist](#)
- [Help Form](#)

***WELCOME TO SUNSHINE BEACH
JUNIOR ACTIVITIES!***