



SUNSHINE BEACH SLSC



Junior Activities Handbook

2025/2026



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

James Beer

doja@sunshinebeachslsc.com.au

Deputy Director

Jason Quelch

Secretary

Vacant

Registrar

Andy Duggan

Water Safety Coordinator

Quinton Wright

Gear Steward

Paul Macdonell

BBQ Coordinator

Vacant

Social Coordinator

Bindi Martin

Age Managers

U7	Tania Goffredo Pia Heffernan
U8	Kirsti Summers Matt Galvin Jenni-Lee Plaisted-Smith
U9	Melinda Macdonell Jason Quelch Laurence Ledrut Victoria Reeves (Assistant)
U10	Wayne Buglar James Kahn
U11	Anton Thompson Liam O'Rourke



U12	Alica Simpson Alizee Speed (Assistant)
U13	Simon Martin Joel White Ella White (Assistant)
U14	Richard Dean

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 Administrator:

Georgia Mae Stroud 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 2025-26](#)

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 Renew Sunshine Beach SLSC – Individual](#)
[How to Renew Sunshine Beach SLSC - Family](#)
- ☐ Make online payment for:
 - ✓ Membership
 - ✓ Surf Sport Levy (optional U11-14s)
- ☐ New members to provide Birth Certificate for children 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, 2025.



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's Pool Proficiency 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.** The pool competency form can be downloaded from the Junior Activities Manual at the following link:

<https://cdn.manula.com/user/17850/docs/junior-preliminary-evaluation-form-24-25.pdf>

Run Swim Run and Competition Competency

In addition to the Pool Competency requirement, SLSQ also has an ocean competency. 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.

Details of the Run-Swim-Run and Competition Competency requirements for each age group are available in the Junior Activities Manual at the following link:

<https://www.manula.com/manuals/slsq-tom/junior-activities-manual/1/en/topic/competition-evaluations>



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 [SBSLSC Nippers](#) 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 Sports](#)**. Ask to become a member. Once confirmed, you will have access to the appropriate age groups.
 - Within TeamApp, individual age groups will have chat groups for the Committee and Age Managers to send information specific to each age group
- **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 lifesaving@sunshinebeachslsc.com.au
- **Email** – you can email the Lifesaving Administrator 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 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, on the beach or volunteering within the Club, 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 must bring a foam nipper board, which can be hired from the club, see hire policy below. All abilities welcome. Sessions are on a Tuesday morning at 6.00am at Sunshine Beach, or Noosa West, subject to conditions.

Exact locations and updates are sent out via Stack Team App.

*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.

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.

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
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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 Hire 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.
[JA02 Fibreglass Board Hire Policy](#)
- **Mal boards** – U14s are able to move up to mal boards. Nippers must provide their own mal for training and competition.



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 Safety Assistant (NSA)** NSA undertake a short training session, involving a 50m swim, learning how to perform a Tube Rescue, and the Beach to Water hand signals. This accreditation allows the NSA to assist with Water Safety Duties for 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 Club Championships and 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**, Director, Deputy Director, Water Safety Coordinator, Registrar, Secretary, BBQ Coordinator, Gear Steward and Team Managers are all parents donating their time.
- **Parent Liaisons** Help the age managers by communicating with families via the TeamApp Groups



CODE OF CONDUCT FOR MEMBERS

The SLSQ Code Of Conduct can be found at the following website:

<https://lifesaving.com.au/app/uploads/Code-of-Conduct.pdf>

POLICIES & FORMS

As an affiliate club of SLISA and SLSQ the Club follows the policies of these governing bodies, these can be found on the SLSQ App and on the SLISA 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](#)
- [JA01 Junior Foam Board Hire Policy](#)
- [JA02 Fibreglass Board Hire Policy](#)
- [Carnival Checklist](#)
- [Help Form](#)

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JUNIOR ACTIVITIES!***