



NIPPER HANDBOOK

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1.0 WELCOME

Welcome to Dicky Beach Nippers!

Nippers are a dynamic part of the Dicky Beach Surf Life Saving Club community. Nippers offer a fun and active lifestyle choice for children between the ages of 5 and 13, as well as a solid base for learning and competition in beach and water-based activities. Nippers are taught everything from sun and surf safety, beach sprints and board paddling, all the way to lifesaving skills like CPR and water rescues.

Our nipper family is not just about the children, it also encompasses parents who choose to become involved with either teaching beach activities or who want to achieve their own milestones like completing their SRC or Bronze Medallion.

Our aim is “to enrich the lives of young people through fun, involvement and the acquisition of personal, lifesaving and competition skills, in a safe aquatic environment.”

To ensure our nippers thrive at Dicky Beach, the following objectives have been designed to encourage and support our young members:

- Provide the best possible lifesaving experience for all Junior Activities members with the overarching aim being to encourage long-term active participation;
- Provide opportunities for Junior Activities members to participate in enjoyable lifesaving activities and competition in an aquatic environment by offering a wide variety of activities suited to the skill and maturity levels of all nippers;
- Ensure the nippers are safe on Australia’s beaches through the provision of beach safety education programs;
- Develop a team-based philosophy encompassing leadership, camaraderie, teamwork, and fun; and
- Promote social, emotional and physical growth and development in a healthy, safe environment.

Our website www.dickybeachsurfclub.com.au/nippers and the Dicky Beach Nippers Team App are the main communication tools used. This is where we will be advising any changes or extra activities that may take place. Have a look at the season calendar and lock away all the important dates. The season calendar is located on Team App and the club’s website. For information on how to download the Dicky Beach Nippers Team App and gain access, please refer to Appendix 3.

The club has a great panel of coaches on board who not only provide their valuable experience on Sundays but also deliver mid-week and weekend training sessions to our Nippers. Our Age Managers assist in coordinating Nippers on Sundays and at carnivals throughout the year.

Dicky Beach Nippers pride ourselves on being a family friendly club and we encourage everyone to become involved in the club and its activities throughout the year. There are many ways of helping and in our experience, there is nothing more satisfying than being involved with your children as they learn and have fun. To ensure this, all members are to abide by the Surf Lifesaving Queensland Code of Conduct for Members and, in addition for parents, the Dicky Beach SLSC Parent Guardian Code of Conduct.

2.0 MEMBERSHIP & SIGN-ON DAYS

2.1 What age group will my child be in?

Nippers are grouped by the age they are on the 30th of September each year as per the following table.

Age of Child on 30 September	Age Group in Nippers
5	Under 6
6	Under 7
7	Under 8
8	Under 9
9	Under 10
10	Under 11
11	Under 12
12	Under 13
13	Under 14

To join Nippers children must be at least 5 years of age on or before 30 September.

To be eligible, children in the Under 6 age group MUST have an older sibling enrolled in our nipper program – there are no exceptions to this policy.

2.2 Sign-On Days

Sign-On days will be conducted at the Caloundra Aquatic Centre, Central Park Road, Caloundra.

There are two designated Sign-On days per season. Dates are advertised on the website and the Dicky Beach Nippers Team App.

All new members must attend the sign-on days. Parents/guardians must bring their child's birth certificate and proof of ID.

2.3 Membership Fees

Current membership fees are:

One Nipper & One Associate/Active Member (U6 to U14) - **\$235**
 Two Nippers & One Associate/Active Member (U6 to U14) - **\$290**
 Each Additional Nipper >2 (U6 to U14) - **\$30**

Fees are non-refundable

It is a requirement that at least one parent/guardian living at the same address as the child joins the club in addition to the child/children's membership. This policy is to ensure that the parent/guardian is covered and insured while participating in any volunteer activities.

3.0 THE NIPPER PROGRAM

Dicky Beach Nippers are held at the Dicky Beach Surf Lifesaving Club. Nipper Sunday mornings commence with an 8:15am muster on the grass at the club house and generally finish no later than 11:30am.



Nippers is primarily held on Sunday mornings however there are occasions throughout the season where nippers will be held on a Saturday afternoon (Twilight Nippers) which will then be followed by a club BBQ.

The season calendar is published on the website and the Dicky Beach Nippers Team App and details Nipper sessions, carnivals and club events. Dates are subject to change. Any changes to the season calendar will be communicated via the Dicky Beach Nippers Team App

Nipper activities are carried out in rotation and are age group specific. Refer to the next section for age group activities that are carried out throughout the season.



4.0 AGE GROUP ACTIVITIES

4.1 Under 6 & 7 Green Caps

Nippers for this age group will engage in play-based activities. They wear a florescent green cap for quick identification and are often referred to as 'Green Caps'. U6 nipper sign on is limited to children that have older siblings in the nipper program. U6 and U7 numbers are capped. U6 & U7 nippers will:



- Get to know their way around their surf club and beach.
- Understand basic safety procedures such as how to signal for help.
- Identify a variety of items that can be found at the beach.
- Understand what slip, slop, slap and slide means.
- Identify dangers at their beach.
- Identify what a lifesaver looks like and what they do.
- Identify the red and yellow flags and what they mean.
- Develop confidence in the water through play-based activities, wading and participating in run-wade-runs.
- Enjoy sand-based activities such as beach flags, beach sprinting and beach relays.

4.2 Under 8

Nippers for this age group will continue to develop confidence in nipper activities through fun-based activities. Under 8 nippers will:



- Develop an understanding of surf lifesaving in Australia.
- Recognise the diverse human and marine communities that make up a beach ecosystem.
- Be able to demonstrate sun smart guidelines and understand what happens when they're not sun smart.
- Identify dangers at their beach.
- Recognise the signs of being in trouble in the water and learn how to signal to get assistance.
- Recognise what an emergency is and learn how and when to dial '000' if an emergency arises.
- Identify the red and yellow flags and what they mean.
- Increase confidence in the water through catching waves on body boards, wading and dolphin diving.
- Enjoy sand-based activities such as beach flags and beach sprinting.
- Participate in team activities such as wade and beach sprint relays.
- Under 8 nippers who have completed their competition evaluation are eligible to compete in inter-club competitions.

4.3 Under 9

Nippers for this age group will step up to the next level and further develop confidence in the surf through participating in surf swims and board paddling activities. Under 9 nippers will:

- Further understand the club's role within surf lifesaving in Australia.
- Identify natural and man-made objects in the beach environment and recognise the environmental impact they have on the beach.
- Recognise the importance of hydration, nutrition and exercise as part of their participation in the nipper program.
- Identify surging, spilling & plunging waves and recognise the dangers swimmers can be exposed to with a changing tide.
- Identify the 5 beach safety tips using the F.L.A.G.S. acronym.
- Recognise what an emergency is and to be able to describe when and how to dial '000' if an emergency arises.
- Identify different safety signs on their beach and their meaning.
- Learn new skills such as how to paddle a nipper board, how to swim in the surf and body surfing techniques.
- Further develop running techniques on the sand and techniques for diving for beach flags.
- Participate in both land based and ocean-based team activities.
- Can represent the club at inter-club competitions, however this is optional, and they must have completed their competition evaluation swim.



4.4 Under 10

Nippers for this age group will continue to develop their skills as a junior lifesaver whilst also getting an introduction to some of the skills that a volunteer lifesaver has. Under 10 nippers will:

- Further understand the club's role within surf lifesaving in Australia.
- Understand the natural water cycle and water collection methods and identify ways in which water usage can be reduced/recycled.
- Identify and demonstrate the SunSmart guidelines and understand the consequences of skin damage caused by sunburn.
- Identify how rips are formed and what they look like and learn how to escape from a rip.
- Understand the basic principles of resuscitation.
- Learn and be able to demonstrate directional signals.
- Learn how to prevent or stop an emergency from happening.
- Recognise a rescue tube and what it is used for.
- Recognise and demonstrate how body boards can be used to assist a distressed swimmer.
- Learn how to negotiate the surf on nipper boards.
- Develop further confidence in surf swimming and body surfing techniques.
- Further develop sprinting and beach flag techniques.
- Participate in both land based and ocean-based team activities.
- Can represent the club at inter-club competitions, however this is optional, and they must have completed their competition evaluation swim.

4.5 Under 11

Nippers for this age group will continue to develop their skills as a junior lifesaver and learn important lifesaving techniques. Under 11 nippers will:



- Further understand the club's role within surf lifesaving in Australia.
 - Recognise the difference between renewable and non-renewable energy generation and its impact on the surf club.
 - Recognise 'at risk' people in a beach environment and identify actions that can be taken to help them avoid dangerous situations.
 - Identify the principles of DRSABCD. Recognise and manage patients suffering from cuts and abrasions, bleeding from the nose, sprained muscle ligaments and sunburn.
 - Perform cardiopulmonary resuscitation (CPR) techniques.
 - Recognise the importance of beach safety signage and identify and understand safety signage on their beach.
 - Develop further confidence in the surf by independently catching waves on nipper boards, surf swimming and body surfing.
 - Learn how to perform an ironman/ironwoman race.
 - Further develop starting techniques for beach sprinting and beach flags.
 - Be part of a team and learn how to perform board rescue races, board relay races, cameron relay races and beach sprint relays.
- Can represent the club at inter-club competitions, however this is optional, and they must have completed their competition evaluation swim.

4.6 Under 12

Nippers for this age group will continue to consolidate their skills as a junior lifesaver as their confidence develops both on the beach and in the ocean. Under 12 nippers will:

- Understand the rights and responsibilities as a member of surf lifesaving Australia.
- Understand how weather can affect both the beach environment and beach users, identify natural and man-made causes of erosion and their impact on the beach environment.
- Identify the consequences of not being SunSmart, identify what skin cancer is and what causes it.
- Recognise that staying fit and healthy is important as a lifesaver and identify ways to stay fit and healthy during nipper activities.
- Identify the different types of rip currents and how to use rip currents to assist in surf swimming and rescues.
- Identify the role of the body's circular system, skeletal system, respiratory system and nervous system. Understand how the body's major organ systems relate to First Aid scenarios.
- Identify the principles of DRSABCD. Recognise and manage patients suffering from cramping, fainting and shock.
- Perform cardiopulmonary resuscitation (CPR) techniques.
- Demonstrate directional signals.
- Identify the role of a beach patrol and the role of lifesavers during a patrol.
- Recognise and demonstrate how nipper boards can be used to assist a distressed swimmer.
- Develop strategies for negotiating the surf efficiently on nipper boards, surf swimming and body surfing.



- Develop race strategies for beach sprinting and beach flags.
- Be part of a team and perform board rescue races, board relay races, Cameron relay races and beach sprint relays.
- Can represent the club at inter-club competitions, however this is optional, and they must have completed their competition evaluation swim.

4.7 Under 13

Nippers for this age group generally have a high level of confidence in the surf and on the beach. They are involved with mentoring younger nipper age groups and they will have the opportunity to participate in a Resuscitation camp as the focus for this age group turns toward developing their skills as future volunteer lifesavers. Under 13 nippers will:

- Understand the basic principles of surf lifesaving Australia membership.
- Understand global warming and climate change to identify their impacts on our beach environment.
- Identify and understand the ten SLSA beach safety tips.
- Participate in a fully supervised overnight camp focusing on resuscitation and first-aid skills such as:
 - Identify how to minimise the risk of cross infection when delivering first aid and resuscitation
 - Identify the role of the body's circulatory system, skeletal system, respiratory system and nervous system. Understand how the body's major organ systems relate to First Aid scenarios.
 - Identify the principles of DRSABCD. Recognise and manage patient suffering from cuts and abrasions, bleeding from the nose, sprained muscle ligaments, sunburn, cramping, fainting, shock, needle-stick injuries and bleeding.
 - Perform cardiopulmonary resuscitation (CPR) techniques.



- Recognise the importance of communication and identify ways to communicate with beach users.
- Identify volunteer and professional emergency services in the local area.
- Learn how to swim and perform rescues using rescue tubes.
- Develop strategies for negotiating the surf efficiently on nipper boards, surf swimming and body surfing.
- Develop race strategies for beach sprinting and beach flags.
- Be part of a team and perform board rescue races, board relay races, Cameron relay races and beach sprint relays.
- Can represent the club at inter-club competitions, however this is optional, and they must have completed their competition evaluation swim.

4.8 Under 14

Nippers in this age group gain the skills required to become fully qualified volunteer lifesavers. This occurs during a combined Surf Rescue & Bronze camp over the September school holidays. Along with performing volunteer patrols they will continue to participate in the nipper program. This is an exciting age group as there are several opportunities for them to further develop their lifesaving skills, compete in different disciplines and mentor younger nipper age groups. They will also graduate from using nipper boards to using mals. Under 14 nippers will have the opportunity to:



- Keep participating in the nipper program.
- Participate in a fully supervised week-long camp focusing on resuscitation and first-aid skills to become a fully qualified volunteer lifesaver.
- Do patrols as a volunteer lifesaver.
- Compete in various disciplines such as:
 - Surf Rescue Events – Patrol Competition, First-aid Competition and Champion Lifesaver.
 - Surf Board Riding
 - Surf Sports Events – same events for nippers
 - Note: When older they can compete on surf ski's, in surfboats as part of a team and IRB competition.
- Participate in youth development activities.

4.9 Nipper Club Captains

Each year Dicky Beach SLSC will select Nipper Club Captains from the Under 13 Age Group, for the successful candidates to represent the club to following season whilst they are in Under 14s.

The process of selecting Nipper Captains presents an opportunity for our young lifesavers to take on a leadership role within the Club. The captains are selected from nominated candidates who have demonstrated a commitment to the Club, its values and act as a role model for younger members.

Details regarding the nomination criteria and selection process can be found on the website at www.dickybeachsurfclub.com or under the Documents section of the Dicky Beach Nippers Team App.

5.0 AWARDS

5.1 Surf Life Saving Awards

Not only is Nippers a fun way for children to enjoy the beach in a safe environment, it also offers an educational pathway through the delivery of 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 Nippers for their transition to becoming a senior member and aims to promote the spirit of camaraderie and citizenship within the community.

As part of the Nippers program, children have the opportunity to gain a junior development award each season; each member should be encouraged to attain their respective age award.

Members wishing to compete in Surf Life Saving Queensland State Youth Championship events must complete their respective Junior Activities Age Award at least two weeks prior to the close of entries for the Sunshine Coast Branch Championships, and preferably by 31 December.

The Age Awards are as follows:

- U6 – Surf Play 1
- U7 – Surf Play 2
- U8 – Surf Aware 1
- U9 – Surf Aware 2
- U10 – Surf Safe 1
- U11 – Surf Safe 2
- U12 – Surf Smart 1
- U13 – Surf Smart 2 (includes Resuscitation Certificate)
- U14 – Surf Rescue Certificate (SRC)
-

As Surf Education is delivered throughout the season it is important to ensure your child is attending Nippers regularly to ensure they aren't missing out on key aspects of these awards. Age Manager will inform you of important educate lessons on a week-to-week basis.

It is the parent and Nippers responsibility to ensure that any missed education is caught up before Age Awards are processed – particularly if your child is intending to compete at the Sunshine Coast Branch Championships and/or Surf Life Saving Queensland State Youth Championships.

Please contact the JAC Registrar if you are unsure if your child has met the necessary requirements.

5.2 Perpetual Club Awards

Each season Dicky Beach Surf Life Saving Club recognises the outstanding achievement of our Nippers at our end of season presentation day. The purpose of the awards are not only to recognise achievement in surf sports, but also to acknowledge participation in the Nipper program, and reward those Nippers who exemplify our Club values.

A full list of Awards including the selection criteria is available on the website at www.dickybeachsurfclub.com.au/nippers and under the Documents section on the Dicky Beach Nippers Team App.

6.0 SWIMMING COMPETENCY

6.1 Swimming ability required for nippers

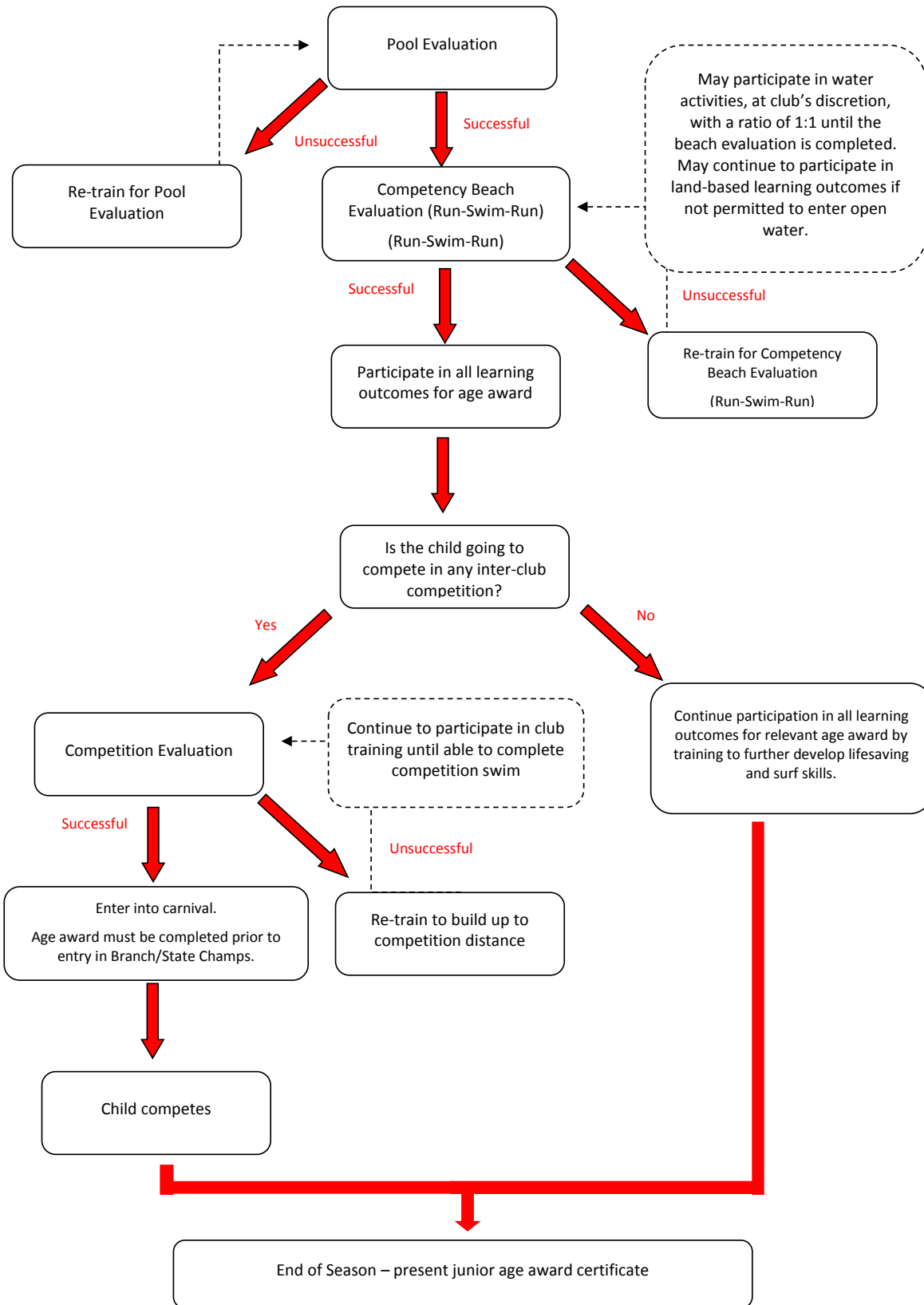
It must be strongly emphasised that Nippers does NOT teach children how to swim. Many of the activities that will be completed by children as part of nippers will be conducted in the water. To ensure that all children have achieved a suitable swimming ability to allow them to participate in these activities, SLSQ has developed a Junior Preliminary Skills Evaluation for each age group. This is broken into three levels:

<p>Swimming ability to join nippers (Pool Evaluation)</p>	<p>Every nipper is required to participate in a Pool Evaluation, prior to any activities being undertaken. It includes a pool swim and a timed survival float. This will occur as part of the sign on process and prior to the commencement of the season.</p> <p>Any child that does not meet the required Pool Evaluation level cannot participate in any nipper activities until the child can successfully complete the evaluation.</p> <p>Pool evaluations will be undertaken at Sign-On days, or your child can be signed off by an accredited swimming instructor.</p> <p>Pool Evaluation forms can be found on the website at www.dickybeachsurfclub.com.au/nippers or in the Documents section of the Dicky Beach Nippers Team App.</p>
<p>Swimming ability to do ocean-based nipper activities (Competency Beach Evaluation)</p>	<p>Every nipper must also complete the Competency Beach Evaluation (Run-Swim-Run) prior to any nipper water activities being undertaken and so that they can gain their age award. This ensures that all children can demonstrate a standard of competence to enable preliminary levels of survival skills at a beach with conditions that would be experienced during weekly junior activities programs and also enables a water safety ratio of 1:5.</p> <p>NOTE: If a nipper is not able to complete this assessment they will require a water safety ratio of 1:1 for all water-based activities. Their level of participation will be dependent on the available numbers of water safety in any given arena. It is strongly recommended that all children who participate in the nipper program be involved in a weekly pool swim program as it helps to develop their confidence in the ocean.</p> <p>Note that the Run-Swim-Run is defined as a continuous beach run, open water swim completed by using a continuous over arm stroke and another continuous beach run measured to the specified distance relevant to each junior activity age group.</p>
<p>Swimming ability to compete at nipper carnivals (Competition Evaluation)</p>	<p>From the age of 7 (Under 8) nippers may begin to compete in inter-club competition. To ensure that all nippers who wish to compete have the ability, strength and fitness standard required for competition they must be able to complete the junior competition evaluation for their age group. The junior competition evaluation is based on the swim competition distances as set out in the SLSA Australian Surf Sports Manual for the relevant age group and is a standard in the form of an open water swim.</p>

5.2 Preliminary Competency Evaluations

	Preliminary Evaluations		Competition Evaluation	Age Award
	Pool Evaluation	Competency Beach Evaluation (Run-Swim-Run)		
Water Safety	1:5	1:5	1:5	1:5
Under 6	Kick on wall with face in water 30 second float	Nil (shallow water activities only)	NA (No Competition)	Surf Play 1
Under 7	Torpedo (push off wall) with face in the water 30 second float	Nil (shallow water activities only)	NA (No Competition)	Surf Play 2
Under 8	25 metre swim (freestyle) 1 minute survival float	25m-25m-25m Run-Wade-Run	25m-25m-25m Run-Wade-Run	Surf Aware 1
Under 9	50 metre swim (freestyle) 1 minute survival float	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim (competition course distance as per competition manual)	Surf Aware 2
Under 10	50 metre swim (freestyle) 1.5 minute survival float	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim (competition course distance as per competition manual)	Surf Safe 1
Under 11	100 metre swim (freestyle) 2 minute survival float	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Safe 2
Under 12	100 metre swim (freestyle) 2 minute survival float	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Smart 1
Under 13	150 metre swim (freestyle) 3 minute survival float	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Smart 2
Under 14	200 metre swim (freestyle, in less than 5 minutes) 3 minute survival float	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Rescue Certificate (MUST be assessed by SRC/Bronze Assessor)
Assessor	Bronze Accredited Swim Coach; OR SLSA Level 1 Surf Coach; OR AUSTSWIM Instructor; OR Junior Activities Accreditation Officer; OR Assessor (SRC/Bronze).	Assessor (SRC/Bronze) Junior Activities Accreditation Officer		
Notes	<i>Every junior member must successfully complete the pool evaluation prior to undertaking competency beach evaluation. This is a standard water proficiency requirement.</i>	<i>Every junior member must successfully complete the beach evaluation prior to undertaking the competition evaluation. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities.</i>	<i>The competition evaluation must be achieved before being eligible to compete in inter-club competition. This is a standard open water proficiency requirement. Distances may be adjusted by the Chief Assessor dependent on risk assessment.</i>	<i>If a child wishes to compete in a Branch and/or State Championship event, their respective age award must be completed prior to close of nominations.</i>

5.3 Skills evaluation flowchart



7.0 NIPPER SUNDAYS

7.1 Check-list for Nipper Sundays

- Arrive early for muster which commences at **8:15am SHARP**
- Ensure all family members bring their own labelled water bottle.
- Ensure all family members are wearing WATER RESISTANT sunscreen. Zinc or water-resistant make-up are also excellent for the facial areas as they tend not to run into and irritate the eyes.
- At muster parents/guardians are to **sign on** their child/children with each respective Age Manager.
- The following items are required to participate in nipper Sundays:
 - Swimmers - note it is preferred that nippers wear the Dicky Beach club togs when representing the club at carnivals.
 - Dicky Beach fluorescent pink rashie (Not-faded)
 - Dicky Beach green, yellow and white striped club cap (fluorescent green for U6 & U7's). Note that this cap **MUST** be worn always once nippers are signed on.
- The following items are also recommended for nipper Sundays:
 - Swimming goggles
 - Hat to wear in between nipper rotations
 - Long sleeved shirt to wear in between nipper rotations
 - Towel
 - Wet suit top / Wind jacket on windy or cooler days
- Ensure all personal items are clearly labelled including rashies and caps.
- At the conclusion of nippers parents/guardians are to **sign off** their child/children with each respective Age Manager.
- Nippers must remove their cap once they are signed off for the day.
- Parents **MUST** be in attendance on the beach throughout the nipper program with their child. Parents should endeavour to be readily available in the near vicinity of their child's activity in event their child requires assistance, as Age Managers have many children to supervise. This is particularly important in the younger age groups.
- Parents of green caps must attend all times unless they have designated another carer to be available in their absence.
- If for any reason your child should leave the group, the Age Manager **MUST** be notified on departure from and return to the activity area.
- All nippers **MUST** be supervised by parents/guardians within the club, including the shower/toilet area.

7.2 Apparel and Merchandise

Clothing, swimwear, caps and other apparel/merchandise is available for purchase at the uniform shop (canteen) on the Sign-On days and most Sunday mornings from 8.00am.

As mentioned above the following items are **COMPULSORY**:

CAPS: It is a Surf Life Saving Australia that all Nippers must wear their club caps at all times whilst on the beach. This encourages a sense of belonging but also makes identification on a busy beach and in the water much easier. If you do not have a club cap you will **NOT** be permitted to participate. Under 6s and Under 7s are required to wear a fluorescent green cap.

HIGH-VIS RASH VEST/SHIRT: It is a Surf Life Saving Queensland requirement that all Nippers participating in aquatic activity (including training sessions, Nippers and carnivals) **MUST** wear a PINK High-Visibility rash vest/shirt.

For carnivals, it is expected that competitors wear Dicky Beach SLSC swimwear, and it is MANDATORY that all competitors wear a bright, fluorescent pink vest/shirt (PMS #16-2130 TN 'Knockout Pink')

Carnival Officials may disqualify a competitor if their high-visibility rash vest/shirt is not deemed bright enough. It is recommended that Nippers competing in carnivals have a separate high-visibility rash vest/shirt specifically for this purpose.

To prevent fading, rinse all swimwear in cold water and air dry in the shade.

7.3 Age Managers

All age managers have a current Blue Card and have completed an Age Managers and Observers course. Their role is to sign on and off nippers and to escort them through the nipper rotations. They work with the coaches to achieve the learning outcomes specific to each age group. Age managers are NOT baby sitters. It is imperative that parents NEVER leave their child unattended.

7.4 Water Safety

- Water Safety personnel play an important role in Nippers. Water Safety personnel can be easily identified as they wear bright orange rash shirts and caps. If you are concerned about the safety or confidence your child has in the water, please do not hesitate to speak with your Age Manager.
- During Nipper days, the club follows SLSQ guidelines in providing a suitable number of Water Safety Personnel which is one water safety person to five nippers. A lack of personnel may limit the number of children permitted in the water at any one time.
- Similarly, at carnivals, it is mandatory to provide a minimum of one water safety person for every ten competitors.
- All water safety personnel are required to undertake training, in either a Bronze Medallion Certificate II in Public Safety – Aquatic Rescue or a Surf Rescue Certificate and are required to complete an annual proficiency.

7.5 Officials

- Officials play an important role in Nippers inter-club competition (carnivals).
- At carnivals, it is mandatory to provide a minimum of one official for every eight competitors.
- Official's courses are held throughout the year and we seek your assistance to participate in these roles.
- Where the club is unable to provide adequate numbers of officials for a carnival, the club may be asked by SLSQ to limit competitors' numbers accordingly. Parents can prevent this by undertaking the Officials course and ensuring all applicants can compete.

7.6 Canteen/BBQ

Parents/guardians are asked to assist with BBQ/Canteen duty on Sunday mornings and at any carnivals the club hosts. At the start of the season a BBQ/Canteen roster (see under Season Calendar on the Dicky Beach Nippers Team App) will be determined to ensure that all age groups are contributing fairly and equally.

You will be advised at muster when it is your Age Group's turn. The BBQ is an integral part of the club's fundraising efforts and any voluntary contribution is very much appreciated.

7.7 Working with Children (Blue Card)

All parents must hold a current Working with Children (Blue Card) or they will not be permitted to assist in a recognised volunteer role as part of delivering the Nipper program, or be allowed in the Nipper beach arena during Nipper activities. Blue Card application forms can be downloaded from the website www.dickybeachsurfclub.com.au/nippers or the Documents section of the Dicky Beach Nippers Team App.

Teachers and Police Officers must complete an Exemption Form.

If you have a current Blue Card that is affiliated with your work place and/or another sporting club or community organisation you must complete a form to link you existing Blue Card with Surf Life Saving Queensland.

Blue Card forms must be completed and returned to either the JAC Registrar or Dicky Beach Surf Life Saving Administration Office, along with the appropriate forms of ID.

7.8 Expectations of Nipper families

It takes many people and positions to operate a safe and successful nipper operation. As a volunteer organisation it is an expectation that the parents/guardians of children involved in nippers assist the club through the following:

- Assist in setting up for Nippers
- Assist in packing up and washing down of equipment after Nippers
- Help run the BBQ on Nipper days
- Become an Age Manager
- Assist with Water Safety
- Participate in running raffles
- Support fundraising events
- Assist in setting up and packing up for Nipper carnivals
- Become an official
- Participate as a member of the JAC Committee

Dicky Beach SLSC conducts training courses throughout the year which are advertised. Training can involve both classroom and water activities. The theory sessions can include topics such as surf awareness, first aid, CPR and radio operations, while the practical sessions include surf swimming, tube rescues and board rescues.

There are many other awards that parents of nippers can undertake such as Age Managers award, First Aid, Observers Course, Radio Operators course, ATV and Tractor certificate, some of which enable a member to be able to patrol our beach.

If you interested in becoming a part of this important team talk to a committee member or contact the Dicky Beach Surf Life Saving Club Administration Office Ph. 5491 5742 or lifesaving@dickybeachsurfclub.com.

8.0 FUNDRAISING

Dicky Beach Surf Life Saving Club is a not for profit organisation. Funding is derived from several sources including its own markets, grants, sponsorship and most importantly fundraising.

Fundraising is fundamental to the success of any surf lifesaving club to maintain its patrolling and training equipment as well as the club supplied equipment for training Junior Activities members. Below are some activities that we encourage all our members to get involved in.

- Family BBQs are held each Nipper day. The parents from each age group are expected to supply helpers for the BBQ and Age managers will notify parents which weekends they are required.
- Nipper Raffles are held at Sunday lunch time in the Dicky Beach Supporter's club throughout the whole calendar year. As a member of the Dicky beach nippers club, all families are expected to assist in this event after Sunday nippers has concluded. A roster is available for parents to nominate their preferred weekend.
- We also have several other fundraising events during the year. We ask that you support these events and seek your assistance as volunteers.
- Should you be aware of any business or individual who may be interested in sponsoring Nippers, please see the committee.
- A fundraising committee is responsible for co-ordinating all fundraising activities. This fundraising committee is always looking for new ideas and committee members.
- Every Nipper who participates in any organised club training is required to participate in additional fundraising events to the Sunday raffles.

9.0 CLUB POINTS DAYS

Points Day is our own 'Internal Junior Club Carnival'. It gives our Nippers in the U8 – U14 Age Groups the opportunity to compete against other children within their age group within the club. The competition simulates a traditional Surf Life Saving Inter-Club Surf Sports Carnival, including the competition disciplines for each age group.

Each season the JAC will nominate three (3) scheduled Nipper days as "Points Days".

Points for each event are allocated as follows:

Place	Points Allocated
1st	6
2nd	5
3rd	4
4th	3
5th	2
6th	1

At the end of each season the Club will award a Male and Female (Age Group) Nipper of the Year award for the U8-U14 age groups as well as an overall Beach Champion and Water Champion from the U11-U14 age groups. The points gained from Points Days go towards the summation of points for these awards. The best results from a maximum of two Points Days will be included. The full selection criteria for Club Awards can be found on the website at www.dickybeachsurfclub.com.au/nippers and on the Dicky Beach Nippers Team App.

In order to be eligible for these awards, a nipper must have attended at least 70% of Nipper sessions during the season.

10.0 CARNIVALS

10.1 Participation

Carnivals are run by Surf Life Saving throughout the season. These are great opportunities for nippers to have fun whilst challenging themselves in both individual and team events.

- During the season, carnivals are conducted on the Sunshine Coast and Gold Coast. Please refer to your calendar frequently as this advises you of the carnival dates and when nominations close. These carnivals are not compulsory.
- Members representing the Dicky Beach SLSC are expected to conduct themselves in such a way as to not bring discredit upon themselves or their club.
- Club togs, pink rashies and caps must be worn whilst participating at carnivals. At carnivals, all parents are to remain outside the carnival competition arena or marshalling area.
- Only Team Managers are allowed within the competition area.
- No photography is allowed in the carnival arena unless the individual is an approved media officer by SLSQ.
- Age Managers wearing identifying shirts are permitted to enter the marshalling areas only.
- The Team Manager is responsible for the team and all equipment during the carnival.
- Club Boards at carnivals are for competition use only. It is the parent's responsibility to arrange pick up of a board prior to a carnival and transport of the board to the carnival. Club Boards must be returned to the club within 24 hours of the completion of the event unless alternative arrangements have been made with the Gear Steward.
- Any damage to fibreglass boards or any other club equipment is to be reported immediately to the Team Manager who will advise the Gear Steward.
- SLSQ has a no smoking policy – this means no smoking within the carnival arenas, including club tents and near activities on training days.
- The Junior Activities Committee reserves the right to make the final decision in relation to carnival nominations and numbers.

Please note that there is a club and SLSQ requirement that there are adequate numbers of officials, water safety officers and Age Managers in place. As such, the club is now mandating that at least one parent of a child who participates in club sponsored training sessions and/or carnivals take on a role as an Official, Water Safety Officer, Age Manager or designated volunteer/assistant for a Dicky Beach training session and carnival/events.

Sunshine Coast Branch strictly implements a 1:8 water safety to competitor ratio (excluding IRB drivers and crew) and a 1:15 ratio for officials. In the event Dicky Beach is unable to fulfil SLSQ requirements and the club is unable to enter all competitors, priority to compete will be given to the nippers with parents who have contributed to these requirements. A larger pool of parents with these qualifications will allow all parents to share the workload and give opportunity for everyone to watch their children participate at carnivals and events.

10.2 Types of Carnivals

Carnivals for Nippers are separated into the following age groups:

- U8-U10 carnivals are aimed to provide experience only. The desired outcomes are Fun, Participation and Sportsmanship
- U11-U15 carnivals are more competitive, however the core values of Fun, Participation and Sportsmanship should be upheld at all times. At U11-U15 carnivals individual acknowledgment is given to 1st through 3rd places. Additional points are awarded to first through sixth place getters.

There are two types of carnivals – Individual and Team Carnivals. In an Individual Carnival the events are orientated for individual participation, in a Teams Carnival the events are structured around team participation.

Individual Carnivals are open to any child who wishes to participate in the carnival.

Team Carnivals are also open to any child who wishes to participate, however the opportunity to compete will ultimately be governed by the number of spots in each Team.

Team selection is determined through consultation by Age Managers, Team Managers and the appropriate coach(es). Please see below.

10.3 Team Carnival Selection Criteria

The Team Selection Policy including the selection criteria is available on the website at www.dickybeachsurfclub.com.au/nippers and under the Documents section on the Dicky Beach Nippers Team App.

10.4 Individual Carnival Nominations

Each child participating in an individual event at a carnival must nominate for the carnival by the nominated date as advised by the club. No late nominations will be accepted.

A nomination fee per Carnival is required at the time of the nomination. This amount is charged by the respective Branch Office and is not refundable should the member not compete or if the carnival is cancelled.

10.5 How to Nominate

- A Team App post will advise of the upcoming carnival date. Carnival dates can also be found on the nipper season calendar.
- Nomination forms will be published on the Team App under the Carnival Nominations tab. Note that each carnival may have different events.
- **NOMINATIONS WILL NOT BE ACCEPTED UNLESS PAYMENT IS MADE.**
- Payment can be made via the SLSA portal (preferred) or by credit card via the Life Saving Club Administration Office. Where the portal is used for payment please attach a copy of the receipt to the nomination form. When using the portal please ensure that the name of the nipper, their age group and the carnival is put in the details section of the payment.
- Note that payment is only required for individual events. The cost of team events is covered by the club.
- Once completed, the nomination form once completed can be emailed along with the portal payment receipt to Carnival Registrar at dickybeachnominations@gmail.com
- Parents/guardians of children who participate at carnivals are expected to assist the club through the setting up or packing up tents, volunteering as an official, doing water safety or assisting age managers. The nomination form has a tick box for parents/guardians to indicate which role they will take on for the carnival.
- The carnival registrar will post all nominations on Team app prior to the carnival for families to check for their child's details so that any errors may then be corrected.

10.6 Team Carnival and Team Event Nominations

The Club pays for team carnival and team event nominations.

In accordance with the Team Selection Policy (available on the website and under the Documents tab of the Team App) teams will be selected and team members will be advised by the listing uploaded to the Dicky Beach Dicky Beach Team App prior to the carnival date.

Nippers are to indicate their availability for selection for a Team Carnival or Team Events on the carnival nomination form.



11.0 BRANCH & STATE SELECTION CRITERIA

Selection criteria for Dicky Beach Branch and State teams is detailed in the Team Selection Policy which can be found on the website at www.dickybeachsurfclub.com.au/nippers and under the Documents section on the Dicky Beach Nippers Team App.

This criterion is aimed at making the selection fair to all competitors and produce the most positive results for Dicky Beach Life Saving Club.

Please let us know if you are attending private training not run by the club.

11.1 State Nomination Criteria

The culmination of the competition for the Junior Activity season is the State Championships. The Championships are open to Nippers in age groups from Under 11 to Under 14. It is a very exciting time of the year when we see the results of the Nippers' hard training.

Dicky Beach SLSC Junior Activities endeavours to support Nippers attending these titles. All Nippers who reach the qualifying standards for Branch Nomination Criteria and State Nomination Criteria (listed below) are entitled to a State uniform being provided at a subsidised cost. This is on the proviso of a nipper's minimum attendance at three fundraising events hosted by the club.

Under 11's – Finish within the top 8 places for most individual events. The top 12 places are usually selected for the 1km beach run. In team events the relevant selection criteria set by the Sunshine Coast Branch at the Branch Titles. The number of teams selected will vary according to the event.

Under 12's and Under 13's – There is no qualifying criteria for individual events (excluding the iron person where a finish within the top 12 places is required). In team events, the relevant selection criteria are set by the Sunshine Coast Branch at the Branch Titles. The number of teams selected will vary according to the event. However, to be eligible to receive a Dicky Beach State uniform, nippers must have participated at the Sunshine Coast Branch Championships in a minimum of three events (including at least two individual events) or have represented the club to the satisfaction of the Junior Activities Committee.

Under 14's – There is no qualifying criteria for individual events. In team events, the relevant selection criteria are set by the Sunshine Coast Branch at the Branch Titles. The number of teams selected will vary according to the event. However, to be eligible to receive a Dicky Beach State uniform, nippers must have participated at the Sunshine Coast Branch Championships in a minimum of three events (including at least two individual events) or have represented the club to the satisfaction of the Junior Activities Committee.

Individuals who do not meet the qualifying standards may still participate in the titles and may purchase the uniform at the discretion of the Junior Activities Committee.

12.0 COMPETITION & FITNESS TRAINING

Additional club funded training in swimming / board / iron- person and beach events is provided to assist in your child becoming more confident and achieving their goals. The current timetable and locations for training is available on Team app.

SWIMMING - A club swimming program is available to be utilised by nippers from U10 to U14. Note that this program is not a learn to swim program and new members to the program may be required to have their skill level assessed by the swim coach prior to joining. Any competent U9 may be included at the head coach's discretion however they **MUST** be capable of swimming 150m freestyle unassisted, demonstrating consistency and competency. The swimming program is offered at an additional cost per term, to the club joining fee and is conducted at the Currimundi Recreation Centre in a heated 25-metre pool.

BOARDS - Mid week and Saturday board and iron person training is available for U11-U14 nippers wishing to represent the club at carnivals. U14 training is held separate to the younger age groups. Beginner board training is open to U9 and older on Saturday mornings. Board and iron person training is offered at no additional cost.

BEACH - Mid week and weekend beach training is available at various times throughout the seasons and will be advertised on Team App. Beach training is offered at no additional cost.

Nippers who undertake training by our club coaches are expected to conduct themselves within the code of conduct framework for members. Any nipper who does not abide by this code of conduct will be asked to leave the training session.

At times, parents may wish to pay private coaches to train their child. It is incumbent that when hiring the coach that this coach should have the relevant coaching qualifications together with an insurance policy to cover participants should an injury or accidents occur.



13.0 NIPPER BOARD INFORMATION

13.1 General

The club has over 100 boards for use of members. Foam boards are used on Sundays and for extra training for U9 and above learning to use boards. Fibreglass boards are allocated to those competing for the club in U11 and above age groups. Please look after equipment. **DO NOT STAND OR KNEEL** on nipper boards (foam or fibreglass), as they are not designed for this purpose. Any person in violation of this rule will be suspended from board use. Please see below key information around the use of club boards and equipment:

- Please use the club's boards as if they were your own. Boards are the single biggest expense for our club.
- Nipper boards are only to be used when allocated or approved by a coach, gear steward or JAC committee member. The use of a club board without this approval is prohibited.

Any damage to a club board must be reported to the Board Coach or Age Manager who will then report the damage to the Gear Steward.

- Boards damaged by nippers during competition or training will need to be repaired by a qualified person as dictated by the JAC.
- Under no circumstances are the boards to be repaired by the parent or an unqualified person without the permission of the Gear Steward. Please inform the board coach of any damaged at the time it occurs.
- Cost of the board repair or loss is the responsibility of the nipper parent. If damage of the board is deemed by the coach to be deliberate or through negligence, the board will be unassigned from the nipper.
- The nipper must attend regular training sessions and compete in all carnivals to remain eligible to have the use of the club board. Any member who is not consistent in training and competitions may lead to their board being unassigned.
- The club may impose a board hire fee for the season. Where the club does impose a fee, if payment is not made by the required date the board will be unassigned from the nipper.

At the start of the season, children participating in training and competition will be allocated a board for use at these events. As part of the allocation process, and prior to using the board, a parent of the child receiving the board must inspect the board, note down any existing damage and sign for acceptance on the Board Issue/Return form. This is to be completed in conjunction with either the gear steward or JAC committee member.

13.2 Basic Board Care

Mals and glass nipper boards are made of fibreglass and epoxy resin, not polyester resin as used with normal surfboards. Epoxy is lighter and stronger than polyester resin. Epoxy is extremely toxic and difficult to work with; therefore, repairs are very expensive.

- If left on the beach, place face down with the fin up. (Remember, make it look like a shark)
- The sun destroys boards. Place in shade if not using. Cover with a towel or similar when on the beach for extended periods.
- Report all damage immediately to age managers, coaches or gear stewards.

All damage to boards must be reported to the Age Manager and Gear steward. In the event a board is damaged, it is the responsibility of the parent to ensure the board is repaired. All repairs to boards must be undertaken by a Dicky Beach Surf Life Saving Club approved repairer.

Below is a list of approved repairers:

- GT Ding Repairs – Brett
25 Oomoo St, Buddina Ph: 0424 579 195

- Boards by Bart Watkins
1/24 Commercial Rd, Maroochydore Ph: 0411 389 925

- Repairers as approved by the Gear Officer

To prevent unauthorised use of an allocated board, each nipper board in the gear shed must be locked when not being used. As such, the club has procured locks that have appropriate protection against damage to our nipper boards.

13.3 Cleaning Boards

All nippers who have been assigned a board, must keep their board clean and in good order. In addition, it is a club requirement that all boards are cleaned and dewaxed when returned at the end of the season. In the event a new board has been allocated during the season, the old board needs to be cleaned, dewaxed and signed back in by either the Coach, Gear Steward or JAC committee member prior to the new board being issued.

To be done at the end of the season. Wax collects – sunscreen, sand, dirt, sweat and skin making the wax slippery.

1. Place in sun for 5-10 minutes to soften wax
2. Use a wax comb to remove most of the wax
3. Rub off remaining wax with a rag
4. Clean thoroughly with mineral turps
5. Wash off with soapy water
6. Hose off with cold water

14.0 GENERAL INFORMATION

14.1 Junior Activities Committee

Nippers is run by volunteers. Committee meetings are held once a month throughout the season. If you have any suggestions, recommendations or are able to assist please speak with a committee member during Nippers. Alternatively Committee members can be contacted via the Dicky Beach SLSC Administration Office on 07 5491 5742 or via lifesaving@dickybeachsurfclub.com

14.2 Enquiries or Concerns/ Grievance Procedure

Dicky Beach SLSC has a grievance handling procedure as well as a grievance officer and club chaplain. If a club member (parent or child) has a grievance, there are several people to which the grievance can be referred. The options within Junior Activities are, the section head in which the grievance may have occurred (Age Manager, Team Manager, Water Safety Officer, IRB Officer), JAC Vice Chairperson, or the JAC Chairperson.

A person may sometimes feel they have experienced unreasonable treatment, disadvantage or distress, which they would like to complain about. A statement of concern becomes a grievance when it is reported to a member of the Junior Activities Committee (JAC).

A grievance can be about a situation, a process, a person or people. [In dealing with a grievance the management of Dicky Beach SLSC would recommend that we should try and resolve the grievance at the lowest appropriate level of management]. When raising a grievance, it is important that the person making the grievance is aware of the Dicky Beach SLSC Constitution and By-Laws, Policy, Procedure, and Rules (these are available from the Administration Office). They should also seek advice from the JAC regarding their formal rights and responsibilities.

14.3 Personal Accident Under 14 Insurance

Junior members under the age of 14 are covered by the association's Personal Accident and Public Liability Insurance that provides coverage for non-Medicare medical expenses (i.e. dental, physiotherapy) subject to a limit of \$5,000. These expenses must be incurred within 12 months of sustaining injury.

14.4 Photography and Images

Dicky Beach Surf Life Saving Club is sensitive to the risks posed directly and indirectly to children and young people through the use of photographs on websites and social media. The privacy of your members, in particular children participation in the Nipper program is of extreme importance.

Please be aware of Sections 7 and 8 of the SLSA membership form:

7. *Privacy: _____. I agree that during the Course of any duty, my image, voice or location may be tracked and recorded for the purposes of SLSA operational safety.*
8. *Use of image: I consent to the relevant SLS Organisation(s) of which I am a member, using my name, image, likeness and also my performance in or of any SLS Activity at any time to promote the Objects of the relevant SLS Organisation(s), by any form of media. I waive any rights I might have to or in such use of my name, image or likeness by the relevant SLS Organisation(s).*

Dicky Beach Surf Life Saving Club has approved and accredited photographers. No one other than the approved photographers are allowed to take photos of our members while participation in activities within the boundaries of the competition/activity arena/area.

Anybody observed taking photos of members within the boundaries of the competition/activity arena/area other than approved and accredited photographers will be asked to leave the competition/activity arena/area.

The approved and accredited photographers can be identified via an Identification Pass.

From time to time image taken of members by the approved and accredited photographers may be used to promote the activities of Dicky Beach Surf Life Saving Club. Should you object to your image or the image of the child that you are guardian of being used in such a manner then you are required to notify the club of your objection in writing.



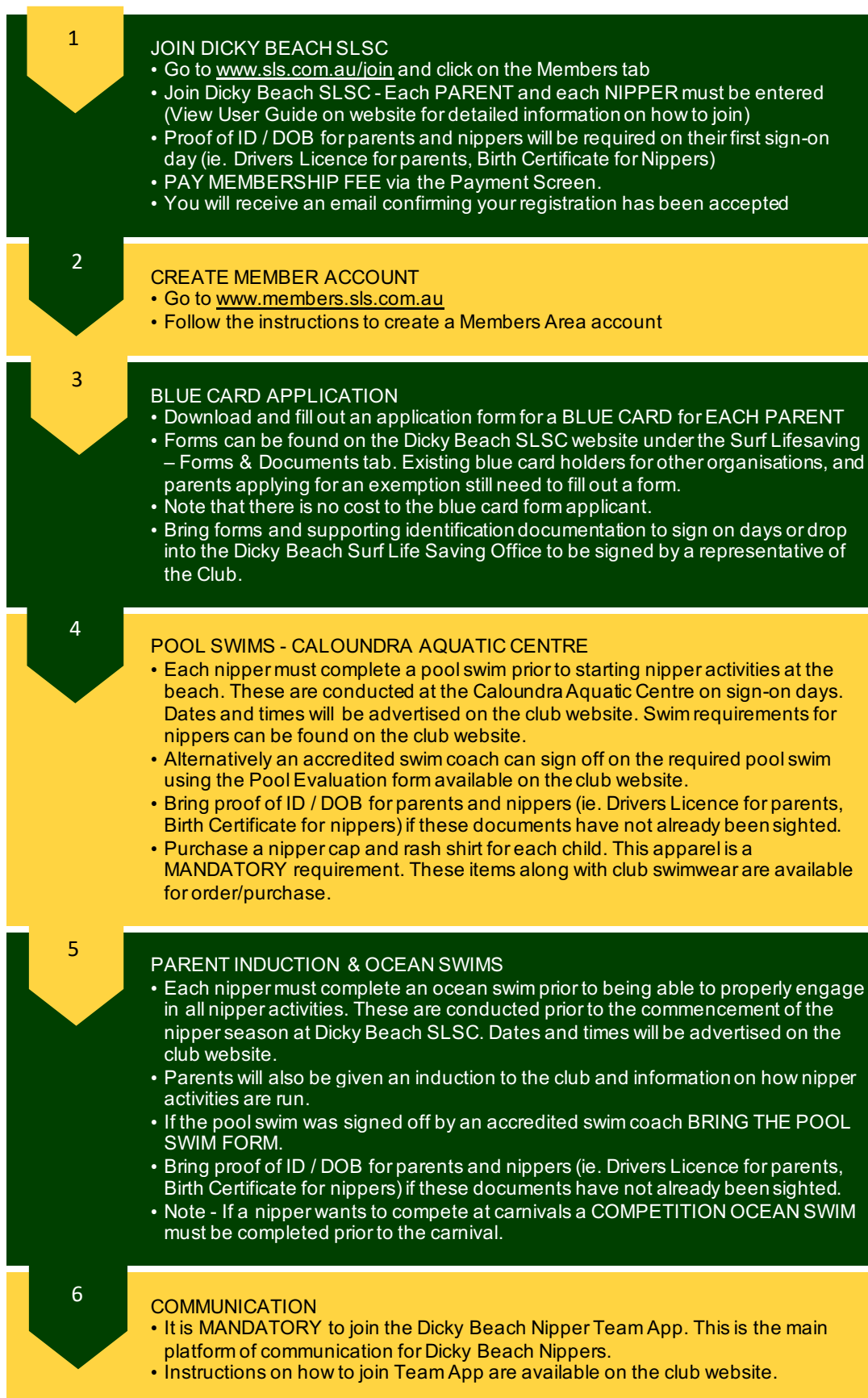
15.0 OTHER RESOURCES

Dicky Beach Surf Lifesaving Club [DBSLSC] website - www.dickybeachsurfclub.com

Surf Lifesaving Queensland [SLSQ] App – <https://slsqcm.entegyapp.com.au/Page/60/93>

Surf Lifesaving Australia [SLSA] website - www.sls.com.au

Appendix 1 – Registration Process for New Members



Appendix 2 – Registration Process for Returning Members

1

RENEW MEMBERSHIP AT DICKY BEACH SLSC

- Go to the Members Portal – www.members.sls.com.au and renew individual membership for each PARENT and each NIPPER OR renew for a FAMILY GROUP (View User Guide on website for detailed information on how to renew)
- PAY FOR MEMBERSHIP using the Members Portal www.members.sls.com.au or alternatively payment can be made at the Dicky Beach Surf Lifesaving Office. Check the club website for office hours.

2

POOL SWIMS - CALOUNDRA AQUATIC CENTRE

- Each nipper must complete a pool swim prior to starting nipper activities at the beach. These are conducted at the Caloundra Aquatic Centre on sign-on days. Dates and times will be advertised on the club website. Swim requirements for nippers can be found on the club website.
- Alternatively an accredited swim coach can sign off on the required pool swim using the Pool Evaluation form available on the club website.
- Check that your child's nipper cap and rash shirt from last season are still bright in colour and fit. This apparel is a MANDATORY requirement. These items along with club swimwear are available for order/purchase.

3

PARENT INDUCTION & OCEAN SWIMS

- Each nipper must complete an ocean swim prior to being able to properly engage in all nipper activities. These are conducted prior to the commencement of the nipper season at Dicky Beach SLSC. Dates and times will be advertised on the club website.
- Parents will also be given an induction to the club and information on how nipper activities are run.
- If the pool swim was signed off by an accredited swim coach BRING THE POOL SWIM FORM.
- Note - If a nipper wants to compete at carnivals a COMPETITION OCEAN SWIM must be completed prior to the carnival.

4

COMMUNICATION

- It is MANDATORY to join the Dicky Beach Nipper Team App. This is the main platform of communication for Dicky Beach Nippers.
- Instructions on how to join Team App are available on the club website.

Appendix 3 – Team App User Guide & Access

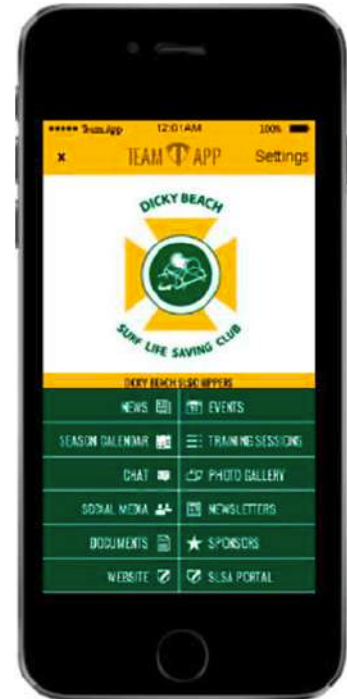
Dicky Beach Surf Life Saving Club use Team App to communicate and coordinate regarding our Junior Activities 'Nippers' program.

Team App is a free app designed to provide sporting and social clubs with better tools for communicating with members in real time using either web based or smartphone app interfaces.

Below are some instructions to assist first time users to download, register and set up Team App for use.

Instructions for smartphone users:

1. In either the Apple App Store or the Google Play Store, search for 'Team App' (published by Team Mates) and download to your device;
2. Launch the app and press the Sign Up button at the bottom of the screen;
3. Enter your details in the sign up page and press Submit at the top of the screen;
4. An email will be sent to your nominated email address. Please click on the link to verify your account. Nb. Check your junk mail if you do not receive this email in your inbox;
5. Log in to your Team App account and type Dicky Beach SLSC Nippers in the search bar at the top of the screen;
6. Select Dicky Beach SLSC Nippers and click to install it to your Team App;
7. You have successfully installed Team App, however there is one more important step to complete the process. To select the groups for which you would like notifications, select settings from the top of the screen;
8. From the Settings Menu, select Access Groups;
9. Switch on notifications for all groups in the list to which you would like to subscribe.
10. Enter a short reason for requesting access, eg "Parent of Joe Bloggs" or "I am an Age Manager" etc;
11. Your request will be reviewed and approved as appropriate. Please be aware that approving access to these groups may not happen immediately;



Should you require further information or support, please contact the Dicky Beach Surf Life Saving Administration Office on ph: 5491 5742 or email promotions@dickybeachsurfclub.com.