

# **North Kirra**

A group of young people, likely surfers, are standing on a sandy beach. They are wearing orange and pink shirts, and some are holding surfboards. In the background, there are buildings and trees under a blue sky with clouds. The text 'NIPPER HANDBOOK' is overlaid on the image.

**NIPPER HANDBOOK**

**SEASON 23 / 24**

# WELCOME TO NORTH KIRRA NIPPERS

Welcome to North Kirra Nippers, we look forward to sharing Season 223/24 with you and your family.

Nippers aims to develop essential life skills in children through participation in junior surf lifesaving activities and education. Nippers is an exciting program for children from 5 to 14 years. At North Kirra we offer a family friendly and inclusive program of skills, training, and competitions all while having fun with your family and friends at the beach.

We encourage teamwork through sport with the long-term objective of our juniors being part of a group of volunteers who give up their time to protect and save lives on Queensland beaches.

The information provided in this handbook aims to assist you throughout the season. It is designed to answer any questions you may have about Nippers at North Kirra.

## CLUB OVERVIEW

North Kirra Surf Lifesaving Club was formed in March 1949. At the time, there was a concern due to the lack of a surf club between Kirra & Bilinga. Joe Doniger, a life member of Kirra Surf Club who also resided in the area was approached to become involved in forming a new club and was subsequently elected to the position of Captain. The park beside the club is named in honour of Joe Doniger. During the early days of the club, there was no clubhouse, and all meetings were held at the local scouts hall, where it cost fifteen shillings to hire the facilities in order to hold the meetings.

The club is comprised of a number of different groups: Nippers (U6-U14), Cadets (U15-U17), Seniors, Masters, and Life Members. Members may be 'active' (involved in patrols etc) or 'associate' members. In order to participate in the Nipper Program, children must be accompanied by a financial 'active' or 'associate' member of the club.

## NORTH KIRRA SURF CLUB COMMITTEE

The Management Committee is the top-level committee which liaises with SLSQ & SLISA to ensure the club is being managed correctly on all levels. It assists in the management of finances, maintenance of the club, and is essential for the decision-making process required for the future vision, financial viability and facilities.

Position	Name	Position	Name
President	Craig Lowns	Chief Training Officer	David Macknish
Deputy President	Paul Nel	Clubhouse Director	Warwick Drew
Treasurer	Shay Chalmers	First Aid Officer	David Macknish
Secretary	Michelle Nel	Youth Development Officer	Meagan Lowns
		Junior Activities Chair	Leah Stride

# JUNIOR ACTIVITIES COMMITTEE

The Junior Activities Committee includes Age Managers and is responsible for the organisation and operations of all aspects of the Junior Development Program (Nippers). The Committee welcomes and encourages your contribution, feedback and ideas.

Activities	
Junior Activities Chair (JAC)	Leah Stride ( <a href="mailto:leahstride@gmail.com">leahstride@gmail.com</a> 0437 433 589)
Assistant JAC	Pat Sullivan
Registrar	Meagan Lowns
Secretary	Michelle Nel
Treasurer	Managed by Surf Club committee
Uniform Coordinators	Aliesha Bell, Michelle Nel
BBQ Coordinators	Chris O'Donnell, Claire Du Plessis, Lindi O'Hehir
Water Safety Coordinator Assistant	Hamish Shaw Paul Nel
Team Manager U11 – U14 Team Manager U8 – U10	Tony Jennings <b>VACANT</b>
Age Mangers	
Flipper Age Managers	Nicole Page-Dhu, Gordon Davis, Georgie Page-Dhu
Under 8 Age Managers	<b>Help wanted please</b> , Jared Dugan
Under 10 Age Managers	Dirk Newbold, Mark Lloyd
Under 10 Age Managers	<b>Help wanted please</b> , Brent Hayes
Under 11 Age Managers	Jenny Edmunds, <b>Help wanted please</b>
Under 12 Age Manager	Leesa Swiec, Craig McCabe
Under 13 Age Managers	Tony Jennings, Kerry Mullins
Under 14 Age Managers	Justin Bell, Paul Du Plessis
Cadet Age Manager	Paul Dooley
Nipper Coaches	Craig Lowns, Guy Power
Nipper Water Age Managers	Carl O'Hehir, Paul Nel, Paul Dooley
Nipper First Aid and Theory Manager	Pat Sullivan
Nipper Roving Age Managers	Matt McDonald, Carl O'Hehir, Jon Stride
Nipper Surf Sports Coordinators	Hamish Shaw, Carl O'Hehir, Tony Jennings

# EXPECTATIONS & CODES OF CONDUCT

## EXPECTATIONS OF NIPPERS

It is important at North Kirra Surf Life Saving Club that children who are Nippers follow a number of ground rules.

These rules are for the children's safety, insurance purposes and to ensure the program that has been designed for their participation can occur with minimum disruption.

- Listen to all instructions from your Age Manager.
- Always stay with your group; Help your fellow nipper.
- Always show support, care and encouragement to others.
- Always use good manners.

## EXPECTATIONS OF PARENTS

At North Kirra Surf Life Saving Club, we believe it is important to have clear guidelines so that everyone knows what is expected of them and of the Junior Activities Committee. The following points outline expectations of behaviour that need to occur in order to function in a successful and safe environment.

It is expected that caregivers and parents:

- All members (including parents and guardians), both active members and associates, must hold a Blue Card for working with children. These are free and forms are available from the club.
- Adults who have a blue card must link their card with SLSQ.
- Gently encourage children to participate in sport; never force an unwilling child.
- Remember - children are involved in organised sports for their enjoyment, not that of their parents.
- Encourage your child always to play by the rules.
- Teach your child that an honest effort is as important as victory so that the result of each event is accepted without undue disappointment.
- Turn defeat into victory by helping your child work towards skill improvement and good sportsmanship.
- Never ridicule or yell at your child for making a mistake or 'not winning'.
- Remember that children learn best by example. Applaud good sportsmanship and effort by your team and by members of the opposing team.
- Do not publicly question the officials' judgement and never their honesty.
- Support all efforts to remove verbal and physical abuse from children's sporting activities.
- Recognise the value and importance of Age Managers. They volunteer their time and resources to provide recreational activities for your child.
- Look for ways that you can contribute to the club. Volunteers are always welcome. Experience is not necessary. All our volunteers were once parents joining the club for the first time too.
- Parents of children in the Flippers group must accompany them to all activities, without exception.
- Parents of children in the U8 to U/14 groups must remain on the beach at all times during Nippers and be available to urgent contact if required.



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

**Person in Position of Authority (PPA):**

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

9 May 2018

# BECOMING A NIPPER

Becoming a Nipper is a three-step process – Registration, Age Groupings, and Proficiencies.

## REGISTRATION (STEP 1)

All memberships and registrations are completed online. Proceed to the club website [www.northkirra.com.au](http://www.northkirra.com.au) and follow the instructions to register or renew registration for season 2023/24. Individual prices and family packages are available. **Remember at least one (1) parent must be registered with nippers.**

Membership Type	Early Bird (pre 31 August)	Regular (post 31 August)
Active Senior	\$75	\$85
Active Cadet (U15 – U17)	\$65	\$75
Junior (Nippers)	\$60	\$70
Associates (non-active member)	\$95	\$105
Families (up to 4 people)	\$230 + \$10 for each additional member	\$250 + \$10 for each additional member

## AGE GROUP (STEP 2)

Nippers is designed for children aged 5 to 14. A child's group is based on their age as at 30 September. The table below indicates the birth year/month, and the relative age group that the member will fall into for the season 2023/24.

Age Group	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT
U6	2017	2017	2017	2018	2018	2018	2018	2018	2018	2018	2018	2018
U7	2016	2016	2016	2017	2017	2017	2017	2017	2017	2017	2017	2017
U8	2015	2015	2015	2016	2016	2016	2016	2016	2016	2016	2016	2016
U9	2014	2014	2014	2015	2015	2015	2015	2015	2015	2015	2015	2015
U10	2013	2013	2013	2014	2014	2014	2014	2014	2014	2014	2014	2014
U11	2012	2012	2012	2013	2013	2013	2013	2013	2013	2013	2013	2013
U12	2011	2011	2011	2012	2012	2012	2012	2012	2012	2012	2012	2012
U13	2010	2010	2010	2011	2011	2011	2011	2011	2011	2011	2011	2011
U14	2009	2009	2009	2010	2010	2010	2010	2010	2010	2010	2010	2010



## IMPORTANT NOTE:

- A child cannot register to be part of the association until they have turned 5 years old. If a child turns 5 after 30 September, they can only join and participate once they turn 5 (the child will need to then repeat the program as an Under 6 the following season)
- If a club's Junior Activities program commences prior to September 30, then the child is still grouped into the age group of their age as at 30 September.

## PROFICIENCIES (PART 3)

Before any child can participate in any beach or water activities at Nippers, they must first demonstrate their activity proficiency. All children must complete a pool swim proficiency and a run-swim-run.

**Pool Swim Proficiency (Nippers only):** The pool swim proficiency is the first activity for the year. All children are assessed by qualified and accredited in the pool before the swim proficiency is then carried out in the surf.

Nippers who miss participating our club run pool evaluations opportunities, must collect a "Pool evaluation Endorsement Form" to be completed by an accredited swim coach (located in the back of this handbook). Once completed, this form must be returned to either the JAC or Registrar for lodging before participation in any beach or surf activity can be permitted. This must be completed *before* the Surf proficiency can be done!

**Nippers who HAVE NOT attended a Club run pool proficiency OR have not returned a Pool Evaluation Endorsement Form to the JAC will not be able to participate in Nipper activities.**

**Run-Swim-Run (Competency Beach Evaluation):** The purpose of Nippers is to be competent in the surf and be safe on our beaches. As part of the program, nippers are required to complete a Competency Beach Evaluation. This assessment is done at the start of the season. This ensures that all children can demonstrate a standard of competence to enable preliminary levels of survival skills at a beach with conditions similar to what would be experienced during the weekly junior activities program. This is an SLSQ standard.

However, if a child is unable to FINISH this at the start of the season, with lots of encouragement, support and guidance, we will work through the season with them to accomplish these SLS Standards.

**Competition Evaluation (for all Nippers wishing to compete in carnivals):** SLSQ has established this competency evaluation. Please see the table to see the requirements for your child. This competency ensures athletes are suitable to compete in a SLISA Carnival.



## SUMMARY OF STAGES, EVALUATIONS, AND COMPETENCIES

STAGE 1 Aquatic Play	Flippers - Under 6 (DOB 1/10/2016–30/09/2017)	Flippers - Under 7 (DOB 1/10/2015–30/09/2016)	Under 8 (DOB 1/10/2014–30/09/2015)
Preliminary Evaluation Flotation	Back or front float for a minimum of 5 seconds, recover to stand.	Back or front float for a minimum of 10 seconds, recover to stand.	Back or front float for a minimum of 15 seconds, recover to stand.
Preliminary Evaluation Submersion	Submerge to touch the bottom with hands.		
Preliminary Evaluation Propulsion	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.	From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).
Beach Evaluation	Nil		Run 25m, Wade 25m, Run 25m
Carnival Competency	Nil		Nil (no water competition, except for wade which takes place in waist- deep water)
STAGE 2 Applied Aquatic Skills	Under 9 (DOB 1/10/2013–30/09/2014)	Under 10 (DOB 1/10/2012–30/09/2013)	Under 11 (DOB 1/10/2011–30/09/2012)
Preliminary Evaluation Flotation	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute.		Front to back float or back to front float, 5 seconds each side. Tread water and/or any stroke sculling for minimum of 2 mins.
Preliminary Evaluation Submersion	Submerge to touch the bottom with hands.		Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.
Preliminary Evaluation Propulsion	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25 metres.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.
Beach Evaluation	Run 50m, Swim 50m, Run 50m		Run 50m, Swim 100m, Run 50m
Carnival Competency	Minimum 150m open water swim (any recognised stroke)		Minimum 200m open water swim (any recognised stroke)
STAGE 3 Jnr Trainee Lifesaver	Under 12 (DOB 1/10/2010 – 30/09/2011)	Under 13 (DOB 1/10/2009 – 30/09/2010)	Under 14 (SRC) (DOB 1/10/2008 – 30/09/2009)
Preliminary Evaluation Flotation	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.		
Preliminary Evaluation Submersion	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands.
Preliminary Evaluation Propulsion	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.
Beach Evaluation	Run 50m, Swim 100m, Run 50m	Run 100m, Swim 100m, Run 100m	
Carnival Competency	Minimum 200m open water swim (any recognised stroke)		



# SURF EDUCATION

Each Nipper member has a yearly Award to obtain prior to advancing to their next year level. They will learn and demonstrate the required skills on Nipper days. These awards must be obtained prior to 31st December each year.

## U6 & U7 (FLIPPERS) - SURF PLAY 1 & 2

There is no specific award for Surf Play – the focus is on play, participation and fun. Activities and games will be the focus of the sessions with a number of simple beach safety and awareness lessons available.

## U8 - SURF AWARE 1

Surf Aware 1 is the first of the junior development awards. The focus is on:

Understanding, identifying and demonstrating SunSmart guidelines and dangers that relate to themselves, as well as what it means to feel safe; Recognising whether they are, or someone else is, in an emergency situation and how to get help; Eco surf discusses the beach environment and communities in which surf lifesavers operate.

Surf sports skills focus on; body boarding, wading, dolphin-diving, beach sprint starts and beach flags starts.

## U9 - SURF AWARE 2

Personal safety networks are introduced so participants are comfortable asking for help; Eco surf talks about the impact surf lifesavers can have on the beach; 'Safety of self' increases by introducing safety tips and the ability to identify hazardous surf conditions. Participants can begin to use a nipper board, so basic board positioning and paddling are introduced. Other surf sports skills focus on; body surfing, sand running technique and diving for a beach flag.

## U10 - SURF SAFE 1

The first of the Surf Safe awards, Surf Safe 1, begins to get more specific in its lessons by introducing a number of new topics. Participants will identify adults at the surf clubs they can ask to help them; Eco surf focuses on water conservation; Sun safety spotlights the consequences of skin damage. Participants learn about rips, recognising unsafe behaviours and relating these areas to preventative actions. Resuscitation is introduced for the first time with an opportunity to experience CPR on a manikin. Rescue techniques are also introduced for the first time as participants learn to use body boards to assist distressed swimmers and experience rescue tubes. Surf sports skills focus on, entering and negotiating the surf on a board and beach relay baton changes.

## U11 - SURF SAFE 2

Surf Safe 2 takes a significant step up in the level of content. As U11's, Nippers have the ability to learn more technical aspects of lifesaving and are able to be more physical in surf sports skills. Participants are encouraged to persist when needing help; Eco surf moves into energy conservation. There is a strong focus on recognising 'at risk' people and recognizing and managing patients suffering from a range of basic first aid cases. There is also a strong section on communication both interpersonal and through beach signage. There is a significant percentage of surf sports skills which focus on; board dismounts, catching waves on a board, board relay, surf swimming techniques, crouching beach sprint starts and ironman/ ironwoman and cameron relay transitions.

## U12 - SURF SMART 1

Participants begin to learn about their rights and responsibilities as a member of SLSA; Eco surf lessons look at how weather impacts on the beach environment. Personal health & wellbeing, and sun safety focus on skin cancer and staying fit and healthy respectively. The role of a patrol is first introduced to this award as is the managing of rips and using them to assist in rescues. More signals are introduced to complement previously studied knowledge.

Previous board skills come into play as participants learn how to conduct a board rescue. The focus of surf sports skills is to complete all the skills in each skill set and includes rolling under a wave on a board, diving under large waves, beach sprint arm and leg drive and beach flags race strategies.

## U13 - SURF SMART 2

The last of the junior development awards, Surf Smart 2 looks to wrap up the skills and knowledge learnt in all the previous awards. Participants learn about the SLSA Member Safety and Wellbeing Policy; Eco surf tackles the issues of Global Warming and Climate Change and how they will impact on surf lifesaving. Surf Safety is wrapped up into the 10 Surf Safety Tips. Communication focuses on the importance of communicating with beach users; Patrols identifies other professional emergency services and participants will experience performing a tube rescue.

This certificate comprises of lessons in the human body, complete basic first aid and resuscitation. The focus of surf sports skills is on bringing all the skills learnt in previous awards together to participate in an event for each of the disciplines: board race, board rescue, surf race, run-swim-run, beach sprint, beach relay, beach flags, ironman/ironwoman and cameron relay.

## U14—SURF RESCUE CERTIFICATE (SRC)

The U14 age group is perhaps the most important age group for Juniors. It is the year when the junior can start to participate in regular lifesaving activities—patrols etc. Participants continue to learn about their rights and responsibilities as a member of SLSA. Participants also continue to learn about Eco surf, are reminded of personal health & wellbeing. Sun safety is focused on skin cancer and staying fit and healthy respectively.

Once gaining their SRC, Nippers become members of a patrol. For many of these members, they have been involved in the Surf sports for years, a particular skill that they have learnt is riding a nipper board. In U14, the participants now start to use a Malibu board. Developing the skills to paddle and manoeuvre these longer boards is important for both ongoing lifesaving and surf sports activities.



# REGULAR NIPPER MORNINGS

To participate in the Nipper program on Sunday mornings and training sessions all Nippers must sign in and out each week with their respective Age Manager. This will be done at 8:45am.

Time	Activity
7:30am – 8:15am	Beach set up by duty age groups
8:30am	Arrival of Nippers <i>Safety briefing for Age Managers and Water Safety</i>
8:45am	Weekly welcome and update for Nippers and families <i>All nippers are to be lined up with age group).</i>
9:00am sharp	Warm up with Age Group on the beach
9:10am – 11:10am	<div> <div> Weekly Activity 1 Weekly Activity 2 Weekly Activity 3 Weekly Activity 4 </div> <div> <i>Breaks are staggered between 10:00am – 10:10am and 10:10am – 10:20am dependent on age group and order of weekly activities</i> </div> </div>
11:10am	Beach pack up by duty age groups All board users wash boards and return to storage
11:15am	Parents sign out Nippers with Age Manager Sausage Sizzle

Weekly Activities vary according to conditions, age, skill level and age award focus and include:

Age Group	Weekly Activities
Under 6 & Under 7 (Flippers)	Shallow Water Activities (in patrolled area) Obstacle course Land Crabs (Beach Sprints) Beach Fairies (Beach Flags) Beach and Sun Safety
Under 8 – Under 14	Rotations of: Boards Swim Theory (including First Aid and Resuscitation) Beach Sprint & Flags

## NIPPERS MORNING - WHAT TO BRING

- Nipper Cap (Nippers cannot participate without a Nipper cap)
- Pink High Vis Rash shirt/Rash Singlet (Nippers cannot participate without a pink rashie)
- Swimwear
- Sunscreen
- Goggles
- Water bottle (to be place in the age group bucket)
- Towel and Change of clothes for after nippers

## NIPPER REQUIREMENTS

- All Nippers must be attired in club uniforms, swimwear and nipper caps.
- Club caps must be worn at all times during Nipper activities.
- High visibility rash singlets/shirts (pink) must be worn at all times during activities. This is mandated by SLSA.
- For the safety of children, it is expected that children will stay with their Age Managers and follow their directions. If a child does not follow the direction of their Age Manager and doesn't participate in Nipper activities, they will need to be signed out by their parent or guardian.
- If a child refuses to follow the direction of an Age Manager, the child will be taken back to their parents to be signed off the roll. If this occurs again, the same process will occur, and the child will be given an official warning in the presence of the parent.
- All Nippers taking boards out for activities are responsible for removing it from the beach, washing it, and returning it to the clubhouse storage at the conclusion of the morning.
- Nippers must assist with the cleaning of equipment and help to put it away at the end of the session. Each week an age group will be responsible for this. All Nippers in that age group are expected to help.

## COACHING AND TRAINING

As part the Nipper program at North Kirra we provide dedicated coaching and training from our qualified coaches during our regular Sunday morning activities.

Dates and venues of additional training opportunities will be advised throughout the season and communicated to families.

## SUN SMART AT NORTH KIRRA

It is important to keep our Nippers sun safe at all times. Therefore, wearing your cap, rash shirt helps us identify our children and to keep them safe. Also keeping them safe (long-term) is wearing SUNBLOCK! At North Kirra, we consider this part of our uniform.

Tents are provided on the beach for groups to utilise when having theory and first aid discussions and training.



# FAMILY PARTICIPATION REQUIREMENTS

North Kirra SLSC is a volunteer organisation. Our nippers program exists to educate and develop the skills of our junior members and provide them pathways to becoming patrolling members of North Kirra Surf Life Saving Club. As our Junior Activities program has grown, we have adjusted how we operate and run Nippers each week.

Following feedback from our Nipper community and with the support from the Surf Club Committee this season we will implement a family participation requirement on our Nipper families this season. Our intention is to spread the volunteer load across all our families and encourage all our families to take an active role in supporting our junior activities program. There are many ways to contribute to Nippers at North Kirra. Some of the common roles include:

Roles that do not require any training	Roles that require some additional training/awards
BBQ and fruit preparation	Age Manager and Assistant Age Manager
BBQ Cooking	Water Safety
BBQ Serving	Carnival Officials
Uniform and Merchandise sales	First Aid
Beach set up and Beach pack up	Team Managers
Assistance with social media, communications, award processing	

\*\* We understand that not everyone or family has the same capacity to assist however we are deliberate in our language regarding participation being a requirement so that we can spread the load between all families. We are a friendly bunch at North Kirra and more than happy to provide assistance to everyone with any role they undertake, so please do not be discouraged by this requirement. We encourage you to speak to our Junior Activities team if the roles above are not suitable/possible for you.

Volunteers can sign up online at <https://signup.zone/north-kirra1>

## FRUIT & BBQ ROSTER

The weekly barbecue raises much needed funds to support purchases and maintenance of club equipment, to keep registration costs low, and to help the club to cover the costs of carnival entries.

Throughout the season parents are required to assist in food preparation and the running the barbecue following Nipper activities. We require assistance of parents to help with chopping up fruit (supplied by the club) at 8:30am each Sunday. We also request parents of the rostered group to report to the clubhouse at 10.15am in order to commence barbeque preparation in time for the hungry hordes at 11.15am.

Volunteers can sign up online at <https://signup.zone/north-kirra1>

## SET UP & PACK UP ROSTER

Each week, assistance is required in the setting up of the facilities utilised for our Nipper programs. A duty roster has been established which allocates one age group each week to assign and commit between two and four responsible adults to assist in the setting up of the areas (from 7:30am) and another two to four adults for the pack up. Club members who are qualified in driving the necessary vehicles will be on hand to assist. Nippers will also be expected to help in certain appropriate tasks associated with each activity which helps them to develop a sense of responsibility.

Volunteers can sign up online at <https://signup.zone/north-kirra1>



# CLUB CHAMPIONSHIPS

Club Championships are run for Nippers across two mornings of the season.

Nipper Age Champion and Runner up are determined by:

- Sunday attendance.
  - (i) This is determined from the age group rolls so it is critical that parents sign their Nipper in and out each week. No retrospective points can be allocated for Nippers who do not sign in.
  - (ii) Nippers must attend at least 50% of normal nipper programmed mornings to be eligible for Club Champion.
- Participation at SLSQ/SLSA carnivals held during the Nipper season.
- Participation in the North Kirra Junior Club Championships. Events include flags, sprints, wade/swim, ironperson (U11-14), boards. All events will be run as per SLSQ guidelines.
- Flippers will participate in Club Championships. Participation ribbons will be awarded. No point will be scored.
- Nippers MUST compete in their correct age groups on Club Championship days.
- Club Championships will be run on two separate Nipper mornings, one in each half of the season.

North Kirra Junior Club Championship have been scheduled for **Sunday, 29 October 2023** and **Sunday, 11 February 2024**. Please note, as with all surf lifesaving competitions, events may need to be rescheduled due to adverse conditions.

# CARNIVALS

Children who wish to compete at SLSQ carnivals must have successfully completed the Competition Competency. However, as team event entry is only possible with the prerequisite number of competitors per team, all children who are capable are encouraged to nominate for carnivals. Team events build great camaraderie, and it is important that our children experience this great element of the competition experience.

To compete in interclub competitions, children can nominate for any individual and team events. (Teams will be decided by the Coaches and Age Managers for that group). Nomination is done online via the club website. Coaches and Age Managers will select/place children for team events. A child's ability to participate in specific water events at carnivals will be determined based upon observed competence by the Water Safety Officer, Junior Activities Chair and JAAO's (Junior Activities Assessment Officers) in consultation with Age Managers.

Members will be informed about carnivals via flyers, emails, Facebook and the weekly notice board. It is the parent's responsibility to nominate interest in participation for their child. In order to nominate interest, the website will be updated with carnival information and a link to an electronic nomination form. NO NOMINATIONS OF INTEREST will be taken through Age Managers or the JAC. Please feel free to discuss what your child should nominate for with your Age Manager & Coach. Once parents have nominated interest online, final nominations for SLS Carnivals are entered by the club. Nomination cut-off dates for carnivals will be approximately 2 weeks prior to the carnivals.

Please note there is a \$40 fee for any person that nominates for a carnival / educational course and does not attend. Club uniforms, club swimwear, PINK RASHIES and caps are mandatory when competing in any carnival.



## CARNIVAL COMPETENCY

All children participating in carnivals (beach and water events) must previously have passed the SLSA-mandated level of competence. This testing is taken very seriously by the club, branch and state bodies. A child deemed competent by the qualified assessor or JAAO following the testing is able to complete the prerequisite swim components of any event for their age without hesitation, in appropriate competitive time and with no plausible concerns for their safety or cause to remove them mid-race due to delaying of further events.

Carnival Competency testing will be undertaken on the first two weeks of the regular season during Nipper activities. Children absent for this testing may complete it in the presence of an assessor or JAAO by prior arrangement at pre-Nipper training.

## CARNIVAL ROLES

Carnival organisers assign roles and duties to clubs when entering carnivals.

At North Kirra we have a small, dedicated team of Officials, Water Safety and First Aid personnel. Competitor nominations will not be accepted by the Carnival organisers if we do not provide sufficient carnival personnel.

Throughout the season Point Danger Branch run Officiating and First Aid Courses. If your Nipper is interested in surf sports and competing in carnivals, please speak to your Age Manager or the JAC for information about how you can help.

# UNIFORMS

The club colours are BLACK and GOLD. Please note that club uniform wear specifically swimwear, rash shirts and Nipper caps must be worn at all North Kirra activities and events at which Nippers are representing the club.

Pink high visibility rash singlets/ shirts are mandatory for all water activities. Some previous versions have faded over time, and it is imperative that the appropriate high visibility colour is worn.

Swimmers, rash shirts, singlets and nipper caps are all sold through the club. They are available for purchase each Sunday.

Once uniforms are ordered, a deposit will be required. Nippers are required to wear a cap at all times during all SLSQ activities, this includes the Sunday program, any training sessions. Caps help us identify the children in our program, if caps are not worn, your child will be unable to participate in activities as the cap is considered a safety article, by SLSQ. Please refer to pricelists on the club website or speak to our Uniform Co-ordinators.



# COMMUNICATION

Many of our club members travel great distances to attend Nipper mornings. Hence, it is important that communication is clear and easy for all members.

We communicate with our members across a number of different platforms.



Monthly Email - A monthly update will be emailed to Nipper families throughout the season.

Facebook - Facebook is a quick and easy way to communicate information to members. Posts are made regularly to remind parents of carnival nomination due dates, special event days, requests for assistance, and Age Group rostered duties. As this is a closed group, new members must search “North Kirra SLSC Nippers” and request approval to be admitted to the group. A group administrator will confirm membership details prior to accepting the request.

Team App – Team App is also available to download. It contains Nipper documents, weekly updates and events, links to Carnival nominations, reminders and our volunteer sign up page. <https://northkirranippers.teamapp.com/>

Information Handbook – This handbook is updated each season and contains significant information for all members including:

- Calendar dates –special events, carnival entry due dates, atypical weekends
- Prerequisite competencies for Nipper participation and carnival entry
- Roster for scheduled age group assistance

It is a useful reference source throughout the entire season.

Website – The North Kirra SLSC website contains information regarding membership and renewals, uniform items and prices, policies and procedures. Go to [www.northkirra.com.au](http://www.northkirra.com.au)

North Kirra Office - Specific Surf Club Committee and Junior Activities Committee members may be contacted by emailing the club office [surfclub@northkirra.com.au](mailto:surfclub@northkirra.com.au) and messages/ requests may be able to be passed on.

The Junior Activities Chair and Age Managers may choose to distribute their mobile phone contact details at the commencement of the season.



# JUNIOR PRELIMINARY EVALUATION

## Junior Preliminary Evaluations – SLSQ – Swim Coach

Child Name: \_\_\_\_\_ Age Group: \_\_\_\_\_ Club: \_\_\_\_\_

Instructions for Evaluation: Based on the child's age group, please ensure they can complete the tasks outlined in the table below.







Age Group	Flotation	Submersion	Propulsion	Task Complete/Comments
Under 6	Back or front float for a minimum of 5 seconds and recover to stand.	Submerge to touch the bottom with hands.	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.	
Under 7	Back or front float for a minimum of 10 seconds and recover to stand.		From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.	
Under 8	Back or front float for a minimum of 15 seconds, recover to stand.		Swim on front any stroke (distance 20 metres) followed by a swim underwater (distance 2-3 metres)	
Under 9	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute.	Submerge to touch the bottom with hands.	Swim in front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres.	
Under 10			Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25 metres.	
Under 11	Front to back float or back to front float, 5 seconds each side. Tread water and/or any stroke sculling for minimum 2 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.	
Under 12	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 13			Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 14		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.	

Swim Coach Name: \_\_\_\_\_ Australian Swimming Teachers and Coaches Association Number : \_\_\_\_\_

Swim Coach Email : \_\_\_\_\_ Swim Coach Signature: \_\_\_\_\_ Date Witnessed : \_\_\_\_\_



# NIPPER CALENDAR V2( SUBJECT TO CHANGE)

Week	Nippers	Duty Age Group	Carnivals and Training Opportunities
Pre-Season			27/8 Officials Course 6pm @ PDB
Week 1 11/9 – 17/9	17/9 First day on the beach 	U13	
Week 2 18/9 – 24/9	24/9 Nipper program	U14	
Week 3 25/9 – 1/10	1/10 Nipper Program	U12	27/9 Officials Course 6pm@ PDB
Week 4 2/10 – 8/10	8/10 Nipper Program – Red & Yellow Day 	U11	
Week 5 9/10 – 15/10	15/10 Nipper Program	U10	11/10 Officials Course 6pm @ PDB
Week 6 16/10 – 22/10	22/10 Nipper Program Club Photos 	U9	
Week 7 23/10 – 29/10	29/10 Nipper Program Club Champs Round 1 	U8	
Week 8 30/10 – 5/11	5/11 Nipper Program	Flippers	4-5/11 GC City Titles @ South Coast Branch
Week 9 6/11 – 12/11	12/11 Nipper Program	U13	8/11 Officials Course 6pm @ PDB 11/11 U8-U10 Teams @
Week 10 13/11 – 19/11	19/11 Nipper Program	U14	19/11 Officials Course 8am @ PDB
Week 11 20/11 – 26/11	26/11 Nipper Program SRC Camps (Under 14)	U12	
Week 12 27/11 – 3/12	3/12 Nipper Program Christmas Break Up 	U11	2/12 Little Mates @ Bilinga
Mid Season Break			16/12 Officials Course 8am @ PDB
Week 13 8/1 – 14/1	14/1 Nipper Program	U10	
Week 14 15/1 – 21/1	21/1 Nipper Program	U9	19-20/1 PDB Surf Rescue Champs @ Bilinga
Week 15 22/1 – 28/1	28/1 Nipper Program Australia Day Theme 	U8	
Week 16 29/1 – 4/2	4/2 Nipper Program	Flippers	3/2 GC U11-U13 Carnival @ Bilinga
Week 17 5/2 – 11/2	11/2 Nipper Program Club Champs Round 2 	U13 U14	9-11/2 QLD Surf Rescue Champs @
Week 18 12/2 – 18/2	18/2 Nipper Program	U11 U12	
Week 19 19/2 – 25/2	25/2 No Nipper Program Carnival Assistance Required 		24-25/2 PDB Youth Champs @ North Kirra
Week 20 26/2 – 3/3	3/3 Nipper Program Nipper morning with Bilinga @ NK	U9 U10	
Week 21 4/3 – 10/3	10/3 Nipper Program	Flippers U11	9/3 PDB U8-U10 Carnival @ Currumbin
Week 22 11/3 – 17/3	17/3 Nipper Program End of Season Presentation Day 		
Version 2.0			21-24/3 QLD Youth Champs @ BHMP 13-14/4 Aussie Youth Champs @ SSC

SIGN UP TO HELP AT: <https://signup.zone/north-kirra1>



North Kirra SLSC

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North Kirra Qld 4225

Phone (07) 5536 2876

Email [surfclub@northkirra.com.au](mailto:surfclub@northkirra.com.au)

[www.northkirra.com.au](http://www.northkirra.com.au)