



Noosa Heads Surf Life Saving Club

Nippers Handbook

2019-2020

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WELCOME

On behalf of the Board of Directors of the Noosa Heads Surf Life Saving Club, I would like to welcome our returning and new junior members together with your families to the 2019 – 2020 Nipper season.

Our Club has always held the junior programme in the highest regard and is proud of our results in educating our junior members in surf safety and awareness together with fostering future patrolling Life Savers and Surf Life Saving competitors.

We are most fortunate this year to have yet again a highly motivated Junior Activities Committee led by Steve Tindal who not only enjoys the full support of his committee, but the Club's Management Committee and membership base.

I would encourage you all to make yourself known, to Steve Tindal and the JAC committee, Sacha Poxleitner, Lyndon Forlonge, Sam Anderssen, Shaun Baker, Adam Hammersley, Tracey Jackson, Kathleen Sammon and Oliver Steele, so as you might engage yourself in the programme. In that regard, there are a variety of roles in which we can all help and you will find the junior activities group a most welcoming and fun lot at the morning set up, BBQ's, Water Safety and wash down sessions.

So can I again welcome you all, and encourage you all to engage with Age Managers, Water Safety Supervisor, Coaches, Team Managers and BBQ Co-ordinator, so that our Nippers and youth can have a rewarding, fun, productive and safe Nipper Season.

Yours in Life Saving



Ross Fisher | President

On behalf of the Junior Activities Committee (JAC), I would like to welcome all returning and new families to the 2019 - 2020 Nippers season. The newly elected committee have been hard at work and we are very excited about the season ahead. With a great team of Age Managers, Assistants and coaches, we will be working to ensure all members have the best opportunities available to them.

The Nippers program is designed to introduce children aged 5 to 14 to Surf Lifesaving. It is a fun outdoors activity that grows a child's confidence and teaches valuable surf awareness skills. Our aim is to provide a safe, family-friendly and fun environment for our Nippers. I believe that all kids living on the coast should be equipped with the best skills and knowledge for safe use of our Australian beaches. Our Nippers today are the next generation of Surf Lifesavers.

Nippers Sunday's are a great way for all family members to get involved in Surf Lifesaving. Each Sunday is a huge logistical undertaking and it is imperative for the smooth running and safety of our children that **ALL** families contribute in some way. There are many ways you can contribute from the set up and pack up of equipment and BBQ assistance, to enrolling in a program to become an Official, Age Manager or Water Safety Officer. If you would like more information on any of these opportunities, please email nippers@noosasurfclub.com.au. The Club will happily provide you with support and assistance in completing these courses as well as the flexibility to work around your available hours.

I would like to formally acknowledge the Board of Directors for their support. There are many men and women who volunteer their time and work tirelessly in the background to make sure the Nippers program continues well into the future. Please take the time to read this booklet thoroughly as it is a wonderful source of information for the 2019 - 2020 season. I would also like to thank all of you for your support of me as Director. I feel very privileged to hold the position and look forward to the season ahead.

Yours in Life Saving



Steve Tindal | JAC Director

OUR PROGRAM

Nippers was established at the Noosa Heads Surf Lifesaving Club in 1967. With 52 years experience we have grown to be the largest nippers program in Queensland. The program runs across both Noosa Heads and Peregrine Beach. This gives families the flexibility of two different beach conditions. Peregrine Beach has a small welcoming community. Peregrine's program is in its inaugural season and is continuing to flourish. Noosa Heads provides more sheltered conditions and an awesome competitive edge. Both locations have the same program, family-friendly environment and value for money.

The nipper program is designed to introduce children aged 5 to 14 to Surf Lifesaving. It is a fun outdoor activity that grows a child's confidence and teaches valuable surf awareness skills. Our aim is to provide a safe, family-friendly and fun environment for our Nippers. Kids living on the coast should be equipped with the best skills and knowledge for safe use of Australian beaches. Our Nippers today are the next generation of Surf Lifesavers.

MEMBERSHIP & AGE CATEGORIES

Noosa Heads SLSC membership year is from 1st July through to 30th June each year. Renewal applications will normally be forwarded during June. Membership includes insurance and affiliation with both SLSQ and SLSA.

Membership applications are to be completed on the Members Portal (website <https://portal.sls.com.au>). All applications must be approved by the Management Committee and fees must be paid prior to participation in any club activities including training and courses. Be sure to update any changes of your details, including your driver's license and blue card details.

Three Easy Steps to Renew your Membership

This whole process can be done on your computer at home or even while you're waiting for the school pick up. Just follow these three easy steps. Please note that all memberships will end on the 30th of June.

1. MEMBER'S PORTAL

To renew your membership, it is all done through the members portal. Head to the **membership** tab and select the **FAMILY** drop down and select renew membership for your *family group (see step 3 if you don't have a family group)* at this stage you can also update details. Don't forget to SUBMIT. Follow the link to head to the members portal <https://members.sls.com.au/SLSAOnline/modules/login/index.php>

2. MAKE A PAYMENT

Once you have renewed all members of the family and updated any contact details that you are ready to pay. After you have paid for the membership your membership will be processed by the club. This can take up to 2-3 business days. We will be in contact with you if there are any missing steps

Nipper Family Membership

One Child, Up to 2 Parents - \$240

Two Children, Up to 2 Parents - \$295

Three + Children, Up to 2 Parents - \$340

Lifesaving Membership

Active 18+ - \$95

Active Junior 13 to 18 - \$65

3. CREATING A FAMILY GROUP

Once signed into your members portal click the **Membership** tab and select the **Family** drop down. You will see the *create a family group* icon on the right-hand side of the page. Once you are in, add your family by

searching their name and selecting the **top arrow** in between the two boxes. You will sometimes need to search for them one at a time. If you have any issues with this step, please do not hesitate to contact us in the office. Don't forget to hit SUMBIT when you're done.

Applying as a NEW Member

1. Joining Form

All our memberships are processed online to make it easier for you. Head to <https://sls.com.au/join/> to get started. All family members that will be participating **INCLUDING AT LEAST ONE PARENT** will need to fill the entire form.

2. Payment

Once you have completed your form you will need to pay for your year of membership. Alternatively you can pay at our office during business hours, including over the phone.

Nipper Family Membership Fees

One Child, Up to two parents - \$240

Two Children, Up to two parents - \$295

Three + Children, Up to two parents - \$340

3. Creating a Members Portal

The members portal is our database for all of your contact and personal details. This is where you will need to renew your membership next season and keep your contacts up to date. Head to <https://members.sls.com.au/SLSA Online/modules/login/index.php> and select the click here inside the yellow box. This will set up your account, make sure you use a well know password as this is not often used but is very important.

4. Team App

We use team app to communicate all of our upcoming events, training schedules, and even to keep in contact with your age manager. Simple download the TEAM APP app in the apple or play stores and search **Noosa Heads Nippers**, request to join and we will accept within 2 -3 working days.

Age Categories

Surf Life Saving Queensland has deemed that all nippers are to participate in the program in their designated age groups. We are unable to change age groups for any nipper. The cut off for nipper age groups is the 30th of September.

[illegible]

SWIMMING COMPETENCIES & EVALUATIONS

ALL nippers MUST complete a pool swimming evaluation to participate in the program. In order to swim attend at Nippers Training and Nipper Sundays, nippers must also complete a run-swim-run evaluation. If the nipper wishes to compete at surf sports events, they will need to complete a second run-swim-run directly following the first. Please refer to the chart below for competency and evaluation standards.

	Preliminary Evaluations		Competition Evaluation
	Pool Evaluation	Competency Beach Evaluation (Run-Swim-Run)	
Water Safety	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)
Under 7	Torpedo (push off wall) with face in the water 30 second float	Nil (shallow water activities only)	NA (No Competition)
Under 8	25 metre swim (freestyle) 1 minute survival float	25m-25m-25m Run-Wade-Run	25m-25m-25m Run-Wade-Run
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)
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)
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)
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)
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)
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)
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	Every junior member must successfully complete the pool evaluation prior to undertaking competency beach evaluation. This is a standard water proficiency requirement.	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.	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.

FACILITIES

Nippers have a variety of facilities available to them:

- ✓ Showers, change room and locker
- ✓ Monthly newsletter – Via Website registration (www.noosasurfclub.com.au)
- ✓ Various discounts at the Supporters' Club (club has bar, restaurant, pokies & TAB; minors must be accompanied by an adult)
- ✓ Boards and Nippers Equipment - please note this is during training and nipper Sundays only
- ✓ Participation in surf sports carnivals and training with qualified coaches
- ✓ Reciprocal rights with other clubs

CLUB OFFICE HOURS

Life Saving Club areas, including the gym, are for active members only and can be accessed via security toggle. Access is tailored by membership category and generally covers any time between 5:00am and 9:00pm 7 days a week.

Noosa Administration Office is open from:

Monday 12:00 to 5:00pm
Tuesday to Friday 9:00am to 5:00pm
Access to the Administration Office is via the forecourt on the beach side of the building.

The Noosa Heads Supporters' Club is open from:

Monday to Friday 11:00am till late
Saturday and Sunday 7:00am (for breakfast) till late.

TRAINING COURSES & PARENT PARTICIPATION

The Nippers Program encourages all parents to get involved with the learning process. You can do this by completing a course listed below. If you are interred in completing a course head to or call 07 5448 0900 and ask for Sacha.

Course Name	Prerequisite	Job Description
Bronze Medallion	Must be 15 years of age and must be able to swim 400m freestyle in a pool in under 9 minutes. Hold a current Blue Card	To patrol the beaches and provide water safety to nippers
Surf Rescue Certificate	Must be 13 years of age and must be able to swim 200m freestyle in a pool in less than 5 minutes. Hold a current Blue Card	To provide water safety to nippers
Age Manager	Must be 15 years of age. Hold a current Blue Card	Responsible for teaching nippers about beach safety
Official	Must be 15 years of age. Hold a current Blue Card	Officiate at surf sports carnivals.

SIGN IN/OUT

On arrival at the club parents MUST complete the sign on sheet to register their children for the session. Nippers must be signed in EVERY Nipper Sunday. If you do not sign on and sign off your Nipper's attendance will not be counted. This may affect your eligibility for subsidies. **Parents MUST be in attendance for the entirety of the program for emergency reasons. Nippers without parents in attendance will be sat out of activities.** Sign out must be completed before leaving the beach. If you do not sign out, you will be contacted regarding the whereabouts of your child. If you need to sign out early, please ensure to sign out with your Parent Liaison.

SESSION TIMES

U6 - U7: 7.45am – 9.15am

U8 - U14: 7.45am – 10.00am

UNIFORM

Nippers must always wear their coloured nipper cap and pink hi-vis singlet during the session. Club togs are optional on a Nipper Sunday; however they are compulsory if nippers wish to compete.

TIMELINE

7.30am	Arrive at the beach, sign on, sunscreen up and place water bottle in buckets
7.45am	Morning Announcements
8.00am	Each age group will split off to rotate through beach and water activities. Such as board, swimming, flags, sprints. Please note nippers may not do all activities every Sunday.
9.00am	The U6 – U7 age group are ready for sign out, ensure to sign out before leaving the beach.
10.00am	U8 – U14 are now ready for sign out. Ensure to sign out before leaving the beach.

INJURIES

Any injuries sustained either at training or nipper Sundays need to be reported to the age manager or coach immediately.

It is the Parent's obligation to immediately notify SLSA in writing through your Club's Administration of any change to medical conditions, fitness and ability to participate.

Members under 14 years are unable to be covered by Workcover, therefore they are covered by our Public Liability Insurance. The same limitations apply as above.

NIPPERS SURF SPORTS TRAINING

Surf Sports training is held during the week and is optional to attend. We have a crew of professional coaches who develop our nippers' techniques in the water and on the beach. Training schedules are released fortnightly and will be sent via email. All equipment is provided. Usual uniform is required. **If you do not have your pink rashie or coloured cap you will not be able to participate.**

Nippers Head Coach



Woogie Marsh

Woogie Marsh is an energetic coach with a passion for all aspects of a healthy lifestyle - fitness, nutrition and health education.

An accomplished Crossfit Trainer, Woogie's background is predominantly in competitive swimming and Outrigger Canoeing.

His coaching focus is on setting goals and encouraging youth participants to work toward achieving their personal best. Woogie's vision for the Noosa Nippers is to be Top 5 of the State by 2020.

Beach & Skills Coach



Mitch Hunter

Mitch Hunter is a NHLSC Member who trained with our previous Club Beach Coach for several years. Mitch has a passion for Surf Life Saving and has a Bachelor in Sports and Exercise Science at the University of the Sunshine Coast.

Mitch's interest is in Beach Sprints and he plans on developing the Noosa Nippers into a force to be reckoned with on the sand.

SESSIONAL COACHES

Jordan Mercer
Board Coach



Riley Dixon
Assistant Skills Coach



Lilly Tindal
Assistant Skills Coach



Jack Mohr
Assistant Skills Coach



Kristy Quirk
Surfing Coach



SURF SPORTS CARNIVALS

Our nippers program includes competing in surf sports carnivals. Please note nippers will have to pass an evaluation in order to compete as stated in 'Swimming Competencies & Evaluations'. Surf Sport Carnivals are held over 1- 2 days, there are usually 2-4 carnivals for each age group. These carnivals are against other Sunshine Coast regional clubs and take place between Rainbow Beach and Redcliffe Beach (refer to calendar for this season carnival dates and locations). Entry forms will be sent via email and via Team App. Please note closing dates are strict and not flexible. Entry fees will apply if the competitor is entered and does not show.

JAC POLICIES & SUBSIDIES

All Junior Activities policies and subsidy agreements are available online for your perusal. Head to <https://www.noosasurfclub.com.au/club-policies/> and look for policies with the JAC prefix. The Junior Activities Committee does supply swimming and board subsidies you can find these on the website. Ensure you read the policy carefully and that you are able to meet all requirements.

CALENDAR

Please note these dates are subject to change. As of 26th of July these are the set dates for all events and carnivals. You can find a copy of the calendar on our website.

CODE OF CONDUCT FOR MEMBERS

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 SLISA 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

MANAGEMENT COMMITTEE 2019-2020

President	Ross Fisher
Duty President	Rob Harney
Director of Finance	Craig Moore
Director of Administration	Barry Leek
Director of Lifesaving	Roger Aspinall
Director of Surf Sports	Peter French
Director of Junior Activities	Steve Tindal
Director of Peregrine	Brett Leckie

Junior Activities Committee

Deputy Director of JAC	Shaun Baker
Age Manager Coordinator	Sacha Poxleitner
Peregrine Coordinator	Lyndon Forlonge
Coaching Coordinator	Sam Anderssen
Senior Team Manager	Tracey Jackson
Junior Team Manager	Adam Hammersley
Water Safety Coordinator	Kathleen Sammon
Sponsorship Coordinator	Oliver Steele

Administration Staff

General Manager	Byron Mills
Club Administrator	Hannah Hutton
Finance Administration	Sharon Henderson
Community Education/Lifesaving	Jonathan Donnelly
Lifesaving Administration	Anna Widdicombe
Surf Sports Administration	Jan Nel
Membership Development	Renee Scully
JAC Administration	Sacha Tapara - Beaton
Reception	Bethwyn Hancock
Administration	Gen Brewer
Head Coach	Darren Mercer OAM

CONTACT DETAILS

Noosa Heads Surf Life Saving Club
P O Box 7, Noosa Heads QLD 4567
P: (07) 5448 0900; F: (07) 5448 0866

Email: admin@noosasurfclub.com.au or lifesaving@noosasurfclub.com.au

Find the information you need on our website: www.noosasurfclub.com.au

STAY CONNECTED

Members Newsletter

and subscribe to the newsletter

www.noosasurfclub.com.au



FIND US ON FACEBOOK



Noosa Nippers

Peregian Nippers

Noosa Heads Surf-Sports: Training and Carnival information and results with lots of photos of our wonderful competitors.

Noosa Youth-Crew: A must for all cadets and people who want to keep up to date with what activities are happening with our junior members.

Seahorse Nippers – Noosa Heads Surf Life Saving Club: Lots of photos and information about our fantastic Seahorse Nippers program.



VIEW ON INSTAGRAM

Peregian_Nippers

NoosaNippers

Seahorse Nippers



Download to team app app from the Apple or Play Store now or look up <https://nhslsc.teamapp.com/> on your web browser.

Apply to join to keep up with all the latest details.