

KAWANA WATERS

Surf Life Saving Club

www.kawanasurfclub.com.au

2023 – 2024 Junior Activities (Nippers) Handbook



Clubhouse Phone: 07 5444 8642
Website: www.kawanasurfclub.com.au
Mail: PO Box 152, Buddina QLD 4575

Email: nippers@kawanasurfclub.com.au
Facebook: Kawana SLSC Nippers

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Welcome

On behalf of the Kawana Waters Surf Life Saving Club (SLSC) and the Junior Activities Committee (JAC), welcome to the 2023 – 2024 season. Junior Activities (Nippers) is a rewarding experience for the whole family teaching both children and parents beach and water skills. Members learn the fundamentals of surf safety, how to master the challenge of surf craft and to have fun and make new friends.

The Club's goals are to promote:

Surf Skills

Self Esteem

Surf Awareness

Friendship

Confidence

Enjoyment

This Handbook contains much of the information you will need to make this a successful season, please keep it as a handy reference guide. If at any time you have a question, your Age Manager or Committee Members will be happy to help you.

About Kawana Waters SLSC

Kawana Waters SLSC was founded in 1980 by the local Apex Club as a result of two tragic drownings. From this, the Club commences patrols in September each year and finishing in May the following year. Last season there were approximately 190 patrolling members who worked hard throughout the season to once again meet our target of zero drowning within our patrolled area.

We are a small family oriented club with most of the work being carried out by dedicated volunteers with equipment and operating expenses being paid from donations, sponsorship, fundraising activities and support from the Club's licensed Supporters Club.

Our Club colours are **RED**, **BLUE** and **YELLOW**.

Membership Fees

Family Membership * Parent/s + 1 Nipper	\$285.00
Family Membership * Parent/s + 2 Nippers	\$305.00
Family Membership * Parent/s + 3 Nippers	\$325.00
Family Membership * Parent/s + 4 Nippers	\$345.00

* includes \$50 volunteer levy (refundable – see condition below)

Volunteer Levy

A \$50 volunteer levy is incorporated into each family membership. To be eligible for a refund of the volunteer levy you must demonstrate at least one of the following contributions to Kawana Surf Club Nipper program per family: Committee Member, Coach, Age Manager, Water Safety, Official or Super Volunteer.

Refund Policy

If your nipper cannot complete the pool proficiency before the end of October, you can withdraw your membership and apply for a full or partial refund. Please get in touch to discuss. Refunds will not be given for change of mind once the season has begun.

Uniform Policy

The uniform consists of: Club Cap, pink high visibility long sleeve rashie (singlet allowed for carnivals). Club togs are optional and encouraged particularly for competition. Cap colours:

U6 and U7 - Green caps

U8 - Yellow caps

U9 - Purple caps

U10 - Red caps

U11 - U13 - Blue Star Caps

Competition - Blue Star Cap

Child Protection Policy

Surf Life Saving at all levels is committed to the health, safety and wellbeing of all members and is dedicated to providing a safe and enjoyable environment for participants in surf lifesaving activities. All Nipper parents and guardians are required to obtain a Suitability Card (Blue Card). Information regarding Blue Cards and Child Protection Policy can be found online at www.bluecard.qld.gov.au. Forms are available at the Club website or Club office.

Nipper Age Groups

Nippers is divided into nine age groups, ranging from Under 6's (U6) through to Under 13's (U13). The age group is determined by the child's age at midnight 30 September each year.

The following table shows the age groups based on birth month and year.

Age Group	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep
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
U15	2007	2007	2007	2008	2008	2008	2008	2008	2008	2008	2008	2008

Surf Education Awards

Each child is encouraged to gain his or her Award (theory and practical) in accordance with their age group. These awards are achieved through Nipper day attendance.

Under 6 Surf Play 1

Under 7 Surf Play 2

Under 8 Surf Aware One

Under 9 Surf Aware Two

Under 10 Surf Safe One

Under 11 Surf Safe Two

Under 12 Surf Smart One

Under 13 Surf Smart Two (Includes Resuscitation Certificate)

Under 14 Surf Rescue Certificate (Become a Patrolling Member)

Preliminary Skills Evaluation - Swim

To ensure that all children have a suitable swimming ability to allow them to participate in these activities, SLSQ has developed a Junior Preliminary Skills Evaluation for each age group. The pool proficiency MUST be completed before your child can participate in ANY Nipper activities. Any child who does not meet the required Pool Evaluation level cannot participate in any Nipper activities until the child can successfully complete the Pool Evaluation.

Age Group	Flotation	Submersion	Propulsion
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.

Preliminary Skills Evaluation - Beach (Run Swim Run)

Every nipper in U8-U13 must also complete a beach evaluation, see table below. Any child who does not meet the required beach evaluation level, will require a 1:1 water safety ratio and their involvement in water based activities will be at the discretion of the Club, Age Managers and Arena Coaches.

Preliminary Beach and Competition Evaluation Requirements

Age Group	Run-Swim-Run	Competition Swim
Under 8	25m - 25m - 25m *	N/A
Under 9	50m - 50m - 50m	150m swim as per Competition Manual
Under 10	50m - 50m - 50m	150m swim as per Competition Manual
Under 11	50m - 100m - 50m	288m swim as per Competition Manual
Under 12	50m - 100m - 50m	288m swim as per Competition Manual
Under 13	100m - 100m - 100m	288m swim as per Competition Manual

Competition Evaluation

Carnivals are for U8 and above. Any nipper wishing to compete must also complete a Competition Beach Swim Evaluation. The junior competitions evaluation is based on the swim competitions distances as set out in the SLSA Surf Sports Manual, see table above.

Communication

Our communication tool is through Stack Team App. All members need to download the app, find Kawana Nippers and join all relevant age and training groups. All up to date information can be found in the app, as well as our season calendar and duty roster. Any cancellations or location changes will be sent via the app. You may also wish to follow us on Facebook.

Parental Involvement

Nippers is a family sport. We are not a drop and go sport. Parental involvement is expected in one way or the other for the smooth running of the program. For nippers who attend midweek training sessions or compete at carnivals, parental involvement is required. There are many ways to be involved including:

Age Managers - Each age group requires a few Age Managers. The course involves an online and face to face component.

NAA - Any member can become a Nipper Adult Assistant. This role is for parents in U6-U8 age groups only. There is no water component.

Water Safety - We need adequate water safety numbers for Sunday nippers, board training and carnivals. Check with the Surf office to see when the next Bronze/SRC course is on to get qualified and become a Kawana patrolling member.

Official - If your child intends to compete in U9-U13, one parent is expected to do the official course. There is online training and face to face training.

Parent Rotating Roster

Each week a different Age Group is on duty. Parents from this Age Group must help in all 3 areas. The rotating roster can be found in our Calendar on Teamapp. Your Age Managers will also remind you when your Age Group is on duty. Please help when you are rostered.

Beach Set Up, Pack Up and BBQ

Help is needed every week, from about 7:00 am onwards, to set up the beach and to ensure that everything is packed up at the end of the morning. The weekly BBQ starts cooking at 9am and is the main source of fundraising for Nippers. Even if it is not your rostered week and you see that the BBQ workers need assistance, please help if you can.

Sunday Morning

Nippers assemble at 7:45am. Children should assemble in their age groups on the grassed area at the rear of the Surf Club building where Age Managers will mark the roll. U8 - U13 run from 8am-10am. U6 & U7 run from 8am-9:30am. All nippers must wear the club high vis uniform. Children should have sunscreen applied prior to the commencement of nippers. Water bottles can be placed in our age buckets, located close to your child whilst they are participating in Nipper activities.

Nippers is almost always on: If the weather is unsuitable, members will be advised via our app as to whether the morning's activities are either to be cancelled or relocated to an alternate venue.

Announcements and important information for Nippers and parents/guardians is communicated at the start of the day. Please be on time and listen to these announcements so that you are aware and

up-to-date with all matters concerning your child. During Nippers, a parent or guardian is required to be on the beach at all times. Nippers is not a child-minding service. If your child has to leave the designated area at any time during the Nippers session e.g toilet, they are required to obtain permission from their Age Manager and may only leave with a designated parent or guardian. This procedure is to ensure the safety of your child at all times. Caps are to be removed on signing out with your Age Manager at the end of the morning. This indicates children are no longer engaged in designated nipper activity.

Beach events include: Beach races, Flags and Beach relays.

Swim events include: Wade race, Swim race and Water relays.

Board events include: Board race, Board relay, Iron person and Board rescue.

Mid-Week Club Sessions

The Club provides training sessions during the week, on nominated days. Nippers are expected to have their own, or leased board to participate in midweek board sessions. This will enable training to be easily relocated at short notice and still able to commence on time. Nippers must wear appropriate nipper gear and sign in and out at all midweek training sessions. Parent help is expected at training.

Nipper Boards

Nippers has a range of boards suitable for all levels of expertise. Foam Boards are for Under 9 and Under 10's. Fibreglass boards are for Under 11, Under 12 and Under 13's. Mals are for Under 14's only. Foam boards are available to borrow for all age groups on a Sunday if you do not own your own board. All beginners start on a foam board.

Under 8 Board Policy

Under 8's are only allowed on foam nipper boards in accordance with the SLSQ U8 Board Training Policy. This requires the following:

- Nipper has completed an U9 Preliminary and Competition Proficiency
- Conditions are flat water and not surf
- Training can commence from 1st January within the current season.
- Must be conducted at a board training session.

Board Care

Boards should be carried, not dragged, and should be laid fin up on the sand. They should not be sat on and it is not wise to leave them lying in direct sunlight for a long time as this causes them to bubble. Nippers must not stand on foam boards whilst riding them. They are not designed for that kind of treatment. All damages and losses must be reported immediately to the Gear Steward, Age Manager or Team Manager.

Board Lease

For those who wish to train for carnivals, and attend midweek board training, the club has boards available for lease. The board is to be treated as your own and any repairs needed may be taken out of your board deposit. Additional funds may be requested for write off or lost boards. Please see the Club's JA Gear Steward if you are interested in leasing a board for the 2023 - 2024 Nipper season. Board lease fees are as follows:

Fibreglass Mal with cover:	\$300 for season plus a refundable deposit of \$200
Fibreglass board with cover:	\$200 for season plus a refundable deposit of \$150
Foam Board no cover:	\$120 for season plus a refundable deposit of \$100

Surf Sports

Throughout the year our club attends carnivals at various locations. This is a fun, learning experience and whilst children are encouraged to participate, attendance is optional. For more information on carnivals please get in touch with the JA Team Manager.

We are required to supply Water Safety and Officials for carnivals at a ratio of 1:15 and 1:10 respectively. For this reason nipper families who attend carnivals are required to have at least 1 parent complete the Officials course or be SLSA Water Safety. Additional roles for carnivals also need to be filled such as: Age Manager, Team Manager and Tent Organiser.

To nominate for carnivals, nippers must have completed their Competition Evaluation prior to nominating. Nominations are released on Facebook and Stack Team App and close 2 weeks prior to the carnival. No late nominations will be accepted. Carnival fees must be paid at time of nomination.

Teams will be selected by the Selection Committee, comprising: Club Coach, Team Manager, Director of Surf Sports and Junior Activities (Nippers) Chairman (casting vote as required). Factors taken into team selection can include: Attitude, attendance at nippers and training, suggestion by Age Managers, availability of Water Safety or Official parent, etc.

State Titles

Selection for U11-14/15 State Titles is predominantly made by those who automatically qualify through their results at the Sunshine Coast Branch Titles (in individual or team events). For U12-14/15 competitors who have not automatically qualified through a team event or Individual event and wish to nominate, may do so. State pack expenses vary each year depending on sponsors, funding and kids nominated.

End of Season Trophies/Awards

All nippers who gain their Surf Award will receive a participation trophy at the end of the season. There are a handful of special awards awarded as well, which are chosen from a selection team of Committee members, Coaches and Age Managers.

Nipper Behaviour

It is important that Nippers follow the instructions of their Age Managers, Coaches, Water Safety and parent helper volunteers at all times and listen to what is being said. If required, a parent may be asked to remove their child from the group to ensure the safety of others and minimise disruptions. Hitting, throwing sand and foul language is not permitted. Continual disruption can result in the nipper being excluded from future nipper sessions.

Medical Conditions

Any child who suffers from asthma and/or any other medical condition that requires the ongoing use of prescription medication must inform the Age Manager. This medication must be kept with the parent/guardian. Age Managers are not responsible for the medication or administering the medication but do need to be aware of the child's condition. Parents of these children are encouraged to take on an active role in this age group.

Inclusivity

Where parents/guardians are aware that their nipper has diverse needs parents/guardians are expected to be actively involved in managing their child. Age Managers and committees must be made aware before commencing nippers so we can work together. Our Age Managers and Water

Safety all complete the Inclusive Nippers training through SLSQ, however this is limited and members are not expected to be trained professionally for diverse needs.

Parental/Guardian Policy

Remember that children play sports for their enjoyment, not yours. Encourage children to participate, do not force them. Encourage children to always participate according to the rules. Show appreciation of volunteer coaches, officials, and administrators. Without them, your child could not participate. Nippers must NEVER be left at the beach without a parent/guardian. The parent/guardian must be in close proximity, especially if that nipper has diverse needs or behaviour issues.

Water Safety Policy

SLSQ water safety ratio is 1:5 (1 WS for every 5 nippers). A ratio of 1:5, 1:3 or 1:1 may be used based on the risk assessment each day. Water activity participation for each Sunday will be determined by consultation of the following: Water Safety Supervisor, the Patrol on duty, Coaches, Water Safety Persons and Committee Members. Change of venue may be required when the beach is closed or better conditions for particular activities are available at another venue. Alternate Locations are: Dicky Beach, Lake Currimundi, Lake Kawana, La Balsa, Mooloolaba Beach, Alex Beach and Maroochydore Beach. Location change will be announced via our app.

Photography Policy

For the safety and security of all our children, parents are asked to only take photos of their own children. If other children are in the background of your photo please do not share or post on social media, as some of our members have not agreed to use their children's photo. If you should notice any suspicious behaviour by individuals with or without cameras please report to your Age Manager or Patrol so it can be dealt with appropriately. The Club arranges a photography day to take both Age Groups and individual photos of our Nippers.

Complaints and Grievances

Complaints are to be made in writing and delivered to the Chairperson or Secretary of the Junior Activity Committee. The complaint will be passed on to your Club Grievance Officer and any relevant senior committee members. The complaint will be addressed in the next scheduled committee meeting or, depending on the nature of the complaint, a special meeting may be called.

Committee Meetings

Committee meetings are held in the Surf Club each month. Please contact a committee member to confirm if you are interested in attending.

Alcohol and Smoking

No Alcohol is to be consumed under the Club tent or surrounds. No smoking is permitted under the club tent or surrounds.

Supporters Club

The Kawana Waters Supporters Club offers a Loyalty Program for members on gaming, food and drinks. Membership Draws are held on Friday and Sunday. Pokie Promos, Keno, Trivia nights, club raffles and live entertainment on Fridays and Sundays nights. Our bistro features a selection of quality meals at reasonable prices and is open for lunch and dinner every day. Kawana Surf Club has a children friendly area next to the garden bar, and our focus is on a family environment. The club also runs a free Courtesy Bus – phone for bookings. Kids eat free on Sundays.*

Joining a surf lifesaving club is a great way to become surf safe and have fun with your family while making lifelong friends. By joining Kawana Nippers you are now a part of the club and our surf family. Nippers at Kawana are all about fun, friends and family.

See you on the beach!