



Welcome to Coolum Beach Nippers

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Nippers is one of Australia's favourite sports and we're thrilled that your family has chosen Coolum Beach Surf Lifesaving Club as your club! The ocean is a big part of our way of life here in Coolum and the Nippers program is dedicated to ensuring your child can be safe on the beach for the rest of their life. The Nippers program is also a way of introducing children to surf lifesaving and the pathway to community service through lifesaving patrols. Our program focuses on skill development, beach education and fun!

The Nipper Program

The Coolum Nipper program is open to children aged 5-13. We offer a competitive and non-competitive program. Some families will join Nippers with a focus on learning to be safe in the ocean and others will want to take that further and compete at carnivals. Regardless of the goal, we're confident our program caters for every future lifesaver.

Key Dates

Monday 1 July	Renewing memberships open	Returning members can renew memberships from this date online
Friday 21 August	Renewing and new memberships cut-off for 1 st proficiency	Cut off date for those wishing to attend proficiency 30 August
Sunday 23 August	Age Manager Meet & Greet	Coolum Surf Lifesaving Club
Sunday 30 August	1 st Pool Proficiency commencing 9am	Coolum Aquatic Centre -1930 David Low Way Coolum Beach
Friday 4 September	Renewing and new memberships cut-off for 2 nd pool proficiency	Cut off date for those wishing to attend proficiency 13 September
Sunday 13 September	2 nd Pool Proficiency commencing 9.30am	St Andrew's Aquatic Centre - 40 Peregian Springs Dr, Peregian Springs
Sunday 20 September	Uniform Collection Day	Coolum Surf Lifesaving Club
Sunday 27 September	First day of Nippers including Beach Proficiency	Coolum Surf Lifesaving Club
24- 25 October	Coolangatta Gold	
Sunday 1 November	Age Champs Round 1	Coolum Surf Lifesaving Club
Saturday 12 December	Twilight Xmas break-up	Coolum Surf Lifesaving Club
Sunday 10 January	Nippers Returns	Coolum Surf Lifesaving Club
Sunday 31 January	Age Champs Round 2	Coolum Surf Lifesaving Club
Sunday 7 March	Last Day of Nippers for the Season	Coolum Surf Lifesaving Club

Proficiency

Prior to joining the Nipper Program and at the start of each season, all Nippers must complete proficiencies. Pre-season proficiencies are to ensure our Nippers will be safe in the ocean and must be completed by every Nipper at the start of every season. At Coolum we have a higher standard for our proficiency evaluations and require all Nippers to complete the SLSQ competition proficiency distances. This is because we operate on an open water beach where conditions are more challenging.

First, Nippers complete a pool proficiency and if they pass this, they go on to complete an ocean proficiency. Nippers who are unsuccessful at their first pool proficiency are encouraged to try again. For Nippers who are not able to pass the pool proficiency at the second attempt, we recommend the child completes a season of swimming lessons and returns to Nippers the following season.

If Nippers pass the pool proficiency but are not successful at their ocean proficiency, they keep attempting this proficiency each week until they pass. Until they pass the ocean proficiency, Nippers are not able to train on boards and ocean swimming must be done with 1:1 water safety. If this water safety ratio is not available, the non-ocean proficient Nipper will have to remain on the beach.

Age / Cap	Age on 30 Sept 2020	Pool Distance Proficiency	Timed Float	Ocean Distance Proficiency	Competition Distance Proficiency
		Swimming must be continuous overarm (freestyle) stroke	Float must be flat on back with face out of the water and body floating on surface	Swimming must be continuous overarm (freestyle) stroke.	Swimming must be continuous overarm (freestyle) stroke
U6 (green cap)	5	Kick, holding onto the pool wall	30 second float	Not required	N/A
U7 (green cap)	6	Torpedo push off pool wall with face in water	30 second float	Not required	N/A
U8 (pink cap)	7	50m swim	1 minute float	25m run, 25m wade, 25m run	25m run, 25m wade, 25m run
U9 (yellow cap)	8	100m swim	1 minute float	50m run, 150m swim, 50m run	Minimum 150m ocean swim
U10 (turquoise cap)	9	100m swim	1 ½ minute float	50m run, 150m swim, 50m run	Minimum 150m ocean swim
U11 (white cap)	10	200m swim	2 minute float	50m run, 200m swim, 50m run	Minimum 288m ocean swim
U12 (blue cap)	11	200m swim	3 minute float	50m run, 200m swim, 50m run	Minimum 288m ocean swim
U13 (red cap)	12	200m swim	3 minute float	100m run, 200m swim, 100m run	Minimum 288m ocean swim

Pathways after Nippers

Once your child has finished the Nipper program, they can join the Coolum Youth Program and complete their Surf Rescue Certificate (SRC) and become a patrolling member of the club. There are a number of pathways as our youngest members progress in the surf club. These include getting your Bronze Medallion, radio, first aid, IRB certificates. You can compete in surf sports which includes the water and beach events or try patrol and first aid competitions, boat rowing or IRB racing. You could also become a trainer and assessor, coach and much more.

Competitive Nippers Program

This is for Nippers who intend to compete at Carnivals and are strongly encouraged to take advantage of the extended training program offered by the club. In addition to the Sunday program there are a number of training opportunities each week that include board/iron, pool swims, beach skills and run fitness. All sessions are at no additional cost and run by qualified and experienced coaches.

Carnivals are split by age group. The U11-U14 carnivals are competitive and the competing Nipper earns points for themselves and their club. The U8-U10 carnivals are participation only. This means that the Nipper gets an opportunity to experience a carnival, without the pressure of earning points etc. Only one carnival in the season is an all age carnival and that is the first carnival of the season, typically held at Rainbow Beach.

Nippers who qualify for States will have their carnival nomination costs covered by the club. Non-qualifying Nippers can choose to nominate for States. The club will cover the nomination costs provided they meet the minimum requirement for attending training sessions and carnivals. Details to be advised.

There are additional carnivals throughout the season (e.g Coolangatta Gold and the IronPerson Eliminator Carnival) that Nippers can choose to attend these. More information about these events is on the calendar via TeamApp. Parents must cover the entry fee, however competitive club equipment may be available for use at these carnivals.

Uniform Item	Cost	Replacement Cost
Pink Competition Rash Vest Singlet	Free	\$20
Club competition cap	Free	\$10

Non-Competitive Nippers Program

Not all Nippers wish to compete at carnivals and being a good lifesaver does not depend on carnival participation. The only requirement for non-competitive Nippers is to attend Club Sundays. However, Nippers that train regularly gain more confidence and fitness to handle what the oceans throws our way. They are more than welcome to join and are encouraged to do so. Training sessions are tailored to the abilities of all involved.

Club Sundays

This day is for every Nipper! Sundays are about beach education, fun and getting wet! Sunday sessions run from 7.45am – 10am.

Under the control of the Age Managers, Nippers take part in activities on the beach and in the water. The focus on Sundays is working through the SLSQ Junior Development Awards, extending Nippers confidence through practicing the different Nipper events and having heaps of fun doing team events such as practise rescue scenarios and obstacle courses.

Sunday Schedule	
7.30am	Club swim (For U11 and older Nippers) Every Sunday the Vice-Club Captain hosts a Club Swim where Nippers, Youth and patrolling members can participate in an equalised, timed run-swim-run to earn points throughout the season. This additional training session is on offer to competitive Nippers, but all Nippers aged U11 and older are encouraged to give it a go.
7.45am	Sign-on Parents sign Nippers in with their Age Managers on the beach – at this time Age Managers will pass on any important updates
8.00am	Program starts Group warm-up, including beach run lead by U13's. Nippers then split into their age groups and with Age Managers and Coaches work through the various rotations available on the day. Weather permitting, Nippers will participate in water, beach and education activities each Sunday.

Most Important: a parent or guardian must stay on the beach on Sundays. We understand you may have more than one child participating but if something happens, we need to be able to find you on the beach. Also, please do not take your Nipper from the beach for any reason (e.g to use the toilet or get water etc) without informing the Age Manager first. Age Managers are constantly counting their Nippers and if one Nipper is unaccounted for all activity must stop until all Nippers are accounted for. An unaccounted-for Nipper is a very serious concern for an Age Manager.

At the conclusion of the Sunday program parents must sign their Nipper out with the Age Manager and at this time Nippers remove their coloured cap. This is a safety issue and indicates the parent/caregiver is now responsible for the Nipper. If you need to leave early, you must sign the Nipper out first and inform the Age Manager – please do not just leave.

Equipment

At Coolum we are proud to provide the full range of equipment required to participate and compete in the Nippers program – free of charge! This includes a range of boards suitable for all levels of expertise. It is important that we all take responsibility for this equipment. We understand that sometimes damage happen - all we ask is that you inform your Age Manager of any damage so we can organise repairs.

Nipper Events

The Nipper program consists of beach events and water events.

Beach Events		
Beach races	Sprinting a set distance on the sand (approx. 70m) 1km or 2km run (dependent on age)	All age groups
Flags	Start lying flat on the sand. Get up, turn and run a short distance to grasp a length of hose standing in the sand. The event is run over a number of rounds with a Nipper eliminated each round until there is an eventual winner.	All age groups
Beach relays	Teams of four run a relay over similar distances to the beach races.	All age groups
Water Events		
Surf wade	Running through shallow water around two water safety standing in knee-deep water.	U6-U8
Surf swim	Starting on the beach, running into the water and swimming around two buoys and back to the beach.	U9-U13
Board race	Starting on the beach and running into the ocean and paddling a board around the buoys and back to the beach.	U9-U13
IronMan/IronWoman	An individual race that includes a swim leg, board leg and beach sprint.	U11-U13
Board relay	A team of three paddle their boards one at a time in relay style around the course.	U9-U13
Cameron relay	A four-person relay involving a swim leg, a board leg and two beach sprints.	U9-U13
Board rescue	A two-person event where one person swims out to a buoy and the second paddles out on a board and then both return to the beach on the same board.	U9-U14

Injury and Insurance

All Nippers are covered by relevant Personal Accident Insurance or WorkCover in the case of injury. 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.

Club Championships

Club Championships are held twice a season. The dates for these are scheduled at the start of the season along with back-up dates in the case of bad weather. On the day all Nippers compete in all events and earn points. The combined total over the two Club Championships determines the age champion for each age group. There is a male and female champion and runner up for each age group.

	Club championship date	Back-up date
Round 1:	Sunday 1 November	Sunday 29 November
Round 2:	Sunday 31 January	Sunday 21 February

To be eligible for a Club Championship award, children must attend more than 51% of the Sunday morning sessions throughout the season and be present at all championship days.

Training Sessions

At Coolum we are lucky to have the support of talented lifesavers and parents who assist with training, coaching and mentoring our Nippers. We are proud of our program which offers a full selection of training sessions designed to develop fit and talented Nippers. These sessions are designed for competitive Nippers but we encourage all Nippers to attend to help extend skills and fitness. The only requirement is respectful behaviour.

Day	Morning	Afternoon
Monday		5pm – 6pm General fitness for all ages - (running shoes required and parents welcome) @ <i>Coolum Beach</i>
Tuesday	6am – 7am Ocean training: board, swim and iron training @ <i>Coolum Beach</i>	
Wednesday		4pm – 5pm Beach training: beach sprints, relays and beach flags @ <i>Coolum Beach</i>
Friday		4pm – 5pm Ocean training: board, swim and iron training @ <i>Coolum Beach</i>

Junior Development Awards

Surf Life Saving Australia has developed a comprehensive education program for Nippers. This program is what is delivered on Club Sundays. The content is tailored to each age group, and the program is based on participatory evaluation rather than competence. As long as Nippers are actively involved in each of the lessons they are eligible for the award.

Surf Play 1 and 2 (U6-U7)	The focus is on play, participation and fun. Lessons cover simple beach safety and awareness. Surf sports skills involve wading, beach sprinting and beach flags.
Surf Aware 1 (U8)	The focus is on understanding, identifying and demonstrating safety and dangers that relate to themselves. Eco-surf discusses the beach environment and communities. Surf sports skills focus on bodyboarding, wading, dolphin-diving, beach sprint starts and beach flag starts.
Surf Aware 2 (U9)	Builds on Surf Aware 1. The idea of a personal safety network is introduced so children are comfortable asking for help. Children learn about hazardous surf conditions. Eco-surf talks about the impact lifesavers have on the beach. Surf sports skills focus on board positioning and paddling, sand running technique and diving for a beach flag.
Surf Safe 1 (U10)	The focus is on recognising unsafe behaviour and identify adults at surf clubs they can ask for help. Eco-surf focuses on water conservation, sun safety and the consequences of skin damage. Children learn about rips and preventative action. Rescue techniques are introduced and children learn to use boards to assist other swimmers. Surf sports skills focus on entering and negotiating the surf on a board and beach relay baton changes.
Surf Safe 2 (U11)	This level introduces the more technical aspects of lifesaving and Nippers are more physical in surf sports skills. They are encouraged to persist when needing help. There is a strong focus on recognising 'at risk' people. Surf sports skills focus on board dismounts, catching waves, board relay, surf swimming techniques and crouching beach sprint starts.
Surf Smart 1 (U12)	Nippers learn about their rights and responsibilities as members of SLSA, and consider personal health and wellbeing. Surf sports skills focus on completing all the skills including rolling under a wave on a board, diving under large waves, beach sprint arm and leg drive, and beach flags race strategies.
Surf Smart 2 (U13)	The focus is on surf lifesaving safety from various viewpoints – SLSA member safety and wellbeing, climate change and the impact on surf lifesaving, communicating with beach users and other professional emergency services and surf safety tips. Surf sports skills focus on bringing all the skills learnt in previous awards together to participate in an event for each of the disciplines.

Uniform

As part of your membership fee, each Nipper will receive an age colour cap and a long-sleeve pink rash shirt. These are essential to Nipper identification and safety and are compulsory at every training session.

Club branded swimwear and clothing is available for sale at the club throughout the season. This is compulsory for competitive Nippers but not at Club Sundays or training sessions.

Most Important: Please label all clothing prior to the start of the season as replacement items will have to be purchased.

Item	Cost	Replacement Cost
Coloured age cap	Included in registration fee	\$10
Long sleeve pink rashie	Included in registration fee	\$35
Boys jammers	\$55	
Girls one piece	\$60	
Girls two-piece	\$60	
Girls Swim Shorts	\$40	

Sun Safety

The Nipper program is delivered in an environment that poses a serious risk to our young Nippers – under the fierce Australian sun. Consequently, we have moved to a long sleeve rashie which is more sunsmart and better protects our Nippers.

All parents and caregivers are reminded to apply sunscreen and/or zinc to Nippers faces and skin not covered by the rashie or togs prior to every training session. This is especially important for faces and ears as wide brimmed hats are not permissible due to the coloured age cap needing to be visible at all times.

Water Safety

Coolum Beach Nippers takes water safety very seriously. The guidelines for water safety are laid down by SLSQ and must be adhered to. These guidelines are non-negotiable. Due to the changing nature of beach conditions, we have several strategies in place to ensure the safety of all Nippers.

The Water Safety Coordinator is responsible for the safety of Nippers in the water. They decide if the surf conditions are suitable to conduct activities and if so, the best locations and the required water safety ratio. If conditions become unsafe, they will determine that activities must be altered or stopped.

Water Safety Personnel must be suitably qualified (Bronze Medallion or SRC) and must wear bright orange caps and orange rash vests during water activities to easily identify them. No water race or activity will commence unless there is sufficient water safety personnel.

Any parent or caregiver who is willing to get the Bronze Medallion or Surf Rescue Certificate to help out is really encouraged to do so. The more water safety we have, the safer our Nippers are.

How you can help

Nippers is run entirely by volunteers! Nippers is a wide-ranging program (water, beach, education and fun!) delivered in an environment that presents significant challenges, so we need every family to offer support and volunteer in some way to keep our kids safe. In accordance with our CYRMS policy the following requirements must be met:

- All parents / caregivers / volunteers must join the club (as a minimum at the level of an Associate Member) for insurance purposes
- All parents / caregivers / volunteers must hold a current Working with Children Blue Card. There is no cost for the blue card and this will be organised at registration
- It is a legal requirement that a parent or caregiver is present at every Nippers session. Children cannot be dropped off and left
- All parents will be rostered on to help with the Sunday BBQ and expected to assist at least once per season

All our volunteer positions require different awards and the club supports all volunteers to achieve the required awards so we can ensure the ongoing safety of our Nippers.

Volunteer Roles	
Age Manager	<p>Age Managers are assigned to a particular age group for the season. They are responsible for the Nippers in their group and coordinating their participating in the range of activities on offer.</p> <p>Age Managers are required to complete three different awards which take about 2 hours, prior to the season. Age Managers are supported with a handbook of information and the committee who are available at all times. Age Managers don't have to hold a Bronze or SRC and can fulfil the Age Manager duties from the beach.</p>
Official	<p>Officials are needed at carnivals. We have to supply a set ratio of officials to competitors and without the required number of Officials we cannot take all competitors.</p> <p>Officials must complete an online course (approx. 2 hours) and then participate in the mentoring program at two carnivals before being an accredited official.</p>
Water Safety	<p>To fulfil the role of Water Safety, you must hold a Surf Rescue Certificate (SRC) or Bronze Medallion. SRC holders can fulfil Nipper water safety and have the option of joining a beach patrol. Bronze medallion holders can do water safety and are expected to join weekend patrols. The Bronze Medallion is a benchmark for lifesavers and recognises your skills in rescue, personal survival and emergency care. The Bronze Medallion award is real personal achievement! More information on these qualifications and when the club is running the next training courses can be found on the website: http://www.coolumsurfclub.com.au/training/training-courses</p> <p>All Water Safety must sign on and off at every session and wear the high-vis orange shirt and cap (supplied by the club)</p> <p>Water activity will not commence until we have the required water safety ratio.</p>

Sunday Set-up / Pack-up	Coolum is one of the few clubs that provides all equipment free of charge to Nippers. Parents helping with set-up and pack-up and teaching our Nippers how to carefully look after gear greatly helps to protect our expensive gear!
Carnival Support	At least one parent of competitive Nippers must fulfil a role at carnivals – either official, water safety or carnival preparation which involves packing and unpacking the trailer with all the gear and setting up our tent on the beach at the carnival.

Fundraising

Coolum Nippers relies on fundraising and sponsorships to operate. Funds raised allow us to keep our membership prices down and provide the equipment we need to run a safe program. The Nippers also get involved in the annual Surf Lifesaving Appeal. A couple of times a season, families will be called on to support different fundraising initiatives.

Code of Conduct

The Coolum Nippers Program is delivered entirely by volunteers who give their time and energy to make our program a success. In return we expect that all our volunteers will be shown respectful behaviour by all our Nippers and their supporting family members at all times.

To maintain a respectful level of behaviour we promote and support a 3 strikes behaviour management policy:

Strike 1	The Age Manager will ask the Nipper to stop the inappropriate behaviour
Strike 2	If the Nipper continues the behaviour, the Age Manager will remove them from the group and get them to sit out for a period of time.
Strike 3	If the Nipper continues the behaviour after a "time out", the Nipper will have to leave the session. The Nipper's parent/caregiver will be required to sign the Nipper out and respect the Age Managers decision.

Nippers' Code of Conduct

- Participate to your best ability
- Follow the rules
- Treat others as you would like to be treated
- Listen to your Age Manager and Water Safety
- Have fun!
- Respect all your team members

Parents' Code of Conduct

- Encourage children to follow the rules
- Encourage and recognise that the effort is as important as the result
- Value and promote good sportsmanship
- Do not yell or abuse a child
- Do not publicly question a volunteers' decision
- Recognise the efforts of volunteers
- Do not make an unwilling child participate in activities
- Remember children are involved in activities for their benefit – not yours
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion

Clubhouse Rules

All Nippers are required to abide by the following clubhouse rules:

No Nippers in the clubhouse on Sunday morning before 8am

On Sunday mornings, only the external showers may be used by Nippers

After mid-week training, the inside showers may only be used if parents are an active member and key holder and remain in the change room at all times to supervise Nippers

COMMITMENT TO THE CODE OF CONDUCT

To show your commitment to this Code of Conduct, please discuss these rules and together with your Nipper sign below to show your commitment to respectful, positive behaviour at our club.

Signed: _____
(Parent / caregiver)

Signed: _____
(Nipper)

Signed: _____
(Nipper)

Signed: _____
(Nipper)

Signed: _____
(Nipper)

Communication

There's a lot that goes on with Nippers and lots to keep you informed of. Team App is the main way we will communicate with you. This is the best way to get you the information you need, when you need it. All families should download Team App from the app store and request membership to Junior Lifesavers Coolum Beach

How we will communicate with you	
Team App	Everything will be shared here! Especially information that is regularly updated or that needs to be shared in a timely manner e.g training schedules, carnival details, calls for help and updates. Team App also allows for two-way communication so you'll be able to ask the committee and coaches questions. It's imperative you have Team App and check it regularly for information. Instructions on how to set up Team App are on the last page of this handbook.
Website	Overview of our club, our program and our policies.
Email	For official club information only E.g launch of the new season and call for registrations
SMS	For urgent information only. E.g cancellation of a training session due to unsuitable ocean conditions
Facebook	Reserved for highlights – please follow Coolum Beach Surf Lifesaving Club Facebook

If your contact details change, please ensure you update your lifesaving online member profile and contact administration.

TEAM APP Instructions



Designed especially for clubs like ours, TEAM APP allows us to customise communication so parents and volunteers get all the information that is relevant to them and their Nippers, and none of the stuff that isn't.

How to get Team App:

1. Download TEAM APP from the App Store or Google Play.
2. Once downloaded, search for "Junior Lifesavers Coolum Beach"
3. Complete your details and request access
4. Once access is approved, switch notifications ON and familiarise yourself with the content and make note of the key dates in the event and training calendar dates.

ALL information about Nippers will be communicated via TEAM APP, from Carnival notifications to last minute cancellations of Sunday morning Nippers due to bad weather.

What if I don't have a smartphone? You can access the same information via the Team App Junior Lifesavers Coolum Beach website. Let one of the committee members know if this applies to you.