



ARCADIAN SURF LIFE SAVING CLUB'S 2024 – 2025 NIPPERS SEASON

Thank you for your interest in our 2024/2025 Nippers season. We'd like to take this opportunity to introduce our Club and Junior Activities Committees and explain how our season will work. The Arcadian SLSC is part of the North Barrier Branch of clubs, which is affiliated with Surf Life Saving Queensland.

The following information is provided as a brief introduction to our Club. For a more in-depth explanation on any topic listed please contact the Club Administrator, Amy McLeod.

The Arcadian SLSC Management Committee this season is as follows:

- President – Paul Chappell
- Vice President – Paul Smith
- Club Captain - Matt "Stoney" Stone
- Treasurer – Bob Parker
- Secretary – David Mowat
- Director of Surf Sports (DOSS) – Nathan Burgers
- Cadets & Youth Development Officer – Emily Donoghue
- Life Member Nominee – Lee Jones

The Junior Activities Committee (JAC), who looks after the operations of the Nippers program, this season is as follows:

- JAC President – Adam Edwards, jacpresident@arcadiansurfclub.com.au
- Coaches – Adam Edwards, Alana Lorimer, Wes Grant, Dave Lorimer, Harrison Adams, Matilda Stone, Emily Donoghue, Matt Stone, Charlotte Rosenblatt, Chris Raccuia
- Carnival Team Managers – Carley Goodwin and Alice Calleja (shared role)

Additional Club contacts for the Nippers season:

- Club Administrator – Amy McLeod
Amy is the first point of contact for any and all Club related questions, and looks after memberships, payments and contact detail updates. Amy is located at the Strand Clubhouse Office and is available via phone, email or in person by appointment. Contact details are:
P. 0439 530 463
E. admin@arcadiansurfclub.com.au
- Clothing Officer – Liz Power
Liz is responsible for all clothing and uniform sales. Liz attends Sign On Day, Proficiency Sessions and the first few sessions of Nippers for all uniform and clothing purchases. To contact Liz about any clothing requirements please email clothing@arcadiansurfclub.com.au.

NIPPERS SEASON DETAILS

Our Nippers season starts in August and runs until February, with a break over some school holidays and the Christmas period. Please see the full list of dates attached.

Training Sessions

Regular Island Nipper sessions at Alma Bay are on Saturdays, starting at 8.30am for all age groups.

Regular Mainland Nipper sessions at Net 1, The Strand start at the following staggered times:

- Green Caps (Under 6 and Under 7) start at 2.15pm and finish at approx. 3.30pm
- U8, U9, U10, U11, U12 and U13 start at 3pm and finish at approx. 4.30pm/4.45pm
- U14's start by assisting with the Green Caps program from 2.30pm to 3.30pm and then join in with the regular session

Please see the Season Dates list for full details of all regular sessions.

In addition to the regular Saturday Nipper sessions there are also optional training sessions for boards, swims and sprints run most weeks in the afternoons on the Strand for Under 11's and up, depending on volunteer availability. Notification of these sessions is provided in the Arcadian SLSC Nippers Facebook group and a program is sent out via email once the season has started.

Points Days

Three times per season the mainland families will join the Island families at Alma Bay for Points Days. Points Days are run like mini carnivals with the children competing in their age groups in events such as wade, swim, flags, sprints and boards, with points awarded for each child based on order of finish. At the end of the season awards are given for the most points achieved at these days. Points Days provide an introduction to children on how surf carnivals work while also granting an opportunity for both groups of nippers to meet and make friends. We provide free ferry tickets to all mainland Nippers attending each Points Day, thanks to the generous sponsorship of Sealink Queensland. All members will be notified prior to a Points Day as to which particular ferry we'll all be travelling over on. The JAC operates a fundraising Canteen at the Alma clubhouse on Points Day with yummy food and drinks available. They're great days and we encourage all families to make the effort to attend.

Presentation Day

At the end of the season we have our annual Junior Presentation Day at our Alma Bay clubhouse for a morning of fun and the presentation of awards.

Carnivals

Throughout the season our Club competes in surf carnivals hosted by our own and other clubs in the North Barrier Branch. While competing in carnivals is not mandatory, it is a great opportunity for our U8 to U14 Nippers to get more involved in the sport and the trips away are lots of fun for both the children and adults, with our club emphasis always on participating and "trying your best" rather than results. Our Green Cap nippers do not compete at carnivals. The first carnival of the season is our own Arcadian Carnival at Alma Bay, which is a great experience and a fantastic family friendly event. A full schedule of carnival dates are shown in the Season Dates list. ***Please note: to compete at carnivals all Nippers first have to pass their Competition Proficiency Test. Please see over the page for more information on this.***

COMPULSORY UNIFORM REQUIREMENTS

- Blue Arcadian Stinger Suit - \$65.00 - \$80.00 depending on size
- Pink Vest - \$28.00
- Nipper Cap – either Fluoro Green or Club Colours - \$15.00 or \$22.00 depending on type

Uniforms are available from the Strand Clubhouse, at the Sign On days, at the Pool Proficiency Day, as well as the first few regular Nippers sessions. Please contact the Office on 0439 530 463 or clothing@arcadiansurfclub.com.au for more information.

There are also a number of other Club clothing items available for purchase for adults and children, including polo shirts, long sleeved hooded zip front sun shirts, trucker caps, bucket hats and swim wear. For more info on what we have available and relevant prices please contact our Clothing Officer, Liz Power, on clothing@arcadiansurfclub.com.au.

COMPETENCIES – PRELIMINARY ASSESSMENTS

SLSA believes that all children should be tested before they enter or participate in any SLS Junior Activities. This is to ensure that each child demonstrates a standard of competence to enable preliminary levels of survival skills in an aquatic environment to be achieved. **IMPORTANT NOTE:** ALL children must pass their Preliminary Pool Evaluation and Run-Swim- Run Evaluation before they can participate in regular Nippers sessions, including children who have participated in previous seasons. ALL children must pass their Competition Competency Evaluation before they can compete at sanctioned NBB carnivals.

Junior Preliminary Pool Evaluations (Held prior to season starting)

Age Group	Flotation	Submersion	Propulsion
Under 6	Back or front float for a minimum of 5 seconds, 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, 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 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 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.
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 of 2 minutes.	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.
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.

Note: Children who are unable to complete this section cannot engage in any water activities until this exercise has been successfully completed.

Junior Preliminary Beach/Ocean Evaluation (Held at the first few sessions of Nipper training)

Age Group	Run-Swim-Run Evaluation
Under 6	N/A
Under 7	N/A
Under 8	25m-25m-25m Run-Wade-Run in waist deep water
Under 9	50m – 50m – 50m
Under 10	50m – 50m – 50m
Under 11	50m – 100m – 50m
Under 12	50m – 100m – 50m
Under 13	100m-100m-100m
Under 14	100m-100m-100m

Note: Children who are unable to complete this section cannot engage in any water activities until this exercise has been successfully completed.

Competition Competency Evaluation (Held at the first few sessions of Nipper training)

Age Group	Competition Evaluation
Under 6	N/A
Under 7	N/A
Under 8	25m-25m-25m Run-Wade-Run
Under 9	150m Open Water Swim
Under 10	150m Open Water Swim
Under 11	288m Open Water Swim
Under 12	288m Open Water Swim
Under 13	288m Open Water Swim
Under 14	288m Open Water Swim

Note: This evaluation is not mandatory, however Nippers must achieve this competency before being eligible to compete in carnivals.

SURF EDUCATION

All members are required to gain their respective Surf Education award for their age group during the season and prior to the close of entries of their respective Branch Titles. Nippers achieve these awards by completing their Nipper Activity Booklets throughout the season, except U14's who must complete the Surf Rescue Certificate course to gain their SRC award.

Nipper Awards

Listed below is the Surf Education award listing per age group.

Under 6	Surf Play One
Under 7	Surf Play Two
Under 8	Surf Awareness One

Under 9	Surf Awareness Two
Under 10	Surf Safety One
Under 11	Surf Safety Two
Under 12	Surf Smart One
Under 13	Surf Smart Two
Under 14	Surf Rescue Certificate

Surf Rescue Certificate

All U14's are eligible to complete a Surf Rescue Certificate (SRC) training course. Upon successful completion of their SRC U14's are then required to carry out volunteer patrol duties on weekends and public holidays during the patrol season (September to May). Notices on when SRC courses will be run during the season will be sent out in due course, however the majority of U14's generally choose to undertake their SRC course during the annual North Barrier Branch Youth SRC/BM Live In Camp, which is held over one week during the September school holidays each year. The NBB SRC/BM Camp is usually held at our clubhouse in Alma Bay.

Awards and Competition

All competitors must have gained their respective awards by the date set down by Branch, which is usually early November, and prior to the opening of nominations for Branch Championships.

Note: Competitors aged U14 contesting in U15 events should have successfully gained their **Surf Rescue Certificate (SRC)** prior to competing in these events and have met the required patrol hour obligations which is 4hrs per month after gaining their certificate (even if you have gained your certificate on the last day of the month).

HOW TO STAY UPDATED ON ALL THINGS NIPPERS

There are several ways you can stay updated with any changes or information regarding Nippers sessions:

- We often send out emails to all members with updates and information relating to Nippers or the Club so please ensure your email address is up to date in your online SurfGuard profile when joining the Club. These whole club emails will come for a "no-reply" email address so if you find you're not getting emails during the season please check your Junk folder.
- Join our private Facebook Group – search Arcadian SLSC Nippers. Please note only registered and financial Club members that are parents or guardians of current Nippers will be approved to join this group. Unfortunately due to concerns around child safety and privacy we do not allow grandparents or other family members to join this group.
- Follow us on Facebook – search Arcadian Surf Life Saving Club
- Follow us on Instagram – search arcadian_slsc

WE NEED YOU TO GET INVOLVED AND HELP OUT

Our Nippers program is 100% volunteer led and run, and as such we rely on our Nipper parents to assist us in providing fun, safe and engaging sessions. How can you get involved and help out:

- **Complete a Bronze Medallion (BM) course** with the Club so you can assist with water safety and coaching. We run BM courses throughout the year and welcome all members to participate. The minimum requirements are that you be a financial member of Arcadian SLSC and can swim 400m in nine minutes or less. BM holders are also asked to participate in volunteer beach patrols for the Club during the patrol season, with each patrol team rostered on for a full weekend day or public

holiday every six weeks or so. We patrol Alma Bay, Magnetic Island on weekends and public holidays during the season (September to start of May). Patrolling is a great way to give back to the community, have fun, learn new skills and make new friends, all while enjoying one of our gorgeous local beaches. If you're interested in completing a Bronze Medallion course please contact Amy, Club Administrator, for more information.

- **Complete a Surf Rescue Certificate (SRC) course** with the Club so you can assist with water safety. The SRC course is run in conjunction with the BM course. The minimum requirements are that you be a financial member of Arcadian SLSC and can swim 200m in five minutes or less. SRC holders are also asked to participate in volunteer beach patrols during the season. If you're interested in completing a Surf Rescue Certificate course please contact Amy, Club Administrator, for more information.
- **Become a Nipper Adult Assistant (NAA).** Nipper Adult Assistants are qualified to provide water supervision for wading and 'shallow water' activities to the age appropriate depth for our U6 to U8 age groups. The NAA Award provides an avenue for non-fitness orientated adult members to contribute to the beach and aquatic supervision of our youngest nippers. Further details about completing a NAA Award can be provided by our Club Administrator.
- **Become a Carnival Official.** For our children to compete at carnivals we need a minimum number of Officials. Becoming a Carnival Official is easy and a great option for those parents/guardians that don't have a huge amount of time but still want to help out at carnivals. It involves completing an online course and some practical components. If you're interested in becoming a Carnival Official please contact Amy, Club Administrator, for more information.
- **Become an Age Manager.** Age Managers use their experience and passion for youth development to mentor Nippers and assist with the delivery of surf lifesaving knowledge and skills in a fun and safe aquatic environment. Age Managers are responsible for the care, safety and well-being of the junior members in their age group during training sessions, on Points Days and at Carnivals. The Age Manager certification process involves an online theory component (Age Manager and Observers courses) with on the beach mentoring sessions with our Age Manager Mentor. If you're interested in becoming an Age Manager please contact Amy, Club Administrator, for more information.
- **Join our JAC Committee.** We have a number of positions that require volunteers to assist the Junior Activities President during the season, including JAC Secretary, JAC Treasurer, Gear Steward, etc. If you can help out with a role on the committee, please contact our JAC President, Adam, on jacpresident@arcadiansurfclub.com.au.
- **Volunteer to work at Fundraising Events.** We require volunteers for our Canteen for each of the days we hold Nippers on the Island, as well as other events during the year.
- **Volunteer to do some shifts on the "Rattle the Tins" ferry runs.** SeaLink Magnetic Island very kindly allow our Club to rattle the fundraising tins on ferry runs on special days, such as Boxing Day and New Years Eve. This is a great fundraising activity for the Nippers themselves to participate in. Runs are allocated to a family or group throughout the day depending on availability and you're only required to take a round trip on the ferry, walking around with the tins collecting small coin donations. We've found the Nippers love to do this and the cuteness factor is great for donations!

WAYS YOU WILL BE REQUIRED TO HELP OUT

- We require all Nipper parents/guardians to hold a current Working with Children Blue Card or link an existing Blue Card to Surf Life Saving Queensland. All Blue Card applications are now completed online. Further information will be sent out about this once membership is confirmed.

MEMBERSHIP FEES – 2024–2025 SEASON

Other - Family Group - 2 Nippers, 1 Nipper Parent <i>Nipper parent - Associate Member</i>	\$280.00
Other - Family Group - 1 Nipper, 2 Nipper Parents <i>First Nipper parent - Associate Member Second Nipper parent - Community Member</i>	\$290.00
Other - Family Group - 3 Nippers, 1 Nipper Parent <i>10% discount applied for four or more family members joining together</i>	\$306.00
Other - Family Group - 2 Nippers, 2 Nipper Parents <i>First parent - Associate Member Second parent - Community Member 10% discount applied for four or more family members joining together</i>	\$315.00
Other - Family Group - 3 Nippers, 2 Nipper Parents <i>First parent - Associate Member Second parent - Community Member 10% discount applied for four or more family members joining together</i>	\$369.00
Other - Family Group - 4 Nippers, 1 Nipper Parent <i>Nipper parent - Associate Member 10% discount applied for four or more family members joining together</i>	\$360.00
Other - New Family Group - 1 Nipper, 2 Nipper Parents <i>First parent - Associate Member Second parent - Community Member</i>	\$290.00
Other - New Family Group - 2 Nippers, 1 Nipper Parent <i>Nipper parent - Associate Member</i>	\$280.00
Other - New Family Group - 2 Nippers, 2 Nipper Parents <i>First parent - Associate Member Second parent - Community Member 10% discount applied for four or more family members joining together</i>	\$315.00
Other - New Family Group - 3 Nippers, 1 Nipper Parent <i>Nipper parent - Associate Member 10% discount applied for four or more family members joining together</i>	\$306.00
Other - New Family Group - 3 Nippers, 2 Nipper Parents <i>First Nipper parent - Associate Member Second Nipper parent - Community Member 10% discount applied for four or more family members joining together</i>	\$369.00
Other - Family Group - 1 Nipper, 1 Active Youth Member, 1 Active Patrol Member Parent, 1 Associate Parent	\$369.00
Other - Family Group - 1 Nipper, 2 Active Youth Members, 1 Active Patrol Member, 1 Associate Parent	\$450.00
Other - Family Group - 2 Nippers, 2 Active Youth Members, 1 Associate Parent	\$414.00

MEMBERSHIP FEES – 2024–2025 SEASON CONTINUED

Other - New Family Group - 4 Nippers, 1 Nipper Parent <i>Nipper parent - Associate Member 10% discount applied for four or more family members joining together</i>	\$360.00
Other - Family Group - 1 Nipper, 1 Active Patrolling Member Parent, 1 Nipper Parent <i>First Nipper parent - Active patrol member Second Nipper parent - Community member</i>	\$230.00
Other - Family Group - 2 Nippers, 1 Active Patrolling Member Parent	\$220.00
Other - Family Group - 1 Nipper, 1 Active Patrolling Member Parent	\$160.00
Other - Family Group - 2 Nippers, 1 Active Patrolling Parent, 1 Nipper Parent <i>First parent - Active Patrol Member Second parent - Community Member 10% discount applied for four or more family members joining together</i>	\$261.00
Other - Family Group - 1 Nipper, 2 Active Patrolling Member Parents	\$260.00
Other - Family Group - 2 Nippers, 2 Active Patrolling Member Parents <i>10% discount applied for four or more family members joining together</i>	\$288.00
Other - Family Group - 3 Nippers, 1 Active Patrolling Parent <i>10% discount applied for four or more family members joining together</i>	\$252.00
Other - Family Group - 3 Nippers, 1 Active Patrolling Parent, 1 Nipper Parent <i>First parent - Active Patrol Member Second parent - Community Member 10% discount applied for four or more family members joining together</i>	\$315.00
Other - Family Group - 4 Nippers, 2 Nipper Parents <i>First parent - Associate Member Second parent - Community Member 10% discount applied for four or more family members joining together</i>	\$423.00
Other - New Family Group - 1 Nipper, 1 Nipper Parent <i>One Nipper and One Associate Nipper Parent</i>	\$220.00
Other - Family Group - 1 Nipper, 1 Associate Nipper Parent	\$220.00
Other - Family Group - 3 Nippers, 2 Active Patrolling Member Parents	\$342.00
Other - Family Group - 3 Active Youth Members, 2 Active Patrol Parents	\$423.00



ARCADIAN SLSC NIPPERS SEASON 2024 – 2025 DATES

Regular Nipper Session Saturdays Start Times

Alma Bay: 8.30am

The Strand: Green Caps start at 2.15pm, U8's – U14's at 3pm

PLEASE NOTE – dates are subject to change

July 2023	
Sunday 28 th	<p>10am – 1pm – Clothing Shop open in DOWNSTAIRS training room of Strand clubhouse for existing and new members to purchase uniforms/clothing items</p> <p>10am - 11am - Come & Try Nippers Session on the Strand (<i>for new members only – please invite your friends</i>)</p> <p>11am – 1pm – Sign On, upstairs at Strand Clubhouse (<i>for new members only – please invite your friends</i>)</p>
August	
Saturday 3 rd	<p>10am – 1pm - Clothing Shop open at Alma Bay clubhouse for existing and new members to purchase uniforms/clothing items (EXISTING ISLAND MEMBERS, please email Liz at clothing@arcadiansurfclub.com.au with what items and sizes you require so she can bring over what you need)</p> <p>10am – 12pm – Sign On, Alma Bay Clubhouse (<i>for new members only – please invite your friends</i>)</p>
Saturday 10 th	Island Pool Proficiency Test Day, time and location to be advised
Sunday 18 th	<p>Mainland Pool Proficiency Test Day, at Northern Beaches Leisure Centre, times as follows:</p> <p>9.30am – Green Caps - Under 6's and Under 7's</p> <p>10am – Under 8's</p> <p>10.30am – Under 9's and Under 10's</p> <p>11am – Under 11's and Under 12's</p> <p>11.30am – Under 13's and Under 14's</p> <p><i>Please note: you are only required to attend the session that is relevant for your child/children</i></p> <p>Pool Proficiency Tests are MANDATORY for all Nippers, new or returning. If you cannot make this session please advise Amy ASAP via admin@arcadiansurfclub.com.au. Alternatively, a qualified swimming coach can also sign off on Pool Tests so if your child attends swimming lessons or squad, please ask Amy for the paperwork for your swimming coach to complete and then you will not be required to attend this session.</p>

August	
Monday 26 th	6pm - Surf Sports Meeting, Upstairs Function Room, Strand Clubhouse <i>This meeting is mandatory for all U11-U14 Nippers planning on competing at carnivals this season. Competitors from Under 11's – Under 14's and at least one parent/guardian are required to attend. A parent/guardian of U8's – U10's who are also planning on attending carnivals are also required to attend, however your Nippers don't need to be there.</i>
Wednesday 28 th	4pm-4.30pm - Additional Competition Competency Test session for those that cannot attend the first regular Nippers session and want to compete at the Arcadian Carnival
Saturday 31 st	First regular Nippers session, Island and Strand
September	
Wednesday 4 th	4pm-4.30pm - Additional Competition Competency Test session for those that cannot attend the first regular Nippers session and want to compete at the Arcadian Carnival
Saturday 7 th	Nippers session, Island and Strand
Saturday 14 th & Sunday 15 th	NBB Arcadian U8 – Masters Carnival at Alma Bay, Magnetic Island – NO NIPPERS <i>Volunteers needed for all areas please</i>
Saturday 21 st	NO NIPPERS due to school holidays
Saturday 28 th	Nippers session, Island and Strand
October	
Saturday 5 th	Nippers session, Island and Strand
Saturday 12 th & Sunday 13 th	NBB Forrest Beach U8 – Masters Carnival in Forrest Beach – NO NIPPERS
Saturday 19 th	Nippers Points Day 1 at Alma Bay – 8.30am start <i>Volunteers needed for water safety and the Canteen please</i>
Friday 25 th – Sunday 27 th	SLSQ North Australian Championships for U11 – Masters in Mackay <i>There may be a Green Caps only session on Saturday 26th, depending on volunteer availability. To be advised.</i>
November	
Saturday 2 nd	Nippers session, Island and Strand
Saturday 9 th	Nippers session, Island and Strand
Saturday 16 th	Nippers session, Island and Strand NBB U12 – Masters Surf Rescue Championships in Ayr
Saturday 23 rd	Nippers session, Island and Strand
Saturday 30 th	Nippers Points Day 2 and Club Christmas Party at Alma Bay – 8.30am start for Points Day, 12pm start for Christmas Party <i>Volunteers needed for water safety, Canteen, Lunch service and Bar please</i> Nippers takes a break after this for the Christmas holidays and will be back on the 25 th January 2025
December	
Saturday 7 th & Sunday 8 th	NBB U8 – Masters Branch Championships in Sarina – NO NIPPERS
January 2025	
Saturday 25 th	Nippers Points Day 3 at Alma Bay – 8.30am start <i>Volunteers needed for water safety and the Canteen please</i>
February	
Saturday 1 st	Nippers session, Island and Strand
Saturday 8 th	Nippers session, Island and Strand
Saturday 15 th	Nippers session, Island and Strand
Saturday 22 nd	Nippers session, Island and Strand

March	
Saturday 1 st	9am - Junior Club Presentation Day at Alma Bay and Arcadian's Awesome Colour Run from 11am <i>Volunteers needed for the Canteen and Colour Run</i>
Thursday 13 th – Sunday 16 th	SLSQ Youth State Championships – Tugun (NBB Team of chosen competitors only)