



ARCADIAN SURF LIFE SAVING CLUB'S 2023 – 2024 NIPPERS SEASON

Thank you for your interest in our 2023 – 2024 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 Smith
- Vice President – Paul Chappell
- Club Captain - Matt "Stoney" Stone
- Treasurer – Bob Parker
- Secretary – David Mowat
- Director of Surf Sports (DOSS) – Nathan Burgers
- Cadets & Youth Development Officer – Linda Murray
- 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 – Nathan Burgers, jacpresident@arcadiansurfclub.com.au
- Coaches – Linda Murray, Matt Stone, Nathan Burgers, Wes Grant, Adam Edwards, Harrison Adams, Nathan Slater, Alana Lorimer, Dave Lorimer, Chris Raccuia, Matilda Stone
- Carnival Team Manager – Tracy Stone

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 have their own training session until approx. 5pm

This season we will also be having a joint session, bringing our Island and mainland nippers together for a fun Nippers session at Alma Bay at the start of the season. Please see the Season Dates list for full details.

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, 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. Island families will also receive information on additional weekday training sessions from their relevant coaches.

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 introduce the children to how surf carnivals work while also providing 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 BBQ 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 \$30.00 depending on type

Uniforms are available from the Strand Clubhouse, at the Proficiencies 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, full brimmed 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 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.

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: 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.

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. This award can be acquired by those in U13's once they have turned 13 years of age. Upon successful completion of the 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.

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.
- 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.
- 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. 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 Fundraising Committee.** We rely on fundraising to support our Nippers program, to purchase equipment and maintain facilities. Join the fundraising committee and help with our fundraising activities and come up with new ideas to support our club and Nippers.
- **Volunteer to work at Fundraising Events.** We currently have two major fundraising events during the season, the Arcadian Family Fun Day at Alma Bay in February and the Club Championships After Party at Easter. We require members to assist with a number of roles during these events, with more info provided in the lead to up to each.
- **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!
NOTE: This activity is subject to current COVID restrictions.

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 – 2023–2024 SEASON

Membership fees for the 2023-2024 Season are as follows:

- One Nipper (5 – 13 years) and One Nipper Parent (joining as Associate Member) - \$220.00
- Additional Nippers - \$60.00 each
- Additional Parents (second parent can join as a Community Member however they cannot undertake any awards or courses) - \$70.00 each

It is compulsory for at least one parent/guardian to join along with a Nipper/s as an Associate Member. Primary Parents are eligible to undertake any lifesaving awards, ie. Bronze Medallion as well as Nipper assistance awards, ie. Carnival Officials, Age Manager.

- Active Patrolling Cadet/Junior Member (14 – 18 years) - \$90.00
- Active Patrolling Senior/Masters Member - \$100.00

A discount of 10% off the membership fee total applies to any combined membership of four or more members of the one family when joining or renewing at the same time.



ARCADIAN SLSC NIPPERS SEASON 2023 – 2024 DATES

Regular Nipper Session Saturdays Start Times

Alma Bay: 8.30am

The Strand: Green Caps start at 2.30pm, U8's – U14's at 3pm

PLEASE NOTE – dates are subject to change

July 2023	
Sunday 23 rd	<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> <p>2pm – Season 23/24 Nipper Helpers Info Session upstairs at Strand Clubhouse – please come along if you're interested in helping out with Nippers this season. Our program is completely volunteer run so we would love some more assistance. No experience in surf necessary. Drinks and nibbles provided.</p>
Sunday 30 th	<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>
August	
Sunday 6 th	<p>Mainland Pool Proficiency Test Day, at Northern Beaches Leisure Centre, times as follows:</p> <p>1pm – Under 6's 1.30pm – Under 7's 2pm – Under 8's 2.30pm – Under 9's and Under 10's 3pm – Under 11's and Under 12's 3.30pm – 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>Island Pool Tests date and times TBC</p>

August	
Saturday 12 th	First regular Nippers session, Island and Strand
Saturday 19 th <i>*Special joint session on the Island</i>	8.30am – Mainland Nippers to join Island Nippers at Alma Bay - Competition Competency testing to be completed for those wanting to attend carnivals NO STRAND NIPPER SESSION
Saturday 26 th	Nippers session, Island and Strand Craft & Surf Boat Carnival, Tsv Picnic Bay on the Strand – Details still to be confirmed
September	
Saturday 2 nd	Nippers Points Day 1 at Alma Bay – 8.30am start <i>Volunteers needed for the BBQ please</i>
Sunday 3 rd	Arcadian’s Great Inflatable Race at Picnic Bay, Magnetic Island <i>A fundraising activity which will be part of the Magnetic Island Race Week Father’s Day event. More details to come but “save the date” because it will be lots of fun!</i>
Saturday 9 th	Nippers session, Island and Strand
Saturday 16 th & Sunday 17 th	Arcadian U8 – Masters Carnival at Alma Bay, Magnetic Island – NO NIPPERS <i>Volunteers needed for all areas please</i>
Saturday 23 rd	NO NIPPERS due to school holidays
Saturday 30 th	Nippers session, Island and Strand
October	
Saturday 7 th & Sunday 8 th	Forrest Beach U8 – Masters Carnival in Forrest Beach – NO NIPPERS
Saturday 14 th	Nippers session, Island and Strand
Saturday 21 st	Nippers session, Island and Strand
Friday 27 th – Sunday 29 th	North Australian Championships for U11 – Masters in Mackay <i>There may be a regular Nippers session on Saturday 28th, depending on volunteer availability. To be advised.</i>
November	
Saturday 4 th	Nippers session, Island and Strand
Saturday 11 th	Nippers session, Island and Strand North Barrier Branch U12 – Masters Surf Rescue Championships in Ayr
Saturday 18 th	Nippers Points Day 2 at Alma Bay – 8.30am start <i>Volunteers needed for the BBQ please</i>
Saturday 25 th	Nippers session, Island and Strand
December	
Saturday 2 nd & Sunday 3 rd	North Barrier Branch U8 – Masters Championships in Sarina – NO NIPPERS
Saturday 9 th	Nippers Points Day 3 and Club Christmas Party at Alma Bay – 8.30am start for Points Day, 12pm start for Christmas Party <i>Volunteers needed for the BBQ, Lunch and Bar please</i> Nippers takes a break after this for the Christmas holidays and will be back on the 20 th January 2024
January 2024	
Saturday 20 th	Last Nippers session, Island and Strand, for the season
Saturday 27 th	8.30am - Junior Club Presentation Day at Alma Bay and Arcadian’s Family Fun Day event at Alma Bay from 10am <i>Volunteers needed for the BBQ, Colour Run and Games please</i>
March	
Thursday 21 st – Sunday 24 th	SLSQ Youth State Championships – Burleigh Heads (NBB Team of chosen competitors only)