



## WELCOME TO THE ARCADIAN SURF LIFE SAVING CLUB 'S

### 2021 – 2022 NIPPERS SEASON

Thank you for your interest in our 2021 – 2022 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 – Kylee de Rooy
- Vice President – Paul Smith
- Club Captain/Director of Surf Sports (DOSS) – Matt “Stoney” Stone
- Treasurer – Bob Parker
- Secretary – Paul Chappell
- 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](mailto:jacpresident@arcadiansurfclub.com.au)
- Island Nippers Co-ordinator – Helen Mowat
- Mainland Coaches – Adam West, Linda Murray, Matt Stone, Jess Roberts, Nathan Burgers, Cody Roth
- Island Coach – Paul Smith
- 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 Monday to Friday, 9.30am to 5pm. Contact details are:  
P. 0439 530 463  
E. [admin@arcadiansurfclub.com.au](mailto: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](mailto: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

Island nipper sessions will continue to be run on Saturdays starting at 8.30am for all age groups, as per last season.

However, there will be a change to the start and finish times of the regular mainland Nippers sessions this season. This season the JAC has decided to change the programming of the Nippers sessions to a more efficient system with a focus on different elements each week, on a rotating basis. As such, the age groups will have staggered start and finish times, as follows:

- 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 and U15 start at 2.30pm and finish approx. 5pm

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. 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 also 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 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. The first carnival of the season is the Townsville Picnic Bay Under 8 to Under 17 Carnival on the Strand. ***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 - \$75.00 depending on size
- Pink Vest - \$25.00
- Nipper Cap – either Fluoro Green or Club Colours - \$15.00 - \$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](mailto: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 sun shirts, peaked 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](mailto: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 initial Pool Proficiency Test before they can participate in regular Nippers sessions. ALL children must pass their Competition Proficiency Test before they can compete at sanctioned NBB carnivals.

### Pool Swim/Survival Float Proficiency Test (Held prior to season starting)

Under 6	Kick on wall with face in water	30 second float
Under 7	Kick on wall with face in water	30 second float
Under 8	25 metre swim (freestyle)	1 minute survival float
Under 9	50 metre swim (freestyle)	1 minute survival float
Under 10	50 metre swim (freestyle)	1.5 minute survival float
Under 11	100 metre swim (freestyle)	2 minute survival float
Under 12	100 metre swim (freestyle)	2 minute survival float
Under 13	150 metre swim (freestyle)	3 minute survival float
Under 14	200 metre swim (freestyle) in less than five mins	3 minute survival float

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

Pool Swims and Run/Swim/Runs are conducted on a seasonal basis - not yearly basis i.e. a person who was an Under 11 last season and performed a 50-100-50m Run/Swim/Run, still has to perform a 50-100-50m Run/Swim/Run at the start of the next season, even if it is the same distance as the previous season. All preliminary and competency tests are to be assessed at the start of each season.

### Competition Proficiency Test (Held at the first session of Nipper training)

Under 6	N/A
Under 7	N/A
Under 8	Run-Wade-Run (25m-25m-25m)
Under 9	Run-Swim-Run (50m-50m-50m)
Under 10	Run-Swim-Run (50m-50m-50m)
Under 11	Run-Swim-Run (50m-100m-50m)
Under 12	Run-Swim-Run (50m-100m-50m)
Under 13	Run-Swim-Run (100m-100m-100m)
Under 14	Run-Swim-Run (100m-100m-100m)

**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 Sundays and public holidays. Notices on when SRC courses will be run during 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. If you think the email address we have for you may not be correct please email Amy as per the address listed on page one to update your details.
- 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 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 one practical beach session and two 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 Aussie Family Fun Day at Alma Bay in January 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. Please refer to the attached Application Guide for more information. If you already have a Blue Card via another organisation we will need to link that card to SLSQ, please provide these details to Amy in the Administration Office. If you are a school teacher or police officer you will be required to complete an Exemption Form. Please contact Amy for an Exemption Form.
- Duties Roster – for each week of regular training on the mainland there is a roster system in place to ensure the tasks required to run a Nippers session, such as supplying the cut up fruit and bringing up the gear, are spread evenly throughout the age groups/families. Please see the attached Duties Roster for this upcoming season.

## MEMBERSHIP FEES – 2021–2022 SEASON

Membership fees for the 2021-2022 Season are as follows:

- Nippers (5 – 13 years) - \$50.00 each
- Primary Associate Nipper Parent - \$145.00  
*It is compulsory for at least one parent/guardian to join along with a Nipper/s as the Primary Associate Nipper Parent. Primary Parents are eligible to undertake any lifesaving awards, ie. Bronze Medallion as well as Nipper assistance awards, ie. Carnival Officials, Age Manager.*
- Secondary Associate Nipper Parent - \$50.00  
*Secondary Associate Nipper Parents are only eligible to undertake Nipper assistance awards such as Carnival Official or Age Manager. If the Secondary Parent would like to undertake any lifesaving awards they will need to pay an additional fee.*
- Active Patrolling Cadet/Junior Member (14 – 18 years) - \$105.00
- Active Patrolling Senior/Masters Member - \$125.00

**A discount of 20% off the membership fee total applies to any combined membership of three or more members of the one family when joining or renewing at the same time.**