

NIPPER HANDBOOK 2024-2025



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ALEXNADRA HEADLAND SLSC MEMBERSHIP FEES

2024-2025

Memberships:

Active Membership 18+	\$115
Associate Membership	\$115
U15-U18	\$95.00

NOTE: The ABOVE fees include membership to the Supporters Club

Junior Activity Family Membership Fees (U6-U14s)

Parent/s + 1 child	\$265
Parent/s + 2 Children	\$340.00
Parent/s + 3 or More Children	\$400

Welcome to the Alex Headland Junior Activities Program 2024-2025



The Alexandra Headland SLSC Junior Activities Committee (JAC) run the Alex Nippers each Sunday at Alexandra Headland beach from September through to March.

As nippers progress through the age groups, they participate in board paddling, surfing, swimming, sprinting, wading and fun activities and games, depending on their ages and abilities. At Alex, the emphasis is on having fun whilst developing surf skills.

Practicing these skills helps develop competence and confidence in the surf environment. It also allows children to compete in Club, Branch and State Lifesaving carnivals. Through SLSA, nippers can participate in junior development camps throughout the season. At Alex, we also have annual overnight camps for the U11-13 cohort.

Most Under 14 Nippers undertake a Surf Rescue Certificate (SRC). Probationary surf life savers can achieve this award from the age of 13 years and this helps to prepare them for active patrolling duties with Alex SLSC. The award trains candidates in rescue skills, first aid and patient management, resuscitation and a theoretical component exploring safety knowledge and surf awareness. To celebrate passing their SRC, the under 14's go to Stradbroke Island on an exciting camp where fun and team-building is paramount. We hope that you will come and enjoy the surf lifesaving season at Alex Nippers. Alex Nippers is a family affair and it is compulsory for parents to remain on the beach to support their children and be available in case of an emergency.

Age Groups

Junior Activities are grouped by their age on 30th September of each year. For Nipper Sundays, each nipper can be identified by age group by the colour of their cap. The colour cap needed is shown in the table below.

Unfortunately it is not possible for nippers to go into a different age group under any circumstances due to Branch policy and the SLSA insurance arrangements. Please do not ask to change groups as our age managers are prevented from accommodating any requests.

The table above shows the age group according to date of birth and the colour of cap that is required for any training session (including nipper Sundays).

AGE GROUPS 2024/2025 NIPPER SEASON - CALCULATED AGE OF BIRTH 1 OCTOBER													
	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	
2019				U6	U6	U6	U6	U6	U6	U6	U6	U6	PINK/GREEN
2018	U6	U6	U6	U7	U7	U7	U7	U7	U7	U7	U7	U7	GREEN
2017	U7	U7	U7	U8	U8	U8	U8	U8	U8	U8	U8	U8	BRONCO
2016	U8	U8	U8	U9	U9	U9	U9	U9	U9	U9	U9	U9	BLUE
2015	U9	U9	U9	U10	U10	U10	U10	U10	U10	U10	U10	U10	RED
2014	U10	U10	U10	U11	U11	U11	U11	U11	U11	U11	U11	U11	YELLOW
2013	U11	U11	U11	U12	U12	U12	U12	U12	U12	U12	U12	U12	PURPLE
2012	U12	U12	U12	U13	U13	U13	U13	U13	U13	U13	U13	U13	JADE
2011	U13	U13	U13	U14	U14	U14	U14	U14	U14	U14	U14	U14	Club Cap
2010	U14	U14	U14										Club Cap

Blue Card

Step 1 - It is strongly advised that members over the age of 18+ apply for a blue card.

Step 2- Register for a Blue Card Services online account at: [Blue Card Services Applicant Portal](#)

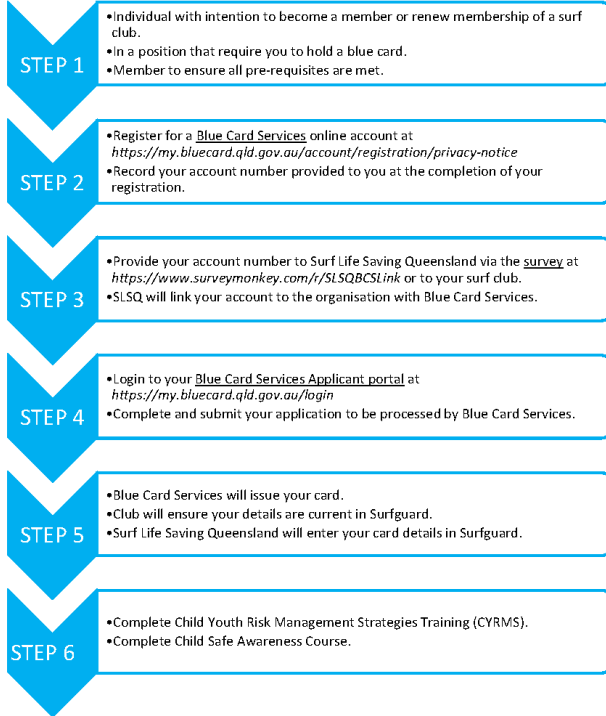
Step 3 - Link your Account at: [Surf Life Saving Queensland - Linking Blue Card Services Online Account and Valid Blue Card Survey \(surveymonkey.com\)](#)

Step 4 - Complete and submit your application via: [Blue Card Services Applicant Portal](#)

Step 5 - Blue Card Services will issue you a card, send these details to us so we can put it in surfguard.

Step 6 - Complete Child Youth Risk management Strategies (CYRMS) and Child Safe Awareness Course (CSA) via your members portal: [SLS Members Area - Login](#)

Please Ring the office for help with any of these things: 07 5456 7804



Resources:

- Location: [Blue Card Services Applicant Portal](https://my.bluecard.qld.gov.au/account/registration)**
<https://my.bluecard.qld.gov.au/account/registration>
- > Volunteer Blue Card Application or Renewal Form
 - > Exemption Card Application Form
- Location: [SLS Members Area eLearning](https://members.sls.com.au)**
<https://members.sls.com.au>
- > Child Youth Risk Management Strategies Training (CYRMS)
 - > Child Safe Awareness Course

Pre-requisites for members:

- > Be a Financial Member
- > 18 years and over or approaching your 18th birthday
- > Hold valid Queensland Transport and Main Roads identification or Customer Reference Number

Key Points:

- > Please ensure correct details are provided.
- > Please respond to correspondence from Blue Card Services to provide required information for your application to be processed.
- > Please ensure you renew your blue card before the expiry date to avoid processing delays and continue volunteering.

Pool Proficiencies

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.

For Families that were not able to attend our pool proficiency day, Flying Fish Swim School can assess your pool swim evaluation for \$10.

email: hello@flyingfishswimschool.com.au | phone: 5443-1159.

BOOKINGS ESSENTIAL!!

Ocean Proficiency and Comp Swim			
U8	Run-Wade-Run		Comp Wade
	25m-25m-25m		25m-25m-25m
U9/U10	Run-Swim- Run		Comp Ocean Swim
	50m-50m-50m		150m
U11/U12	Run-Swim- Run		Comp Ocean Swim
	50m-100m-50m		288m
U13	Run-Swim-Run		Comp Ocean Swim
	100m-100m-100m		288m
U14s	SRC		

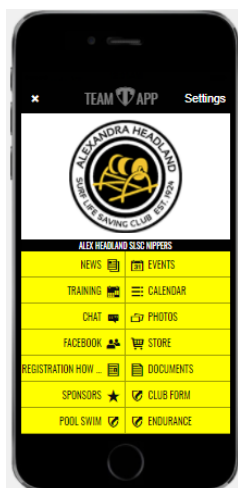


OCEAN PROFICIENCY AND COMP SWIM

Sunday 15th and 22nd of September: 8am - 930am

U11s -U13: Alexandra Headlands / U9s - U10s: Mooloolaba Spit

Communication



100

HOW TO JOIN

stack team app

- 1 DOWNLOAD SMARTPHONE APP**
 - AppStore or Google Play
 - Search for StackTeamApp
 - Download to your phone
- 2 SIGN UP TO TEAMAPP**
 - Create Team App Account
 - Validate your email
- 3 SEARCH FOR ALEX**
 - Search for Alex Headland SLSC Nippers
- 4 REQUEST TO JOIN**
 - Select Join this Team
 - Enter a reason for joining (e.g. U10 member)
- 5 CHOOSE ACCESS GROUPS**
 - Select the Access Groups you would like to see the information for (sports, age group etc)
- 6 SELECT NOTIFICATIONS**
 - Check your member details.
 - Select the groups you would like
 - You may choose turn off some
 - audible notifications

www.alexsurfclub.com.au
e:lifesavers@alexsurfclub.com.au

Facebook

We have a closed Facebook: **Alex SLSC - Nippers Group**. Please ask to join but accompany your request with a message letting the administrator know who your nippers are so that we can identify you.

Nipper Sundays

The first Nipper **Sunday is the 29th of September**. Sunday is the core foundation training day to learn lifesaving skills - all nippers are expected to attend the Club. Many choose to do additional training on other days to build on these basic skills and to participate in surf sports. We encourage the more experienced nippers to assist their team-mates on Nipper Sundays to build strength into our club. Weekday training is the time to train hard and push boundaries, Sunday nippers is about the group, about learning technical skills and about lifesaving. Nippers are not able to enter into surf sports carnivals and weekday training without attending nipper Sundays.

Nipper Sundays are not held for 2-3 weeks at Christmas or during surf sports carnivals for the age groups that are included. We recommend that you keep this calendar and use it to back-up the information we will provide weekly through the Team App.

We understand that you may have other commitments and will be unable to attend every week. However there are minimum requirements to the age awards your child will work towards achieving. The skills progress quickly so they would benefit from attending as many Sundays as possible. To enter competitions/carnivals (Water or Beach) there is the expectation that your child will be attending nipper Sundays.

On Sundays GREEN CAPS U6/7s START AT 8AM SHARP, age groups u8 and above start at 7.30am SHARP and finish at 9.30am. Announcements are made on the beach in front of the training room before nippers starts. A BBQ is available throughout and after the session - this provides important funds for nippers and we appreciate your support of the BBQ. Age groups rotate in manning the barbeque and all families are rostered onto two shifts throughout the season.

All nippers must sign on with their parent rep before participating in Sunday training and it is a non-negotiable requirement that a parent or guardian is **available on the beach** whilst children are training. This is important for your child's safety and for the safety of the other children and in case of a medical emergency it is imperative that someone is available for them if they need you. If your child needs to leave the beach any time during Club Sundays, you must notify their Parent Rep

NIPPERS IS NEVER A DROP AND GO ACTIVITY. YOU MUST STAY ON THE BEACH AND DIRECTLY SUPERVISE YOUR CHILD. GOING FOR A WALK OR RUN IS NOT CONSIDERED "PRESENT".

Nipper Sundays finish between 9.45 and 10.30 depending on group activities. Throughout the season the Age Managers are your point of reference for all questions. They are working with the age group and are responsible for your nipper. Please introduce yourself to your age manager and remember to advise them of any special needs that your child may have. **Age Managers often require assistance so please offer to help wherever you can.**

Nipper Sunday attendance is a key metric into the Age Manager's awards given at the annual presentations.

Junior Age Awards

As part of the Junior Development and Junior Activities Programs, children have the opportunity to gain a junior development award each season; each member should be encouraged to attain their respective age award. Below are the age awards for each age group:

- Under 6 Surf Play One
- Under 7 Surf Play Two
- Under 8 Surf Aware One
- Under 9 Surf Aware Two
- Under 10 Surf Safe One
- Under 11 Surf Safe Two
- Under 12 Surf Smart One
- Under 13 Surf Smart Two
- Under 14 Surf Rescue Certificate (SRC)

For further information please log into your SLSA portal account.

Sun Safety

Please remember to be sun-safe at all Nipper activities. We strongly encourage nippers to wear adequate rash vests during **ALL training sessions** along with suitable sunscreen and hats whenever possible. A rashie can be worn under a High Visibility Vest.

If you are new to nippers, chat to some of the more experienced members about the products they use to remain sun-safe during prolonged sun-exposure in water. It is a challenge for nippers but it is **important** to prioritize this above all else. No child is going to thank you for letting this slip - skin cancer is not a joke. We understand that many competitors prefer not to wear long sleeved rashies as the surf races become more competitive but we advise long sleeved club supplied or trendy surf brand black rashies be worn for ALL TRAINING SESSIONS.

Uniforms

A High Visibility Vest / Rashie and a Nipper Cap (available from uniform shop) are compulsory for participation in the Sunday Nipper program and for all weekday training sessions. It is a team rule that kids are not able to compete at Carnivals without the correct Club attire. Uniforms can be purchased through the office.

Alex Club issued togs must be worn for any representative carnival. It is not compulsory to wear club togs to weekday training or nipper sundays although high cut/smaller than “brief” cut bikini bottoms are not suitable training wear and only full bottom style, pre-approved togs are permitted. The full Uniform policy can be found on our website.

Nipper caps must be removed **ONCE NIPPER IS SIGNED OUT**. Please do not leave nipper caps on when sessions have finished - you must never leave your child in the water wearing a nipper cap outside of actual training.

Nippers will need a clearly named water bottle for all Nipper Sundays and training sessions.

Swimming goggles will also be needed for Nipper Sundays and any Iron or Swim training sessions held throughout the week. Nippers most often select clear goggles (non mirrored/reflective) for Ocean Swimming.

Carnival Uniform



- Alex Club Cap
- Pink High Vis Vest (not faded or torn, Alex branded)
- Only **Alex Club togs** are to be worn for carnivals
- Alex brand screen printer is available (see office)
- No watches can be worn during races or warm up.



Code of Conduct

Members and all people involved in any way with SLS will:

- a) Respect the rights, dignity and worth of others—treat others as you would like to be treated yourself
- b) Be ethical, considerate, fair, courteous and honest in all dealings with other people and organisations
- c) Be professional in, and accept responsibility for your actions
- d) Be aware of and follow—at all times—SLS’ standards, rules, policies and procedures and promote those standards, rules, policies and procedures to others
- e) Operate within the rules and spirit of the sport, including the national and international guidelines that govern SLS
- f) Understand the possible consequences of breaching the codes and/or this policy
- g) Report any breaches of the codes or this policy to the appropriate PPA
- h) Refrain from any form of abuse, harassment, discrimination and victimisation towards others
- i) Raise concerns regarding decisions of PPA through the appropriate channels and in a timely manner
- j) Provide a safe environment for the conduct of activities in accordance with any relevant SLSA policy
- k) Show concern, empathy and caution towards others that may be sick or injured
- l) Be a positive role model to all
- m) Respect and protect confidential information obtained through SLS activities or services; whether individuals and/or organizational information
- n) Maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to the role(s)
- o) Ensure that any physical contact with others is appropriate to the situation and necessary for the person’s skill development
- p) Refrain from intimate relations with persons over whom you have a position of authority
- q) Agree to abide by the codes
- r) Maintain a duty of care towards others
- s) Be impartial and accept the responsibility for all actions taken Person in Position of Authority

(PPA): PPA include everyone who holds a position of authority in SLS, whether paid or unpaid, and includes, but is not limited to, all SLS Entity Individual Members. For the avoidance of doubt, PPA also includes Child or Young Person (CYP) who may hold a position of authority in SLS over other CYP.

Photography

We do not have any jurisdiction over photography on public beaches, however, if you see anything that concerns you, please chat to your Age Manager who in turn can involve the Patrol if necessary. Please take care to photograph only your own child where possible during sessions as other people may object.

We draw your attention to No# 8 of the member terms and conditions that you sign when joining Nippers.

Use of image: *I consent to the relevant SLS Organisation(s) of which I am a member, using my name, image, likeness and also my performance in or of any SLS Activity at any time to promote the Objectives of the relevant SLS Organisation(s), by any form of media. I waive any rights I might have to or in such use of my name, image or likeness by the relevant SLS Organisation(s).*

Please let us know if you do not want your child's photo to be used and we will try our best not to feature your child when sharing images with other families on our closed Alex Nipper group.

Only SLSA accredited photographers are allowed onto any "controlled" competition areas at any Carnival. Any other photographers can and should be asked to leave. If a photographer cannot produce their accreditation or they do not leave the controlled area they should be escorted from the relevant area by security. The police may also be called. Non-accredited photographers can take photographs from all publicly accessible areas, for example, grandstands, footpaths or boardwalks.

For the policy in full - [Surf Life Saving Australia Photography Policy](#)

ALL CLUB PHOTOGRAPHERS WILL REQUIRE A BLUE CARD PRIOR TO COMMENCEMENT OF THE ROLE.

Volunteering

The success and community spirit of our club is made possible with the involvement and contributions of our generous members. By involving yourself in some way, you help all our children and get to know other members, all while having fun. What a great way to teach our kids how to be a contributing member of the community. You do not need to be a strong swimmer or a lifesaver to help our community – there are roles suited to all volunteers.

You can help at Nippers each Sunday with:

- Water Safety (SRC or Bronze medallion required)
- NAA Award
- Helping your age group by signing in the kids and carrying the water bottle bucket
- BBQ - preparing, serving, pack up, etc - each family is expected to take a rostered spot.
- Activities set up & pack up
- Fundraising like selling raffle tickets, collections, etc

Other ways you might like to help make our club run well are:

- Obtain your Surf Rescue Certificate (SRC) or Bronze Medallion (BM) to provide water safety to our junior members. The club runs free short courses for parents to become Water Safety Officers. Surf Life Saving Australia sets strict regulations for Nippers water safety with a ratio of 1:5 for proficient Nippers. To ensure all water activities run smoothly, we need a high number of parent support for water safety. **Without adequate water safety, our kids cannot get into the water.**
- Become an Official. Courses are run throughout the season so you can take an official role at carnivals. **If we do not provide Officials - our kids don't compete.**
- Learn new skills and gain qualifications in first-aid to help beach patrols and carnivals.

If your child competes in U11+ carnivals there is an **expectation** that you will support our Nippers Club in some way. This may be as an official, water safety, age manager, team manager or committee member, etc. We all have children we want to watch. If we all contribute, it will mean the same people are not doing all the work and we will build a stronger, community minded club.

ALL SURF SPORTS COMPETITORS U11+ WHO HAVE BEEN WITH THE CLUB 1+ YEAR ARE EXPECTED TO HAVE A PARENT WHO HAS AN SRC OR AN OFFICIALS CERTIFICATE

[Link to course INFO](#)

NIPPERS CALENDAR 2024/25 SEASON

Sun: 15 Sep	U11-13s @Alex 8am Ocean Proficiency
Sun: 15 Sep	U9s-10s @Mooloolaba Spit Ocean Proficiency
Sun: 15 Sep	U14s leave for STRADDIE CAMP
Sat: 21 Sep	State Endurance U11 plus Championships@ Burleigh Heads
Sun: 22 Sep	U11s ~U13s @Alex 8am Ocean Proficiency
Sun: 22 Sep	U9s-10s @Mooloolaba Spit Ocean Proficiency
Sun: 22 Sep	
Sat: 28 Sep	KOZZI CARNIVAL
Sun: 29 Sep	First Nipper Sunday @ Alex U6s -U13s
Sat: 5 Oct	Branch Selection U13 ~ U17 @TBA
Sun: 6 Oct	Nipper Sunday
Sat: 12 Oct	COOLANGATTA GOLD YOUTH CHALLENGE
Sun: 13 Oct	Nipper Sunday
Sat: 19 Oct	Rainbow Junior U8-U15@ RAINBOW BEACH
Sun: 20 Oct	NO NIPPERS
Sat: 26 Oct	
Sun: 27 Oct	NIPPER SUNDAY
Sat: 2 Nov	HAYDEN KENNY CLASSIC U15s - OPENS
Sun: 3 Nov	Hayden Kenny Classic NipperS U11 - U14S
Sun: 3 Nov	NO NIPPERS
Sat: 9 Nov	CENTURY 21 U11S - U15S Carnival @ MAROOCHYDORE
Sun: 10 Nov	NIPPER SUNDAY
	QLD BEACH SERIES R1 @TBA
Sat: 16 Nov	JUNIOR CARNIVAL TEAMS@TBA U8s-U10s
Sun: 17 Nov	NIPPER SUNDAY
Sat: 23 Nov	
Sun: 24 Nov	NIPPER SUNDAY
Sat: 30 Nov	INTERBRANCH CHAMPS U13S UP
Sat: 30 Nov	JUNIOR CARNIVAL INDV @TBA U8S -U10S
Sun: 1 Dec	NIPPER SUNDAY

Sat: 7 Dec	
Sun: 8 Dec	NIPPER SUNDAY
Sat: 14 Dec	
Sun: 15 Dec	NO NIPPERS CHRISTMAS BREAK
Sun: 22 Dec	NO NIPPERS CHRISTMAS BREAK
Sun: 29 Dec	NO NIPPERS CHRISTMAS BREAK
Sat: 4 Jan	QLD BEACH SERIES R2 TBA
Sun: 5 Jan	NO NIPPERS CHRISTMAS BREAK
Sun: 12 Jan	NIPPER SUNDAY
Sun: 19 Jan	NIPPER SUNDAY
Sun: 26 Jan	NIPPER SUNDAY
Sun: 2 Feb	NIPPERS SUNDAY
Sun: 9 Feb	NIPPER SUNDAY
Sat: 15 Feb	SUNSHINE COAST YOUTH CHAMPS@TBA U11-U15S
Sun: 16 Feb	SUNSHINE COAST YOUTH CHAMPS@TBA U11-U15S
Sat: 22 Mar	QLD BEACH SERIES RD3
Sun: 23 Feb	NIPPER SUNDAY
Sun: 2 Mar	NIPPER SUNDAY
Sun: 9 Mar	LAST NIPPERS FOR THE SEASON

Thu: 13 Mar	STATES U11s-U15s YOUTH@TUGAN
Fri: 14 Mar	STATES U11s-U15s YOUTH@TUGAN
Sat: 15 Mar	STATES U11s-U15s YOUTH@TUGAN
Sun: 16 Mar	STATES U11s-U15s YOUTH@TUGAN

Carnivals

How do I find out about Carnivals & Training?

Both of these can be found on Stack Team App. The first carnival of the season and the favourite of many (being the only U8-15 Carnival and the only stay-away trip) is the Banjo Memorial Carnival held annually at Rainbow Beach. If you would like to take part (and we encourage you to come join us) – get those proficiency tests done at the earliest opportunity so that you are able to nominate.

How to Nominate

- This year Carnival Nominations will be online - through TeamApp.
- All relevant evaluations must have been completed.
- Surf Sports Contribution must have been made.
- U11+ competitors must have a family volunteer (jac, official or water safety)
- Alexandra Headlands SLSC shall pay entry fees for all Club endorsed carnivals (Sunshine Coast Branch and State Carnivals) and user nominates and pays direct for other events (Young Guns, Hydothon, Coolangatta Gold, Interstate carnivals).

Where a junior member enters a carnival and subsequently fails to attend or withdraws after the carnival closing date, the member will be required to reimburse the club for the carnival entry fees. In circumstances where other team members have been let down, the junior member may also forfeit team selection in future carnivals where the reason for failed attendance is not deemed satisfactory by the team selection committee.

CAR PARKING

Car Parking is available at Mari St

