



Nipper Program
Essentials Pack
2025-2026

Important Information

Mudjimba Surf Life Saving Club

Mudjimba Esplanade, Mudjimba Beach QLD 4564

PO Box 9015, Pacific Paradise QLD 4564

Telephone | 07 5448 7080

Email | Nippers@mudjimbasurf.com.au

Website | www.mudjimbasurf.com.au/Nippers



Mudjimba SLSC Members

Join our Facebook Group to receive important news and updates.



Instagram: MudjimbaNippers

Office Hours (Club Rooms)

Monday -Friday 8:45am – 11:45am

Bank Details

BSB: 633000

ACC: 124469958

Ref: Your Surname and Initial



Please remember all Nipper Program calendar and events days are subject to change
Weather and surf conditions may be subject to change at short notice.

Our cancellation Policy includes consultation between the Patrol Captain, Water Safety Supervisor and Chair but we will endeavour to support an amended program when safe to do so.

Please check www.mudjimbasurf.com.au/Nippers and our Instagram page. We will also aim to send a text message on the morning of the event.



The Team at Mudjimba SLSC

Junior Activities Committee (JAC)

Chairman:	Zoe Naylor
Deputy Chairman:	
Secretary:	Narelle Robertson
Registrar:	Bronnie Veitch
Carnivals Officer:	Lara Bathe
Education Officer:	Jill Penridge
BBQ Coordinator:	
Clothing Coordinator:	Fiona McKennariey
Chief Water Safety Officer:	Aaron Nugent

Mudjimba SLSC Executive

President:	Phil Daniels
Deputy President:	Karac Eden
Director of Administration (Secretary):	Sally O'Neil
Director of Finance:	Narelle Robertson
Director of Lifesaving (Club Captain):	
Director of Junior Activities:	Zoe Naylor
Director of Surf Sports:	Lara Bathe
Director of Training and Eductions:	Jill Penridge
Director of Youth and Member Development:	Penelope Earl

Parent responsibilities

How to get involved

For Junior Activities to exist, the support of volunteers in various roles throughout the season is crucial. Regardless of whether you are a strong swimmer or not, there will always be somewhere you can lend a helping hand. Below you can find a list of some of the more common roles that are available within Surf Life Saving specific to Junior Activities. If any parents or siblings of your Junior Activities members are interested in any of these roles, pass on this information so they know how to get involved.

Roles that DON'T require an award:

Beach set up/pack down (**all Parents essential assistance every week**)

Canteen/BBQ (**all Parents essential assistance every week**)

Fundraising, Uniforms

Gear and equipment maintenance

Photographer*

Assistant Age Manager/ Parent Rep.
Coordinator

Member of Junior Activities Committee

Head counting/surveillance

Water bottle & Sun block



Water Safety

(No water safety = No Nippers, so do your swim and slap on an orange vest)

Parents wishing to participate in the **Deep Water Swim** or **Board Activities** must complete SRC certificate and sign up as a **Water Safety Officer**. (The course is FREE!!!).

FREE Full training is given to people who are interested in helping on Sundays. Please let your Age Manager know as a course will start soon. For further clarification of the Policy statement from SLSA on Junior Activities Water Safety Requirements, please contact the Club Captain. (*this activity is really fun, you don't have to be an olympian to be one, 200m swim, only 4 laps of an olympic pool in under 5 minutes*).

Supporting your Age Manager

Parents who are Club Members and hold a current Blue Card can help make the Nipper program a fantastic experience for your children. Here are some ways to assist and support our Age Managers while you have front row seats for all the action:

- Shallow-water Wade in ADDITION to but not instead of the minimum Water Safety Officer's ratio of 1:5.
- Be a marker for Wades
- Head counting (more eyes the better)
- Board management (eg collecting the board when it is lost in the surf + 20 push-ups)
- Set up Flags and help at finish line
- Rake sand for Flags

The Weekly Routine

Children need Club togs, Hi Vis Vest, water bottle and sun protection applied. Goggles are optional but recommended.

7.30am	Breaky Starts and help set up beach
8.00 am	Meet up with Age Managers, sign on and put your cap on
8.15 am	Announcements from JAC
8.25 am	Group warm up on the sand
8.30 am	Water and Beach Activities
10.30am	Back to the clubhouse for wrap up then sign-off children. BBQ

BBQ Set Up (EVERYONE Helps on Your allocated Week)

Each week a different age group takes turns to set up the BBQ duties. All food and gear is provided. Loretta and Matt are the BBQ co-ordinators and each parent group will assist them in providing BBQ set up. Please see below a roster schedule for each age groups family. You will be asked assistance until pack up on your allocated week.

Roster Schedule

Week 1	Under 13s	12 October			
Week 2	Under 12s	19 October	Holidays and Australia Day No Nippers		21 December - 6 January
Week 3	Under 11s	26 October			
Week 4	Under 10s	2 November	Week 12	Under 12	1 February
Week 5	Under 9s	9 November	Week 13	Under 11	8 February
Week 6	Under 8s	16 Nov	Week 14	Under 10	15 Feb
Week 7	Under 6 & 7s	23Nov	Week 15	Under 9s	22 Feb
Week 8	Under 12	30 Nov	Week 16	Under 8s	1 March
Week 9	Under 11	7 December	Week 17	Under 6 & 7s	8 March
Week 10	Under 10	14 December	Week 18	Under 13	15 March
Week 11	Under 9	20 December	Nippers Awards & Fun Day		22 March
			TBA Break up Party		29 March



Beach Set Up (EVERYONE Helps on Your allocated Week)

Each week a different age group takes turns to set up the beach. WHAT IS REQUIRED: Marking out Nipper areas with ropes, assigning flags & markers to designated areas, shade tents & tables up, moving equipment to training zones. Please see below a roster schedule for each age groups family. You will be asked assistance until pack up on your allocated week. **More hands the better with these jobs, even if it's not your week, pitch-in and lend a hand.**

Roster Schedule

Our Weekly Email will name which age group will be on beach set up that week 😊



The Nippers Program

Age Groups

Age Groups for 2025-2026 Season												
Month and Year of Birth												
Age	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep
U6	2019	2019	2019	2020	2020	2020	2020	2020	2020	2020	2020	2020
U7	2018	2018	2018	2019	2019	2019	2019	2019	2019	2019	2019	2019
U8	2017	2017	2017	2018	2018	2018	2018	2018	2018	2018	2018	2018
U9	2016	2016	2016	2017	2017	2017	2017	2017	2017	2017	2017	2017
U10	2015	2015	2015	2016	2016	2016	2016	2016	2016	2016	2016	2016
U11	2014	2014	2014	2015	2015	2015	2015	2015	2015	2015	2015	2015
U12	2013	2013	2013	2014	2014	2014	2014	2014	2014	2014	2014	2014
U13	2012	2012	2012	2013	2013	2013	2013	2013	2013	2013	2013	2013

Wearing of caps (very important information)

Coloured age group caps must be worn at Sunday activities and the Mudjimba SLSC cap at carnivals. Parents must sign on & sign off their child with the Age Manager at the Club house. Your child may only remove the cap after the parent has signed them off to release the Age Manager and the Club of responsibility for your child. No child can leave a Junior Activities session without informing the Age Manager first.

Refunds

If your child does not complete their pool and ocean swim assessment by the second week of nippers, we can provide a refund if you do not want to stay in our program.

After this date no refund can be provided.



MUDJIMBA SURF LIFESAVING CLUB

SWIM ASSESSMENT DATES

—

SATURDAY 13 SEPT 9AM
NAMBOUR AQUATIC CENTRE
ENTRANCE IS FREE - THIS IS OUR KICKOFF EVENT

SUNDAY 21 SEPT 12PM
FLYING FISH SWIM SCHOOL
KULUIN
ENTRANCE FEE IS AT \$6

—

PLEASE ENSURE YOU HAVE SIGNED UP WITH
OUR CLUB PRIOR TO ATTENDING

At the end of the season a presentation day is held to celebrate the achievements of the children.

Awards are given for many types of participation and achievement.

Award Categories

- **Surf Education Awards:** Awards for every age group for all nippers who completed the education portion of the program
- **Junior Surf Sports Club Championship (Smithy Award):** An award for a boy and girl from each age group U8-U13 with the highest accumulation of points from Points Days
- **Age Champion (Coleman Medal):** An award for a boy and girl from each age U8-U13 for receiving the highest points accumulated assigned by Age Managers each week
- **Spirit Award (Hatton Trophy):** An award for one nipper from each age group U6-U13 who displays the qualities that we strive for as members of Mudjimba Surf Club. The person who turns up each week, puts in

100% effort and never gives up, shows respect to themselves, their Parents, Age Managers, Water Safety and Team Mates and encourages those around them with a positive attitude.

- **Club Champion (Tanner Honour):** One boy and one girl club champion from total accumulation from all points (Age manager and points day)
- **Bella Harry Memorial Shield:** Mudjimba Surf Life Saving Club has dedicated this award to the memory of Isabella Harry who passed away in 2017 after being diagnosed with cancer while in the Under 12s nipper program. The recipient of the Isabella Harry Memorial Shield receives Mudjimba Nippers highest honor in recognition of kindness, strength, determination, courage and positive attitude.

Pool swim and beach swim

All children **must** have completed their mandatory pool proficiency swim & float before participating in Nippers. The competency beach run-swim-run sessions will be held on the first day of Nippers prior to any training beginning. See Calander of Events for pool swim dates. Printable forms found on Nippers web page.

Age requirements overview

Please note, your child must meet these competency requirements to participate in the Nippers Program.

Please note: Refer to **Calendar of Events** for pool swim dates and location.

All children must have completed their mandatory pool proficiency swim & float before participating in Nippers.



Pool Swim Proficiency

Age Group	Floataion	Submersion	Propulsion
U6	Back or front float for 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
U7	Back or front float for minimum of 10 seconds, recover to stand.	Submerge to touch the bottom with hands.	From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand
U8	Back or front float for minimum of 15 seconds, recover to stand.	Submerge to touch the bottom with hands.	Swim on front any stroke (distance 20 metres) followed by a swim underwater (distance 2-3 metres)
U9	Front to back float or back to front float – 5 seconds each side. Tread water and / or any stroke sculling for minimum 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
U10	Front to back float or back to front float – 5 seconds each side. Tread water and / or any stroke sculling for minimum 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 25 metres.
U11	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum of 2 mins.	Submerge to perform forward or backward roll/somersault	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
U12	Front to back float or back to front float – 5 sec 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.
U13	Front to back float or back to front float – 5 sec 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 through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50m



Ocean Proficiency

Run Swim Run

Age Group	Proficiency (in meters)	Competition
U8	Run-Wade-Run 25-25-25	Run-Wade-Run 25-25-25
U9	Run-Swim-Run 50-50-50	150m swim (majority over arm)
U10	Run-Swim-Run 50-50-50	150m swim (majority over arm)
U11	Run-Swim-Run 50-100-50	200m swim (majority over arm)
U12	Run-Swim-Run 50-100-50	200m swim (majority over arm)
U13	Run-Swim-Run 100-100-100	200m swim (majority over arm)