



Nipper Program

Essentials Pack

2023-2024

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 including COVID 19 latest/current restrictions. 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 JAC 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 Facebook Group 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:	Adam Matheisen
Secretary:	Narelle Robertson
Registrar:	Laura van der Breggen
Carnivals Officer:	Ryan Veitch
Education Officer:	Jill Penridge
BBQ Coordinator:	Nikole Horan
Clothing Coordinator:	
Chief Water Safety Officer:	

Age Managers

U6	TBA
U7	Derek & Kev
U8	Christian & Adam & Julia
U9	Scott & Joseph
U10	Jill & Car & Joel,
U11	Narelle & Aaron
U12	Pene
U13	Mathew

Mudjimba SLSC Executive

President:	Phil Daniels
Deputy President:	Tim Young
Director of Administration (Secretary):	Sally O'Neil
Director of Finance:	Narelle Robertson
Director of Lifesaving (Club Captain):	Jack Matthews
Director of Junior Activities:	Zoe Naylor
Director of Surf Sports:	Ryan Veitch
Director of Training and Education:	Guy Tanner
Director of Youth:	Kamen Burns

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**. (its 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 SLISA on Junior Activities Water Safety Requirements, please contact Zoe.

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	Head to Beach
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	8 October	Week 12	Under 9s	14 January
Week 2	Under 12s	15 October	Week 13	Under 8s	21 January
Week 3	Under 11s	22 October	Week 14	Under 13	28 January
Week 4	Under 10s	29 October	Week 15	Under 12	4 February
Week 5	Under 9s	5 November	Week 16	Under 11	11 February
Week 6	Under 8s	12 November	Week 17	Under 10	18 February
Week 7	Under 13	19 November	Week 18	Under 9s	25 February
Week 8	Under 12	26 November	Week 19	Under 8s	3 March
Week 9	Under 11	3 December	Week 20	Under 13	10 March
Week 10	Under 10	10 December	Nippers Awards & Fun Day		17 March
					24 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 the season 2023-2024													
Age Group	Month and Year of Birth												
	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	
U6	2017	2017	2017	2018	2018	2018	2018	2018	2018	2018	2018	2018	2018
U7	2016	2016	2016	2017	2017	2017	2017	2017	2017	2017	2017	2017	2017
U8	2015	2015	2015	2016	2016	2016	2016	2016	2016	2016	2016	2016	2016
U9	2014	2014	2014	2015	2015	2015	2015	2015	2015	2015	2015	2015	2015
U10	2013	2013	2013	2014	2014	2014	2014	2014	2014	2014	2014	2014	2014
U11	2012	2012	2012	2013	2013	2013	2013	2013	2013	2013	2013	2013	2013
U12	2011	2011	2011	2012	2012	2012	2012	2012	2012	2012	2012	2012	2012
U13	2010	2010	2010	2011	2011	2011	2011	2011	2011	2011	2011	2011	2011

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.

Calendar of Events 2023-2024 Season

September

Sunday	2nd	Pool Swim Assessments- Nambour Pool 10:00am to 2:00pm (pool entry fee)
Sunday	9th	Pool Swim-Assessments Cotton Tree Pool 11:00am to 12:00pm (no pool entry fee)
Sunday	30 th	Pool Swim-Assessments Cotton Tree Pool 11:00am to 12:00pm (no pool entry fee)

October

Sunday	8th	First Day of Nippers (week 1)
Sunday	15	Nippers Mudjimba Beach (week 2)
Sunday	22	Nippers Mudjimba Beach (week 3)
Sunday	29	Nippers Mudjimba Beach (week 4)

November

Sunday	5	Nippers Mudjimba Beach (week 5)
Sunday	12	Nippers Mudjimba Beach (week 6)
Sunday	19	Nippers Mudjimba Beach (week 7)
Sunday	26	Nippers Mudjimba Beach (week 8)

December

Sunday	3	Nippers Mudjimba (week 9)
Saturday	9	Carols for Clubbies in evening
Sunday	10	Nippers Mudjimba (week 10)

School Holidays: a short break from Nipper training, returning back on the 14th of January, 2024.

January 2024

Sunday	14	Nippers 1 st day back after break, Mudjimba Beach (week 11)
--------	----	--

Sunday	21	Nippers Mudjimba Beach (week 12)
Sunday	28	Nippers Mudjimba Beach (week 13)

February

Sunday	4	Nippers Mudjimba Beach (week 14)
Sunday	11	Nippers Mudjimba Beach (week 15)
Sunday	18	Nippers Mudjimba Beach (week 16)
Sunday	25	Nippers Mudjimba Beach (week 17)

March

Sunday	3	Nippers Mudjimba Beach (week 18)
Sunday	10	Nippers Mudjimba Beach (week 19)
Sunday	17	Nippers Mudjimba Beach (week 19)
Sunday	24	Nippers Presentation Day and Fun Play (week 20) Location TBA

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 Calender 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.

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

Nippers quick FAQs

How long is nippers?

- U6 and U7 are on the beach from 8:30am-9:30am
- U8-U13 are on the beach from 8:30am - 10:30am
- See Calendar (above) for nippers dates

How old does my child have to be for nippers?

- All nippers must be 5 years old before October 1 to be involved in nippers.

How much does nippers cost?

- All nippers must sign up with a parent associate members, so cost will depend on how many kids you have!
- Nipper fee is \$80 and Associate Parent fee is \$130.
- For a family with one adult and one nipper, the total fee will be \$210.
- For a family with one adult and two nippers, the total fee will be \$290.

What does my nipper do on the first day?

- Surf lifesaving Queensland requires all nippers to complete a beach swim on the first day.
- U6 and U7 are still becoming beach confident and are not required to do this
- U8 will complete a 25m wade.
- U9 & 10 will complete a 50m run-50 swim- 50 m run
- U11 & U12 will complete a 50m run - 100m swim - 50 m run
- U13 will complete a 100 m run - 100m swim - 100m run
- If you want your child to compete, they must complete a competition swim

What does my child need for nippers?

- Your child must wear a pink hi-vis rashie for nippers. You can choose racer, short sleeve or long sleeve styles.
- Your child must wear their nipper cap corresponding with their age group colour.
- We sell club swimsuits, but your child can wear any swimsuit of their choice under their rashie
- Your child must bring a water bottle and have sunscreen applied prior to nippers.

I want to go in the water with my nipper. Can I?

- No - not unless you hold a water safety award.
- We need to keep all kids safe and when parents go in, they become an additional liability for water safety.
- We would LOVE to have you help as a water safety volunteer - the course is free for members. We will run a few throughout the season. Sign up, complete the course, then you can go in the water with your child.
- If you are an U6, U7, or U8 parent, we have Nipper Assistants who can wear vests and assist with waist deep activities. There is just one online course for this. Please let us know if you are interested.

How can I learn more about nippers?

- We will hold an info session on the first day of nippers to answer all questions.
- If you have any specific questions, please feel free to reach out nippers@mudjimbasurf.com.au or to our instagram @mudjimbanippers