



Queensland

Nippers Handbook





Contents

Welcome to our Club	3
The Purpose of Nippers	3
What to expect on Nippers Days.....	4
Parent Involvement	4
Age Competencies & Awards	5
Surf Sports Competition	7
SLSQ Code of Conduct.....	8
SLSQ Contact.....	10
Club Contact.....	10



Welcome to our Club

On behalf of Coochiemudlo Surf Life Saving Club, I'd like to extend a warm welcome to all our new and returning Nippers and their families. We're excited to have you as part of our surf lifesaving community for another fantastic season.

Nippers is all about having fun, learning new skills, making friends, and building confidence in and around the water. Our dedicated volunteers are here to support your child's development, from beach safety and surf skills to teamwork and leadership.

We look forward to seeing smiling faces on the beach each week and watching our Nippers grow into the lifesavers of the future.

See you on the sand!

Brad Minton
Junior Activities Chairperson

The Purpose of Nippers

Benefits of participation

- Builds foundational skills for days on the beach, whether that is relaxing, patrolling or surf sports.
- Provides a sense of being integrated into a broader community.
- Delivers a source of friends and learning how to interact with others.
- Teaches a diverse range of skills, not just beach and water safety, but teamwork and other foundational skills which help later in life.
- Helps spark an interest in Surf Life Saving and provides an access point into the movement.
- Nippers makes you more confident and comfortable in the water.
- After being a Nipper, patrolling seems more accessible and easier to achieve.

What does Nippers aim to achieve?

- A safe and inclusive place for young people to build surf awareness and surf safety skills.
- Bridges the gap between lifesaving and surf sports.
- A pathway into the movement for Nippers and their families.
- Playing at the beach while learning lifelong skills and making lifelong friends.
- A fun opportunity for families to spend time together at the beach.

What to expect on Nippers Days

On Nipper Sundays, the program commences at 8:30am and runs for roughly 2 hours. Following nippers, children are free to join their parents back at the club house for a BBQ before returning home for the day.

The Amity Trader ferry departs Victoria Point every 30 minutes on a Sunday, but we recommend checking the timetable on their website ([Amity Trader](#)) the night before in case any changes have been made.

It is important to ensure that you sign your child in before nippers start, and out before you head home. A minimum of one parent or appointed guardian per nipper family is required to always be present during nipper activities. This ensures that should something occur, and your child needs first aid assistance or behaviour addressed, you are on site.

What should you bring?

- Noddy cap – club or fluoro depending on age group
- Fluoro Red Rash Vest – purchased through club.
- Water Bottle
- Goggles

Uniform purchases can be made in first 2 weeks of nippers otherwise contact admin@coochiemudloslsc.com.au to arrange payment/collection.

To stay up to date with information about nippers and other club activities, join our Facebook group - [\(2\) Coochiemudlo Island SLSC | Facebook](#)

Parent Involvement

Our Junior Activities program wouldn't be possible without the support of volunteers like you. Each week, our club relies on the time and care of parents/carers to help deliver fun, safe sessions for all Nippers. This is why we insist that nippers must have an adult join the club (fee included in nipper fee) so everyone are covered by insurance.

The best part? You don't need to be a lifesaver—or even a swimmer. There's a role for everyone.

There are several roles that do not require you to hold any awards at all such as BBQ Coordinator, Gear and Equipment and supporting beach set up/pack down. There are then roles such as an Age Manager, Coach, Official or water safety that would require some training but are incredibly rewarding. To find out how to enroll in a course or sign up to help, email admin@coochiemudloslsc.org.au

Age Competencies & Awards

At the start of each season, a junior member is required to complete a Preliminary Evaluation. This is a skills assessment that ensures that participants have the necessary swimming and water safety skills to participate safely. The requirement of the evaluation is determined based on the members age group and is completed in two parts.

To identify which age group your child is in, use the below table:

AGE GROUP	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
U14	2011	2011	2011	2012	2012	2012	2012	2012	2012	2012	2012	2012
U15	2010	2010	2010	2011	2011	2011	2011	2011	2011	2011	2011	2011

The first component of the evaluation will either be completed in a pool, or flat-water conditions at the beach and will entail the following:

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.	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.
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.

Once complete, a member will move on to part two which must be completed at the beach:

Age Group	Beach Evaluation
U8	25m run – 25m wade – 25m run
U9	50m run – 50m swim – 50m run
U10	
U11	50m run – 100m swim – 50m run
U12	
U13	100m run – 100m swim – 100m run
U14	

If your child does not successfully complete either of the above evaluations, it's ok, they can still participate. If this is the case, they will simply need a higher level of water safety (one on one) until a point in time they can complete it successfully.

Throughout the season, your child will participate surf education sessions as part of the nipper program. Each lesson is a piece of a wider age award that can be issued at the conclusion of the nipper season and builds progressively over the wider junior activities program. Below is an outline of what age award your child may be eligible for based on their age group:

Age Group	Age Award
U6	Surf Play One
U7	Surf Play Two
U8	Surf Aware One
U9	Surf Aware Two
U10	Surf Safe One
U11	Surf Safe Two
U12	Surf Smart One
U13	Surf Smart Two
U14	Surf Rescue Certificate

In order to obtain their age award, a nipper must complete all lessons associated with their award and attend a minimum of 50% of the scheduled nipper sessions for the season.

There are also a number of recognition-based awards that nippers can be nominated for at the end of the season.

Surf Sports Competition

Should your child wish to compete, there are additional evaluations that need to be complete prior to being able to register for their first carnival. An overview can be found below:

Age Group	Competition Evaluation
U6 – U7	Nil
U8	Wade (no water competition, except for wade, which takes place in waist-deep water)
U9-U10	Minimum 150m open water swim (overarm stroke)
U11-U14	Minimum 200m open water swim (overarm stroke)

To compete at a championship event (Branch, State or Australian Championships), they must also obtain their Age Award for their respective age group. This involves completing a number of lessons throughout the nipper season specific to their age, and attending a minimum of 50% of scheduled nipper days. Age awards must be completed and processed prior to nomination into these events.

Information about carnivals will be circulated via email and posted on the Facebook Group, including information on fees and the nomination process.

Nippers Season Key Dates

- **Pool Sign-On: Sunday 14 September**
- **Working Bee: Saturday 11 October**
- **Nipper Season Commences: Sunday 12 October**
- **SRC Training: Sundays 2, 16 & 23 November**
- **Skills Maintenance: Sunday 2 November**
- **Christmas Nipper Breakup: Sunday 7 December**
- **New Year Nippers Resumption: Sunday 1 February**
- **Last Nippers Day: Sunday 29 March**

SLSQ Code of Conduct



This Code of Conduct (Code) outlines the behaviour expected of, and by, Relevant Persons involved in, and interactions between, all such persons in the SLS community.

The Code must be followed at all times and by all Members and all people involved in SLS. As part of a Member's commitment to observing this Code of Conduct, each Relevant Persons must acknowledge their commitment to the Code of Conduct.

There may be exceptional situations where the Code does not apply, for example, in an emergency situation. It is crucial however that, where possible, authorisation is sought from the Relevant Organisation prior to taking action that may contravene the Code or the Relevant Organisation is advised as soon possible of any incident which may breach the Code

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 rules, regulations, policies and procedures and promote those laws, standards, rules, policies and procedures to others;
- e. raise concerns arising under this Policy through the appropriate channels and report any breaches of the Code or this Policy, in line with the Complaint Resolution Policy via <http://complaints.sls.com.au/>;
- f. refrain from any form of Bullying, Abuse, Harassment, Discrimination and Victimisation towards others;
- g. provide a safe environment for the conduct of activities in accordance with any relevant SLSA policy;
- h. ensure SLS is an inclusive organisation that is open to all who wish to participate regardless of age, gender, disability, cultural and linguistic background, or sexual orientation;
- i. provide a safe and nurturing environment for all participating in SLS by actively promoting the principles of equal opportunity, social justice, and cultural safety so that all individuals are treated with respect and dignity;
- j. show concern, empathy and caution towards others that may be sick or injured;
- k. strive to be a positive role model to all;
- l. respect and protect confidential information obtained through SLS activities or services; whether individuals and/or organisational information;



- m. maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to the role(s);
- n. ensure that any physical contact with others is appropriate to the situation and necessary for the person's skill development;
- o. refrain from intimate relations with persons over whom you have a position of authority;
- p. maintain a duty of care towards others; and
- q. be impartial and accept responsibility for all actions taken.

Date: 15th March 2025



For more information about SLSQ Junior Activities, including child safety initiatives, neurodiversity support, and helpful resources for age managers, parents and clubs, visit our website.

SLSQ Contact

Address: 18 Manning St, South Brisbane QLD 4101

Phone: (07) 3846 8000

Email: ja@lifesaving.com.au

Club Contact

Address: 1 Williams Street, Coochiemudlo Island

Phone: 0491 449 403

Email: admin@coochiemudloslsc.org.au