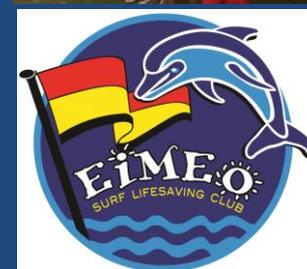


EIMEO SURF LIFE SAVING CLUB

2019/2020 JUNIOR ACTIVITIES
PARENT INFORMATION
HANDBOOK



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JUNIOR ACTIVITIES COORDINATOR'S WELCOME

Welcome new and returning nippers to the 2019/2020 Nippers season at the Eimeo Surf Life Saving Club.

As the JAC for the Club and on behalf of my amazing team including Lauren Armstrong Assist JAC, Cathy McKinnon Junior Team Manager and your awesome Team Managers we all are looking forward to seeing your happy faces on our Nipper Sundays. I hope you are all looking forward to getting back into the water for a fun and exciting Nippers season. I know some of you have already been joining in on our early morning training sessions with Damo.

We hope to encourage all of our budding young Nippers to enjoy and learn great skills about beach safety.

Our Nippers Program runs on Sunday mornings between:

9-10.30am for Orange and Green Caps (children turning 6 - 7 years of age during the season) and Under 8s - U10s

9-11am for Under 11s - U14s

8- 9 am for our Under 14- 15s

We ask all children and parents to arrive before we get started each week as there will be a parent and Nippers briefing where we can allocate jobs and assistance where required on the day. There also will be a BBQ to follow under the trees or at the clubhouse. Our beach at Eimeo has one of the most unique outlooks along the Queensland coastline. We are fortunate to have our shoreline fringed with beautiful trees which provide much needed shade over part of the beach at the height of the summer months.

We ask that parents step up and volunteer to help where they can on the day, this helps the day run smoothly and is lots of family fun. We want you to encourage your children to increase their self-confidence and have a go. They may not be the greatest athletes, or they maybe our next state champions.

We look forward to having a fantastic group of parent helpers this year and we encourage all parents, grandparents and other family members to be a part of this great organisation through the Family Participation Program.

Our main focus is that everyone enjoys their time at the beach and learns about basic beach safety along the way to leading a fit & healthy lifestyle.

See you at the beach!

Marti Harris

Junior Activities Coordinator, 2019/2020 Season

JUNIOR ACTIVITIES COMMITTEE

Junior Committee	Name
Junior Activities Coordinator	Marti Harris
Assistant JAC	Lauren Armstrong
Junior Team Manager	Cathy McKinnon
Carnival Nominations	Cathy McKinnon
Training Officer	TBA
BBQ Coordinator	Kim Baker
Coaches	
Land	Sarah & Paul Manttan
Board	Cathy McKinnon
Swim	Cynthia Hegarty
Flags	Ross Gee
Surf Rescue	Marti Harris & Cathy McKinnon

Position	Name
Orange Caps	Erin Henry
Orange Caps Assistant	
Green Caps	
Green Caps Assistant	
U8 Age Manager	Brianna Baker
U8 Assistant	
U9 Age Manager	Glenn Anderson
U9 Assistant	
U10 Age Manager	Paula Thomson
U10 Assistant	
U11 Age Manager	Alison Pembroke
U11 Assistant	Steve Sayer
U12 Age Manager	Simone Harris
U12 Assistant	
U13/14 Age Manager	Roland Henry
U13/14 Assistant	
U15/17 Age Manager	Stephanie Jones
U15/17 Assistant	

AIMS OF NIPPERS ACTIVITIES

The aims of the Eimeo SLSC program are to:

- **Promote and teach safe participation and enjoyment of Australian waterways through education in all aspects of water safety, personal survival, aquatic competitions, lifesaving and resuscitation**
- **Promote fun and enjoyment in the water and beach activities**
- **Encourage children to develop finely-tuned water skills through surf education, competitions and surf lifesaving activities**
- **Encourage long-term involvement with the Surf Life Saving movement.**

EIMEO NIPPERS PROGRAM

Eimeo Nippers is the Junior Activities arm of Eimeo Surf Life Saving Club, the main aim of which is to provide a fun-filled program of surf education for community surf safety and the development of future lifesavers for the Club.

Nipper Days are the foundation on which we build our basic surf and competition skills along with awards and accreditations such as Basic Resuscitation and the Surf Rescue Certificate.

Each age group has an Age Manager with at least one assistant. The Age Manager is responsible for the education, training and organisation of the group.

The coaches of water and beach activities provide the teaching and coaching of skills to the nippers and have overall control of the mid-week training sessions. Water safety officers provide the mandatory and necessary safety requirements the Club must provide in order to carry out the Nippers sessions and weekly training sessions.

Nippers is for children from 5 years to 15 years of age and is held this season on Sunday mornings from 8.45am -11am from September until March. Please refer to our website for the Nippers Calendar of dates and other Club events. All age groups are determined by a child's age at 30th September.

Under 6's & U7's are identified by their fluorescent **orange** (U6) and **green** (U7) **cap**. Green caps have a short activity program, finishing around 10:30am. Activities are designed for fun and surf education only; water activities are restricted to the shallows and competition is not permitted. Every child in these age groups must be accompanied by a **parent.1:1 ratio**.

Under 8's to U15's wears the **blue club cap** with dolphin logo. Any 13-year old wanting to compete must have completed their Resuscitation Certificate. This award can be obtained from the age of 10. Any 13-year old wanting to compete at senior carnivals must have completed their **Surf Rescue Certificate** and **required patrol hours**.

Children who are 14 years+ can join our **Cadet program** which is aimed at preparing them for Club patrol duties and Surf Life Saving Competitions. From the age of 14 (U15's) they can compete as senior Club members (within their respective age groups i.e.: U15, U17, U19, etc) providing they have the appropriate award certificates.

NIPPERS

The Nippers program begins with a short meeting at the front of club house 8:45am (15min prior to start). All children and parents are required to attend these meetings as it is essential that everyone knows what is happening in the Club and how the day will be run.

All nippers should assemble with their age groups and Age Managers at this time.

After the meeting, parents **must sign their Nippers in** for the day with the Age Managers and **remain at the beach for safety reasons in accordance with SLSA Policy**. Once signed on, everyone shall proceed to their designated areas for the commencement of the day's program. Late arrivals must go to their Age Manager to be signed as present. Any child who arrives to sign on without a parent/guardian present, unfortunately will not be allowed to participate in the morning's activities.

Should a nipper arrive late and not mark their name off with their Age Manager, they risk not gaining attendance points which attribute towards Awards and Age Championships.

No child should be left on the beach unsupervised by a parent/guardian. We have a zero tolerance for parents who leave their children on the beach.

The program starts with a short session of surf education and a warm-up. Then, in age groups, the children participate in variations of flags, sprints, board paddling and swims/wades, all designed to be fun and to develop the skills needed to become competent lifesavers. Each activity lasts for approximately 20 to 30 minutes.

The program targets specific activities designed to teach surf safety relative to the needs of each age group and also include surf sports components in preparation for upcoming carnivals.

In the event of stingers, bad weather or rough seas, Nippers may be modified or cancelled on the day. We take our advice from the lifesavers on duty. A text & email will be sent out to all members advising of a change of program &/or venue if required.

Nippers are under the care of Age Managers for the duration of all activities. Water safety personnel are assigned to all water activities for safety precautions. All children are expected to respect and obey these volunteers. Only water safety officers are able to assist with water activities and only parents/guardians that hold a Blue Card will be allowed to assist on the beach. We encourage parents to help us with the water activities and have some fun.

Water and beach activities conclude at 11am followed by a BBQ. This BBQ is operated by the parents/guardians (grandparents most welcome) of the nippers. Each age group is rostered on approximately 2-3 times per season, so we ask that you all do your little bit to help the rest of the wonderful members that volunteer their time on the beach each week.

Packing up of equipment on the beach is the responsibility of the last group to use that equipment. We ask the parents of children who are using Club equipment to assist their children packing up the beach.

At the end of their Nippers session, parents **must sign their child out** with the Age Manager and **remove their nipper cap to indicate the session is over.**

SWIMMING POLICY

Children are not taught to swim at Nippers. We strongly recommend that children attend regular swimming lessons and/or squad sessions. Pool swimming is essential to develop the strength and confidence that nippers require to negotiate our surf conditions. While Nippers is not aimed at teaching children how to swim or build up strength, it does provide training on negotiating waves, rips and sweep and using them to the swimmers' advantage whether competing or patrolling.

It is expected that children enrolled in our Nippers program are already comfortable swimming in the ocean and can do so with confidence. Children who swim regularly prove to be the most capable in the surf and ultimately gain the most participating in a Nippers program. We recommend a minimum 1-2 sessions a week for U11's upwards.

NIPPERS ACTIVITIES

Beach Flags - competitors lie down on the sand, facing away from the flags. At the signal they get to their feet, turn and sprint to a flag (piece of hose) placed in the sand. Anyone who fails to gain a flag is eliminated until there are only two nippers left. The competitor who wins the last flag, wins. **U8 - U15**

Beach Sprint - the beach sprint course is usually set over 70 metres. Starting when the whistle is sounded the competitor sprints across the soft sand through the finish line. The first competitor's chest across the finish line is deemed the winner. **U8 - U15**

Beach Relay - the beach relay consists of a team of four competitors and a baton (rubber hose). Members 1 and 3 are stationed at one end of the course whilst members 2 and 4 are at the other. The object is to successfully complete the race without dropping the baton and exchanging within the set boundaries. **U8 - U15**

Board Race - this race is done using a board to negotiate the break, follow a set course of buoys and return to shore surfing the waves back to the beach. Board requirements for the U8-10's is on 2m long foam boards; U11-13's is 2m long fibreglass boards and U14-15's use a Malibu fibreglass board, 3.2m in length **U9 - U15**

Board Rescue – this consists of 2 nippers, a swimmer and a board paddler. The swimmer enters the water, swims to their coloured buoy and signals to the board paddler, who paddles out, around the buoy, picks up the swimmer and both competitors paddle to the beach, both carrying the board over the line. **U11 - U15**

Board Relay - a board relay team consists of three competitors all with their own board. The first team member paddles out around the buoys then heads back towards the shore and tags with the second team member who does the same. The final team member has to complete the same course and then run through the finish line. The first team to successfully pass all the buoys and cross the finish line will be declared the winner. **U9 - U15**

Surf Race - the surf race involves swimming around a course of buoys placed out in the ocean. Getting through the shore break can be tough, as well as the return to the beach negotiating the waves, but then to be a lifesaver you must be tough. The distance for U9-U10's is approximately 150m and 288m for the U11-U15. **U9 - U15**

Surf Rescue –Includes Patrol Competitions, First Aid Competitions and Champion Lifesaver. The Patrol Competition allows members to demonstrate how lifesavers work as a team performing a number of physical skills, practical and theory tasks. The First Aid Competition is a team event designed to demonstrate a high standard of First Aid skills in scenario situations. The Champion Lifesaver Competition is an individual event where competitors show their skills across three areas. These include the physical skills of board, surf race, sprint and tube race as well as a First Aid theory exam and a live patient assessment. **U12-U15.**

Surf Teams - consisting of four members, all competitors swim in the same race, around the buoys and back to the beach. Each placing is given a certain amount of points e.g. First = 1 point, Tenth = 10 points. The team with the least amount of points wins or in the case of a draw, the team who crossed the line first wins. **U9 - U15**

Ironman/Ironwoman - in the Nipper age groups the ironman/ironwoman race involves three legs including the board and the swim sections with a run in between each of these. This is a tough event which requires endurance, strength and plenty of skills. **U11 - U15**

Cameron Relay - involves 4 members, a swimmer, a board paddler and 2 runners. The swimmer completes a swim race and tags the runner near the shore who runs along the beach and tags the board paddler who completes a board race before tagging the last runner who sprints towards the finish line. **U11 - U15**

Wade Race - Athletes have to wade, dive or swim their way through waist depth water around the three water safety markers from left to right, then make their way back up the beach through the finish line. **U8 - U10**

Wade Relay - this relay race consists of 4 competitors. The first member runs and wades around the water safety markers, back to the beach where they tag the second member who does the same. They tag the third and finally fourth and final member who runs through the finish line. **U8 - U10**

R & R - 2 and 5-person R & R teams compete in a precise drill that simulates rescue and resuscitation. Points are given for incorrect procedures. The team with the least amount of points wins. **Combined U11 - U15**

March Past - Teams of 12 are judged on their ability to march correctly to a pre-determined drill around the carnival arena. Points are given for incorrect procedures. The team with the least amount of points wins. **Combined U11 - U15**

U8 - U10 team events can be mixed (male and female)

U11 - U15 team events are single sex (all male or all female)

U8+ EIMEO SLSC AGE CHAMPIONS 2019/2020

The Club will continue to trial last season's system of allocating Age Champion points by an accumulation of the following.

- **Nippers will be awarded 2 points for each Nipper day attendance. If competing at an SLSQ event when Nippers would normally have been attended, the 2 points will still be awarded.**

- **Tri-Series (Mackay, Eimeo, Sarina) – you will accumulate points on where you finish each individual event against only Eimeo Nippers. 1st – 6 points, 2nd – 5 points, 3rd – 4 points, 4th – 3 points, 5th – 2 points; Completion of an event – 1 point.**
- **Club Championship Day – you will accumulate points on where you finish each individual event. 1st – 6 points; 2nd – 5 points; 3rd – 4 points; 4nd – 3 points, 5th – 2 points; Completion of an event - 1 point.**
- **Carnival Days – you will accumulate points on where you finish each individual event against all other competitors in the race. 1st – 6 points, 2nd – 5 points; 3rd – 4 points, 4th – 3 points; 5th – 2 points, Completion of an event – 1 point. Your 2 best carnivals will be selected to go towards Age Champs points. (Carnival List – Forrest Beach, North Aussies, Sarina NBB Champs.)**

If in calculating the Age Champion there is a tie for a placing, there will be a count back (based on number of 1st, 2nd and 3rd placings) to determine definitive overall placing for age champion.

U14's must have completed their SRC by 31st December to be eligible for Age Champ in their Age Group.

U15+ need to be current and proficient in their respective awards.

Seniors/Masters Champs will remain unchanged with the comp being held on the final Nippers day of the season with a Do or Die/Winner Takes All outcome.

JUNIOR PRELIMINARY SKILLS EVALUATION

Many activities that will be completed by children as part of Junior Activities will be conducted in the water. To ensure that all children have a suitable swimming ability to allow them to participate in these activities, SLSQ has developed a Junior Preliminary Skills Evaluation for each age group. All distances set out in the Junior Preliminary Skills Evaluations are the minimum requirements. Some Branches may set distances above the minimum requirements

POOL EVALUATION

Every junior member is required to participate in the Pool Evaluation, prior to any Junior Activities being undertaken. It includes a pool swim, and a timed survival float. This would normally occur at the very first training session. If not, this must be completed before any water activity is undertaken. The intent of this is to conduct an evaluation of each junior member's swimming and water survival ability for the information of the member, parent and age manager.

Following the Pool Evaluation

Any child that does not meet the required Pool Evaluation level cannot participate in any junior activities until the child can successfully complete the Pool Evaluation. Further, it is advised that clubs liaise with parents to suggest that external swim training be provided to improve the child's swimming ability. Any child that does complete the Pool Evaluation successfully must then complete the Beach Evaluation (Run Swim Run).

COMPETENCY BEACH EVALUATION (RUN-SWIM-RUN)

Every Junior Activities member must also complete the Competency Beach Evaluation (Run-Swim-Run) prior to any Junior Activities competition being undertaken, and prior to gaining their age award. This ensures that all children can demonstrate a standard of competence to enable preliminary levels of

survival skills at a beach with conditions similar to what would be experienced during weekly Junior Activities programs. This is a minimum SLSQ requirement.

NOTE: It is not an assessment which if not completed competently precludes the child from becoming a member or continuing with junior development or training activities.

Following the Beach Evaluation

Any child that does not meet the required beach evaluation level will require a higher level of supervision when involved in water-based activities at the discretion of the Club. It is a requirement that these children must be supervised with a 1:1 ratio until the child can successfully complete the Beach Evaluation (Run Swim Run). Any child that completes the Beach Evaluation successfully is eligible to participate in all learning outcomes for their respective age award and can progress to Age group appropriate water-based junior activities. Should the child wish to compete in inter-club competition they must complete the Junior Competition Evaluation.

JUNIOR COMPETITION EVALUATION

From the age of 7 (Under 8) juniors may compete in inter-club competition. For all juniors who wish to compete they must be deemed competent to complete the competition swim evaluation successfully. The swim is based on competition distances as set out in the SLSA Surf Sports Manual for that Age group and is a minimum standard guideline in the form of an open water swim. If a child wishes to compete in a Branch and/or State Championship event they must have completed their respective Age award prior to close of nominations. Ages for groups are determined on what age the child is as of 30/09/2019. For example, a 7yr old on or before 30/09/19 will be in U8s.

CARNIVALS

During the year the children have the opportunity to participate in a number of carnivals for the Club. Please note that children are required to wear full Club uniform when representing the Club at carnivals.

Inter-club Surf Carnivals:

This year the first carnival within North Barrier Branch for U8 through to Masters to compete against other clubs for experience in surf competitions in the lead up to Branch Championships will be held at Forrest Beach on 12th and 13th of October 2019.

North Australian Championships:

This event is for U11 to Master's with the best surf sport athletes in the northern half of Australia competing in the North Australian Championships. Each year the event attracts between 700 – 1000 competitors. It is a 3-day event starting with a pool rescue competition, IRB and championship lifesaving events. Mackay SLSC is the host of this great sporting event and it is a wonderful opportunity for our competing Nippers to experience. 25th, 26th and 27th October 2019.

State Youth Championships:

These are State Champs for U11-U15 competitors. The U11-15 Eimeo state team will be selected by Branch. To be eligible for selection you are expected to have competed in the North Aussies. The State Youth Titles will be held at Alexandra Heads SLSC from 20-22 March 2020.

State Team competitors can participate in individual events if they are deemed competent by Club Coach/Club Assessor.



Ready for Comp

Branch Championships:

This year the Branch Championships will be held at Mackay on 7-8 December 2019

Tri-Series Days (Eimeo, Mackay and Sarina SLSCs):

These days are a great opportunity for your kids to get to know other Nippers in their Region. This takes the place of the usual Nipper session.

Surf Rescue Championships:

North Barrier Branch Surf Rescue Championships will be held at Eimeo on 16-17 November 2019

Qld Surf Rescue Championships will be held at Mooloolaba on 14-16 February 2020.

CARNIVAL PROTOCOL

Competing at carnivals is a wonderful opportunity for our Nippers to experience the club camaraderie and spirit Eimeo is becoming known for.

Competition and Carnival Selection

The Eimeo Junior Activities Selection Committee is comprised of: JAC, Assistant JAC, DOSS, CTO, Junior Team Manager and Coaches or other delegates as approved by the Executive Committee.

The selection committee is ultimately responsible for selecting teams to represent the Club and Branch and/or other carnivals.

Teams will be selected with input from age managers and coaches and will be primarily based on performances throughout the season with an emphasis on carnival results and competition point score days.

The selection committee will also take into account recent form and subjective elements such as the conditions and performances on the day as well as possible event clashes.

Attendance: All nippers who enter a nomination are expected to attend the carnival and participate in their chosen events. Failure to do so will result in the nipper being charged for the cost incurred by the Club.

Any changes or cancellations must be done by the due closing date to avoid attracting a fee. If a child has nominated for a team event it is Club policy that they fulfil their commitment to the team and compete in that event. The only exception to the rule is withdrawal due to injury or illness. With the child's best interests, it is the Team Manager and/or coach who makes the final decision as to whether a child shall compete in a team event.

Competitors and support crew are expected to arrive at the carnival site at least half an hour before starting time for a team briefing and everyone is expected to stay for the duration to support their team mates and help with pack up.

Correct Uniform: Competitors must wear their Club uniform, full Club **stinger suit** and **Club cap** or they will not be permitted to compete. Club caps must remain on and securely tied under the chin to avoid disqualification. **Fluro pink hi-viz vests** are compulsory for all water events. **Long-sleeved Club rashies** may be worn for beach events only. Camerons are considered water events. Where there is minimal time between events Age Managers will instruct competitors to remain in stinger suits.

Gear and Equipment: Club shade tents and water safety equipment will be provided, and everyone is expected to lend a hand with the set-up and pack-up. Don't forget hats, sunscreen, towels, goggles, water bottles, warm clothes and chairs to sit on. The host club generally provides food and drinks at reasonable prices, but taking your own supplies is still advisable. If your child is using Club equipment, parents will be required to assist with the setting up, caring for and packing up of the Club equipment.

Carnival Volunteers/Support Crew: Surf lifesaving is a volunteer sport. This means that the majority of officials, office bearers and carnival organisers are also volunteers. To enable carnivals to run, clubs must provide the following:

- 1 water safety per 10 competitors
- 1 official per 10 competitors (including open/masters)
- 1 IRB plus driver and crew per carnival
- Qualified age managers for each age group

If you wish for your child to attend and compete at NBB and/or SLSQ carnivals, it is recommended that at least one parent become proficient in one of the above roles.

The Team Manager is responsible for arranging these personnel. If you have nominated for a role and are unable to attend, please contact him/her as soon as possible. If the Club is unable to nominate the recommended number of officials/water safety, the children of parents unable/unwilling to volunteer in one of the above roles will be unable to compete in the carnival or event.

The Team Manager is the only person eligible to lodge a protest regarding an alleged infringement of the rules and is called upon with regard to any discrepancies. The Team Manager with assistance from Age Managers is responsible for the conduct and whereabouts of all competitors. Competitors may not leave the Club tent without permission from their Age Manager and once marshalled, they may not leave the competition arena.

Parents are not allowed into the competition arena.

The Club photographers are the only people allowed to take photos of any nippers in competition on the beach.

PARENT PARTICIPATION - How can I help?

Surf Life Saving is one of the most cost friendly sporting activities currently available to families. In order to remain so, it relies on the continued support and voluntary time of our parental and senior members. Eimeo SLSC - Junior Activities is entirely managed and operated by volunteers.

At least one parent/guardian per family is required to be a member to help with Junior Activities (active grandparents most welcome).

Roles include: Water Safety Officer (SRC or Bronze Medallion required); Age Manager; Activities Supervisor; Carnival Official; Committee position; Coach (qualifications required).

Some training is required for these positions and is provided free of charge however most training is on the job and simply requires dedication, enthusiasm and a willingness to learn.

The Nippers BBQ is operated by the parents/guardians (grandparents most welcome) of our nippers. Each age group is rostered on only 2-3 times per season, so we ask that you all do your little bit to help the rest of the wonderful members that volunteer their time on the beach each week.

Packing up of equipment on the beach is also on an Age group roster and we ask the parents of children who are using Club equipment to assist their children packing up the beach.

Age Managers, Coaches, and Activities Supervisors are exempt from BBQ duties.

Under the SLSA screening policy all adults who have any contact with nippers must obtain a Suitability Card (Blue Card).



REGISTRATION

Registration: Nippers are registered with Surf Life Saving Queensland (SLSQ) as members of Eimeo Surf Life Saving Club – Junior Activities.

For insurance purposes, and to ensure all adults who assist our children are Blue Card holders, parents must also join the lifesaving club.

Check out our website for current fees and registration forms: www.eimeoslsc.com.au

UNIFORMS

It is compulsory that nippers wear club uniform (stinger suit) and cap and hi-viz pink vests for all water activities and training sessions. This not only provides stinger/sun protection & safety but encourages a sense of belonging in the children and makes identification on the beach easier.

Uniforms are available for purchase on Sunday mornings from 8:30am at the Club.

MEDICAL CONDITIONS

Any junior who suffers from **ASTHMA** must provide details of medication used.

Please inform your child's coach or Age Manager of any medical condition which may affect your child's participation in Nippers activities.

AWARDS

Nipper achievements and successes are recognised at the Annual Club Presentation night held at the end of the season.

To be eligible for Age Champion, Nippers must have an attendance record of 70% minimum. The Junior Activities Committee select award recipients for all other awards.

All Nippers who successfully complete their Age Awards during the season will receive certificates at the end of the season.

GEAR & EQUIPMENT

Sunscreen and Hydration: It is the parents' responsibility to ensure their children are adequately protected from the sun and have a water bottle to avoid dehydration. Age Managers have enough responsibility on the day without taking on the parental responsibilities of extra children.

Towels and Goggles: Children must supply their own towel, water and goggles every Nippers day and all clearly named.

Lost property: Any gear found after Nippers is held in a lost property box downstairs inside the clubhouse. Please make sure all belongings are clearly labelled. Stinger suits are way too expensive to have to replace prematurely.

Club Equipment: Training and competition equipment is expensive, both to purchase and maintain. It is therefore very important that all gear and equipment is handled and cared for correctly. Damages and losses must be reported immediately. Children will not be held liable for accidental damage or loss. Nippers found causing wilful damage to equipment will be banned from using Club gear. Parents and nippers are reminded that all Club boards are only to be used during designated training sessions, Nipper days and carnivals. Boards are NOT to be used before or after designated times without permission. Your Club membership includes a general equipment & gear levy as well as all insurances.

BOARD ALLOCATION AND USAGE

Eimeo boards are only to be used during Eimeo nipper days, Eimeo board and iron person training sessions and NBB and SLSQ carnivals. These boards are to be returned to either the Gear Steward, JAC or the board storage container upon the completion of these events. At no time will Eimeo boards be stored at private residences without prior approval from the President.

If training is being conducted at a club other than Eimeo SLSC, under no circumstances are boards to be borrowed from that club's equipment shed without the express permission of the owner of the board at that Club.

PHOTOGRAPHY

The Club has nominated and registered volunteer Club photographers who take both photos of our nippers throughout the season on Nippers days and at carnivals and Club events.

For the safety and security of all our children parents are asked to refrain from taking photos of Nippers activities. The Club photographers will be able to assist you with specific photos if required so don't be afraid to ask them to take some for you.

If you should notice any suspicious behaviour by individuals with or without cameras, please report to the Patrol Captain on duty so it can be dealt with appropriately.

NIPPERS NEWS & FURTHER INFORMATION

The Club endeavours to produce a newsletter on a regular basis to keep you informed of all Nippers activities. These are distributed via email. Please keep the Club Administrator updated with your contact information to ensure you receive your copy regularly. The newsletter will also be available on the Club website. If you don't have an email address, please let Administration know and a printed copy will be made available for your family at Nippers. The Junior Activities Co-ordinator will make any important announcements before Nippers activities commence. Please be at the Club by 8:45am so you do not miss important Club information. Any changes/ cancellations to Nippers days, etc. will be made via text & email asap to your preferred contact.

RULES & REGULATIONS

- O No parent, no participation – parent/ guardian must be present for the duration of Nippers.
- O At least one parent must commit to volunteering with junior activities or associated duties.
- O Parents must sign their child **on** at the start of Nippers with their Age Manager and **off** at completion of Nippers.
- O All nippers must wear Club uniform including stinger suit, Club cap & hi-viz pink rashie in water activities
- O Nippers are responsible for their own uniform, sunscreen, towel, hat & water bottle.
- O Nippers will not be allowed to enter the water if they have not completed their pool swim.
- O Nippers must have completed appropriate competencies and awards before nominating for carnivals.
- O Nippers must obtain permission to leave the beach from their Age Manager.
- O The use of any Club equipment requires prior permission from Age Manager/JAC.
- O Boards should be carried, never dragged and should be laid fin up on the sand.
- O All equipment must be cleaned and returned to the container and shed after use.
- O All volunteers (18yrs+) must have a current Suitability Card for working with children (Blue Card).
- O Water Safety volunteers must be proficient with a minimum of a Surf Rescue Certificate.
- O All Water Safety personnel must wear an orange rash shirt and cap.
- .
- O All Age Managers must wear an Age Manager shirt.
- O All nippers must show respect and manners towards all other participants and volunteers.
- O Aggressive behaviour, either physical or verbal, will not be tolerated under any circumstances. Failure to abide will result in dismissal from participating any further.

CODES OF CONDUCT

Competitors & Participants:

- O Always play by the rules.
- O Participate for the fun of it not to please your parents or coach.
- O Never argue with an Official or Supervisor's decision. Your Team Manager will handle any carnival disputes (your whole team can be disqualified for this infringement).
- O Be a good sport. Cheer all good efforts whether yours or your opponents.
- O Treat everyone as you yourself would like to be treated. Do not bully, interfere with, or take unfair advantage of anyone.
- O The goals are to have fun, improve your skills and feel good.
- O Co-operate with your coach, managers, team mates and opponents.

Parents and Spectators:

- O Do not force an unwilling child to participate in competition.
- O Remember children are involved in Nippers for their enjoyment not yours.
- O Encourage your child to always play by the rules.
- O Teach your child that an honest effort is as important as victory so that the result of all competition is accepted without undue disappointment.
- O Never ridicule or yell at your child for making a mistake or losing a competition.
- O Remember that children learn best by example. Applaud good performances and sportsmanship by all participants.
- O Do not question Officials' or Supervisors' judgement and never their honesty.
- O Support all efforts (remove verbal and physical abuse from children's sport).
- O Remain on the beach and accessible for the duration of Nippers
- O Recognise the value and importance of volunteer coaches and Age Managers. They give their time and resources to provide recreation activities for your children and deserve your support.

2019-2020 Season Fees

Get Started Vouchers 'Get Started' Vouchers can be used towards membership fees. The current round opened 17 July 2019 and closes 13 November 2019 (if not allocated earlier). The vouchers are to the value of \$150. To be eligible you need to be a parent/guardian who holds a valid Centrelink Health Care Card or Pensioner Concession Card with the child's name on it. Children can be aged from 5 to 17 years. Go to <http://www.qld.gov.au/recreation/sports/funding/getinthegame/getstarted/> The number of vouchers are capped so try to source them as soon as possible.

2019-2020 Season Fees (cont.)

There's been a massive reduction in membership fees for patrolling members – a drop by \$85 making the fee \$25. This follows through to family memberships if a parent or child gains his/her SRC or BM and commits to patrolling at least once a month.

Category	Details	Patrol Duties	Fees (includes all insurance/levies)	Forms
Nipper	5-14 years	No	See family fees below	Membership & Parent Consent Forms
Active Junior	13-17 years SRC	Yes	SRC \$25	Membership & Parent Consent Forms
Cadet	Bronze Medallion	Yes	BM \$25	
Active Senior/ Award Member	18 years + SRC/Bronze Medallion/1 st Aid/ ART/ROC	Yes	\$25	Membership Form & Blue Card
Active Reserve/ Long Service	Bronze Medallion: must have Management Committee approval	Yes	\$25	Membership Form & Blue Card
Life Member	Invitation only after minimum of 10 years exemplary service	Vol	n/a	Membership Form & Blue Card
Associate	No SLSA qualifications necessary	No	\$110	Membership Form & Blue Card
	Without a patrolling family member		With a patrolling family member (another \$85 discount for additional patrolling members)	
Family 1A & 1C	\$190		\$105	Membership & Parent Consent Forms & Blue Card
Family 1A & 2C	\$270		\$185	Membership & Parent Consent Forms & Blue Card
Family 1A & 3C	\$300		\$215	Membership & Parent Consent Forms & Blue Card
Family 1A & 4C	\$330		\$245	Membership & Parent Consent Forms & Blue Card
Family 2A & 1C	\$280		\$195	Membership & Parent Consent Forms & Blue Card
Family 2A & 2C	\$300		\$215	Membership & Parent Consent Forms & Blue Card
Family 2A & 3C	\$330		\$245	Membership & Parent Consent Forms & Blue Card
Family 2A & 4C	\$360		\$275	Membership & Parent Consent Forms & Blue Card

Eimeo SLSC Season Dates – 2019/2020

September	Nippers	Location/Carnival/Events	BBQ Roster
7/9/19 Sat	Pool Proficiencies 1-3 pm & Member Renewals	Pioneer Pool	
8/9/19 Sun	Nippers Come & Try	Eimeo	Under 15-17
14/9/19	Pool Proficiencies 9-12 pm	Pioneer Pool	
15/9/19	No Nippers	Inflatable Boat Race	All Helpers Needed
22/9/19	School Holidays		
29/9/19	School Holidays		
October			
6/10/19	Nippers		Orange caps
13/10/19	Nippers	Forrest Beach Carnival	Green caps
20/10/19	Eimeo Tri-Series		Under 8's
27/10/19	No Nippers	Nth Aussies Carnival	
November			
3/11/19	Nippers		Under 9's
10/11/19	Nippers		Under 10's
17/11/19	Nippers	NBB Rescue Champs 16/17	Under 11's
24/11/19	Nippers	Whitehaven Swim	Under 12's
December			
1/12/19	Nippers		Under 13-14's
8/12/19	At Mackay	NBB Branch Champs	
15/12/19	Club Xmas Party Club Points Day		Bring a plate of food.
22/12/19	Holidays		
29/12/19	Holidays		
January			
5/1/20	Holidays		
12/1/20	Holidays		
19/1/20	Nippers		Under 15-17's
26/1/20	Australia Day Nippers		All
February			
2/2/20	Eimeo Tri-Series		Green Caps
9/2/20	Nippers		Under 8's
16/2/20	Nippers		Under 9's
23/2/20	Nippers		Under 10's
March			
1/3/20	Nippers		Under 11's
8/3/20	Nippers		Under 12's
15/3/20	Club Champ Points Day		Under 13-14's
22/3/20	Nippers	State Youth Champs Alex Heads 20/21/22 March	Orange Caps
29/3/20	Break Up Day		Bring a Plate of food.
16/5/20	Club Dinner and Presentation Night		