



## **Metropolitan Caloundra SLSC**

Junior Activities Handbook | 2025 - 2026



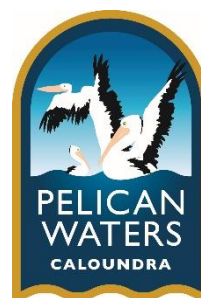
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## Major Sponsors





## Metropolitan Caloundra Surf Life Saving Club Overview

### Welcome to the 2025–2026 Mets Nippers Season!

On behalf of the Junior Activities Committee (JAC), welcome to Metropolitan Caloundra Surf Life Saving Club and thank you for joining our Nipper community.

As part of the Sunshine Coast Surf Life Saving Branch, which includes 15 clubs from Rainbow Beach to Redcliffe, our club is proud to deliver a safe, inclusive, and engaging Nipper program. Junior Activities, also known as Nippers, is one of five key operational groups within our club, working alongside Lifesaving, Training and Education, Member Development, and Surf Sports. Together, we provide a pathway that supports our young members from their first day on the beach through to becoming qualified lifesavers.

At Mets, our focus is on participation, personal development, and fun. We encourage every child to "have a go," build confidence in the surf, and enjoy learning new skills in a positive, supportive environment. Our strength lies in our community, and the involvement of every family is essential. From setting up the beach and cooking the BBQ to water safety and cheering from the sidelines, every helping hand supports our Nippers and brings our program to life.

The number one outcome of our Nipper program is the successful conversion of junior members into patrolling lifesavers and the development of strong, lifelong surf safety skills in a positive and supportive environment.

We look forward to an exciting season filled with teamwork, growth, and plenty of great beach memories. Thank you for being part of the Mets journey!

The Junior Activities Committee  
Metropolitan Caloundra SLSC



## Junior Activities Committee

Communication with the Junior Activities Committee is via email to [jac@caloundrasurfclub.com.au](mailto:jac@caloundrasurfclub.com.au).

JAC Position	Name	High-Level Role & Responsibilities
Chairperson	Doug Kynaston	<ul style="list-style-type: none"> <li>Leads the JA Committee and oversees the delivery of the Nippers program.</li> <li>Acts as liaison between the JAC, Club Operational Group, and broader club governance.</li> </ul>
Deputy Chairperson(s)	Lucas Hogarth	<ul style="list-style-type: none"> <li>Supports the Chairperson and steps in during their absence.</li> <li>Assists with conflict resolution, program delivery, and committee coordination.</li> </ul>
Secretary	<i>Vacant</i>	<ul style="list-style-type: none"> <li>Prepares agendas, records meeting minutes, and handles committee correspondence.</li> <li>Ensures administrative compliance with club and branch processes.</li> </ul>
Registrar	Anna Lee	<ul style="list-style-type: none"> <li>Manages junior membership records and registration processes.</li> <li>Coordinates with SLSQ for accurate and up-to-date member data.</li> </ul>
Treasure	Elizabeth Armstrong	<ul style="list-style-type: none"> <li>Monitors and reports on financial matters relating to junior activities.</li> <li>Assists Chairperson with budgeting, reimbursements, and financial compliance.</li> </ul>
Age Manager Coordinator(s)	Kirsten Phillips & Katie Smith	<ul style="list-style-type: none"> <li>Oversees recruitment, training, and support of Age Managers.</li> <li>Ensures compliance with SLSA qualifications and coordinates rostering.</li> </ul>
Education Officer	TBC	<ul style="list-style-type: none"> <li>Coordinates delivery of surf education and lifesaving awards for Nippers.</li> <li>Supports age groups to meet education requirements and liaises with Training Officer.</li> </ul>
Gear Steward	Jason Sinclair	<ul style="list-style-type: none"> <li>Maintains and manages junior gear and equipment, ensuring safety and usability.</li> <li>Coordinates repairs, replacements, and access for age groups and training.</li> </ul>
Chief Water Safety Officer	TBC	<ul style="list-style-type: none"> <li>Organises and manages water safety personnel &amp; compliance during activities.</li> <li>Conducts risk assessments and ensures water-based safety standards are met.</li> </ul>
Junior Surf Sports Officer	Nicole Haynes	<ul style="list-style-type: none"> <li>Plans and coordinates surf sports training and carnival participation.</li> <li>Supports pathways from club-level to inter-club and branch competition.</li> </ul>

### Key Supporting Roles

Parent Liaison Officers	Hayley Evens Theresa Hogarth	<ul style="list-style-type: none"> <li>Act as the communication bridge between families and the Age Managers or Committee.</li> <li>Support new families with onboarding, feedback, and general Nipper queries.</li> </ul>
Team Manager: U8 to U10	Kate Tronc	<ul style="list-style-type: none"> <li>Coordinate logistics, supervision, and support for junior teams during training and carnivals.</li> <li>Manage team communication, athlete check-in, event readiness, and conflict resolution.</li> </ul>
Team Manager: U11 to U15	<i>Vacant</i>	
Beach Team Manager	TBC	
Pool Rescue Team Manager	Nicole Haynes	<ul style="list-style-type: none"> <li>Delivers board and swim coaching aligned with junior development goals and carnival preparation.</li> <li>Supports skill progression for competition and water safety readiness.</li> </ul>
Water Coach		
Beach Coach	Peter Bell	<ul style="list-style-type: none"> <li>Provides sprint, flags, and beach relay coaching for junior members.</li> <li>Focuses on technique, performance, and carnival preparation.</li> </ul>
Official Liaison	Howard Sharp	<ul style="list-style-type: none"> <li>Coordinates the recruitment, registration, and rostering of accredited officials for carnivals.</li> <li>Acts as the key contact for officials, ensuring compliance with SLSA requirements and supporting them during events.</li> </ul>
Canteen Coordinator	<i>Vacant</i>	<ul style="list-style-type: none"> <li>Manages canteen operations on Nipper days and at events.</li> </ul>
Social Events & Engagement Coordinator	Loren Sinclair	<ul style="list-style-type: none"> <li>Plans and delivers inclusive social events to strengthen club culture and member engagement.</li> <li>Supports fundraising and parent participation through community-oriented activities.</li> </ul>

To Be Populated post Sign-Up commences.

Age Group	Name
Age Manager: Green Cap's	
Age Manager: U8's	
Age Manager: U9's	
Age Manager: U10's	
Age Manager: U11's	
Age Manager: U12's	
Age Manager: U13's	
Age Manager: U14's	
Age Manager: U15's	

## Junior Activities Program

### About the Program

The Nipper program at Metropolitan Caloundra SLSC is all about learning surf lifesaving skills, building water confidence, and most importantly – having fun! It is a structured, age-appropriate development program that focuses on education, personal growth, fitness, competition, teamwork, and community spirit.

Our program caters to boys and girls aged 5 to 13 years, with a focus on participation, skill progression, and surf awareness. While Sunday mornings are the heart of Nippers, our Club also delivers a wide range of engaging activities that support development both in and out of the water.

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### ◆ Age Groups at a Glance

- **Under 6 & 7 (Green Caps)**

Our youngest Nippers enjoy fun and games on the beach while learning where and how to swim safely, identifying lifeguards, and understanding basic beach signals. Activities focus on building confidence, developing movement skills, and fostering group interaction in a safe and supportive environment.

- **Under 8 to Under 13**

Children in these age groups begin to develop core surf skills through structured activities, including wading, swimming, board paddling, beach sprints and flags, and surf awareness education. This is also the age where Nippers can start competing in local carnivals (from U8 onwards). These events are designed to promote teamwork, skill development, and enjoyment while experiencing various beach environments.

- **Under 14 & 15s**

The final year of Nippers marks a transition into leadership. Alongside working toward their **Surf Rescue Certificate (SRC)**—a nationally recognised lifesaving qualification—Under 14s are supported in developing the confidence and skills to lead by example. This includes mentoring younger Nippers, assisting with Age Group activities, and contributing to Water Safety where appropriate.

Notably, this is also the age group from which our **Nipper Club Captains** are selected. These young leaders are paired with a senior Club Captain as part of a structured mentoring relationship, helping them grow into future lifesavers and role models within the Club.

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### Core Program Components

- **Sunday Nipper Sessions**

Fun, structured beach and water activities that introduce the key elements of surf lifesaving, teamwork, and surf safety led by our club Coaches and Age Managers.

- **Education Awards**

Each age group works toward an SLSA Junior Development Award, building knowledge in surf safety, CPR, first aid, and lifesaving techniques.



- **Surf Sports Training**  
Optional board, surf swim, and beach sessions are offered to build skills, develop fitness, and support those interested in competing.
- **Carnivals**  
From U8, Nippers can participate in local carnivals, where they test their skills, make new friends, and represent Metropolitan Caloundra SLSC in a fun, inclusive setting.
- **End-of-Season Recognition**  
We celebrate participation, improvement, and team spirit with a formal awards presentation at the close of the season.

## ♥ Parent Involvement

**Nippers is all about the kids. However, its lifeblood comes from the parents and caregivers who get involved.** The Nipper program cannot run without the commitment of parent volunteers. Every family is expected to contribute. There's a role for everyone, regardless of experience. Volunteering is not just encouraged - it is essential. Your support ensures a safe, fun, and enriching experience for all our Nippers.



## ☀ Why Choose Mets Nippers?

- Lifesaving skills for life
- Confidence in the ocean
- Strong friendships and club spirit
- Fun-filled, structured, and inclusive programming
- A launchpad to future lifesaving pathways

## What the Program Is NOT

- **Nippers is not swimming lessons:** Surf Lifesaving Australia sets the minimum level of water safety ability for each age group set out below in the Junior Activities Preliminary Evaluations.
- **Nippers is not child minding:** At least one parent/caregiver is expected to be available at all times during nipper training.



## Membership

- All Nippers must join with at least one adult/carer.
- Family registrations where one or both parents/carers are required to join with their child / children. Both parents / carers are encouraged to join as Members to enjoy member benefits at no extra cost.
- **See the Metropolitan Caloundra Membership Handbook on our website for full details.**

### Membership Age Groups

Junior Activities age groups are based on the **child's age as of September 30th** of each year.

Age Group	If you are "Born Between"	Membership Condition
Under 6	01/10/2019 (5 Before 30/09/2024)	Has an older sibling as a nipper member and/or an active patrolling immediate family member.
Under 7	01/10/2018 to 30/09/2019	Capping on numbers may occur based on safety and operational considerations by the JAC.
Under 8	01/10/2017 to 30/09/2018	
Under 9	01/10/2016 to 30/09/2017	
Under 10	01/10/2015 to 30/09/2016	
Under 11	01/10/2014 to 30/09/2015	
Under 12	01/10/2013 to 30/09/2014	
Under 13	01/10/2012 to 30/09/2013	
Under 14	01/10/2011 to 30/09/2012	
Under 15	01/10/2010 to 30/09/2011	

We accept FairPlay vouchers: [Play On vouchers | Recreation, sport and arts | Queensland Government \(www.qld.gov.au\)](#)

### Fees are non-refundable

### Parent/Caregiver Involvement

- When you join the Met Caloundra Nippers, you become part of a vibrant and supportive community. To help us run a safe and fun program, each family is expected to contribute in some way. See 'Getting Involved' below for more details and opportunities.

### Child Safety Commitment

Metropolitan Caloundra SLSC is committed to providing a safe, inclusive, and supportive environment for children and young people. Under the Surf Life Saving Australia (SLSA) Child Safe Program, all clubs must actively promote child safety and minimise risks of harm or abuse.

Everyone involved in our club shares responsibility for maintaining a child-safe environment. The Junior Activities Committee (JAC) fosters this through education, awareness, and adherence to the SLSA Child Safe Policy.

As outlined in the Child Safe Guideline, our Club must respond to any reports, concerns, or disclosures relating to the safety and wellbeing of members. We also support and encourage proactive reporting to help Surf Life Saving investigate and respond to inappropriate behaviour.

To make a report, visit <https://complaints.sls.com.au/> and select 'Child Safe Matter – Lodge Your Complaint or Grievance'.

### Working with Children Check (Blue Card)

Surf Life Saving Queensland's Working with Children Policy requires all volunteers involved in Junior Activities to hold a valid Blue Card. This is mandatory for all Junior Activities team members and strongly encouraged for parents, so you can assist when needed. A Working with Children Check (WCC) is required for all members aged 18 and over involved in any aspect of Surf Life Saving.

**There is no cost** to obtain a Blue Card if you are a Nipper Volunteer.

Below are the steps involved in obtaining a WCC.

- a. Create a login [Blue Card Services Applicant Portal](#) Record your blue card account number as you will need it complete the next SLSQ linking form below.
- b. Complete the SLSQ linking form [Surf Life Saving Queensland - Linking Blue Card Services Registration Account and Valid Blue Card Survey \(surveymonkey.com\)](#)
- c. Receive email that you have been linked to SLSQ
- d. Complete your Blue Card application <https://my.bluecard.qld.gov.au/login>

If you already have a WWC, please click on the link below and complete the form. SLSQ will link you to our organisation.

[Surf Life Saving Queensland - Linking Blue Card Services Registration Account and Valid Blue Card Survey \(surveymonkey.com\)](#)

## Junior Activities Evaluations, Education, and Competencies

### Preliminary Evaluations

Preliminary Evaluations, set by Surf Life Saving Australia (SLSA), are the minimum requirements for all children to participate in the Nipper program. These evaluations are not proficiency tests but necessary skills assessments that help determine the appropriate level of water safety supervision for each child.

Due to water safety ratio requirements and resource limitations, to ensure the safety of your child and others, participation in the Met's nipper program is only possible once these minimum standards are met.

Parents should also be aware of the **Junior Activities Beach Competency Evaluation**, which applies to water-based activities and is required for carnival eligibility.

Age Group	Flotation	Submersion	Propulsion
<b>Under 6</b>	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.
<b>Under 7</b>	Back or front float for a 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.
<b>Under 8</b>	Back or front float for a minimum of 15 seconds, recover to stand.	Submerge to touch the bottom with hands.	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).
<b>Under 9</b>	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.
<b>Under 10</b>	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 25 metres.
<b>Under 11</b>	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 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.
<b>Under 12</b>	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.
<b>Under 13</b>	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 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.
<b>Under 14</b>	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, 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

## Junior Activities Beach Competency Evaluation (Run-Swim-Run)

Set by SLSQ, the Beach Evaluation (Run-Swim-Run) must be completed in the first few weeks of Nippers and is required before progressing to any water activities. While the Club will provide every opportunity to support children in developing the skills and confidence to pass, this must be balanced with available resources – such as water safety and coaches – to ensure the majority of Nippers gain maximum value from the program.

Age Group	Run-Swim-Run Distance
Under 6 & 7s (Green Caps)	Nil
Under 8s	25m – 25m – 25m (run – wade – run)
Under 9 & 10s	50m – 50m – 50m
Under 11 & 12s	50m – 100m – 50m
Under 13s	100m – 100m – 100m

- ❖ **Nippers is not a learn-to-swim program.** All participants are strongly encouraged to attend external swimming lessons or squad training to build the foundation technique and fitness needed for ocean activities.

## Junior Activities Education

Each age group works toward an age-appropriate **Surf Life Saving Australia (SLSA) award**, building confidence, surf safety knowledge, and skills that lay the foundation for future patrolling members. These awards are delivered progressively throughout Sunday Nippers and must be completed by **31 December**.

U6 – Surf Play 1

U7 – Surf Play 2

U8 – Surf Aware 1

U9 – Surf Aware 2

U10 – Surf Safe 1

U11 – Surf Safe 2

U12 – Surf Smart 1

U13 – Surf Smart 2 (includes Resuscitation Certificate)

U14 – Surf Rescue Certificate (SRC) – this is the first award enabling members to start patrols!



**Attendance is important** – each session builds on the last, helping Nippers stay engaged and on track. Age Managers will share key dates, but it's the responsibility of families to ensure any missed content is completed. **Nippers must complete their award to be eligible for Branch Titles.**



## Junior Activities Competition (Carnival) Evaluation

From the age of 7 (Under 8), juniors can begin to compete in branch, state, and national competitions. To ensure that all junior members who wish to compete have the required ability, strength, and fitness to compete, they must be able to complete the Junior Activities Competition Evaluation for their age group. This evaluation must be done at least 1 week before nominations close for the carnival.

Age Group	Competition Evaluation
Under 6	Nil
Under 7	Nil
Under 8	Nil (no water competition, except for wade, which takes place in waist-deep water)
Under 9	Minimum 150m open water swim
Under 10	Minimum 150m open water swim
Under 11	Minimum 200m open water swim
Under 12	Minimum 200m open water swim
Under 13	Minimum 200m open water swim
Under 14	Minimum 200m open water swim

## Uniform

Club uniforms, including swimwear, caps, and apparel, can be purchased at the uniform shop on sign-on day or ordered online for collection during Sunday Nippers.

**⚠ Nippers will not be allowed on the beach or in the water without a club cap and a high-visibility rashie. These items are mandatory for participation in all Nipper activities.**



- Caps: As required by Surf Life Saving Australia (SLSA), Nippers must wear their club cap at all times while on the beach.
  - U6–U7: Green cap
  - U8–U15: Red, white, and blue club cap
- High-Vis Rashies/Vests: A fluorescent pink high-visibility rashie or vest is required for all aquatic activities, in line with Surf Life Saving Queensland (SLSQ) policy.



Please ensure your child arrives each Sunday fully equipped so they can safely participate in the program.

## Nipper Boards

One of the most exciting and used pieces of equipment within the nipper program is the “NIPPER BOARD”. These boards come in two forms, a “**Foam**” Nipper Board and a “**Fibreglass**” Nipper Board.

“**Foam**” Nipper Boards are lightweight, durable, safe and a great learning tool for our younger nippers; they are the only Board available for U8-U10s and optional for U11s to U13s. The club supplies these for use during club sessions. However, you may choose to purchase your own.

**Fibreglass** Nipper Boards are lighter and faster than foam boards but less durable and harder to control, making them suitable only for U11–U13s with specific training. U8–U10s are not permitted to use fibreglass boards. The club does not supply fibreglass boards and you will need to purchase your own (or continue to use a foam board).

The club does have a small number of fibreglass boards available for lease. If you are interested in this options please ask the JAC Gear Steward or email [admin@caloundrasurfclub.com.au](mailto:admin@caloundrasurfclub.com.au).

Additional information is available on the [SLSQ Junior Board Guide](#).



## Sunday Mornings – The Main Event!

Sunday mornings are the heart of the Nipper program – the *main event* focused on surf lifesaving education and skill development. Sessions aim to prepare our Nippers to become future patrolling lifesavers through structured, coach-led activities.

Each Sunday includes:

- A short, age-appropriate surf education session.
- Three skill-building rotations led by qualified coaches.

To make the most of each session, **please arrive early** – activities begin promptly at the scheduled time.

**Sign-in and sign-out are mandatory:**

- Nippers must be signed in by their Age Manager.
- **Nippers are not permitted to leave the beach without notifying the Age Manager** and being signed out by a parent or caregiver.

All sessions are held at **Kings Beach**, unless unavailable due to weather or carnivals – alternate venues will be advised via the **Team App**.

Whilst recognising we have members travelling from Brisbane, location changes or cancellations are only made *on the day*, following a beach risk assessment by the Patrol Captain and Chief Water Safety Officer.

### Training Arena Access

For safety and clarity, only parents or caregivers who are actively volunteering in an authorised role are permitted within the training arenas. This helps maintain a secure environment and ensures it's clear who is responsible for supervising activities.

## Photography Policy – Child Safety First

To protect the safety and privacy of our Nippers, photography within the training and competition areas is not permitted unless you are an **approved club photographer**. The club has designated photographers who follow Surf Life Saving Queensland's Child Safety guidelines. Thank you for helping us maintain a safe and respectful environment for all children.

	Green Caps U6 & U7	Session 1 U8 - U10	Session 2 U11+
7:00	Beach Safety & Risk Assessment		
7:15			
7:30	Muster	Muster	
7:45		Education	
8:00		Rotation 1	
8:15			
8:30		Rotation 2	
8:45			Muster
9:00		Rotation3	Education
9:15			
9:30			
9:45			Rotation 1
10:00			
10:15			
10:30			Rotation 2
10:45			
11:00			Rotation3
11:15			
11:30			
11:45	Finish		



## How to be a FANTASTIC Junior Lifesaver

1. Report to your age manager before commencement of training or at carnivals with a **smile**, ready to have fun.
2. Do not leave the training area or carnival tent without your age manager's permission.
3. Do not enter the water without permission.
4. You must wear your cap (securely tied up underneath your chin) and hi vis rashie/singlet before being allowed to participate in training or events at carnivals.
5. Club cap is not to be worn before or after training.
6. Be ready to support, encourage and help your friends.
7. All gear and equipment is to be washed down correctly before being stored in its correct place.
8. Club boards are not to be used without permission.
9. Always use sunscreen and have a water bottle during training.
10. Listen and show respect to the volunteers.
11. Learn and practise lifesaving skills that your Age Managers pass on to you.
12. Remember you are a Metropolitan Caloundra Surf Club member. Always help other members.



Smile



Encourage



Listen



## Getting Involved

The Nipper program at Metropolitan Caloundra SLSC is 100% volunteer-run, and it simply can't happen without your support. To ensure a safe, fun, and successful season for all our Nippers, it is a **requirement that at least one parent or caregiver from each family actively volunteers** throughout the season.



There are many ways to get involved and create special moments.

Whether it's helping with beach set-up, water safety, BBQs, officiating, age managing, or admin support, whether you have experience or not – we will help you find a role that suits your skills and availability.

To help you understand how the program works and what's expected, we hold **Family Participation Program (FPP) sessions** at the start of the season for all families – new and returning. These sessions are essential for setting the tone, outlining volunteer opportunities, and building a strong team culture that makes Mets Nippers so special.

Your involvement matters — and we're excited to have you as part of the team. Together, we make it happen!

Listed below are some key areas that you may wish to support:

- Committee Members
- Age Managers
- Team Managers
- Fundraising
- BBQ, Canteen
- Coaches
- Officials
- Gear Stewards
- Water Safety
- Beach Set-up / Pack-up



## Water Safety

Water safety is a crucial part of the Sunday morning nipper program, training sessions and carnivals. The Club is required to provide one water safety officer per 5 Nippers in the water at any one time. Parents who have a proficient Surf Lifesaving Australia Bronze Medallion or Surf Rescue Certificate (SRC) are asked to assist with water safety. These awards can be obtained through courses run by the club; dates of future courses can be found on the club's website.

## Age Managers

Age Managers are required for each age group. There is an SLSA Age Managers course that helps parents develop a deeper understanding of how SLS operates and provides them with the skills and knowledge to support the successful coordination and delivery of the Nipper program.

If you are interested in becoming an Age Manager, please speak to the Age Manager Coordinator or Chair of Junior Activities.



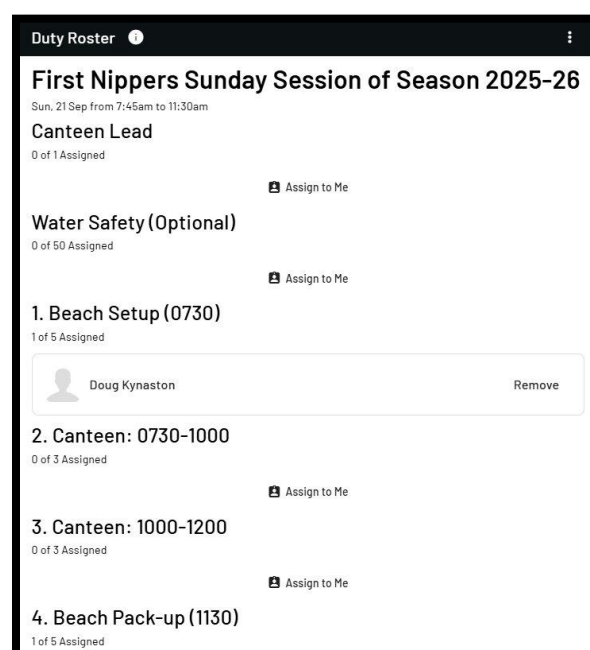
## Duty Roster – Team App

Each week the volunteer roster will be spread across multiple age groups on a rotating basis, for example:

Week	Beach Setup	Canteen (Session 1)	Canteen (Session 2)	Beach Pack-Up
1	U9	U10	U11	U12
2	U8	Green Caps	U13	U14

The required volunteer shifts will be published in the Team App – Events, for parents/caregivers to self-nominate for a role. Reminders will be sent out each Wednesday evening, highlighting any vacant shifts.

Refer to the “Duty Roster Guide” in the Team App - Document Library on how to check and use the Duty Roster.



## Fundraising

Thank you for your membership and support. To help keep fees affordable, all members are requested to contribute (time) to the club's fundraising efforts. This helps sustain our club operations and programs.



- **Surf Sports Raffles** (Saturday Afternoons)
  - Held weekly during the patrol season at the Supporters' Club.
  - **All Surf Sports athletes (U13+)** must attend at least **3 raffles**.
- **QLD Lifesavers Appeal** (usually October)
  - This is the club's major fundraising event.
  - **All Nipper families and Active Members** are asked to complete **4 hours of collection duties** at designated venues in Caloundra or Brisbane.
  - Families are also encouraged (but not required) to create and share an online fundraising team.

### Important:

- Parents/carers must accompany under-18 members for all raffle and Appeal shifts.
- Failure to meet fundraising obligations may result in loss of club financial support for end-of-season events (e.g. development activities, carnival fees, or social functions).

## Communication

DO NOT BE AFRAID TO ASK QUESTIONS!

Communication is one of the key requirements of any successful organisation; Surf Life Saving Australia, with 150,000 members, is no different. It is essential that you communicate, ask questions, and seek answers.

- **Team App** – acts as the JAC's **source of truth** for information to parents/caregivers and provides regular news updates, forms and key documents, training schedules, events and calendar, etc.
  - Includes link to Uniform Shop.
  - **Download Team App from your App Store:**
    - Search for "Met Caloundra SLSC Nippers"
    - Request access to the "All Nipper Parents" access group.
- **Website** - Metropolitan Caloundra SLSC has a members section with various resources.
- **Facebook** – there are multiple Metropolitan Caloundra SLSC associated Facebook sites, most Age Groups have one; however, this is not a formally organised communication tool.
- **Emails** – Occasionally you will also receive information directly via email. The Junior Activities email is:
  - [jac@caloundrasurfclub.com.au](mailto:jac@caloundrasurfclub.com.au) or [admin@caloundrasurfclub.com.au](mailto:admin@caloundrasurfclub.com.au)

### Parent Liaison Officer (Who do I ask?)

Identified by their Orange Vests, they are the go to person with any questions initially. These roles enable Age Managers to concentrate on the kids and get moving with the activities for the session.

### Feedback, Grievances and Dispute Resolution

Open, respectful communication is essential in a volunteer-run organisation like Metropolitan Caloundra SLSC. All members are encouraged to raise concerns or grievances in writing to the JAC Chairperson (via email), which will be addressed professionally and in accordance with club policies and procedures.

Feedback should be constructive and made with the understanding that volunteers are doing their best with limited resources. All communication should align with the Metropolitan Caloundra SLSC **Code of Conduct**, which promotes respect, integrity, and inclusiveness.



## Carnivals

Carnivals give Nippers the chance to compete with other clubs using traditional surf lifesaving disciplines and equipment. For many, competition enhances their enjoyment and commitment to the program.

**Carnivals are optional and not for everyone.** Parents and Nippers should understand the events and ensure children are well-prepared, especially from U10 and above.



Most events occur between the 15 Sunshine Coast Branch clubs, with larger competitions such as the QLD State Titles and Pool Rescue attracting clubs statewide. Carnivals usually run all day, with U11–U15 championships held over multiple days.

Carnivals are divided as follows:

- U8–U10: Focus on fun, participation, and sportsmanship (no point scoring).
- U11–U15: More competitive, with points awarded and medals for top 3 placegetters — but still underpinned by fun and sportsmanship.

Carnivals include **individual** and **team** events. Team spots depend on numbers and selection criteria:

### Team Selection Guidelines (U11–U15)

1. Athletes nominate; the Club selects teams to represent Mets.
2. Team Managers, in consultation with Coaches and Age Managers, make final decisions.
3. Selection is based on performance, training attendance, team attitude, discipline, and participation in Sunday Nippers.
4. If spots are limited, races may be held to finalise selections.
5. U10s may be considered for U11 teams if space allows, but U11s have priority.
6. Pre-qualified teams for events like State Champs will remain unless changed due to injury, unavailability, or with Director of Surf Sports approval.

All team changes must align with the club's values and be approved as necessary.





## Carnival Entries

Carnival Nominations will be issued to age groups via an online form on Team App. Parents or guardians must complete all fields on the form for it to be submitted.

**Nominations will not be accepted if parents/guardians fail to nominate for a specified volunteer role at the carnival.** The Team Manager, in conjunction with the Age Manager, will confirm the participants, select Teams if required, and then enter the participants.

- Closing dates for carnival nominations will be clearly displayed on the nomination form.
- Nominations forms should be returned as soon as possible.
- **Parents/guardians must volunteer in the key roles of Age Manager, Water Safety Officer, or Official to guarantee their child's nomination.**
  - NB: The Club must provide Water Safety Officers and Officials in the prescribed ratio to its competitor numbers for carnivals. Should Mets be unable to provide the prescribed number of Water Safety and Officials, then those parents (other than Age / Team Managers) who have failed to volunteer in these capacities risk their child being excluded from the carnival.
- Late nominations will not be accepted. However, in exceptional circumstances, which require approval by the JAC Chairperson, the Club may consider late nominations but only on the basis that the parent/guardian pays the late nomination fee for their child to compete at the carnival.

A carnival program and competitor listing will be sent to the parents/guardians of the nippers participating in the carnival. The program will define start and finish times, and will also define volunteer responsibilities.

## Carnival Uniform

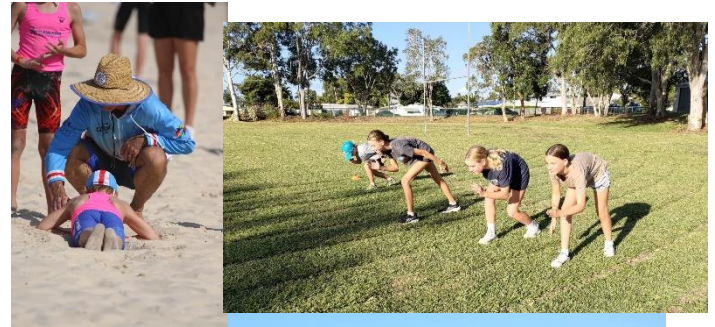
It is mandatory that all Nippers participating in Carnivals are dressed in Club colours and are wearing the uniform. The uniform consists of Club Swimwear, purchased from the Club, otherwise Black or Blue swimmers only.

No faded Pink rashies or Caps as children will be rejected by Officials on the day for safety reasons.

## Training

The club offers a range of training activities and opportunities, available both on the Sunshine Coast and in Brisbane locations.

Detailed information can be found in the Team App and the Met Caloundra Surf Sports Manual.



## Swim Training

Swimming is a core component of the Nipper program, but please note that **formal swimming lessons are not provided** as part of the program.

A child's confidence in the ocean is strongly influenced by their exposure to surf conditions. The more time they spend in the ocean, the more comfortable and capable they become. One of the best ways you can support your Nipper is by regularly taking them to the beach, swimming with them, and helping them practise moving through waves.

We **very strongly recommend** all Nippers participate in regular swimming lessons or squad training at their local pool. This builds fitness, technique, and stamina — all of which support their ability to manage the unique challenges of ocean swimming, including cold water, waves, and currents. Pool training combined with time in the surf sets your child up for safety, confidence, and success in the Nipper program.



## Club Points Days

Point's Day is our own "Internal Junior Club Carnival". It provides children with the opportunity to compete against their peers within their own age group at their club. The aspects of competition shall simulate a traditional SLS Inter-Club Surf Carnival. The events to be conducted are generic to each age group; the events should simulate the traditional SLS competition disciplines for that age group.

Each season, the JAC committee will nominate scheduled nipper days as "Points Day".

At the end of the season, the Club will award a Male and Female Age Champion for each age group. The Aged Champion for each respective age group is awarded to the nipper who accumulates (ie the summation of points from each event and for each Points Day) the most points from the two (2) Points Days held during the regular season. Should there be a tied result (ie nippers with the same amount of points), then the Aged Champion award shall be shared.

**To be eligible for the Age Champion award, a nipper must have attended at least 50% of nipper Sundays during the season.**

Place	Points Allocated
1st	10 Points
2nd	9 Points
3rd	8 Points
4th	7 Points
5th	6 Points
6th	5 Points
For those finishing out of the top 6 place, but successfully completed the event.	2 Points
For those who do not attempt the event, fail to finish, or are disqualified	0 Points



## Nipper Club Captains

Every year, Metropolitan Caloundra SLSC selects **Nipper Club Captains** and **Vice Captains** from the current Under 13 and 14 Age Groups. The election process prepares successful candidates to represent the Club in the following season.

The **Nipper Club Captain Selection Committee** comprises the JAC Chair, JAC Deputy Chair, Under 13 Lead Age Manager, Under 14 Lead Age Manager(s), and the U11–U15 Team Manager.

This process gives young lifesavers an opportunity to step into leadership roles within the Club. Candidates are selected based on their demonstrated commitment to the Club and their ability to act as positive role models for younger members.

At the end of each season, nominations will be invited from U13 and U14 Nippers. Nominees must complete a form outlining their contributions across the following areas:

- Attendance and participation in Sunday Nippers
- Training and competition (beach or water)
- Education and development
- Team support and encouragement
- Fundraising and Club involvement
- Other relevant Surf Lifesaving achievements

Completed nomination forms must be submitted to the JAC Chair by the specified date. Captains and Vice Captains will be announced at the end-of-season celebration, ahead of the next season.

### Responsibilities

Nipper Club Captains are expected to:

- Act as role models for younger Nippers
- Actively help coordinate and support **Sunday Nipper sessions, twilight social events, and the end-of-season celebration**
- Represent the Club as ambassadors at public functions, sponsor events, and promotional activities
- Assist the Club Captain with U14 & U15 patrol member allocation and rostering

Nipper Club Captains will have the opportunity to be mentored by the senior **Club Captain** and given the opportunity to participate in **Operational** and **Board meetings**

Captains must be financial members of the Club, complete their **Surf Rescue Certificate (SRC)**, and commit to required patrolling duties.

The Nipper Club Captains / Vice-Captains for season **2025-2026** are:

Nipper Club Captains – **TBA**

Nipper Club Vice-Captain – **TBA**





## Season (perpetual) Awards

Each season, the Metropolitan Caloundra Surf Lifesaving Club makes recognition of outstanding achievements. This is done via a series of Perpetual Awards. The purpose of an award is not only to create recognition of achievements, but it is also a means of encouraging and promoting future involvement.

Listed below is a complete list of all Metropolitan Caloundra Junior Activity Perpetual Awards. For awards “selected by the JAC”, nominations for the Perpetual Awards will be sought for consideration and final decision by a subcommittee consisting of up to five JA Committee members.

### Club Age Champion

Awarded to one Male and one Female Nipper in each age group. The award is calculated from the accumulation of points on “Points Day” and also the accumulation of points awarded from season attendance.

Club Age Champion U8 Male	Club Age Champion U8 Female
Club Age Champion U9 Male	Club Age Champion U9 Female
Club Age Champion U10 Male	Club Age Champion U10 Female
Club Age Champion U11 Male	Club Age Champion U11 Female
Club Age Champion U12 Male	Club Age Champion U12 Female
Club Age Champion U13 Male	Club Age Champion U13 Female
Club Age Champion U14 Male	Club Age Champion U14 Female
Club Age Champion U15 Male	Club Age Champion U15 Female

### Most Improved

Awarded to one Male and one Female Nipper in each age group. Awarded to the Nipper who has shown the most improvement throughout the season, selected by the applicable Age Manager.

Most Improved U8 Male	Most Improved U8 Female
Most Improved U9 Male	Most Improved U9 Female
Most Improved U10 Male	Most Improved U10 Female
Most Improved U11 Male	Most Improved U11 Female
Most Improved U12 Male	Most Improved U12 Female
Most Improved U13 Male	Most Improved U13 Female
Most Improved U14 Male	Most Improved U14 Female
Most Improved U15 Male	Most Improved U15 Female

### Life Saver Award

Awarded to either a Male or Female Nipper in each age group. Presented to a Nipper who shows promise in the life-saving aspects and putting into place what they have learnt during the season. This Nipper does not necessarily compete. The award is selected by the applicable Age Manager.

Life Saver Award U8
Life Saver Award U9
Life Saver Award U10
Life Saver Award U11
Life Saver Award U12
Life Saver Award U13
Life Saver Award U14
Life Saver Award U15

Award Name	Description
<b>Ikon Engineering Award</b>	Awarded to the most consistent male or female Nipper. The award is selected by the JAC.
<b>Gorman Family Trophy</b>	Awarded to either a Male or Female Nipper in the U11 to U15 age groups who gains the most points on the beach at carnivals throughout the year.
<b>Les Steers Trophy</b>	Awarded to either a Male or Female Nipper in the U11 to U15 age groups who gains the most points in the water at carnivals throughout theyear.
<b>Senior Club Award</b>	Awarded to either a Male or Female Nipper in the U15 age group who has been of most service to the senior side ofthe club, throughout the season. Awarded by the Club Captain
<b>Supporters Club Encouragement Award</b>	Awarded to either a Male or Female Nipper who needs encouragement to continue junior life saving, encouragement to continueparticipation through into the senior ranks. Award is selected by JAC
<b>Club Person Of The Year Award</b>	Awarded to either a Male or Female Nipper who has the clubat heart. They compete, participate and behave to inspire others. The award is selected by JAC.
<b>Thora Hunt Award</b>	Awarded to either a Male or Female Nipper who exhibitsoutstanding sportsmanship. The award is selected by JAC
<b>President's Award</b>	Awarded to either a Male or Female Nipper for outstandingachievement. The award is selected by Club President.
<b>Phillips Family Long Service Award</b>	Awarded to all Male and Female Nippers who have been a part of the Nipper program for seven seasons, commencing with U8s and concluding with U15s.
<b>Water Safety Recognition</b>	Awarded to both Male and Female Nippers in the U14 & 15 age groups who have consistently contributed to Water Safety Activities.
<b>Coaches Choice Water</b>	Awarded to either a Male or Female Nipper for outstandingachievement within Water Activities. The award is selected by the Water Coach(es).
<b>Coaches Choice Beach</b>	Awarded to either a Male or Female Nipper for outstandingachievement within Beach Activities. The award is selected by Beach Coach(es).
<b>Glenn Wilson Trophy</b>	Awarded to either a male or female nipper for an outstanding display of courage in BEACH activities
<b>Jeff Morris Trophy</b>	Awarded to either a male or female nipper for outstanding display ofcourage in WATER activities

## Incident Procedure

The Nipper arena at Kings Beach is located beside the patrolled bathing area and Patrol Trailer.

The Patrol Captain is in overall charge of the beach and is responsible for managing all safety-related incidents. An *incident* may include injury to a Nipper, volunteer, or member of the public, a lost child, or situations such as a potential mass rescue.

Any actual or potential incident must be immediately escalated to the Patrol Captain.

Typically, the Chief Water Safety Officer or Age Managers will report incidents, but any volunteer or parent who witnesses one should notify them immediately. The Chief Water Safety Officer will use radio contact to alert the Patrol Captain.

The Patrol Captain will then coordinate the response using available patrol and water safety resources and ensure appropriate follow-up and reporting.

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## Surf Lifesaving Australia & Metropolitan Caloundra SLSC Code of Conduct

Metropolitan Caloundra SLSC has an outstanding reputation both within the Surf Lifesaving community and the general public. Any behaviour, either by the nipper or parent/guardian, that brings the Club into disrepute will not be tolerated and will result in disciplinary actions and potential cancellation of membership.

In addition to abiding by the standard SLSQ Code of Conduct, by participating in the Metropolitan Caloundra Junior Activities program, nippers and their parents or guardians also agree to the following.

### Code of Conduct - Nipper Parents and Spectators

The Nipper program at Metropolitan Caloundra Surf Life Saving Club is designed to be fun, safe, and inclusive. This Code of Conduct outlines expected behaviours to ensure that all children, families, and volunteers enjoy a positive experience.

### Purpose of the Code

This code exists to:

- Promote respectful, responsible, and positive behaviour by all adults involved in the Nipper program.
- Ensure that Nipper activities are enjoyable, skill-building, and conducted in a safe environment for all children.
- Reinforce that children take part for their own enjoyment, confidence, and development, not to meet adult or peer expectations.
- Encourage all adults to model the behaviours we want children to follow.
- Protect the integrity of Metropolitan Caloundra SLSC and avoid potential disqualification or exclusion from carnivals and competitions due to breaches of conduct or Surf Life Saving Queensland (SLSQ) policy.



## Nippers Code of Behaviour

As a Metropolitan Caloundra Nipper, you agree to:

- Participate to have fun and enjoy fair play – not just to meet the expectations of your parents or age manager.
  - Remember that Nippers is about learning surf safety, building skills, and making long-lasting friendships.
  - Do your best for yourself and your team – your effort helps everyone succeed.
  - Be fair, friendly, and respectful to teammates, competitors, and officials. Never bully or do unfair behaviour.
  - Cooperate with your coach, age manager, team manager, and officials. Don't argue or challenge decisions during or after an event.
  - Respect all club equipment. Use it properly and share it responsibly.
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## Parents & Spectators Code of Behaviour

As a parent or spectator, you agree to:

- Support your child's participation in Nippers as a positive and enjoyable activity for their benefit.
- Never force or pressure a child to take part if they're unwilling.
- Promote good sportsmanship and teamwork.
- Value your child's effort and skill development over results.
- Do not shout at or criticise your child for mistakes or placing in events – role model encouragement and positive support.
- Refrain from disputing decisions made by age managers, team leaders, or officials in public or online.
- Follow the correct communication pathway: first, speak with your Age Manager, then the Team Manager if needed.
- Never approach officials or referees during or immediately after a carnival or event.
- Stay outside of designated training, competition and official areas unless volunteering in an authorised role.
- Support an inclusive, respectful environment and help prevent all forms of verbal or physical abuse.
- Appreciate the essential role of volunteers, age managers, and officials, who generously give their time to support your child.

## Additional Expectations

### ◆ Social Media Use

Parents, Nippers, and spectators must use social media responsibly. Any post, comment, or image that disrespects other members, officials, or brings the club into disrepute will not be tolerated and may lead to disciplinary action.

### ◆ Child Safety and Member Protection

Metropolitan Caloundra SLSC is committed to being a child-safe organisation. All concerns regarding inappropriate behaviour, bullying, or safety must be reported to the Junior Activities Chairperson or the Club's Member Protection Information Officer (MPIO). We comply with SLSQ's Member Protection and Safeguarding Children and Young People policies.

### ◆ Respect for Diversity

We welcome and celebrate diversity. All members and families are expected to treat others with respect and fairness regardless of age, ability, background, or identity.

***Remember the Surf Life Saving Queensland (SLSQ) Management Committee and Metropolitan Caloundra Surf Life Saving Club Board have the power to cite an action against Nippers Age Managers, Team Managers, Parents and spectators for any behaviour that may bring SLSQ or our Club in to disrepute.***



## Issue & Revision

Issue – Revision	Description / Modification	Author	Approved by	Effective Date
1-D	First issue	Phill Ashworth	JAC Committee	28/08/2015
1-G	First issue	Phill Ashworth	JAC Committee	20/08/2016
1-H	Updated for 17/18	Brett Magnussen	JAC Committee	05/08/2017
1-J	Updated for 18/19	Brett Magnussen	JAC Committee	26/08/2018
1-K	Updated for 19/20	Glen Dittmann	JAC Committee	22/07/2019
1-L	Updated for 20/21	Glen Dittmann	JAC Committee	16/07/2020
1-M	Updated for 21/22	Brett Magnussen	JAC Committee	16/09/2021
1-N	Updated for 22/23	Melissa Ray	JAC Committee	01/09/2022
2.0	Updated for 23/24	David Ray	JAC Committee	25/07/2023
3.0	Updated for 24/25	David Ray	JAC Committee	07/08/2024
4.0	Updated for 25/26	Doug Kynaston	Club Board	21/07/2025