



# NIPPER HANDBOOK 2024-25



## CONTENTS

Welcome to BMD Northcliffe	3
Membership	4
Apparel	5
Sign on days	6
2024/25 age group table	7
Junior preliminary skills process	8
Nipper days & what to expect	9
Age group objectives	11
Surf Rescue Certificate	12
Bronze Medallion	13
Coaching & office staff	14
Competition	15
Parental involvement	16
Club communication	17
FAQ	18-19

### ***Does my child have to be able to swim?***

Yes, for U8-U14 age groups as they need to complete their Pool Evaluation including a swim and a float. U6 & U7s need to show competency in the pool. This is carried out before participating in any Junior Activities session to assess their swimming and self survival ability in the water. They will then be required to complete a Beach Evaluation (run-swim-run) to participate in water activities. The next step is for them to train to complete their Competition Evaluation which allows them to compete at inter-club carnivals. Only those who wish to compete are required to complete the Competition Evaluation.

### ***My child is not a strong swimmer / competitor but wants to be part of a team. Is there anything they can do?***

Yes! There are numerous events that are based on lifesaving skills, not just water skills - First Aid, Rescue scenarios, March Past and Rescue & Resuscitation (R&R). These kinds of events are judged on accuracy and technique, not speed. However, training is still required to be competitive (just like swimming).

### ***What can I do to help?***

Parents can become involved in many areas of club activity. Areas of assistance include: helping at Sunday Nipper Days (beach setup/pack down, helping run activities, being an age group observer) carnival officiating, first aid officer, fundraising, and providing water safety at Sunday nippers, training and carnivals (if you gain your Bronze Medallion).

### ***Junior Awards – what are these for my child?***

Each age group award has sessions that they participate in to acquire relevant skills and knowledge. They will need to attend and participate in all of the compulsory sessions to attain the award. They must also complete the pool and beach evaluation to obtain the award.

### ***What happens when my child finishes all the various Junior Activities age groups and awards?***

The Junior Development Program is designed to gradually introduce your child into the role of a qualified Surf Lifesaver and assist in patrolling the beaches. They can continue to be involved in a variety of competition events if desired. They will undertake various other awards and learn many facets of community service involvement. They can be taught specialist areas of competition and compete both at a state and a national level.

## FREQUENTLY ASKED QUESTIONS

*My son turns 5 in October 2024, can he join then?*

No, he needs to be 5 on 30 September to join for that season. He will be able to join the following season.

*My child is currently 11 (12 in January 2024), what age group will he be in?*

The age group that your child is, is the age they are as at the 30th September, therefore your child was 11 on the 30th Sept 2019 (turning 12 in January) and therefore is classed as being in the Under 12 age group (even though they turn 12 during the season).

*Can I drop my children at nippers and leave?*

No, it is absolutely necessary that a parent or designated guardian is at the beach during the entire duration of nippers.

*I have 3 children and can't be with all groups at the same time?*

That is fine. Parents of U6 & U7 children need to be with their group at all times. Parents of U8-14s just need to inform the Age Manager where they will be if they are not going to be with the group.

*My friend's birthday puts him in a different age group. Can they be together?*

No, we need to obey the policies set by SLSA that children are put into groups where their birthday falls - they will be able to make new friends and still be able to socialize before & after the program.

*How often do I bring my child to the beach?*

Our Nipper Days are held each Sunday (start 29 September through to early March (with a couple weeks off over Christmas). We understand that families are busy so the program doesn't require 100% participation, but your child will benefit from regular attendance. We also have mid-week specialized training sessions available to those who wish to improve their skills and fitness. Check the email newsletters and club notice board.

*Is this a learn to swim program?*

No, we do not provide specific learn to swim training, or stroke correction. This is strongly encouraged to be taken up externally.

## WELCOME TO BMD NORTHCLIFFE SURF CLUB!

BMD Northcliffe nipper days are the foundation from which we build our basic surf and competition skills along with awards and accreditations such as the Surf Rescue Certificate.

Club days are held every Sunday between the months of September and March and begin at 8:15am. We also have a few weeks break over Christmas and New Years weeks.

Each age group has an Age Manager who is responsible for the education, training, and organisation of the group during Sunday nipper days and carnivals.

Our main aim is to provide the following:

- \* Instruction in surf safety & surf awareness
- \* Lifesaving & first aid skill development
- \* Competitive sport activities
- \* Platform to senior patrolling duties
- \* To increase fitness and be involved in an active lifestyle
- \* Enjoyable social activity for children & parents

## Contact Details

BMD Northcliffe Surf Club  
51 Garfield Tce, Surfers Paradise  
P.O. Box 980, Surfers Paradise, QLD, 4217

Phone: 07 5539 8091  
Email: [nippers@northcliffesurfclub.com.au](mailto:nippers@northcliffesurfclub.com.au)  
Web: [www.bmdnorthcliffe.com.au](http://www.bmdnorthcliffe.com.au)





# MEMBERSHIP

## FEES

	Early Bird	After 5th Sept
Junior Membership (U6-U8)	\$30 per nipper	\$50 per nipper
Junior Membership (U9-U14)	\$50 per nipper	\$75 per nipper
Junior Associate Membership*	\$30 per adult	\$50 per adult
Junior Competition levy* (U14 +)		\$75 per nipper

\* Please note at least one parent needs to join with initial nipper membership.

\* Levy is for those U14 + nippers wishing to compete at carnivals.

## NIPPER MEMBERSHIP INCLUDES:

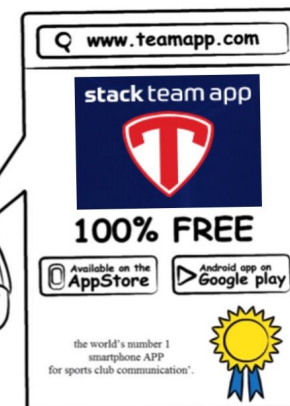
- \* Access to the Surf Club amenities including change rooms and showers
- \* Sunday Nipper activities
- \* Life Saving award training and fees (excl. manuals)
- \* Use of club paddle boards
- \* Presentation trophies & participation medals
- \* Insurance cover for all approved Surf Life Saving & Club activities
- \* Comprehensive training program with professional coaches
- \* School Holiday Program training and activities

## JUNIOR ASSOCIATE MEMBERSHIP:

- \* Access to the Surf Club amenities including change rooms and showers
- \* Life Saving award training and fees (excl. manuals)
- \* Insurance cover for all approved Surf Life Saving and Club Activities
- \* Membership to the Supporters Club incl. 10% discount on food & beverages



# TEAM APP



The Team App has all the information about Nippers, training programs and cancellation/relocation notifications, carnival information & more!

# 1

## DOWNLOAD THE TEAM APP

The Team App can be downloaded from the App Store, or Google Play. Scan the QR code to download the Team App!

# 2

## CREATE AN ACCOUNT

A confirmation email will be sent so make sure you use an address you can access!

Google Play Store



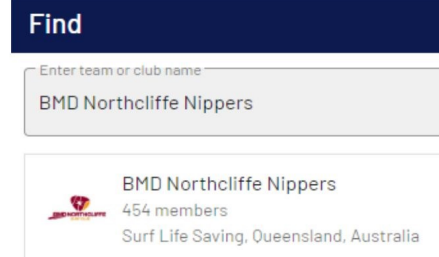
Apple App Store

# 3

## SEARCH FOR US!

Find us by searching for 'BMD Northcliffe Nippers'.

Follow the prompts, select your age group/s, and wait for group approval from the admin!



## PARENTAL INVOLVEMENT

We are a family club and we need the help of every family to share the workload so that we can continue to maintain a high standard and enjoyable environment for everyone. Running a successful club of this size only comes from the ongoing commitment of volunteers and help offered by parents. Please note the following expectations the club requires from their nipper parents:

- \* As a parent or guardian you are **required** to be at the beach at all times during Sunday activities. Your child remains your responsibility. Medication, trips to the toilet, and the individual general welfare of each child is the responsibility of the parent/guardian. **Nippers is NOT a child minding service. U6 & U7s nipper parents need to be with the age group at all times.**
- \* It is club policy that at least one parent registers as a member (Junior Activities Associate member). You are then able to assist with beach and water based activities.
- \* At all times, abide by the Member Code of Conduct.

It is of great importance that BMD Northcliffe has a depth of personnel to call on during activities to provide our junior members a safe, educational surf awareness program whilst developing their skills.

### Officials

- \* For every 10 competitors at a carnival Northcliffe needs to supply 1 Official.
- \* Being an official involves helping with running of the carnivals either by judging, marshalling competitors, presenting medals, recording results, or starting races.
- \* To become an official, a course must be done online via your members portal. It involves a theory and practical part, which is 2 probationary carnivals (paired with a buddy for training purposes).

### Bronze Medallion (Water Safety)

- \* Water safety mainly spend their time monitoring nippers in the water/shoreline on nipper days and/or carnivals either on rescue boards, swimming with tubes/ fins.
- \* Before you join in a Bronze Medallion course you need to be able to swim 400m in 9 minutes. Northcliffe usually holds a one-week intensive courses in the September and January school holidays, and an 5-week course runs every Sunday morning from Oct-Dec at the same time as the nipper program.

### Beach Setup Force

- \* Responsible for the set up / pack up of equipment at carnivals and nipper days.
- \* Depending on the amount of volunteers we have, you may be asked to help on a few nipper days setting up and/or putting away of equipment and/or at a carnival.

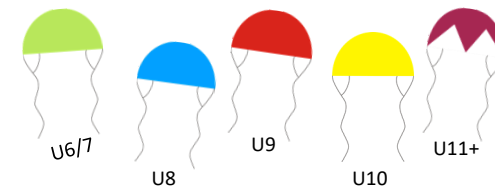
We are always looking for parents to help with a variety of tasks. Please don't hesitate to put your hand up and ask your Age Manager if they need any help. You will need to hold a current working with children Blue Card. Please see Chloe for more information if needed.

## APPAREL

All nippers must wear a nipper cap and high vis rashie while participating in any surf life saving activity. Nippers will keep the same coloured cap from U8-U10.

### Nipper caps

U6-10 lycra coloured caps	\$15
U11+ lycra maroon star cap	\$15



### High vis rashies

Vest (no sleeves)	\$30
Shirt (long sleeves)	\$50



Some older styles in limited sizes available starting from \$15.

Other apparel items are available in various sizes, please see the clothing coordinator on Sunday morning between 7:45-8:15am on nipper days.

## SIGN ON DAYS

It is a pre-requisite that all members have the ability to swim/float to participate in Surf Life Saving activities, therefore they must complete a swim proficiency prior to joining. We hold our Sign on Days at swimming pools to provide a quick and easy 'one-stop-shop'.

### AT SIGN ON DAYS:

- \* Nippers will need their togs and goggles (swimming cap if needed).
- \* Copy of Birth Certificate or Passport required for first time nippers.
- \* Photo ID for all new adult memberships, and parents needing Blue Cards.
- \* Payments can be made by cash or credit card.
- \* All paperwork and apparel will be available on the day.

**SUNDAY 25 AUGUST** @ Damien Gulliver Swim School.

42 St Andrews Ave, Surfers Paradise 8:00-10:00am.

**SATURDAY 31 AUGUST** @ Trinity Aquatic Club

641 Ashmore Road, Ashmore 8:30-10:30am.

**SUNDAY 15 SEPTEMBER** @ Damien Gulliver Swim School.

42 St Andrews Ave, Surfers Paradise 8:00-10:00am

### CAN'T MAKE ONE OF OUR SIGN ON DAYS?

You need to have an accredited swim coach sign you off by signing the proficiency swim form found at the bottom of the "How to Join" page on our website. Swim coaches must provide a photocopy of their accreditation.

All forms including membership & parent consent forms must be returned to the administration office prior to starting any nipper activities.

### JUNIOR PRELIMINARY SKILLS EVALUATION

*The Pool Evaluation* can be completed at our Sign on day and must be completed before any nipper can join. With out this being ticked off, the nipper is **NOT** allowed to participate in any nipper activities.

*The Beach Evaluation* is carried out in the first few weeks of nippers and consists of a run swim run, which must be completed **competently**. Any child that doesn't complete the beach evaluation, will be restricted to beach activities at the discretion of the club.

*The Competition Evaluation* must be achieved before being eligible to compete at inter-club carnivals. This is a minimum standard water proficiency requirement. If the nipper is unable to perform their respective age group task, they will be unable to compete at carnivals.

## Weekly Training Nipper Schedule

August	Time	Session	Venue	Coach
Mon 7th				
Tues 8th	4:00pm	Board / Running training @ Beach	Evandale	Jake & Chloe
Wed 9th	6:00am	Ironman	Club	Jake
Thurs 10th	4:00pm	Board (beach)	Club	Jake
Fri 11th				
Sat 12th	7:00am	Iron training (beach)	Club	Jake
Sun 13th	7:00am	Board Training	Club	Jake



**BMD NORTHCLIFFE**  
SURF CLUB

Nippers  
Training Program U9's-U13's

**Week 6**

**Draft**

**Please note:** If you have not completed your pool swim evaluation or renewed your membership, you will not be able to participate in any training sessions.

**Help required with water safety at all water sessions.**

**Coach Contacts:**  
Jake Nicholson — 0439 954 256



## SURF SPORTS COMPETITION

The Surf Sports program offers a wide range of competition events for all ages culminating in the Youth State Championships, and Australian Championships for U13-15 each year.

### Who can compete?

- \* U8-U14s who have completed their run-swim-runs & competition evaluation (as per page 6 of the handbook) can compete at local carnivals,
- \* Nippers who have obtained their age award can compete at Branch and State,
- \* Carnivals are divided into U8-10 carnivals, and U11-15 carnivals,
- \* Participants need to wear a fluoro pink singlet, club togs, and club cap,
- \* U14+ who have paid the competition levy.

### Where are carnivals held?

- \* Mainly held on the Gold Coast although some bigger carnivals are held on the Sunshine Coast. If weather and surf conditions are not practical for holding a carnival, it may be relocated to a safer beach (sometimes Raby Bay).

### How long do the carnivals go for?

- \* U8-U10 Carnivals are usually held over one day,
- \* U11-U14 carnivals can be either 1 day, 2 day, or 3 day events,
- \* Carnivals involve long hours so be prepared to be at the beach for the majority of the day.

### How to enter?

- \* An online entry form will be included in the weekly emails, and needs to be filled in before the closing date or your child may miss out on entry. Carnival information and entry forms are also visible on the club's Team App or Facebook page.
- \* For some specialty events, members may need to pay their own entry fee, as the club only pays entry fees for SLSQ/SLSA run carnivals.

### What to Bring?

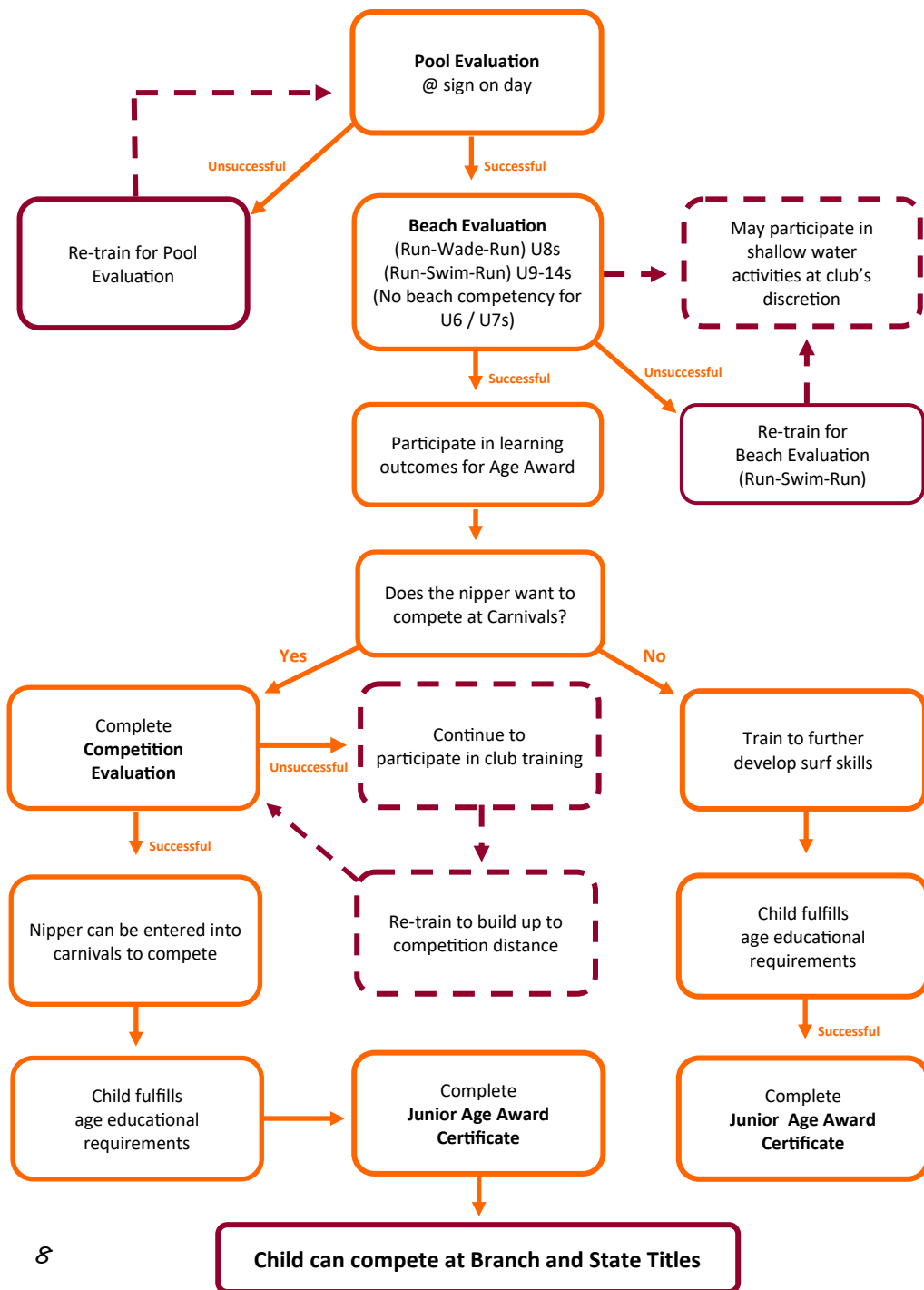
- \* BMD Northcliffe shade tents are provided for our members and families - or you are more than welcome to bring your own umbrella/tent/chair & sit nearby,
- \* You will require plenty of water and good nutritional food to last the whole day,
- \* Sunscreen, nipper cap, club togs, high vis singlet, towel, goggles if needed, and warm clothes if the weather turns bad.

### Club Craft

- \* Foam boards are available to borrow for U9-13s, however it is important to note that U11+ use fiberglass boards. If you wish to be competitive at U11+ carnivals it is recommended that you purchase your own fiberglass board.

	Date of Birth	Age on 30 Sept 2024	Cap Colour	Pool Evaluation	Beach Evaluation (Run-swim-run)	Competition Evaluation	Age Award
U6	1 Oct 2018 - 30 Sept 2019	5yrs	Fluro Green	Float, Submerge to retrieve object , push and glide off wall.	NA	NA	Surf Play 1
U7	1 Oct 2017 - 30 Sept 2018	6yrs	Fluro Green	Float, Submerge to retrieve object , push and glide off wall.	NA	NA	Surf Play 2
U8	1 Oct 2016 - 30 Sept 2017	7yrs	Blue	Float, Submerge to retrieve object , push and swim 20m.	25m-25m-25m Run-Wade-Run	25m-25m-25m Run-wade-Run	Surf Aware 1
U9	1 Oct 2015 - 30 Sept 2016	8yrs	Red	Float, Submerge to retrieve object , push and swim 50m.	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim	Surf Aware 2
U10	1 Oct 2014 - 30 Sept 2015	9yrs	Yellow	Float, Submerge to retrieve object , push and swim 75m.	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim	Surf Safe 1
U11	1 Oct 2013 - 30 Sept 2014	10yrs	Star Cap	Float, Submerge to retrieve object , push and swim 100m	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim	Surf Safe 2
U12	1 Oct 2012 - 30 Sept 2013	11yrs	Star Cap	Float, Submerge to retrieve object , push and swim 150m.	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim	Surf Smart1
U13	1 Oct 2011 - 30 Sept 2012	12yrs	Star Cap	Float, Submerge to retrieve object , push and swim 200m.	100m-100-100m Run-Swim-Run	Minimum 288m open water swim	Surf Smart 2
U14	1 Oct 2010 - 30 Sept 2011	13yrs	Star Cap	Float, Submerge to retrieve object , push and swim 200m.	100m-100-100m Run-Swim-Run	Minimum 288m open water swim	SRC (3 day course)

# PRELIMINARY SKILLS EVALUATION PROCESS



## BEACH EVENTS

### BEACH SPRINT

Competitors race on a straight sand course of approximately 70 metres to the finishing line.

### BEACH RELAY

The beach relay event is made up of 4 competitor's that race on a straight sand course of approximately 70 metres with a baton, running one lap each, exchanging the baton each time until the 4<sup>th</sup> runner crosses the line.

### BEACH FLAGS

Competitors start lying on their stomach facing away from the batons buried in the sand approximately 15m away. There is always less batons than competitors. The competitors will react to the call "Competitors ready, heads down, gun" On the starting gun, the competitors will turn and race to secure a baton. The competitors who fail to obtain a baton are eliminated. The process repeats until there is a single winner.

### 2KM BEACH RUN

Competitors race on a sand course in four laps of 500m to total approximately 2km.

## POOL RESCUE

A traditional lifesaving competition in Australia occurs at a beach. In contrast, Royal Life Saving in Australia, and many countries around the world, have a focus on pool life saving and pool rescue competition. Competitors test their rescue skills in the pool with events. Such as manikin tows, obstacle swims and tube swims carrying patients plus many more. SLSA Pool Rescue Competitions are usually held during the winter months.

### SEASON TRAINING

Our pool rescue normally starts in May and continues until the Australian Titles in August for our older nippers. Training is held at Miami Pool on Tuesday nights and Saturday afternoons once the season has commenced. Keep an eye out for any communication leading up to the season around training information.

### COMPETITION AGE GROUP INVOLVEMENT

Nipper Age groups start from U11 – U14.

U11-U14s will compete through to the Australian Championships which are held in April.



## CLUB COACHING & COACHING STAFF

It is recommended that on top of attending nippers every Sunday, they should also attend a few sessions during the week to further develop and practice their surf skills. While we provide training sessions for board and Iron training during the week, we also provide training sessions for Pool Rescue, Surf Rescue, and March Past / R&R leading into those specific competitions.

The training program is available to all junior activities members in the U9-14 age groups who wish to improve their skills and fitness. Training schedules are available from the club and can be found in the newsletter. All nippers must wear a high vis rashie and club cap when participating in water training sessions.



*Jake Nicholson*

Position: Junior Head Coach  
Mobile: 0439 954 256



*Chloe Mannix-Power*

Position: Junior Beach Coach  
Mobile: 0421 785 225



*Aaron Morris*

Position: Assistant Junior Coach  
Mobile: 0414 627 140



*Mel Jackson*

Position: Pool Rescue Head Coach  
Mobile: 0424 617 098

## SLSC OFFICE STAFF

*Chloe Mannix-Power*

**Position:** Youth Development Coordinator  
**Email:** nippers@northcliffesurfclub.com.au  
**Contact for:** Sunday nippers, Junior memberships, Blue Cards, nipper training sessions.

*Caroline Fildes*

**Position:** Lifesaving & Education Manager  
**Email:** cfildes@northcliffesurfclub.com.au  
**Contact for:** Award courses (Bronze Medallion, SRC etc), patrols

*Emily Doyle*

**Position:** Surf Sports Administration Officer  
**Email:** surfsports@northcliffesurfclub.com.au  
**Contact for:** U14+ carnivals, training programs

*Bree McMcCoawtt*

**Position:** Lifesaving & Education Assistant  
**Email:** bmcawatt@northcliffesurfclub.com.au  
**Contact for:** Award courses (Bronze Medallion, SRC etc), patrols

*Lee Vrolyks*

**Position:** Office Manager  
**Email:** info@northcliffesurfclub.com.au  
**Contact for:** General club enquiries, Memberships

## NIPPER DAYS

### FIRST DAY OF NIPPERS - SUNDAY 29 SEPTEMBER 2024

#### *What to wear / bring:*

- \* Nipper cap and high vis **hot pink** rash shirt is **compulsory**
- \* Club togs & water bottle recommended
- \* Sunscreen and towel essential
- \* Goggles are optional

#### *What to do on Sundays:*

- \* Sign your nipper in on the attendance sheets,
- \* Make sure nippers are dressed, sun screened, and ready to go at 8:15am,
- \* Each age group has their own age flag to line up for secondary roll call,
- \* Nippers will rotate through activities (water, beach, games, education).
- \* At conclusion, children are again checked off the attendance roll. Children are not to leave beach until collected from the age group by an adult. All parents are expected to remain on the beach with your nipper from start to finish of the program.

Nipper apparel is available from 7:30am-8:30am on Sundays, or you can pop into the club during normal weekday business hours to purchase goods.

## WHAT TO EXPECT

The nipper program will always depend on the surf conditions on the day. If the conditions are favourable, more time will be spent in the water than on the beach and vice versa.

U6/7s participate in beach games and limited inshore activities where they learn the basics of being comfortable in the water at the beach and how to stay safe. There is a large emphasis on having fun while in 'Greencaps' (U6/7).

The U8-13 age groups participate in flags, beach sprints and relays, wading, dolphin diving, body surfing, swimming behind break, diving under larger waves, board paddling, negotiating the surf, and catching waves.

The club also runs Championship Days (champ days) to determine an Age Champion and place getters. The best overall result of the nipper from the champ day will determine the age champion.

## AGE GROUPS

### U6 & U7

**Key Objectives** - enjoyment, fun, group interaction, participation,

- \* Beach activities to emphasise games and group participation,
- \* Water activities are limited to shallow water near the water's edge,
- \* No competition other than that involved in fun games,
- \* Learn beach awareness (Slip, Slop, Slap, Seek, Slurp, & Slide) & surf safety.

#### Encouraged activities outside Sunday nippers

1 - 2 sessions per week learn to swim program.

### U8

**Key Objectives** - skill development, enjoyment, fun, group interaction, participation

- \* Develop basic skills in events & have basic knowledge of rules,
- \* Improve confidence in surf,
- \* Wading, duck diving, grabbing sand under waves, swim to behind shore break,
- \* Boogie board paddling, catching broken waves, correct position on board,
- \* Understand rules, demonstrate sprint, flags, wade, and relays.

#### Encouraged activities outside Sunday nippers

Start at 2 sessions per week and increase if needed (learn to swim program).

### U9

**Key Objectives** - skill development, enjoyment, fun, group interaction, participation,

- \* Developing skills in events & have knowledge of rules & improve confidence in surf,
- \* Recall surf awareness information & basic emergency care procedures,
- \* Ability to train in a group situation and develop 'road rules' of squad training,
- \* Catch broken waves from standing, swim in surf with head down, swim into gutter,
- \* Board starts with skim, sit/pop, 'eskimo' roll, catching unbroken wave.

#### Encouraged activities outside Sunday nippers for development

Start at 3 sessions / week and increase if needed, e.g. 2 x swim sessions, plus board skills.

### U10

**Key Objectives** - skill development, enjoyment, fun, group interaction, participation,

- \* Perform introductory self rescue skills,
- \* Understanding training terminology,
- \* Catching unbroken waves from swimming, swim to back break,
- \* Continue to advance skills in all events, knowledge of tactics in flags and wade.

#### Encouraged activities outside Sunday nippers for development

Start at 3 sessions per week and increase if needed, e.g. 2 x swim sessions, plus board skills.

## BRONZE MEDALLION

For parents that want to get in and spend time with their nippers in the water during the program, the Bronze Medallion is the course for you! You'll learn vital rescue skills, and gain a national accredited First Aid and CPR certificate.

#### Entry requirements:

To be eligible to enrol in the Bronze Medallion, a candidate must:

- \* Be 15 years of age by assessment day,
- \* Complete a 400m pool swim in 9 minutes or less, in either a 25 or 50m pool, timed by an accredited trainer,
- \* Be a financial member of BMD Northcliffe Surf Life Saving Club,
- \* Hold a valid blue card, working with children check
- \* Be prepared to join our patrol teams/water safety.

On completion of your bronze assessment you will be assigned to a rostered patrol team for the 2024/2025 patrol season (our season runs September-April each year). Nipper parents can also participate in water safety at nippers & carnivals.

#### 8-week course details:

- \* Every Sunday for 5 weeks practical training & theory 7:30am – 11:30am. (7:15am arrival each morning), assessment date will be in December.
- \* Theory workbooks will be completed during the course.

#### Costs:

Club togs/bathers (adult sizes)	\$35.00 (male) - \$75.00 (female)
Surf manual	\$35.00
High vis rash vest	\$30.00

Please contact Caroline Fildes on 07 5539 8091 or [cfildes@northcliffesurfclub.com.au](mailto:cfildes@northcliffesurfclub.com.au) for more information or to register.



# SURF RESCUE CERTIFICATE

Once nippers **turn 13 and/or reach U14**, their next step in Surf Life Saving after is to do their SRC.

## Entry requirements:

- \* 13 years old on the day of the assessment,
- \* Complete a 200m pool swim in 5 minutes or less, in either a 25 or 50m pool, timed by an accredited trainer.
- \* Be a financial member of BMD Northcliffe Surf Life Saving Club,
- \* Be prepared to join our patrol teams/water safety.

On completion of the SRC course, it is expected that they will still attend the Sunday morning nipper program and assist as water safety for the younger age groups. This helps the program thrive as the U13/14s are able to pass on their own skills they have learnt through their own nipper journey.

## Course details:

- \* Courses run in the January, July and September school holidays as 3-day intensives.

Please contact Caroline Fildes on 07 5539 8091 or [cfildes@northcliffesurfclub.com.au](mailto:cfildes@northcliffesurfclub.com.au) for more information or to register.



## U11

**Key Objectives** - skill development, enjoyment, fun, group interaction, self confidence',

- \* Begin to concentrate more on specific area (beach/water) but still train at both,
- \* Work on 'intermediate skills' and have reasonable knowledge of rules,
- \* Begin moderate endurance training to help with Iron and extra events now available,
- \* Increase confidence in surf and surf awareness,
- \* Promote good training ethics and desire to train to improve.

## Encouraged activities outside Sunday nippers for competition

4-6 sessions per week, e.g. 2 x swim sessions, 1 x board session, 1 x iron session

## U12

**Key Objectives** - skill development, enjoyment, fun, group interaction, self confidence

- \* Hold body wave using arm, correct wading,
- \* Advanced board rescue skills. Negotiate surf using correct choices, late take offs,
- \* Speed drills introduced, fine tune skills on beach.

## Encouraged activities outside Sunday nippers for competition:

4-6 sessions per week, e.g. 3 x swim sessions, 1 x board session, 1 x iron session

## U13

**Key Objectives** - skill development, confidence, fitness, fun, team work, responsibility

- \* Demonstrate surf awareness and emergency care,
- \* Begin moderate endurance training to help with Iron and extra events now available,
- \* Promote good training ethics and desire to train to improve.

## Encouraged activities outside Sunday nippers for competition

5-6 sessions / week- e.g. 3 x swim sessions, 2 x board session, 1 x iron session

## U14

**Key Objectives** - skill development, leadership, fitness, fun, team work, responsibility

- \* Our U14s don't participate in the Sunday nipper program the same as the U6-13s do.
- \* Once you have turned 13 years old you are old enough to complete your Surf Rescue Certificate, where you can join a patrol team, and provide water safety for the nippers on Sunday morning.
- \* For competitive nippers in U14, it is recommended that you engage in 6+ sessions per week, e.g. 4 x swim sessions, 2 x board session, 1 x iron session.