



QUEENSCLIFF

SURF LIFE SAVING CLUB



Queenscliff

Nipper Handbook

Welcome to Queensie Nippers! The BEST surf club on the beaches, NSW, Australia, the WORLD!

Queensie nippers is an amazing activity to get your kids into! Our Sunday sessions are the backbone of the nipper's season, but that is not the only activity we do for our nippers. Our amazing coaches run board training and beach running sessions through the week and before nippers on a Sunday. We also have March Past and Rescue and Resuscitation teams. And the most amazing news, Queenscliff will be hosting the NSW State Championships in February and March.

Important Dates for the Season

ALL DATES ARE POSTED ON STACKTEAMAPP WITH MORE DETAILS – please download the app now to avoid missing out. Regular updates also come via the App.

Proficiency

All nippers are required to be signed off as proficient in the pool before they can participate.

Please see below for the relevant levels for each age group. Dates for these will be posted on TEAM APP.

Age Group	Preliminary Evaluation	Competition Evaluation
Under 6	From a standing position in waist-deep water, perform a NIL front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.	
Under 7	From a standing position in waist-deep water, perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position.	NIL
Under 8	From a standing position in waist-deep water, perform a front Nil (no water competition, glide, kick for 3 m and recover to a secure position. Perform except for wade which takes a back or front float for a few seconds and recover to a place in waist-deep water) secure position.	
Under 9	25-m swim (any stroke) 1-minute survival float	Minimum 150-m open water swim (competition course as per competition manual)
Under 10	25-m swim (front crawl) 1.5-minute survival float water swim	Minimum 150-m open water swim (competition course as per competition manual)
Under 11	50-m swim (front crawl) 2-minute survival float	Minimum 200-m open water swim (competition course as per competition manual)
Under 12	100-m swim (front crawl) 2-minute survival float	Minimum 200-m open water swim (competition course as per competition manual)
Under 13	150-m swim (front crawl) 3-minute survival float	Minimum 200-m open water swim (competition course as per competition manual)

Under 14 200-m swim (front crawl, in less than 5 minutes) 3-minute survival float swim (competition course as

Minimum 200-m open water per competition manual)



Communication

All important dates and notifications about nippers are on the Queensie Nippers TeamApp site.

Please download this onto your phone if you haven't already done so. If you don't have TeamApp you will miss out on important notices about Nippers, Training, Carnival and any relevant cancellations!

Step 1: Download Team App from your favourite app store – it's free!

Step 2: Sign-up within the app

Step 3: log into the app, search for Queensie Nippers and request to become a member.

Step 4: check out the groups and request any memberships.

Step 5: wait patiently while the admins approve

Step 6: enable notifications....we'll try to keep TeamApp updates to just the super important stuff!

First Nippers for the Season

Sunday sessions usually commence on the last Sunday of the October school holidays. Wetsuits are highly recommended for the first few weeks, particularly for the younger kids.

The Queensie Paul Hammond beach carnival will be held on Queensie beach usually on the first weekend of November, dates confirmed each year. .

Nipper Christmas party is held on the last weekend before Christmas, usually with a special visitor who may or may not fall out of the IRB!

Branch championships carnivals details of dates and venue will be on TeamApp. Queenscliff is one of the top five clubs on the beach with our nippers putting in amazing effort on the beach and in the water.

State Carnival – everyone is welcome!

The NSW state championships are being held at Queensie for the next few seasons! This is an amazing opportunity to come along and represent your club. We need heaps of volunteers so watch the website for updates.

What to expect at Nippers

Nippers is all about getting our kids Surf Confident, Surf Competent and SURF SAFE.

Our program involves a range of activities aimed at increasing fitness, skills and knowledge. These include:

- Beach – sprinting, flags and relays.
- Board – skills on handling the board in the surf
- Swimming – up to 300m surf swim depending on age group.
We also teach the older nippers how to use a rip to get out behind the breakers quickly.
- Lifesaving – a huge part of nippers is training to be a surf life saver.
At Queensie we believe that everyone can learn to save a life no matter what age.

Nippers learn the basics of resuscitation and first aid from day one.

- Surf safety – from understanding rips and currents, to reading the waves and knowing what to do if you get stung by a blue bottle – Queensie nippers get taught how to stay safe while having fun on the beach.

Sunday sessions

Marshalling for the nippers Sunday sessions starts 15 minutes before your allocated start time. Nippers are expected to be signed in and ready to go at their Age Group flag so please arrive with plenty of time. Remembering that parking is at a premium!

After nippers finishes for older nippers (and parents) there is a club swim that happens from 10:30. You can see if you can beat our masters swimmers round the can and back to the beach!

Parents are expected to stay on the beach while nippers is running. Parents are also asked to assist with running events. Mindful of current COVID restrictions and guidelines.

The ONLY weather nippers gets cancelled for is lightening – and the occasional 'snow' from fire retardant, and that one time the lagoon burst its banks and the beach washed awayif in doubt...NIPPERS IS ON!

Uniform

All nippers are required to wear a high vis pink rashie. This is an essential piece of safety equipment and it makes sure they are visible at all times on the beach and in the water.

We also need all nippers to wear a Queensie cap. These are compulsory and must be worn during the Sunday session and at carnivals. Remember to put your nipper's name on the cap in marker pen!

Queensie swimsuits are also available. These are not compulsory, but Queensie swimmers look great!

The uniform shop is open on Sunday mornings throughout the season and on registration days. They take cards as well as cash.

Club championships

Queensie runs an annual age group championship. Awards include first and second boy and girl in each age group as well as the age manager award for nippers who have shown particular dedication, team spirit and bravery.

The age champions are calculated by the race results in the two age champion days. Additional points are awarded for each attendance at carnivals. With 1 point for every standard carnival and 5 points if you attend branch and 5 points if you attend state. Three extra points are awarded for nippers who achieve team medals at branch or state and five extra for individual medals.

We also have a very special award given to two nippers in each age group who have shown particular bravery and spirit over the season. This award is given to honor the memory of Carys Bradshaw who fought a very brave battle with cancer. Carys' parents launched the Carys Bradshaw Courage and Determination award last year and we will continue this tradition of awarding nippers who show particular bravery over the season.

Carnivals

All entry for carnivals will be done via the online form on the Queensie website. A link will be sent for each carnival. Entry generally closes a couple of days before an event. Make sure you check for details. The

club will pay for entries done within the closing date. Late entries will be the responsibility of the individual nipper.

Call out for March Past and R&R teams

These events are unique to surf lifesaving and are an opportunity for nippers of all abilities to compete at events and win points for Queensie.

March Past involves marching as a team around an arena. It's very technical, but the best thing is wearing your team colours and representing your club!

The team will train after Sunday nippers through the season and there may be some midweek evening sessions around carnival time.

Rescue and Resuscitation or R&R involves a simulated rescue and resuscitation. Teams of 2 and up compete depending on age group. It's another technical activity, but loads of fun. Queensie R&R teams regularly win medals and we have the legend Col White as our head trainer!

Depending on availability the teams will train before or after the Sunday sessions. Midweek training will happen as the carnivals come closer.

Volunteering

Queensie is a family club and is run by a large and dedicated team of volunteers. We need your help to make sure Nippers runs smoothly and our kids can compete in carnivals. There are a large number of opportunities for volunteering. These include:

- Helping out on Sunday sessions (beach set up/pack up; uniform shop; barbeque duty)
- Officiating at carnivals (please contact nippers@queenscliffslsc.org.au if you want to volunteer as this requires training)
- Water safety
- Patrol – patrolling members are the backbone of the club and are the reason that Queensie has not had a single death in the entire history of the club. We run regular Bronze training sessions. Email education@queenscliffslsc.org.au if you are interested!

All nippers parents are required to complete a minimum number of volunteering hours in a season or you will need to pay a levy on your membership. Signing up is easy via our website. Volunteering is fun and you get to meet some great people.

Your Club

Being a member of Queensie means being a member of a family that has been going since 1924.

The first Friday of every month is a club social, everyone is welcome!

We have events throughout the year.

Everyone is welcome upstairs at the club, come in and say hello!

Queensie Coaching Team

All Queensie Nippers have access to our amazing coaching team FOR FREE! Our coaches run sessions on a Sunday as well as during the week. The details of these will be posted on TeamApp.

Tim Hayes – Tim 'Happy Days' Hayes is an institution on our beach. With over a decade of experience coaching the Sydney Northern Beaches interbranch team and our Queensie nippers to some fantastic performances in the water at Branch and State Competitions.



Chris Allum OAM – Chris is the former world champion surf swimmer, nine-time NSW open surf race winner, captain of the Australian team to the German cup in 2011. He is our expert swim coach for our Nipper squads (more details to follow).

Michael Gedz – needs an additional house to keep all the branch, state, Aussie and World medals he has won on the beach. He is the current Northern Beaches development squad coach and joins Queensie Nippers as our head beach coach for the 2020-21 season.

In addition we have our Queensie masters competitors who volunteer their Sunday mornings to help coach the nippers in beach sprinting, flags, ocean swimming and boards. Our masters are legendary!

FAQ

Renewing memberships online

If you are a returning member you can renew all memberships online through the Surf Lifesaving Portal. (<https://sls.com.au/join/>). It can be a bit tricky to use. You'll need to set up each member of the family as a member, THEN set up a family group.....then you are set.

I don't live around Queensie, can I still join?

Of course! Queensie has families from all over Sydney, the news has gotten around that we are the best!

How old must my nipper be to join?

Children need to be 5 years old by the opening of the nipper season – Second Sunday in October

Do I have to qualify for carnivals?

All competitors regardless of whether they are in the water or on the beach need to be water proficient. We will run everyone through their ocean proficiency early in the season to make sure they are eligible.

While we have no rules around the minimum number of Sunday and training sessions nippers need to attend to be able to compete, it is important that they do come along regularly.

Is there a cost to competing in carnivals?

The club will pay for all nippers to attend carnivals. However, it is really important that if you have registered you turn up. The number of nippers competing dictates how many officials, water safety, IRB and first aiders Queensie is required to provide.

When are the carnivals?

These dates and locations are set by Surf Life Saving Sydney Northern Beaches and will be available at the beginning of the season, and listed in the Nippers Calendar.

Generally carnivals take place at Manly, Freshwater, Queenscliff, Newport, Narrabeen and Dee Why.



