

**MOUNT  
MAUNGANUI**  
LIFEGUARD SERVICE

BEACH SAFETY - FUN - CONFIDENCE

# JUNIOR

*Surf* AGES  
5-14



**EVES**  
MREINZ  
Real Estate



**NEW WORLD**  
MOUNT MAUNGANUI

**2023/2024 SEASON**

## **Welcome to the Mount Maunganui Lifeguard Service**

We would like to welcome new and existing members to the 2023/2024 Junior Surf Season!

We look forward to your involvement and trust that you will learn lifelong skills that will save lives.

<b>Section One</b>	Junior Surf Introduction and Overview
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<b>Section Three</b>	Sunday Nippers Days
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## **Developing the Lifeguards of the Future**

### **Our Junior Surf Philosophy – Fun Safety, Confidence**

At MMLS, we support and promote the delivery of the Nippers Programme for all age groups. The objectives of this programme are:

- **To provide the best possible surf lifesaving experience for all juniors with the view to encouraging long-term active participation.**
- **To enable nippers to participate and enjoy life saving and competition in an aquatic environment by offering a wide variety of activities suited to the skill and maturation levels of all juniors.**
- **To ensure the safety of nippers on the beach through the provision of surf education programs.**
- **To develop a team-based philosophy encompassing leadership, camaraderie, teamwork, and fun.**
- **To promote social, emotional, and physical growth and development in a healthy and safe environment.**

The Nipper programme is based on participatory evaluations rather than competence and is comprised of two outcomes. The first set of outcomes (skills and knowledge) are well set out in the lesson structure and sequencing within the educational resources. The second set of outcomes (self-confidence, self-respect, and trust) is developed as a result of the supportive and nurturing environments in which the Nipper programs are delivered.

An example of the topics covered with the Under 9 age group would be: Introduction to Surf Life Saving; Personal Safety; Eco surf; Physical Health & Well-being; Surf Conditions & Hazards; Surf Safety; First Aid; Signs & Signals; Board Paddling Techniques; Body Surfing; Sprinting Techniques; Diving for the Baton.

Each age group builds on the knowledge and skills gained in the previous season.



# Mount Maunganui Lifeguard Service

## A Brief History

In 1929, a group of young men, armed with some wooden planks and a surf reel and line rescue kit, set about to make the famous Mount Maunganui beach safer for all. The first clubhouse was a tin shack situated on almost the same site as our current clubhouse is today, proving that whilst some things change, they don't change much.

These intrepid lifeguards were originally members of the Royal Life Saving Service, and it was not until after the fishing launch 'Ranui' went down in the harbour entrance on December 28, 1950, with the loss of 22 lives that momentum changed. The dedication and professionalism shown by club members helped cement the professional respect between the club and other rescue services, which still stands today. In November 1979, a 'new' clubhouse was created, generously funded by local businesses, and built by local volunteers. However, much of the basement was destroyed in an arson attack on December 30, 1981, but this brought about a real sense of community spirit that is evident still.

Mount Maunganui Lifeguard Service (MMSL) has always been a leader and innovator in terms of surf lifesaving. During 1968, club member, Bob Mitchell, decided that the children of Tauranga and Mount Maunganui needed to learn about the ocean and water safety, so he set up the Nippers' programme - the first of its kind in New Zealand. At first, it was for boys only, but in 1975, girls were first enrolled. Another first was the use of a mobile beach vehicle, a Ford 10 with a flat deck and surf reel mounted on it in the late 1940s, that patrolled the beach.

MMLS were also: the first club to use rescue tubes, the first club to establish a radio network for patrols and the first club to establish a designated after-hours call-out squad. Club legends Louis Jordain and KJ, were also instrumental in the introduction of IRBs to kiwi surf clubs. The re-introduction of a jet-ski in 2016, after one had first been used in the 1980s, has been predominantly used for coaching, but also in a number of rescues.

MMLS were also the first club to employ a full-time coach, and this foresight has led to seven consecutive national title holders, and two-time Oceans Under 14 champions. The junior surf programme (Nippers) is extremely highly regarded, and the success of the older athletes is certainly inspirational.

Thus, it is evident that the MMLS is a pioneering and innovative club, which has maintained its tradition of leading from the front. The new, club house is testament to this, and we trust you enjoy your time as members of the MMLS whanau.



# Junior Surf Introduction and Overview

Our Junior Surf programme, or 'Nippers', is a great opportunity for families to become involved in surf lifesaving. Nippers teaches kids how to keep themselves and their friends safe at the beach while having heaps of fun along the way.

**Nippers is not about teaching your child to swim.** We focus on survival and rescue skills that are extremely valuable to children when enjoying time at a beach. Ensuring our Nippers have the decision-making skills to appropriately assess the safety of various aquatic environments for the rest of their lives. We also encourage our Nippers to develop an awareness and responsibility for those around them.

Our Junior Surf programme enables kids to learn about being 'surf smart' and gives them the chance to pursue a sport which covers both land and water activities. Our Surf Lifesaving education teaches Nippers everything they need to know to be a young surf lifesaver, starting with surf awareness and learning about rips. Surf sports allow surf lifesavers to practice and test their skills against each other and to ensure that our patrolling lifesavers can maintain their fitness for patrols. Surf sports also allow young surf lifesavers to develop their lifesaving skills such as board paddling and catching waves. And just like their older club mates, they are given the opportunity to compete against their friends in a fun, safe and friendly atmosphere.

While Nippers teaches everything there is to know about being a young surf lifesaver, we also focus on the importance of being a team player and improving their self-confidence. It's important to have young members who are positive leaders and play fairly.

Your child's safety is our number one priority. To ensure that your child has the necessary skills to participate safely in the ocean, they must complete a preliminary skills evaluation. Setting achievable aquatic goals for your child is an important part of our Nipper program at the MMLS.

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## Housekeeping

It is everyone's responsibility to keep the Club clean and tidy after use, especially after Nipper sessions. Rinse feet before heading inside and no wet clothing or wetsuits inside. If the kids are using the showers please keep them short. Rinse off quickly in the sea or the outside shower and then get changed in the warm changing rooms.



# Parents - your involvement is required

Parents play a huge role in Junior Surf, we need all parents to take the opportunity to become active contributors to the Nipper programme. Your help during sessions is always required and appreciated by the volunteer coaches, whether setting up equipment, cleaning and packing away the gear, helping on the beach, cooking the BBQ or being involved in the water. We require a parent or guardian to sign up as 'Active-other' to be a member of Mount Maunganui Lifeguard Service per family.

Parent involvement is also crucial when it comes to attending surf carnivals. Whether as a water helper/official, putting up the tent or cooking sausages on the BBQ – we need you so look out for a call for help in communications.

The Club and Nippers rely on sponsors and fundraising to provide equipment. Everyone is expected to get involved with fundraising and new fundraising ideas are welcomed! If you have a talent we're sure we can use it! There are many different facets to running Junior Surf, if you have some time available or have a great idea please contact the Junior Surf Coordinator and have a chat.

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## Safety Requirements

### 1. Nippers 200m Safety Badge (From 9 Years And Up)

Nippers **MUST** achieve their 200m badge before they can train or compete in water events that go beyond waist depth. This is a mandatory safety requirement that demonstrates that members are confident in the ocean and capable of returning to shore if they are separated from their equipment. This test must be repeated yearly and must be sighted by a MMLS coach or instructor. Nippers must swim 200m of a competent non-stop single freestyle stroke with no stopping or changing of strokes.

The beginner pass time is 7 minutes with the expectation that the swim will be under 4.5 minutes by the time the child reaches 12 years of age. The assessments are done for safety purposes and the criteria will be upheld by the senior coaches of the MMLS. There is no limit to the number of times a candidate can re-test but they must have swum their 200m competency test in order to participate in open sea and board training.

Gaining the 200m badge is a first step to the next level – ocean swimming – not an immediate entry into surf competitions. Swimming in the ocean is very different to swimming in a pool. If coaches are not confident a child is a strong enough swimmer to tackle the conditions, whether it be training or at a carnival, they can stop the child from taking part. This is not done lightly and is only done for the child's safety. When it comes to carnivals, SLSER would rather U9 athletes keep competing as non-badged until they are confident to pass both the pool and ocean swim tests strongly, than have to rescue kids from badged arenas when they haven't coped with the conditions.



## **2. 5:1 Ratio Supervision**

As another STRICT mandatory safety requirement, we require a minimum supervision ratio (in any water activity, regardless of depth) of 1 adult IN THE WATER per 5 children. On rough days, we will increase this number. If we cannot reach the required ratio, the water events will be modified.

## **3. 1:20 Ratio Of Qualified Supervision**

In addition to the 'in-water' 5:1 ratio, we must also have 1 qualified guard per 20 children in the water.

One of the best ways to help at the beach is to become a lifeguard. We are really lucky at MMLS to have qualified guards keen to give up their time to coach and act as water safety for the kids.

Contact Grant Mitchell [grantm@mauao.school.nz](mailto:grantm@mauao.school.nz) or **021 0254 6125** for more information about becoming a qualified surf lifeguard.

## **There are 3 categories to our Junior Surf programme:**

### **1) Nippers: 5 –13 years old (recreational/educational focus)**

- Most Sundays from 10am –12noon, with a two-week break over Christmas/New Year (see calendar)
- Each age group is assigned volunteer coaches who will oversee the activities for the children in their group
- From ages 7 years and up children are eligible and encouraged to participate in carnivals.

### **2) Oceans Squad: 10–13 years old**

- Skills-based programme with an expectation to attend all carnivals including Oceans '23
- Training starts on Saturday 14 October 2023
- Monday to Friday 4.15pm–5.15pm, Saturday 10am-12pm
- During Summer School Holidays weekday training is run from 10am - 12pm
- Children new to this competitive programme will be required to attend an assessment to ensure this is the right programme for them.

### **3) Rookie Lifeguard Programme: 12 and 13-year old's**

- A transition from Nippers/Oceans into active lifeguarding.
- Rookie Lifeguards participate in a training programme and assist lifeguards on patrol until they turn 14 when they will do additional training and sit the Surf Lifeguard Award.
- The Rookie Programme generally trains during the weekend and the coordinators will be in touch with eligible members.



# Nippers Registration & Requirements

## Registrations

Registration and payment is quick and easy online at  
<https://mountlifeguards.co.nz/ourandnbspservice/junior-surf-5-13-years>

### Registration day:

**Sunday 15th October 10am - 12.00pm**

You can register anytime online or on any Sunday of the season, from 9.30am before each session begins.

## Membership Fees must be paid by 31st December 2023

<b>2023/2024 Junior Surf Membership Fee</b>	\$65.00 per child
<b>2023/2024 Active Other Membership Fee</b> <i>(This is required for the first child registered)</i>	\$35.00 per adult
<b>2023/2024 Supporter Membership Fee</b> <i>(For parents/caregivers who are not a qualified Lifeguard, but would like to be a member of our club.</i>	\$35.00 per adult

## Programme Training Fees (invoiced separately)

### Oceans Squad:

Coaching Fee	\$280.00
Equipment Hire Fee (allocated board)	\$170.00

## Age Groups

Club and SLSNZ ages (age groups) are, as at **30 September**.

## Apparel

### Compulsory at Sunday Nipper days:

• Club high visibility rash shirt (short and long sleeve available)	\$45.00
• Club age cap (supplied / returned on day)	No charge

### Compulsory at inter-club carnivals:

• Club competition cap	\$25.00
• High visibility Rash shirt or Vest	

### Recommended for all

• Togs	
• Jammers (rash shorts)	
• Competition cap (required for all carnivals)	\$25.00
• Wetsuits (recommended pre-Christmas)	



## Minimum required swimming ability

5/6-year old's basic swimming ability

7-year old's 5 - 25 metres at the start of season

8-year old's 50 metre swim and treading water

9 - 13-year old's 200-metre swim badge (to be re-tested annually)

## Club News

Regular news and important communications are provided via email and two Facebook groups, "Mount Maunganui Nippers" and "Mount Ocean Athletes". Please search these groups on Facebook and request to join.

We also communicate general club information via the Mount Maunganui Lifeguard Service Facebook page:

[www.facebook.com/Mount.Lifeguards](http://www.facebook.com/Mount.Lifeguards)

### OCEANS FACEBOOK PAGE

Ask your child's coach to invite you to join the Oceans Facebook page



### NIPPERS FACEBOOK PAGE

<https://www.facebook.com/groups/1898254863730017>





## Section Three

# 2023/24 Season Calendar

## October

Sunday	15	Junior Surf Registration	10am-12noon
Wednesday	18	Ocean Athletes training starts	4pm-6pm
Sunday	29	Junior Surf Nippers/Registration Day 2	10am-12noon

## November

Sunday	5	200m Badge session Mount College Pool	10am-12noon
Sunday	12	Junior Surf Nippers	10am-12noon
Sunday	19	Junior Surf Nippers	10am-12noon
Sunday	26	Junior Surf Nippers	10am-12noon

## December

Sunday	3	Junior Surf Nippers	10am-12noon
Sunday	10	Junior Surf Nippers	10am-12noon
Sunday	17	Junior Surf Nippers Christmas Party	10am-12noon

## January

Sunday	7	BOP Junior Carnival 7-13-year olds	Papamoa
Sunday	7	Junior Surf Nippers 5 & 6-year olds	10am-12noon
Sunday	14	Junior Surf Nippers	10am-12noon
Saturday	21	Papamoa Junior Carnival 7-13-year olds	Papamoa
Sunday	21	Junior Surf Nippers 5 & 6-year olds	10am-12noon
Sunday	28	NO Nippers - Senior ERCs Main Beach	

## February

Sunday	4	Junior Surf Nippers	10am-12noon
Saturday	10	Eastern Regional Junior Champs	Whangamata
Sunday	11	Eastern Regional Junior Champs	Whangamata
Sunday	11	Junior Surf Nippers 5 & 6-year olds	10am-12noon
Sunday	18	Omanu Junior Carnival 8s - Under 10s	Omanu
Sunday	18	Junior Surf Nippers 5 & 6-year olds	10am-12noon
Thu-Sun	22-25	Oceans 24 - Under 14 Nationals No Nippers	Mount

## March

Sunday	3	Junior Surf Club Champs	10am-12noon
Sunday	10	Junior Surf Funday & Prizegiving	TBC

\*\*All dates, times, locations etc. are correct when published but subject to change.  
Updates, changes, and cancellations will be notified on Facebook "Mount Maunganui Nippers"  
and our website [www.mountlifeguards.co.nz](http://www.mountlifeguards.co.nz)


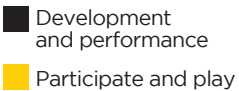
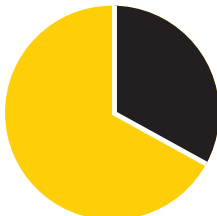


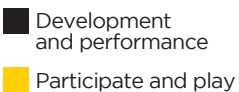



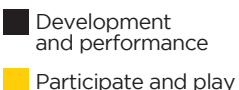


We recommend checking our Facebook page weekly for the latest information.

# Section Four

## Sunday Nippers Days

- Sunday Nippers' days are our main sessions for 5 – 9-year old's and 10 – 13-year old's who are new to Junior Surf, or not wanting to be competitive.
- Children are grouped according to age and will remain in these groups, with the same volunteer coaches, for the season. (age as at 30 September).
- Each group is identified by coloured beanies that are issued and returned on the day.

The table below shows recommended starting abilities, provides an overview of skills worked on throughout the season and a guide to development balance through the age groups.

Age as at 30 September	Prior to starting, should be able to:	Through the season we'll work on:	Recommend also:	Development Balance
 <b>5 (Under 6)</b>	Put head underwater, enjoy the beach!	Open water, small surf confidence, boogie board play. Sand based activities.	Swimming Lessons	<b>5/6 years</b>  
 <b>6 (Under 7)</b>	Swim a short distance Paddle a board in flat water.	Wading skills, porpoise diving, boogie boarding, beach skills.	Swimming Lessons	
 <b>7 (Under 8)</b>	Swim at pool & at beach. Catch small waves with boogie board.	Wading, porpoising, basic body-surfing, board paddling, sand event skills. Intro to carnivals.	Swimming Lessons. Athletics club	<b>7/8 years</b>  
 <b>8 (Under 9)</b>	Swim 50m Pool & Beach. Catch waves on boogie board.	Surf swimming, board paddling skills. Sand event skills.	Swim lessons Swim club/ swim squad Athletics club	
 <b>9 (Under 10)</b>	Swim 100m Pool & Beach. Prone paddle on a soft board.	Body-surfing, board paddling in and out in small surf. Sand event skills.	Swim Club / Squad Athletics club	<b>9/10 years</b>  
 <b>10-13 yrs</b>	Swim 200m pool & beach. Prone paddle on a soft board.	Body-surfing, board paddling in and out in small surf. Beach running	Swim Club / Rookie programme	

A Sunday Nippers session generally involves a short warm-up, followed by a mixture of fun games, races and skills-based activities on the beach. Followed by water activities, which will vary according to the age group



**A sample session throughout the season may run like this:**

<b>09.50 – 10.00</b>	Assemble at meeting area in age groups at coloured flags
<b>10.00 – 10.05</b>	Welcome and news update from coordinator
<b>10.05 – 10.15</b>	Beach-based warmup
<b>10.15 – 10.55</b>	Beach-based skills: Sprints, Beach Flags, Relays, etc.
<b>10.55 – 11.05</b>	Drink / Snack / Change
<b>11.05 – 11.55</b>	Water-based skills, swimming / wading / bodysurfing / board paddling
<b>11.55 – 12.00</b>	Wash and return gear
<b>12.00 –</b>	Sausage sizzle and catch up on club deck. Bar open on occasion.

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

We encourage you to check the weather forecast and prepare for the day accordingly. The children are active and use a lot of energy, so can require “refuelling” during the session and often warm clothing afterwards, once they cool down. Please clearly name all of your child/ren’s belongings, in case of loss.

### **Sun Smart:**

- MMLS rash shirt
  - Nippers wear Yellow Hi-Vis Rash Shirts
  - Oceans Squad train and compete in MMLS issued Hi-Vis Vests
- Apply sunscreen before arriving at the beach
- Children may wear hats during the beach events

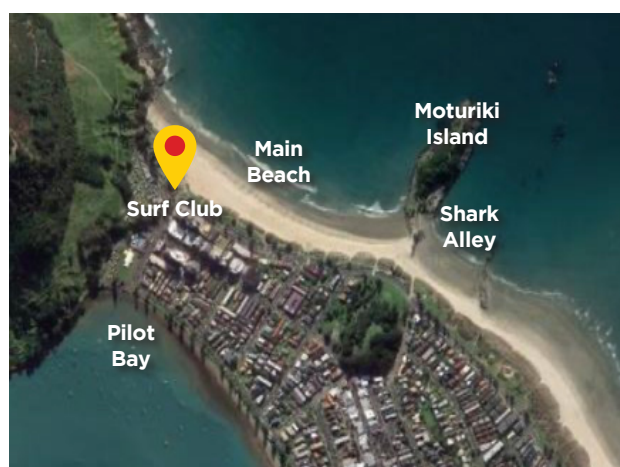
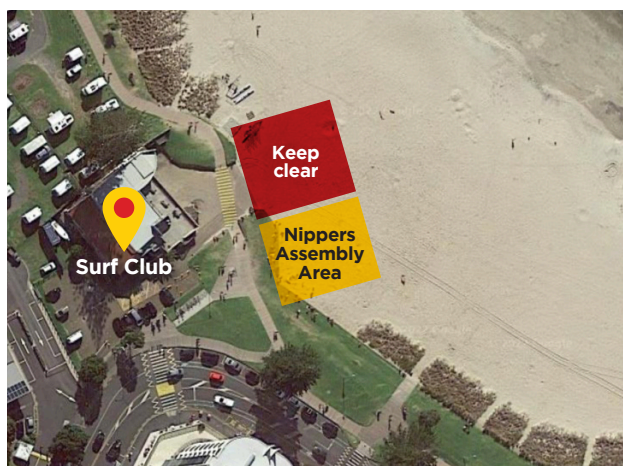
### **Surf Smart:**

- Proper swimming togs or jammers (rash shorts). No board shorts allowed
- Wetsuits highly recommended prior to Christmas (with rash shirt/vest over the top)
- No jewellery, please
- Coloured Club beanies – for identification

### **Energy Smart:**

- Nippers runs for two hours, so bring a big drink bottle and a couple of snacks
- Water, Snacks, a few dollars for sausage sizzle!

Please clearly name all of your child/ren’s belongings. There is a lost property bin just inside the basement changing room entrance. Please check regularly for lost items.



**Where Nippers generally assemble and Nippers water-based activities may take place.**

# Carnivals and Competition

## Carnivals (7 years and older) Junior surf carnivals checklist

Please ensure your child/ren are registered with SLSNZ before entering them into carnivals. This needs to be completed only once but is necessary.

On the day, arrive at the carnival as directed and report to your Group Coordinator. Members are expected to stay in the club area during the Carnival. Children must tell their Group Coordinator if they are leaving the club area for **ANY** reason.

At carnivals, there are a limited number of boards available, so **ALL CLUB BOARDS ARE TO BE SHARED**. Coaches will advise which boards are with each group. Parent help is required for all carnivals, even little jobs like helping put up tents or being there at the end of the weekend to take tents down are crucial, so please offer your time.

It is important that you always remember to bring:

- MMLS competition cap (no cap means you cannot compete)
- Approved togs, hi-vis rashie/vest and 200m badge if applicable (no hi-vis rashie/vest means you cannot compete), goggles
- Food and plenty to drink (snacks are easiest - sushi, sandwiches, fruit, muesli bars, yoghurts)
- Sun hat and sunscreen
- Towel and warm clothing, including a warm jacket to put on between events

**Club Hi-Vis Rash shirt or vest, and Club Caps are compulsory for carnivals.**

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## Junior surf officials

The club is required to supply carnival officials and water safety officers for carnivals. If in the event there are insufficient Officials, our club may be withdrawn from the carnival as for every 10 participants, we need one Official. Parents of nippers competing at carnivals are expected to help with water safety (if qualified guards) or officiating.

A surf official is the person helping to set up the flags arena, recording winners, marshalling children to the start lines, starting the races and more. The only people closer to the action are the athletes.

To become an Official, you must first do a Surf Officials Level 1 (one day) course which the club will pay for and arrange. Then you will be mentored on the beach and assessed in your role before being issued a qualification. Surf Official uniforms are issued so children and spectators may easily identify you and lunch and snacks are supplied at most carnivals.



If you are interested, please contact [info@mountlifeguards.co.nz](mailto:info@mountlifeguards.co.nz). If you decide to take the course the Club will expect you to finish the course, attend the carnivals to be assessed and for you to gain the final qualification. You will not be expected to officiate at Carnivals that your child does not attend, but the opportunity to do so is there if you would like to.

We encourage all parents to help and be part of the Club activities and being an Official is a key element of this.

The Junior Surf Committee will be asking for parent volunteers to assist with ONE carnival only during the season, so please look at the calendar and see when you are able to assist.

## Water safety

On Carnival Days, we will be asked to supply qualified lifeguards for water safety. This is an important job but less demanding, usually water help will be on duty for 2-3 hours and then swap with other guards. Please let your Junior Surf Coordinator know if you can help.

### Team and Club Selection Policy

- Team selections will be made based on performance throughout the season and what is best for the team and the Club as a whole
- Team changes may be made at any time and will be at the coach's discretion
- If changes need to be made it could be for various reasons - injury, conditions on the day, how teams work together and individual performance
- This may mean children are not always in the same team as their friends.





# **Conduct, Behaviour and Expectations**

**Our aim is for everyone to enjoy their time  
in the Junior Surf programme.**

## **Fair play code of conduct**

In order to maintain a high standard of behaviour and sportsmanship, our Club has a two warnings system. If an Age Manager or Official deems either a Nipper's or adult's behaviour inappropriate, including verbal or physical abuse, an official written warning will be recorded. Two such warnings will be investigated and exclusion from the Club and/or competitions may be enforced. Please remember that Club officials and managers are volunteers. We ask that you treat all members with respect and courtesy.

### **Parents Code of Conduct**

- Children are involved in sport for their enjoyment
- Encourage children to play by the rules
- Encourage the effort that your child makes – it's as important as the result
- Congratulate other children's efforts
- Work towards improving skills and sportsmanship
- Do not yell or abuse a child for making a mistake
- Recognise the efforts of club volunteers – they have given up their time to assist your child
- Oversee activities and take responsibility for your child's location at all times

### **Participants Code of Conduct**

- Participate to enjoy yourself
- Play by the rules
- Do not question the decisions or argue with officials
- Treat other participants how you would like to be treated
- Listen to your age manager and follow their instructions

### **Spectators Code of Conduct**

- Never use offensive language or yell at participants, officials or coaches
- Encourage and reward good performance by ALL participants
- Do not criticise officials and their decisions

### **Fundraising**

- Fundraising is an essential part of sustaining the junior surf programme.
- Parents are expected to help and participate where required.
- If you have any ideas for fundraising, please talk to the Junior Surf Coordinator or the Operations Manager.

- BBQ: Every Sunday and at many other events, we provide a BBQ sausage sizzle as part of Junior Surf fundraising. Speak to the Junior Surf Team to help out. This assistance is greatly appreciated and benefits everyone.

### **MMLS Junior Surf Gear Use Policy - during junior surf sessions**

- A MMLS Hi-Viz vest or Rash shirt must be worn at all times when using club equipment.
- All Junior Surf members should attain their 200m safety award to use 8'10" foam paddleboards and must attain their 200m safety badge to use 10'6" fibreglass paddleboards.
- Junior Surf members who have not attained their 200m safety award can still train under supervision on 8'10" foam paddleboards, or similar, at the coaches or Junior Surf Co-ordinators discretion and dependent upon conditions on the day.

### **MMLS Junior Surf Gear Use Policy - outside of junior surf sessions**

- If using MMLS club equipment outside of training hours, is at the discretion of the on-duty Patrol Captain and a supervising parent must be present.
- An MMLS Hi-Viz vest or Rash shirt vest must be worn at all times when using club equipment. No exceptions.
- All Junior Surf members must attain their 200m safety award to use either 8'10" foam paddle boards or 10'6" fibreglass paddleboards outside of training times.
- 6'6" and similar foam boards may be used outside of training times provided there is direct parental supervision and there has been prior approval from an appropriate Coach and/or Nipper coordinator.
- Boogie boards may be used by any Junior Surf member under direct parental supervision.

### **General Gear Usage Guidelines**

Junior surf equipment has been provided for member use through generous donations, sponsorship, grants and club fundraising. It is the responsibility of each club member to ensure the equipment is looked after for longevity, safety and the next person who may use this equipment. Please respect club gear, treat it as your own. It is a privilege, not a right that this equipment is available for use at any time by club members.

- An MMLS Hi-Viz Vest or Rash shirt vest must be worn at all times when using club equipment. No exceptions.
- All equipment must be washed down after use and returned to where it was stored in the gear shed.
- Damaged fibreglass boards must be turned upside down in the racks to alert the coaches they need repairing. A coach must be notified of gear damage so that it can be sent away for repair.
- If conditions are too rough to participate in water activities on the day, please respect the decision that has been made for the safety of all involved.
- MMLS club equipment may not be used by non-club members.

**Failure to adhere to MMLS Equipment Use Policy may lead to loss of privilege to use club equipment outside of training hours**

## 200m Safety Award

The 200m safety award badge involves swimming 200m in under seven minutes with one minute treading water in a pool or swimming 200m in under eight minutes with one minute treading water in the ocean. The badge needs to be sewn onto togs or club beanie and worn at all junior surf carnivals.

Children who do not attain their 200m safety award may be able to compete at summer carnivals in beach events and in modified water events, such as a boogie board race and run- wade-run to build their confidence and encourage them to attain their 200m safety award.

If in doubt, please ask for assistance. We want everyone to be safe and feel confident in the beach environment, and most of all, everyone should be having fun.

## Club Championships

All registered Nippers may compete in the MMLS Club Championships.

In order to be eligible to win a medal for the first three places, participants must have attended at least FIVE Nipper sessions and attended at least ONE carnival. The aim for this is to foster camaraderie and the ethos of team. Carnivals are a great way to bond as a team and this is what we encourage.

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## *Section Seven*

## Frequently asked questions

### **My child turns 5 in December 2023, can they join?**

Because of the huge developmental and emotional range within these younger years, it can be difficult to accommodate younger children. If your child turns 5 during the October - February period of the season and wishes to join in, they will be considered for inclusion on a case by case basis. The parent will need to attest that the child is confident/mature enough to handle being in a group situation with children up to 6.5 years old and be 100% responsible and in attendance with them at all times.

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### **My child is currently 8 (9 in January 2023), what age group will they be in?**

The age group that your child is, is the age they are as at the 30th September, therefore your child was 8 on the 30th Sept 2023 (turning 9 in January) and is classed as being in the Under 9 age group (even though they turn 9 during the season). Children must compete at carnivals, and the Club Champs, in their correct age group. Children may train "up" or "down" an age on Sundays if agreed to, which will be assessed on a case by case basis.



### **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 or Junior activity. Junior Surf is designed to be a family activity, learning and developing together.

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### **Who will be coaching the children?**

Most of our group coaches are parent helpers. We are always on the lookout to enlist more parents into the role of assisting with coaching. Please talk with any of the parents currently involved or our administrators if you'd like to help, but are not sure how to start. All Junior Surf coaches have been police vetted or are practicing education practitioners.

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

That is fine. Parents of 5 & 6yr old children need to be with their group at all times. Parents of 7s and up just need to inform the Age Manager of where they will be.

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### **My friends birthday puts him in a different age group. Can they be together?**

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. Should ability or other reasons suggest children may benefit from moving "up" or "down" an age on Sundays, this may be agreed to and assessed on a case by case basis.

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

Our Nipper Days are held most weeks (with two weeks off over Christmas/New Year). We understand that families are busy so the programme doesn't require 100% participation, but your child will benefit from regular attendance.

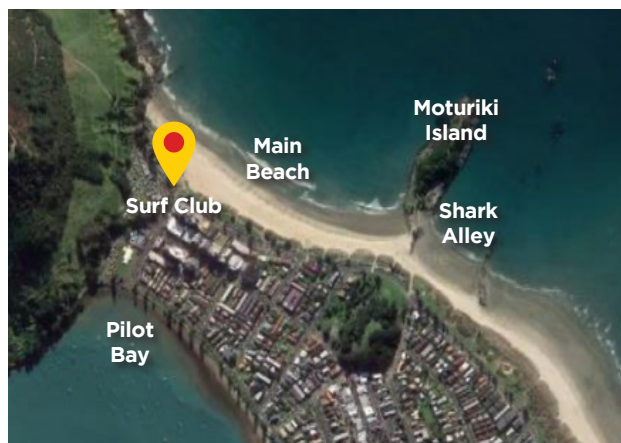
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### **What do we need to bring?**

High visibility rash shirt, togs, water bottle, snack, towel, sunscreen. (a wetsuit is recommended prior to Christmas)

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### **Where are the key areas again?**





## Key Contacts

### **Junior Surf Co-ordinator:**

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### **MMLS Head Coach:**

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### **Club Administrator and Member Support:**

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### **Operations Manager:**

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