



Thank you for your interest in joining the Coolum Beach Surf Lifesaving Club as a Coolum Nipper. Please find below some important information.

### ***Nipper Training Sessions:***

Coolum Nippers is held each Sunday morning from 8.00am – 10.30am at the Coolum Beach Surf Club. Parents or caregivers must sign their children on and off at these times and at least one parent or caregiver must be present on the beach at all times. The first Nipper training session will be on Sunday 20<sup>th</sup> September at 8.00am.

### ***Important Dates:***

**Nipper Information Night** - Friday 7<sup>th</sup> August 6.00pm - 8.00pm held at Coolum Civic Centre.

**Pool Proficiency** - Friday 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> August 4.30pm - 5.30pm and Saturday 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> August 11.30am -12.30pm. Choose one session to complete, prior to sign on. All swimmers are to pay pool entry and parents a spectator fee. Collect your sign on forms from the Assessor at the pool.

**Nipper Sign On** - Saturday 5<sup>th</sup> September 7.30am - 9.30am - held at Surf Club Upstairs. (New members please bring your child's birth certificate, payment fees – **CASH or CHEQUE ONLY** and drivers license).

**Surf Proficiency and Sunshine Coast Nipper Information Day** - Sunday 6<sup>th</sup> September Under 8-10s at 7.30am and Under 11-14s at 8.30am - on the beach in front of Coolum Beach Surf Club.

**Coolum Nipper Season commences** - Sunday 20<sup>th</sup> September 8.00am.

### ***Nipper Requirements:***

If you are wishing to join Nippers, or you wish for your child to join, you must have completed the following:

- Nipper must be a Junior Activity Member
- Both Parents or Caregivers must be Associate Members
- Both Parents or Caregivers must have a current Blue Card
- Nipper must have completed a pool proficiency and beach proficiency, certified by one of our Coolum assessors.
- Nippers must wear nipper cap at all times during training sessions.

### ***Blue Cards:***

Both parents or caregivers must have a current Blue Card, which must be registered through Surf Lifesaving Australia. Please see the Surf Club Administrator to apply for or register your blue card. This also includes those holding a Blue Card through other lines of work or organisation. **Important:** All Blue Cards must be registered through the Surf Club. Applications for Blue Cards are free.

### ***Costs:***

Nipper Membership (Junior Activity Member)	\$75
3 or more Nippers	\$200
Green Cap Membership (Under 7s)	\$50
Associate Membership Nipper Parent (compulsory for both parents or caregivers)	\$30 per adult

### **Age Groups:**

For the purpose of determining an age group, all competitors must have a common birth date calculated as at midnight on 30<sup>th</sup> September each calendar year. Eg a child 10 years old prior to 1<sup>st</sup> October 2009 competes in Under 11's.

### **Proficiency requirements:**

Nippers are required to successfully complete their proficiency prior to attending any training sessions. The proficiency consists of a pool proficiency and a surf proficiency. Pool proficiencies must be completed (see above dates and times) and certified by one of our Coolum assessors, prior to sign on and the surf proficiency. Please find below the requirements for proficiencies.

<b>Age Group</b>	<b>Pool Test</b>	<b>Surf Proficiency: Run – Swim - Run</b>
<b>Under 6</b>	Kick on wall with face in water 30 second float	Not Required
<b>Under 7</b>	Torpedo push off wall with face in water 30 second float	Not Required
<b>Under 8</b>	50 m swim 1 minute float	25m – 50 m – 25m
<b>Under 9</b>	100 m swim 1 minute float	50m – 100m – 50 m
<b>Under 10</b>	100 m swim 1 minute float	50m – 100m – 50 m
<b>Under 11</b>	200 m swim 2 minute float	100m – 200m – 100m
<b>Under 12</b>	200 m swim 2 minute float	100m – 200m – 100m
<b>Under 13</b>	200 m swim 3 minute float	100m – 200m – 100m
<b>Under 14</b>	200 m swim < 5 minutes 3 minute float	100m – 200m – 100m

### **Contacts:**

If you have any questions or would like to discuss your child joining Coolum Nippers, please call or email one of our contacts below:

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Coolum Nippers  
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