



Pacific SLSC 2025-2026 Season Junior Activities Handbook



The information contained in this handbook was correct at the time of printing, however dates and locations may change throughout the season based on weather and other factors out of our control.

Welcome to the 2025/2026 Nipper Season

We are so happy to have your family as part of our surf lifesaving club.

Pacific SLSC prides itself on being a family orientated club with a focus on making sure our young nippers have fun and enjoy every session on the beach, as well as gaining valuable experience, knowledge and skills that will stay with them for life.

This handbook is designed to provide you with an overview of what is included in our Nipper program, and leads you step by step through some of the tasks such as joining, pre-first day requirements, etc. If you have any further questions about Pacific SLSC or the 25/26 Nipper Season, please call the office on 5535 0350 (Mon & Thu 8.30-2.30pm).

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1. Nippers at Pacific – The Basics

1.1 Where and when

Nippers at Pacific is held on **Sunday mornings at 8.00am** for an **8.30am start**. Gather on the front lawn where you will receive further instructions for the morning/any important announcements before heading down to the beach to the **age group flags**. Age Managers will meet the kids there. Appendix A gives an outline of a typical Nippers Sunday.

The 2025-26 Nipper season begins on **Sunday 5th of October 2025** and ends on Sunday the 22nd of March 2026.

1.2 What age group is my child in?

Nippers is designed for children from 5 – 14 years of age. It is important to note that Nippers does not work off a calendar year for age groups like many other sports. Age groups are determined **based on the month and year a child is born**. Refer to the table below to determine your child's Nipper age group for this season.

Nipper Age Group 25/26	Date of Birth
U6 *	1st October 2019 to 30th September 2020
U7	1st October 2018 to 30th September 2019
U8	1st October 2017 to 30th September 2018
U9	1st October 2016 to 30th September 2017
U10	1st October 2015 to 30th September 2016
U11	1st October 2014 to 30th September 2015
U12	1st October 2013 to 30th September 2014
U13	1st October 2012 to 30th September 2013
U14	1st October 2011 to 30th September 2012
U15	1st October 2010 to 30th September 2011

* Nippers **must be 5 years old by 30 September** to start in U6. Any child turning 5 after this date will need to wait until the following season.



2. How do I Join?

There are 2 options:

1. Renew or join online at <https://hub.sls.com.au>
 - Register online at Returning members will find all their details in the system. See Appendix B for screen shots on how to sign up/renew.
 - Also available for new members – follow a similar process to the renewal.
2. Visit the Pacific Surf Club Office in person
 - Office hours are Monday and Thursday from 8.30am – 2.30pm.

3. Pool Evaluation

As a Surf Lifesaving Australia requirement, each child (whether new or continuing) must undertake an **Annual Pool Evaluation** to ensure their skill levels meet the requirements as they grow through Nippers. Nippers is not a learn to swim program and the pool evaluation is a key safety element for your child.

Each child must complete this evaluation and the form provided to the Club before we are allowed to put them into the ocean at Nippers.

The table below details the skills each age group must be evaluated against.

Age Group	Flotation	Submersion	Propulsion
Under 6	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.
Under 7	Back or front float for a minimum of 10 seconds, recover to stand.		From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.
Under 8	Back or front float for a minimum of 15 seconds, recover to stand.		Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).
Under 9	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.
Under 10			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.
Under 11	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum of 2 minutes.	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.
Under 12	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.
Under 13			Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.
Under 14		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.

There are two ways you can complete your pool evaluation:

1. Have a registered swim teacher sign off on the requirement. Use Appendix F.
2. Attend one of our pool evaluation sessions. See below.

3.1 2025/26 Pool Evaluation Sessions

This year we are running **two** pool evaluation sessions prior to the Nipper season start.

- Saturday 6th September 10 - 12.00 pm

- Sunday 14th September 1 – 3.00 pm

Venue: Palm Beach Aquatic Centre, Thrower Dr, Palm Beach
(Entry is \$3 per nipper (accompanying adult free))

Our volunteers will be available during the pool evaluation sessions to help parents with any questions. Our Club Coach will also be in attendance to speak with anyone interested in joining the training squad, whether it be to develop new skills, general fitness or wanting to compete.

4. Membership Fees

Membership fees for 2025/26 are outlined below. There are a range of membership options available to offer flexibility for family units.

Surf Lifesaving Australia requires that **at least one parent must join as a Member of the Club when joining up their child**. Typically, this is as an Associate Member. *If you have your SRC or Bronze Medallion and become an Active Patrolling member of the Club, you can join as an Active Member.*

Junior Membership U6-U7	\$90
Junior Membership U8-U10	\$130
Junior Membership U11-U15	\$150
\$110 Associate Member (Parent)	
Family membership * (2 x nippers + 2 x parents; or 3 x nippers + 1 x parent)	\$360
Family membership * (1 x nipper + 2 x parents)	\$310
Extra Child (Nipper Only)	\$50.00

* Family membership – children must be nipper age 5-14 years.

Membership includes:

- Sunday Nippers sessions run by competent Age Managers and water safety personnel
- Surf Lifesaving Australia (SLSA) Age Awards (on completion of all activities)
- Insurance
- Access to club facilities and equipment
- For members aged U8 and above (including Associate Members):
 - Swim fitness training sessions
 - Surf training sessions
 - Beach training sessions

Additional costs apply for uniforms and carnivals held external to our Branch, participation in Nipper Camps and some social functions.

4.1 Blue Cards

As an Associate Member it is preferred that you hold a valid volunteer or paid Blue Card (Working with Children clearance). You can apply for free as a volunteer with the Club. See Appendix C for Blue Card application assistance.

4.2 Play On! Vouchers

Pacific SLSC is proud to be a Play On! Activity Provider and Play On! Vouchers are accepted towards your child's membership costs.

Play On! is the Queensland Government's initiative empowering kids to be more active, more often. Parents, carers or guardians can apply for Play On! vouchers or find out more by following the link below.

<https://www.sport.qld.gov.au/sport/funding-programs/play-on>

Redeeming your Play On! Voucher with us

As the Play On! Voucher can only be used against the child who is named on it, you will need to register each child separately (if more than one).

If you are joining or renewing online, when registering each child please select the appropriate Play On! Age group, when making payment select Transaction Type "Pay by another method". (**Do not select** "pay by Credit Card").

Complete the membership registration without paying any money.

If there is a balance left to pay for other family members, you will need to pay this via a Direct Bank Deposit.

Account Name: Pacific Surf Life Saving Club Inc

BSB: 034-604 Account Number: 433 259

Payment Reference: "Name" Play On

Once registration is completed you will need to email a copy of the Play On! Voucher to office@pacificslsc.com for processing and redemption.

If you have made an additional payment via direct debit for any remaining fees, please email this receipt to the Office also.

5. Uniform and Equipment

5.1 Compulsory uniform items

It is compulsory for all Nippers to wear a Nipper cap (noddy) and a pink fluorescent rash shirt whilst partaking in any Nipper activity, including training.

All these items can be purchased from the Club (see the team at the BBQ stall during the season or during sign-on sessions).





U9 to U14 - Club Noddy \$25.00

Pink Rash Shirt - Singlet \$25.00,
Long Sleeve \$40.00

5.2 Club Swimmers

Whilst not compulsory, we do have Club swimmers available to purchase. There is a range of sizes and style options for both male and female, all ages.

Boys' swimmer options

- Navy jammers
- Boys swim togs



Girls' swimmer options:

- 2 one-piece styles
- 1 two-piece
- Tri suit
- Bike pants



For our older nippers who are intending on competing at carnivals and representing the Club, there is the expectation that you will be wearing the Club swimmers.

Swimmers will be available on the sign-on days and throughout the season. Please see the team at the BBQ stand at Sunday Nippers for all uniform requirements throughout the season.

5.2 Equipment Storage Fees

Whilst we are fortunate to have some equipment for the younger age groups to use, those who wish to purchase equipment may store it at the Club for a small fee. These are listed below. The Craft Storage Application form should also be completed before any items are stored, so the Club is aware of property stored on site.

[file:///C:/Users/Admin/Downloads/24%2025%20Pacific%20SLSC%20Surf%20Craft%20Club%20Storage%20Application%20Form%20\(1\).pdf](file:///C:/Users/Admin/Downloads/24%2025%20Pacific%20SLSC%20Surf%20Craft%20Club%20Storage%20Application%20Form%20(1).pdf)

\$30 Board Storage Levy U9 - U15 (per item for the season)
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\$50 Ski storage Levy all ages

\$25 Nipper Board hire fee *

* Nipper board hire fee is for those who wish to use a Club board regularly at training and competition. This does not apply to using boards during Sunday Nippers.

6. Nipper Parents – How you can get involved

We are 100% dependant on volunteers to run Nippers, from our Age Managers to water safety to BBQ cooks. Parents are expected to be actively involved to help keep their children safe on the beach and in the water. And besides, it is fun to get involved.

'Alone we can do so little; together we can do so much'

- Helen Keller

With about 150 Nippers at Pacific, we need parental assistance each week to ensure our program runs efficiently and, most importantly, safely. When we take a team away to a carnival, this support team needs to increase as our resources get stretched between standard Nippers and the carnival volunteers.

There are several ways you can participate at the Club. Some of these roles are listed below. See Appendix D for more information.

- Beach setup and pack down (each age group is nominated on a rolling rotation)
- Nipper Safety Assistant (stand in the water waist deep to assist with wades or boogie boarding).
- BBQ duties
- Age Manager and Age Manager assistants
- Water Safety
- Officials (at carnivals)
- Water Safety at carnivals (which includes IRB Crew and IRB Driver)

Each age group is rostered over the season to assist with beach set up, beach pack down and BBQ assistance. See Appendix E for this season's draft roster.

For other ways to help, please speak to Louise, Phil or Ryan, our Junior Activities team or email the office, office@pacificslsc.com and we will be in touch. You can also always talk to any Age Manager on Sundays for more information on roles available.

We always need help, no matter how big or how small. Without volunteers, there would be no Nippers!



7. Competitions

There are several internal and external (local) competitions throughout the season for Nippers to test their skills. Competitions are voluntary.

7.1 Club Championships

During the season we run two Club Championship days for our Nippers. The Club Championships are designed to introduce Nippers to Surf Sport competition in a familiar, friendly environment, replicating carnival conditions and rules to prepare our Nippers for carnivals if they wish to compete.

Club Championships are run on Sunday during Nippers. Dates are listed in the Nipper Calendar (and are subject to change dependant on weather conditions).

Our junior competitors compete at Club level in the following disciplines:

U6 do not compete (Age Manager organises fun races and games)

U7 do not compete (Age Manager organises fun races and games)

U8 sprint | flags | wade

U9 sprint | flags | wade | swim

U10 sprint | flags | wade | swim | board

U11-U14 sprint | flags | swim | board | Iron-person

U15s compete in sprint, flags, swim, board and iron at the Senior Club Championships on Australia Day.

Points accumulated over the two Club Championships count towards our Age Champion awards, which are distributed at the end-of-season presentation event.

Parents should be aware the swim is a mandatory event for Club Championships. This means the swim must be completed for children to accumulate points in other events.

Parents are within their rights to withdraw their child from an activity or event if they have any concerns during Nippers or Club Championships.

7.2 Carnivals

In the younger age groups (8-10s) these carnivals are an opportunity to introduce kids to the carnival events and atmosphere. Places aren't awarded, kids aren't disqualified, and Officials are there to help them 'learn the ropes'. It's about having fun.

For our older age groups, there are competitive opportunities, and these will be communicated once dates are set.



8. Training Program

Pacific offers a training program led by Accredited Surf Sports Coach Richard Hancock. Richard is in his tenth season working with Pacific and is much loved by the young and older athletes who attend the training program.

The training program is **open to any member of the Club from U8s up** (yes, including parents who join as Associate Members and who may just want to improve their fitness). The group trains on various days of the week either at the Club or a nominated location nearby such as Tallebudgera Creek or Currumbin Creek. The program is posted weekly in advance on the Stack Team App (Pacific SLSC) and Club Pacific internal Facebook page and updated if weather requires a last-minute change. There is no requirement to RSVP in advance and participants can come to one or as many sessions as they would like.

For more information, please email admin at office@pacificslsc.com.



9. Communications

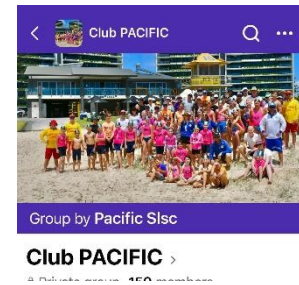
We communicate in a variety of ways with our members. Please ensure your contact details are up to date in membership ([SLSA Members Area](#)) so we can stay connected. Because Nippers (and training) is an outdoors sport, we are at the mercy of the weather. Depending on surf conditions, we may relocate to another venue if it is safe to do so and practical.

Sunday Nippers: In the case of unfavourable/unsafe weather or surf conditions, **an SMS will be sent at 6am on the morning of Nippers.** Depending on conditions, we may relocate to another venue such as Pirate Park on Currumbin Creek or Talle Creek, or we may have to cancel Nippers for the day.

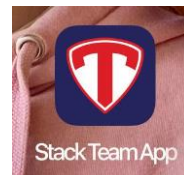
We use the following communication methods:

WhatsApp: each Age Group will have a WhatsApp Group – Age Mangers will communicate information to parents via the WhatsApp group that relates to your age group. This group will be established in the first few weeks of Nippers. Please ensure your contact details are correct, if you don't receive correspondence, please let your Age Manger know.

Facebook – Stay up to date by joining our Facebook Page (Club Pacific). This is a closed member-only group, so once you've signed up, send us a friend request and our friendly Admin team will hook you up. Any questions, check in with the Office. Information via the Facebook page is more general than Nippers only content.



Stack Team App – the Pacific Surf Club group on the Stack Team App is fully functional. Relevant updates, training program details, competitions and other information will be posted on Stack. You will need to download the App and request to join our page “Pacific Surf Club”.



Appendix A – A typical Nipper Sunday schedule

Time	What	Who
7.00am	BBQ set up commences Helping on the BBQ during Nippers rotates between age groups. See Nipper Calendar for roster.	BBQ volunteers Parents of allocated age group
7.30am	Beach set up commences Beach set-up rotates between parents from each age groups. See Nipper calendar for roster	Parents and kids of allocated age groups Club volunteers who will help with instructions/guidance
8.00am	Water safety assessment of conditions to determine the day's activities.	Water Safety Coordinator
8.00am	Nippers start to arrive and congregate on the grass. Get dressed, get sunscreen on.	Nippers and parents
8.10am	Age Managers briefing	Age Managers, JACs Water Safety Coordinator
8.15am	Welcome and club updates on the front lawn	Junior Activities Coordinator
8.20am	Nippers assemble in front of Age Group flags on the beach Nippers are signed on by Age Manager.	Age Managers Nippers and parents Water Safety
8.30am	Rotation of activities commences Parents without a role should keep an eye on their children, particularly the younger age groups. For safety, the more eyes watching the better.	All on beach
10.30am	Nippers finishes Parents must sign off their child with the Age Manager. Do not just leave.	Parents
10.30am	Beach pack down	Parents and kids from allocated age group
10.30am	Bacon & egg rolls or sausage in bread on the lawn. All funds raised from the BBQ go into supporting activities and equipment for the Nippers.	All

Appendix B – Membership Renewal Process Screen Shots

The screenshot shows the SLS Hub Dashboard with the following sections:

- Notifications:** A message titled "Need Help With The Hub" with a "Mark as Read" button.
- Education:** A circular chart showing "My Awards" with a total of 22 Active Awards. Breakdown: 1 AQTF Qualification, 11 AQTF Unit of Competency, 3 Other, and 7 SLSA Education.
- Document Library:** A list of "Recently Uploaded/Updated Documents" including "Nipper Safety Assistant Sign off sheet v1.1", "Policy 1.01B - Nipper Safety Assistant Award", and "PSAR35 Manual".
- Memberships:** A section titled "Organisations" with a card for "Pacific" (Active) for the season "2025/2026". A red circle highlights this section.
- Family Groups:** A card for "Fulton Family (Pacific)" (Approved) with "Number of Members: 4".
- Patrols:** A section showing "Patrol Hours" with "0h" for the current patrol season and "29.25h" for the competition season.
- Club Directory:** A search bar for "Club, Branch/Region or Postcode".

Navigate to the memberships section of the new SLS Hub

The screenshot shows the "Family Group(s)" page for the "Fulton Family (Pacific)". At the top right, there is a "Create New Family Group" button. Below the group name, there are several action buttons: "Renew", "Add Member", "Join/Transfer to a New Organisation", and "Delete Family Group".

	Member ID	Member Name	Membership Status	Season	Sub-Membership Category	Action
Primary Member	6105986	Ryan Fulton	Active	2025	Active (18yrs and over)	
	6089761	Calli Fulton	Active	2024	Junior Activity Member (5-13 years)	⋮
	6089760	Kate Fulton	Active	2024	Nipper Parent	⋮
	6191077	Zoe Fulton	Active	2024	Junior Activity Member (5-13 years)	⋮

Total Records: 4

From here you can renew, add members

Appendix C – Volunteer Roles on the Beach at Pacific

One way to help at carnivals if your child is interested in competing is to become an **Official**. Anyone can official; roles are varied and simple to pick up, and your kids will enjoy having you involved. Training is provided prior to any role on the beach, and you get mentored by experienced Officials through several carnivals. You always Official in a Team, and it is a great way to interact with the kids and parents/volunteers from other Clubs.

One of our existing parent Officials would love to give you more information if you're interested. Just ask at the Office or see one of our JACs, or ask at the BBQ during the season.



Nipper parents with swimming and/or board skills can undertake a **Surf Rescue Certificate** or **Bronze Medallion** to assist in providing crucial *Water Safety* during weekly Nippers, training, or carnivals. The courses are run over 6-8 weeks throughout the year and led by qualified trainers/assessors. You will be trained in basic water rescues, beach safety and first aid. Lifelong skills!

The SRC is the entry level qualification to patrolling. We support the older nippers (minimum age 13) through their SRC and encourage them to join a patrol group to learn more skills and start volunteering. Quite a few of our parents, at this time, look to also gain the qualification and patrolling becomes something a parent and child, or family, can enjoy together.



Keep an eye out on our Facebook page (Club Pacific) for more details on when courses are held throughout the season.

Nipper Safety Assistant (NSA) is a new role formally introduced by SLSQ last year. For the U6, U7 and U8 age groups it is a lot of fun to have parents out in the water with them. We need you trained with some basic skills, however, to keep both you and our Nippers safe. You also need to be easily identifiable to the Age Managers and Water Safety Coordinator. To help with wade and shallow water activities you can obtain the Nipper Safety Assistant (NSA).

Nipper Safety Assistants are qualified to provide water supervision for wading and shallow water activities to the age group appropriate depth. No specific fitness requirements are needed.

Appendix D– Blue Card Application Process

It is a requirement of Surf Life Saving Australia that all patrolling members 18 years or over, and volunteers working in an official role with children, must hold a current Blue Card; Queensland's 'Working with children' check.



If you do not have a current Blue Card, or you need to renew

Visit the **Blue Card Online Application Portal** <https://my.bluecard.qld.gov.au/login>. Please have a QLD Drivers Licence or [Customer Reference Number](#) to hand.

If you have any issues, you can refer to this [Quick Reference Guide to Online Blue Card Submission](#) to assist you with the process.

Once you have started your application, you will be sent an email asking to link to your Volunteer Organisation. Complete this form and include the number given to you by Blue Card Services to be linked to Pacific. <https://www.surveymonkey.com/r/SLSQBCLink>

SLSQ will then link your application to our club. Wait to receive an updated email from Blue Card Services to then complete your application.

What if I already have a Blue Card?

If you already have a Blue Card, please complete this form to send the details to SLSQ to link to Pacific SLSC QLD. <https://www.surveymonkey.com/r/SLSQBCLink>

As a teacher/police officer, can I get an Exemption?

Yes, but you must apply for an Exemption Blue Card.

Registered teachers and police officers remain exempt from requiring a Blue Card as part of their professional duties. However, when providing services which fall outside of these duties, visit your Blue Card Portal and apply for an exemption Blue Card <https://my.bluecard.qld.gov.au/login>. Then asked to be linked to Pacific SLSC Qld using the same survey as above. <https://www.surveymonkey.com/r/SLSQBCLink>

Now that I have my Blue Card, do I need to do anything else?

Yes please. Just a little bit of **online training**.

All organisations falling within the scope of the blue card system are required to develop and implement a *Child and Youth Risk Management Strategy (CYRMS)* which addresses eight minimum requirements. The **SLSQ CYRM Induction Training** is required to be undertaken by every member who holds a Blue Card and be updated in line with Blue Card renewal. The training is conducted online and takes approximately 20 minutes.

How do I complete the training?

Login to your [SLSA Members Portal](#), select 'e-learning'. **Tip:** when you click **eLearning** for the first time this season from your Members Portal, you will be asked to log in again. Use your Members Portal login details – this will take you to the new **SLSQ Hub**.

You will see some Green and Red circles.

- Click on the '**CYRMS**' circle to complete the **Child and Youth Risk Management strategies** training.
- Click on the '**CSA**' circle to complete the **Child Safe Awareness** training.

Both courses should take less than 20 minutes combined to complete.



If you require any help, please contact our Office.

Appendix E - DRAFT Nipper Volunteer Roster & Carnival Calendar 2025-26

NIPPER SUNDAY	SET UP BEACH	PULL DOWN BEACH	BBQ – SERVING AND COOKING AND CARNIVALS
14 SEPT	PDB INTERBRANCH SELECTION TRIAL		
5 OCT 25	UNDER 12'S	UNDER 11'S	UNDER 10'S
12 OCT 25	UNDER 14'S	UNDER 8'S	UNDER 7'S
19 OCT 25	UNDER 6'S	UNDER 13'S	UNDER 9'S
18/19 OCT 25	COOLANGATTA GOLD		
26 OCT 25	UNDER 10'S	UNDER 8'S	UNDER 11'S
2 NOV 25	UNDER 7'S	UNDER 14'S	UNDER 6'S
8 NOV 25 (SAT)	Under 8-10/s carnival at TBC		
9 NOV 25	UNDER 14'S	UNDER 13'S	UNDER 12'S
15/16 NOV 25	GC CITY TITLES U11-15 @ PDB		
16 NOV 25	UNDER 8'S	UNDER 7'S	UNDER 6'S
23 NOV 25	UNDER 12'S	UNDER 10'S	VOLUNTEERS CLUB CHAMPIONSHIP
29/30 NOV 25	INTERBRANCH CHAMPS @ PDB		
30 Nov 25	UNDER 13'S	UNDER 9'S	UNDER 7'S
6 DEC 25	Little Mates Carnival @ TBC		
7 DEC 25	UNDER 6'S	UNDER 12'S	UNDER 14'S
12/13 DEC 25	PDB SENIOR CHAMPS @ TBC U17 UPWARDS		
14 DEC 25	XMAS PARTY BREAK UP		
18 JAN 26	UNDER 11'S	UNDER 12'S	UNDER 13'S
25 JAN 26	VOLUNTEERS	VOLUNTEERS	VOLUNTEER'S
30/31 JAN & 1 FEB 25	PDB YOUTH CHAMPS @ TBC U11-15		
1 FEB 26	UNDER 7'S	UNDER 6'S	UNDER 11'S
7 FEB 26 (SAT)	PDB U8-10/s carnival at TBC		
8 FEB 26	UNDER 9'S	UNDER 6'S	UNDER 10'S
15 FEB 26	UNDER 14'S	UNDER 13'S	VOLUNTEERS CLUB CHAMPIONSHIP
19-22 FEB 26	STATE YOUTH 11-15 CHAMPIONSHIPS @ SSCB		
22 FEB 26	UNDER 8'S	UNDER 10'S	UNDER 9's
27/28 FEB 26	SENIORS STATE CHAMPIONSHIPS @SSCB		
1 MAR 26	UNDER 12'S	UNDER 11'S	UNDER 7'S
8 MAR 26	UNDER 7'S	UNDER 11'S	UNDER 14'S
15 MAR 26	NIPPER PRESENTATION & BREAK UP PARTY		
21/22 MAR 26	AUSSIE YOUTH NORTH KIRRA		
23/24 MARCH 26	AUSSIE MASTERS NORTH KIRRA		
25/29 MAR 26	AUSSIE SENIOR NORTH KIRRA		



APPENDIX 4 - Template form for swim coach to complete

Junior Preliminary Evaluations

Child's Name: _____ Age Group: _____ Club: _____

Instructions for Evaluation: Based on the child's age group, please ensure they can complete the tasks outlined in the table below.

Age Group	Flotation	Submersion	Propulsion	Task Complete/Comments
Under 6	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.	
Under 7	Back or front float for a minimum of 10 seconds, recover to stand.		From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.	
Under 8	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).	
Under 9	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.		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.	
Under 10	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 2 minutes.	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 25 metres.	
Under 11			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.	
Under 12	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.	
Under 13			Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 14		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.	

Swim Coach's Name: _____ Australian Swimming Teachers and Coaches Association Number: _____

Swim Coach's Email: _____ Swim Coach's Signature: _____ Date conducted: _____