

MEMBERS HANDBOOK 2025/26



**QUINNS
MINDARIE**



SURF LIFE SAVING CLUB

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CLUB CHARTER

Quinns Mindarie Surf Life Saving Club Inc. (QMSLSC or the Club) is a non-profit, community-service based institution. The objectives for which the club is established are to:

- Maintain effective patrolling of the beach, in accordance with our area of operation, as defined in the Life Saving Agreement
- Assist and rescue any persons, whether bathing or otherwise, who may be in danger of drowning in the most effective manner
- Resuscitate and revive any drowned persons in the most efficient and effective manner
- Render first aid and other assistance to any persons who may be injured by accident or otherwise
- Ensure, through education and periodic demonstration, by such means as may be deemed advisable, the efficiency and the competency of the patrolling members of the Club in lifesaving and first aid practices and methods
- Provide a program for members which promotes the fitness and ability to safely enjoy surf activities through regular Club sponsored training activities and events
- Provide and maintain equipment for achieving the above objectives
- Liaise with state and national surf life saving governing bodies on measures to best provide appreciation of the surf environment
- Liaise and cooperate with the Local Government Authority on measures that are necessary to ensure the safety of the public
- Encourage members to realise their potential and athletic abilities by extending to them the opportunities of education and participation in surf lifesaving competition and recognition of successful competitors through the presentation of trophies and rewards
- Promote and encourage competition free of the use of performance enhancing drugs
- Provide a family friendly and inclusive environment for members in the enjoyment of surf-based activities
- Ensure that the property and income of the Club shall be applied solely towards the promotion of the objectives of the Club and no part of that property or income may be paid or otherwise distributed, directly or indirectly, to members, except in good faith in the support of those objectives

PRESIDENT'S WELCOME

Whether you are a new member or returning member, the Board of Directors extends a warm welcome to you. We hope your association with Quinns Mindarie Surf Life Saving Club will be long, rewarding, and filled with positive experiences.

This handbook has been compiled as a reference point to assist all members—both new and existing—in familiarising themselves with the Club's operational policies and understanding their obligations as financial members.

It should answer most of the questions you may have. For more detailed information, please refer to the QMSLSC Constitution and By-Laws. In the event of any discrepancy, the Constitution, followed by the By-Laws, will take precedence.

Welcome to Quinns Mindarie Surf Life Saving Club. We look forward to seeing you on the beach and being part of our lifesaving community!

Richard Lissett, Club President

ABOUT THE CLUB

Surf life saving clubs around Western Australia exist primarily to provide essential education and emergency services to all users of Western Australian beaches via voluntary beach patrols qualified in first aid, rescue, and resuscitation. At QMSLSC we provide, in conjunction with the City of Wanneroo, Surf Life Saving Western Australia (SLSWA) and Surf Life Saving Australia (SLSA), a voluntary lifesaving service to the public at Quinns Beach. The Club is managed by the volunteer Board of Directors. These members are elected by the eligible voting membership at the Annual General Meeting. There are also elected office bearers who form part of the many sub-committees that exist so that the Club can function efficiently. The various board positions and club officer positions - as well as their responsibilities – are detailed in the QMSLSC By-Laws.

The Club conducts a Woodside Nippers activities program for the younger members. Children aged from five upwards may join the Club (as part of a family membership) and take part in Nipper activities.

There are also active groups of seniors (U14 and above) and masters (over 30) who train and socialise together.

The Club is run by the members, for the members, and there are many ways to get involved. Please ask any of the Club's Directors or call into the office and ask!

INFORMATION FOR ALL MEMBERS

All members of this Club are volunteers, and with the exception of the Life Members all pay fees for the privilege of membership. However as with any privilege there is an obligation: by applying for membership, you have agreed to the obligations of membership that the Club requires, including a code of conduct.

Club Code of Conduct

All Quinns Mindarie SLSC members are required to adhere to the Code of Conduct whenever they are involved in Club activities, using Club facilities or representing the Club in any capacity. The Code of Conduct exists for the protection of all members and to ensure our Club is enjoyable, fair, and inclusive for all members. Quinns Mindarie SLSC members must:

- Respect the rights, dignity and worth of others, regardless of gender, ability, cultural background, or religion
- Be fair, equitable, considerate, and honest in all dealings with others
- Refrain from anything which may abuse, intimidate, or harass others
- Be a positive role model
- Use facilities and equipment for their proper purposes, and care for and maintain such facilities and equipment correctly
- Make a commitment to providing quality service
- Be aware of, and maintain an uncompromising adherence to SLSC's standards, rules, regulations, and policies
- Contribute to the provision of a safe environment for the conduct of all activities within surf lifesaving

If you have a concern or need to report a possible breach of the Code of Conduct, please email feedback@qmslsc.com.au. All correspondence will be treated as confidential.

Member Wellbeing

Member wellbeing is paramount for us at QMSLSC. The Club has policies, procedures and teams in place to support the wellbeing of members. These include the Code of Conduct (detailed below), which guides the expected behaviour of all members, regardless of age or role; the SLSWA Member Screening Policy (covering Working with Children Checks: at QMSLSC all club volunteers and staff are required to have a valid WWCC) and a number of SLSC policies including Member Protection Policy, Complaint Resolution Policy, Social Media Policy and the Child Safe Policy. All members are required to abide by these policies.

We also have a team of members who have undertaken specific training to fulfill member support roles within the Club. They are available to all members and can be contacted should a member feel they require support or would like to know more about the support options available:

Member Protection Information Officers: Kristina Lemson/Catherine Maloney-Ross

Email: Member.Protection@qmslsc.com.au

How they can help:

Provision of information about a person's rights, responsibilities and options when they are making a complaint or lodging a concern; and any matters relating to the SLSWA Member Screening Policy (including WWCC requirements and compliance)

Chaplain – Emilia Musgrave

Email: Chaplain@qmslsc.com.au

How they can help:

Confidential, non-denominational spiritual and/or emotional support, regarding any matter.

Peer Support Officers – Lynn Gail and Harrison Gail

Email: Lifesaving@qmslsc.com.au

How they can help:

Members, or family members of members, can contact a PSO through the Club's Lifesaving team if they feel support is needed following involvement in an emergency response or similar incident.

Member Insurance

Participating in lifesaving activity can be risky and sometimes hazardous. SLSA maintains a Personal Accident Insurance policy on behalf of members to cover an event where a member is injured during participation in authorised activities.

The purpose of the policy is to offset some of the losses a member may suffer as a result of being injured. Losses can be medical costs relating to treatment and rehabilitation, or loss of income as a result of not being able to complete occupational duties for an extended period of time. However, not unlike private health insurance, SLSA Personal Accident Policy does not provide members with 100% coverage on the potential losses and SLSA and the Club is unable to cover these gaps on behalf of members. Federal legislation prevents this type of payment or intervention.

The Club highly recommends that members take out private health insurance and consider their personal situation, such as additional insurances, like income protection prior to undertaking authorised activities with the Club or SLSWA.

For further information regarding member Personal Accident insurance, visit [SLSA Insurance Program](#) or contact Corporate Services on 08 9207 6666. Insurance info booklet and claim forms are available here: [Member Insurance Information](#)

Fundraising commitment for all members

No surf club can exist solely on members' fees. The costs associated with the running of a club are considerable. The Club runs a variety of fundraising initiatives during the year, members are expected to support these initiatives. The Fundraising Manager will provide information on how members can support the fundraising initiatives.

INFORMATION FOR PATROLLING MEMBERS

Annually, QMSLSC signs a Life Saving Service Agreement with the City of Wanneroo and SLSWA. This agreement states that we will be required to provide regular patrols of Quinns Beach with qualified patrolling members. These patrols occur on Saturdays, Sundays, and public holidays from mid-October to early April. This season our 1st patrol is on Saturday 11 October 2025. In addition to this we are obligated to provide additional patrols during abalone fishing sessions (generally four 1-hour sessions each season) and provide water safety and first aid support to SLSWA sponsored or endorsed events.

In order to meet this obligation Bronze Medallion holders and Surf Rescue Certificate holders are organised into patrol teams and a roster of patrol dates are assigned to each team by the Club Captain. The roster is published no later than 1 October and updated as required throughout the season. Patrol members can become informed of upcoming patrols – and plan attendance accordingly - through several means including:

- Notification of upcoming patrols in [SLS Hub](#)
- Electronic copy posted on the QMSLSC Patrolling Members Facebook page [QMSLSC Patrolling members](#)
- Hardcopy posted on the Patrol Notice board in the First Aid room

As well as copies of the full roster being made available, patrol members are also notified of upcoming patrols via SurfGuard SMS during the week before the upcoming patrol.

Contact information for all patrolling members is included on the patrol roster to aid in the arranging of substitutes in the event a patrol cannot be attended. You can also ask for a substitute through the SLSA Members Area portal [SLS Hub](#)

List of patrol captains and Vice-captains:

Patrol Captain	Vice-Captain	Patrol Captain	Vice-Captain
Mieke Grobler	Lynn Gail	Richard Lissett	Harry Lissett
Mark Folkard	Shaun Cleaver	Yolande van Dyk	Scott Anderson
Max Hoy	Lucas Cren-Dickie	Alison Tilbury	Nicholas Hall
Sean Whitehead	Mark Wainwright	Lill Hutchinson	Saxon France
Washington Avila	Lily Tracey	Lucas Stanfield	Darren Thyse

If you are interested in achieving a Bronze Medallion (BM) award or, if you are 13-14, your Surf Rescue Certificate (SRC) award, talk to any current award holder for an insight into what is involved. There is an overview later on in the Handbook.

Membership obligations

- Maintain a level of personal fitness which will allow you to execute your patrol duties in an effective and safe manner
- Attend the annual skill maintenance re-qualification each season

- Attend all rostered patrols or provide a competent substitute
- Participate in Club fundraising activities
- Comply with the Club's Member Protection Policy

We rely on our patrolling members to cover their assigned patrols in person or provide a suitably qualified substitute (e.g. BM substituted by a BM, IRB Driver substituted by an IRB Driver) and to notify the patrol captain of the change. Without this commitment, we cannot ensure the safety of the beach-going members of the public.

The roster is available prior to the start of the season, and it is extremely unusual that you will not be able to find a substitute. If you are having genuine problems fulfilling your roster, please do not just not turn up, contact your Patrol Captain, Club Captain or Director of Lifesaving who may be able to assist you in arranging a substitute.

If you are sick or injured for a patrol, please advise your patrol captain as early as possible.

Annual Skills Maintenance (Requal)

As a patrolling member, every year you will need to successfully demonstrate proficiency in each award you hold. This helps keep all the skills, critical for surf lifesaving patrols, fresh in your mind and it is a chance to be updated on any changes in lifesaving procedures and protocols.

Your requal must be completed prior to 31 December to maintain the qualification. In the event your Bronze Medallion or SRC lapses, you will no longer be eligible to attend patrol until you have completed your requal or compete for the Club at SLSA or SLSWA competitions for the remainder of the season (regardless of subsequent requal). If a qualification lapses for more than 2 seasons, you will be required to attend some, if not the full course to become proficient. The extent of the course to be attended will be determined by the outcome of a gap analysis conducted by the Chief Instructor.

There has been some changes to the BM/SRC requal this season:

- Run-Swim-Run for replaced by a 100m run, 100m tube rescue in 3 1/2 minutes. The swim component can be done with fins (putting them on is part of the 3 1/2 minutes). This only affects requals, with the Run-Swim-Run still being part of the training courses.
- Significant changes made to how CPR is to be performed. Now known as L-CPR (Lifesaving CPR), it is a subset of the Hi-Performance CPR training scaled to meet lifesaving requirements. The changes in the CPR are covered in this season's online Skills Maintenance modules in e-Learning which **MUST BE COMPLETED PRIOR TO ATTENDING ANY REQUAL SESSION**. If not completed, you will not be allowed to continue with the requal session. Due to these changes in the CPR, there will be separate dry and wet sessions to allow time to cover the changes in the CPR in the dry sessions.
- SLS Members Area has been upgraded and is now SLS Hub. Access eLearning through 'Applications' on the top menu bar. Note: When you first log in to the SLS Hub you will be required to change your password.

The scheduled requal dates for Bronze Medallion and SRC are as follows:

Wet sessions	Dry sessions
Sunday 12 October 7:00-8:00am	Tuesday 14 October 6:30-8:00pm
Saturday 25 October 7:00-8:00am	Tuesday 28 October 6:30-8:00pm
Sunday 9 November 7:00-8:00am	Tuesday 11 November 6:30-8:00pm
Saturday 22 November 7:00-8:00am	Saturday 22 November 8:00-10:00am
Sunday 7 December 7:00-8:00am	Tuesday 9 December 6:30-8:00pm
Saturday 20 December 7:00-8:00am	Saturday 20 December 8:00-10:00am

We encourage everyone to attend the first available requal date.

Bookings are live via the Training Event tab in eLearning. Requal sessions are capped at 20 participants, so please book early to avoid disappointment. To complete the requal you must complete the online Skills Maintenance modules and attend a dry and wet session. If you are unable to attend the sessions due to work commitments, please contact the Chief Instructor to discuss other options.

Skills maintenance sessions for other awards will be advertised as they are arranged.

On patrol

All active members are obligated to attend patrols as rostered by the Club. Each patrol will be managed by a Patrol Captain. Patrol members are expected to execute duties, as directed by the Patrol Captain, within the limits of their training and capability. All patrolling members agree not to expose other patrolling members to unnecessary risk, to maintain personal safety and situational awareness, and to assist the public as required.

A patrol uniform (consisting of shirt, shorts, hat, and cap) is supplied by the Club upon qualifying for your award and replaced by the Club, when damaged, outgrown, or upon change of sponsorship.

The wearing of the uniform is mandatory and consists of:

- patrol cap (to be worn always while in the water swimming or on a rescue board - worn or on your person at other times while on patrol)
- patrol shirt, patrol shorts, patrol hat (to be worn when on the beach)
- Club bathers (always worn in the water)

Sunglasses and sunscreen are highly recommended for sun protection. For obvious reasons, jewellery should be kept to a minimum and hair should be tied back. Please use mobile phones only for emergencies while on patrol.

The patrol uniform, or any part thereof, is not to be worn when not on duty with the exception of travel to/from the Club for patrol attendance.

If you do not fulfill your rostered patrol, you will be in default of patrol hours. Obviously, you will negatively impact the performance of your patrol team. The best performing individuals and patrol teams are recognized annually by the Club.

A person may be excused from attending patrol in the following circumstances:

- Sudden illness, accident, or incident (Patrol Captain to be informed as soon as possible)
- Family emergency (Patrol Captain to be informed as soon as possible)
- Failure of arranged substitute to attend patrol (Patrol Captain to be informed of substitute in advance – the substitute will be entered on the Patrol Log shown as 'No Show')

Any patrol member attending patrol with illness/injury or impairment that may affect the performance of some patrol activities are to report any impairment to the Patrol Captain immediately. The Patrol Captain will make the decision to either assign tasks the patrol member has the capacity to perform (e.g., tower watch, kit inventories, etc.) or send the patrol member home and record minimal time for the patrol (e.g., 0.5 hours).

You can make up default patrol hours by doing additional patrols.

Members who are in default of patrol hours cannot represent the Club in inter club competition.

Members who are in default of patrol hours by the end of the season shall be ineligible to win any of the Club awards or trophies unless the default hours were due to exceptional circumstances.

Patrol Log

It is very important that the patrol log is completed correctly to ensure you are accurately credited with all patrol hours. This information goes directly to SLISA.

There are different types of patrols, and it is important to enter the correct one in the log. The types of patrols are:

- **ROS** – Rostered. Hours logged as per the patrol roster.
- **SUB** – Substitute. Hours logged when attending another person's rostered patrol on their behalf. Please make sure you enter your name and the person for whom you are substituting into the patrol log. SUB does not count towards PEN or MUP (below)
- **VOL** – Voluntary. Hours logged when you do a patrol because you want to gain more experience, or simply because you want to offer your services., not because you are rostered on. VOL does not count towards PEN or MUP (below)
- **MUP** – Make Up. Hours logged to compensate for occasions when your rostered patrol was covered by a SUB but there was no reciprocal arrangement (otherwise you both use SUB)

Further details regarding patrol requirements can be found in the QMSLSC By-Laws.

EDUCATION

Training is provided for all awards by qualified instructors who volunteer their time. Candidates are placed into groups and the groups work together to achieve the award. The trainers cannot put you forward for the award until you are ready. If life gets in the way, and you have to miss a block of training then where possible the Club will work with you to help you catch up. However, you may also have to wait for a later assessment date.

Awards

There are many awards available to club members aged 13 years and older. Each award has specific prerequisites. The most popular entry level awards are:

Nipper Rescue Certificate (NRC)

The Nippers Rescue Certificate is a water safety award for the provision of water safety for Nipper activities. The course runs for 3 hours and includes a 200-metre proficiency swim to be completed within 6 mins, training on how to perform an aquatic rescue using a rescue tube and contact tow methods, basic communications (flag signals) and surf awareness. This course is a good steppingstone onto other qualifications and a great example to the Nippers.

Course dates for the coming season:

- Sunday 26 October 9:00-12:00pm
- Sunday 2 November 9:00-12:00pm

Surf Rescue Certificate (SRC)

The Surf Rescue Certificate is undertaken by members who are aged 13 and 14. Candidates must complete an unaided swim of 200m in 5 minutes or less (goggles and masks permitted) in a swimming pool or measured open water course prior to taking part in any water-based training activities. Skills taught are basic resuscitation, CPR, basic first aid, aquatic rescue techniques, surf awareness skills, radio operating procedures, and communication techniques (flag signals) as well as being taught what is expected of a patrol member. The course finishes with an assessment during which the candidates must successfully complete a 100m run, 100m swim and 100m run course within 5 minutes and effectively demonstrate basic first aid, resuscitation, and rescue techniques.

4-week course on Sunday mornings from 8:30am to 12:30pm, 5th Week Assessment, online is self-paced

- Preliminary swim 9:00am on Sunday 5 October 2025 at Craigie Leisure Centre
- Start date Sunday 12 October 2025 (8:00am to 1:00pm to include online induction)
- Incorporates Radio Award
- Target assessment date Sunday 9 November 2025

Bronze Medallion (BM)

The Bronze Medallion award is undertaken by members who will be 15 years of age at assessment. Candidates must complete an unaided swim of 400m in 9 minutes or less

(goggles and masks permitted) in a swimming pool or measured open water course prior to taking part in any water-based training activities. Skills taught are CPR, resuscitation techniques including the use of oxygen and defibrillator, basic first aid, advanced aquatic rescue techniques, carries and supports, spinal injury management, surf knowledge, radio operating procedures, and communication techniques (flag signals) On day of assessment candidates must successfully complete a 200 metre run, 200 metre swim and 200 metre run within 8 minutes and effectively demonstrate rescue and resuscitation techniques in a patrol team based scenario.

8-week course on Tuesday evenings from 6:30-9:30pm (theory) and Saturday mornings (practical) 8:00-11:00am, 9th week recap, 10th week assessment, online is self-paced.

- Preliminary swim 10:00am on Sunday 5 October 2025 at Craigie Leisure Centre outside pool
- Course 1
 - Start date Tuesday 7 October 2025
 - Target Assessment dates Tuesday 9 December 2025 and Saturday 13 December 2025
- Course 2
 - Start date Tuesday 13 January 2026
 - Target Assessment dates Tuesday 3 March 2026 and Saturday 7 January 2026

Other awards can be arranged through other clubs or SLSWA with the fees varying depending on the offering organisation. Contact the Club's Chief Instructor for further information.

Other Awards

Provide First Aid (HLTAID011) Candidate must be at least 14 years of age at assessment. Covers First Aid and Emergency Care practices and expands further on illness and injury treatments.

Advanced Resuscitation Techniques Candidate must be at least 15 years of age at assessment. Award covers advanced resuscitation practices including use of the airbag resuscitator, OP airways and defibrillation. Must hold Provide First Aid Certificate.

IRB Crew Certificate Candidate must be at least 15 years of age at assessment. Must hold Bronze Medallion.

Silver Medallion IRB Driver Candidate must be at least 17 years of age at assessment. Must hold Bronze Medallion, IRB Crew Persons Certificate and Marine Licence.

Silver Medallion Patrol Captain Candidate must be at least 17 years of age at assessment. Must hold Bronze Medallion.

Pain Management Certificate Candidate must be at least 18 years of age at assessment. Must hold Provide First Aid Certificate and Advanced Resuscitation Techniques Certificate.

Training Officers

The Club cannot run courses if there is no one to teach them! So, we are always on the lookout for members interested in becoming accredited Training Officers. Training members to obtain their awards is a great way to meet fellow Club members and become involved in the Club.

In order to become a Training Officer, you must attend a Training Officers Course run by SLSWA. If you hold a current Cert IV in Training and Assessment or other professional qualification, a Recognition of Prior Learning (RPL) may be completed in lieu of attending this course. Please note that you must be proficient in the award for which you are becoming a trainer.

Once this is completed you will work with an accredited Training Officer in training a group of people in the chosen award during which a logbook (generally obtained during the Training Officers course) will be completed and signed off by the accredited Training Officer.

If you have any questions regarding awards and training, please contact the Chief Instructor for more information.

INCLUSION PROGRAMS

Surf Lifesaving offers something for everyone, no matter your age, ability or background. Supporting diversity and inclusion is an integral part of club life at QMSLSC. Currently we run two programs:

Woodside Nippers All Abilities Program

Surf Life Saving Western Australia has developed a modified and structured nippers program for all abilities that runs alongside our club's Age Group Nippers program and focuses on beach and water safety and awareness and promotes inclusion and diversity. It is designed to make the popular Woodside Nippers program even more accessible.

The QMSLSC Woodside Nippers All Abilities program is designed for young people aged 5 years and above with diverse needs and abilities and can be adapted to the unique learning needs of its participants.

Silver Salties

Silver Salties is designed for older Australians, aged 65+ years, however younger adults 18+ years are welcome to participate.

Our Silver Salties program fosters fitness, friendship, and inclusion for our older community members.

Silver Salties is a participation program promoting physical activity, social connections, and involvement in the surf lifesaving community. It is a Surf Lifesaving Australia program delivered locally through QMSLSC. Silver Salties is a great way for grandparents and retirees to get involved in 'club life', from social events and group fitness and wellbeing through to volunteering and lifesaving.

For more information on our inclusion programs, please email

vice.president@qmslsc.com.au

INFORMATION FOR WOODSIDE NIPPERS AND NIPPER PARENTS

What is Woodside Nippers?

The Woodside Nipper program at QMSLSC is for children aged 5 to 13 years and is an activity that provides members with a wide range of opportunities, including physical activity, surf awareness, beach safety and fun, as well as the skills necessary to effectively negotiate the surf.

Our Nippers program is about more than just fun on a Sunday morning. It's built around four key learning areas – **Surf Awareness, Individual Safety, Lifesaving Skills, and Surf Sports** – so every child can grow in confidence, learn how to stay safe at the beach, and start their journey as a future lifesaver.

Our focus is on:

- **Fun and safety first** – making sure every Nipper enjoys their time on the beach while learning important life skills.
- **Confidence and inclusion** – supporting all children, no matter their ability, to participate and feel part of the team.
- **Pathways and growth** – helping older Nippers build leadership, learn rescue skills, and prepare for Youth programs.
- **Community spirit** – making sure Nipper families feel connected, supported, and welcome at the club.

As the Woodside Nippers move through the age groups, they become increasingly proficient in surf skills. The focus of Woodside Nippers is for the children to learn and have fun. We encourage the children to participate at a level to which they feel comfortable.

Every Nipper that participates in 70% or more of their program receives their surf education certificate.

When and where is Woodside Nippers?

Woodside Nippers occurs on Sunday mornings, see the QMSLSC Calendar for season dates. During the winter there is the option of training at a local pool to maintain swimming skills and to compete in pool rescue competitions.

Sunday morning Nipper activities commence at 8:50am. Parents and Nippers should assemble about 5 minutes prior to this time on the grassed area in front of the Club by their Age Group coloured flag. It is expected that Nipper events finish approximately at 10:00am for the U6 & U7 and all other Age Groups approximately 11:00am.

What to bring on a Sunday

Woodside Nippers should bring the following items to all Club activities:

- Woodside Nipper Age Group Cap and Woodside Nipper hi-vis rash vest is **compulsory**
- Club bathers (recommended)
- Sunscreen (applied before getting to the beach), hat, towel and water bottle are essential
- Nipper board – see Nipper Boards section
- Goggles (recommended)
- Warm clothing for cool days and sun smart clothing for hot days

Club apparel can be purchased from the Club shop which is located at the front of the main Club building, on the right-hand side. The Shop is normally open Sunday mornings during the Surf Club season but may have more purchasing opportunities at peak times like the start of the season. Please check the website and newsletters for trading times. We also have an online shop: QMSLSC Square Shop.

Note: Whilst Club bathers are not compulsory for regular Sunday sessions, the Club encourages our members to wear Club bathers, as it provides a sense of community.

Woodside Nipper Age Groups and requirements

Quinns Mindarie Woodside Nippers are divided into the following age groups based on their age as of 30 September. Each age group works towards achieving the award relevant to their age range. A child may not join the club and take part in the Woodside Nippers program until they turn 5 years of age. Children who turn 5 years of age after 30 September may join as U6 for 2025/26 season once they turn 5 and will continue to be in U6 for 2026/27 season.

Woodside Nippers will also compete at intraclub and interclub competitions in these age groups. In team events at SLSWA events Woodside Nippers may be able to compete in an age group one year higher than their designated group.

This season most Woodside Nipper updates will be on the **Spond App**, many of you should already have joined, if not please do so now to ensure you don't miss any specific age group information. Once you're in your Age Group, you'll also receive Nipper-wide announcements (like carnival dates, weather cancellations, and registration reminders). Each Age Group will share training schedules, rosters, and updates just for that group.

Please also follow the main Club Facebook page at <https://facebook.com/QMSLSC>, where we will provide whole of club updates and relevant community information.

Age on 30/09/2025	Date of Birth		Age Group	Cap Colour	Age Group Award	Spond group code
5 years	1/10/2019 - 30/9/2020		U6	 Pink	Surf Play 1	NDDZB
6 years	1/10/2018 - 30/9/2019		U7	 White	Surf Play 2	CURBF
7 years	1/10/2017 - 30/9/2018		U8	 Yellow	Surf Aware 1	QLMSB
8 years	1/10/2016 - 30/9/2017		U9	 Green	Surf Aware 2	FPNTO
9 years	1/10/2015 - 30/9/2016		U10	 Light Blue	Surf Safe 1	WMKAD
10 years	1/10/2014 - 30/9/2015		U11	 Purple	Surf Safe 2	RVSTQ
11 years	1/10/2013 - 30/9/2014		U12	 Dark Blue	Surf Smart 1	VMVDO
12 years	1/10/2012 - 30/9/2013		U13	 Red	Surf Smart 2	ACHOJ
13-16 years	1/10/2008 - 30/9/2012		Youth	 Club	Surf Certificate (13-14yo) Rescue Bronze Medallion (15yo+)	AUSEF

Age Group Development Program Overview

An important part of our Club's Sunday morning activities will be the Woodside Nippers curriculum, which comprises four key learning areas:

Surf Awareness: Not only are surf skills required in conquering conditions, but a knowledge of where the dangers are and how to read the surf are essential ingredients in keeping safe at the beach.

Individual Safety: This deals with recognising potential risks that we all face when visiting the beach, and in life in general.

Lifesaving Skills: This learning area starts to introduce our Woodside Nippers to the role we hope they undertake as they grow and develop into future lifesavers.

Surf Sport Skills: Woodside Nippers learn a variety of skills to help them develop confidence and introduce them to surf life saving's various surf sport events, such as swimming, board racing and beach flags, to name a few.

The majority of surf education will be provided on the beach, not in a classroom or formal environment. The best way to teach surf safety is through physical demonstrations, drills, exercises, and visual aids (such as spotting a rip). There are 8 levels in the program which correspond to the 8 age groups – Under 6 through to Under 13 – and each year will build upon the skills and learning from the previous.

Cap Colour	Age Group	Certificate	Skills and Learning
	U6	Surf Play 1	This will be your Nippers first introduction to the Woodside Nipper Program. This level is designed to be educational through play, participation, and fun.
	U7	Surf Play 2	
	U8	Surf Aware 1	Introduction to beach safety, basic lifesaving skills and surf sports skills. These age groups are referred to as Little Nippers and are offered a modified interclub carnival.
	U9	Surf Aware 2	
	U10	Surf Safe 1	These age groups demonstrate beach safety skills, lifesaving skills and further develop their surf sports skills through club activities, clinics, and Interclub carnivals.
	U11	Surf Safe 2	
	U12	Surf Smart 1	These age groups transition towards becoming a surf lifesaver, develop an understanding of what is required to be a patrolling member and continue to develop their surf sport skills through club activities, clinics, and Interclub carnivals.
	U13	Surf Smart 2	

Preliminary Skills Evaluation

The preliminary skills evaluations are in place to ensure that participants are fit and able to meet the requirements of the Woodside Nippers Program (this is a requirement of SLSA and is compulsory).

Woodside Nippers are unable to participate in water activities at the beach unless they have completed their preliminary evaluation. They can still participate in land-based events.

The Club facilitates an evaluation session with qualified aquatic education providers prior to each season. This year the session is on Sunday 12 October 2025 8:30am-1:00pm at Craigie Leisure Centre. Please arrive 15 minutes before the relevant time slot to register your attendance. You must pay your own entry fee but once you have completed your proficiency swim you are free to enjoy a general public swim.

What does your Woodside Nipper need for the proficiency evaluation?

Woodside Nippers will require their bathers and goggles, with an optional swim cap if needed. It is recommended that nippers not wear their club bathers as they are not suitable for use in chlorinated water.

What to do if you are unable to attend

If you are unable to attend the Club facilitated evaluation session, you will need to have your child signed off by an appropriately qualified third-party aquatic education providers (including private and government learn to swim providers). Please have the person who conducts the assessment complete this 3rd party declaration form and email to nippers.admin@qmslsc.com.au

Age Group	Time	Location
U6	10:00am	Inside pool
U7	10:45am	Inside pool
U8	11:30pm	Inside pool
U9	12:15pm	Inside pool
U10	08:30am	Outside pool
U11	09:15am	Outside pool
U12	10:00am	Outside pool
U13	10:45am	Outside pool

Preliminary Skills Requirements

Age Group	Flotation	Submersion	Propulsion
U6	Back or front float for a minimum of 5 seconds, recover to stand	Submerge to touch the bottom with hands (1m depth)	From a standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.
U7	Back or front float for a minimum of 10 seconds, recover to stand		From a standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.
U8	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)
U9	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 (1.5m depth)	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 of 10 metres.
U10			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 of 25 metres.
U11	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 bottom with hands (1.5m depth)	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 of 50 metres.
U12	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch bottom with hands (1.8m depth)	Swim on front through water any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum of 50 metres.
U13			Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum of 50 metres.

Competition Proficiency Swim

To maintain safety and lifesaving standards, SLSA has set a minimum standard that Woodside Nippers must achieve to be eligible to compete in carnivals. Age Group Managers will arrange these evaluations at the beach as they must be conducted in open water.

Age Group	Swim Distance	Time
U8	100m	6 minutes
U9	100m	6 minutes
U10	150m	8 minutes
U11	200m	8 minutes
U12	200m	8 minutes
U13	200m	7 minutes

Woodside Nippers' safety

- Woodside Nippers must stay with their Age Group Manager at all times, unless coaches take over for a specific activity.
- If Woodside Nippers must leave their group (e.g., to go to the toilet etc.), the Age Group Manager must be informed prior to them leaving and they should be accompanied by a parent/guardian.
- No Woodside Nipper is to enter the water unless authorised by the Age Group Manager.
- U6s & U7s must have a parent/guardian remain with the age group at all times.
- All Woodside Nippers must have a parent/ guardian on the beach/surrounds throughout the session and be on hand to assist your child in the event of an incident or injury.
- At the conclusion of the session, Woodside Nippers are again **checked off** the attendance roll.
- Woodside Nippers are not to leave the Club/surrounds until collected by an adult and checked off the attendance roll. Failure to sign your child out may result in the closure of the beach and a search being carried out to find them.
- All borrowed equipment must be returned to the Club equipment sheds clean and washed by 11:15am. Any damage must be reported.
- Club caps are to be removed at the end of the session once Woodside Nippers have been checked off the attendance roll.
- Once Woodside Nippers have been checked off the attendance roll and removed their Club caps, any Woodside Nippers re-entering the water are the responsibility of their parents/guardians. **Please encourage children to swim at this point between the flags.**
- By requirement of SLSWA, all Woodside Nippers must wear the supplied fluoro, hi-vis lycra vest during water activities at all sanctioned Club activities, including Club days, training sessions and competitions. **No fluoro - No water!**
- If a participant is displaying unsafe or anti-social behaviour or does not have a designated adult supervising may be sat out of activities by a member of the age group team. Multiple incidents may be passed to the Nippers Manager or Director of Youth for review. Serious incidents of anti-social behaviour or safety violations may result in suspension or termination of membership.

Notes on U6 and U7:

- Nippers must meet the age requirements for the U6 age group, sorry - no exceptions. Children who turn 5 after 30 September can join the U6 age group after their birthday, however they will continue to be in U6 for the following season.
- A parent/guardian must remain with their child at all times during the activity session. The Age Group Manager will facilitate the session however the parent must accompany their child during activities. This means you must stay with your youngest child's group if they are U6 or U7.
- U6 and U7 activities will only be in shallow water. If U6 and U7 use flotation board/rescue boards, these will be provided by the Club.

The U6 and U7 program is based on group interaction and participation and play based activities. At this age there are no competitions. Participation awards will be issued to all Woodside Nippers in the group.

Additional Training

In addition to Sunday mornings, Woodside Nippers can access various training sessions throughout the season as part of their membership. Please see the Club website QMSLSC for additional information. These sessions are performance based and are aimed at developing the skills and fitness of those Woodside Nippers who wish to compete. Before accessing Ironperson training, Woodside Nippers must pass a proficiency test due to the fitness and skill demands. A degree of competency achieved on a Sunday in each discipline is strongly advised. Please see your Age Group Manager for further guidance.

Nipper Boards

All competition age Nipper members (U8-U13) will require a board. Board specifications are:

Age Group	Craft (SLS Approved only)	Length & Min Weight	Eligibility for use at Club days, training, and competition
U8, U9 and U10	Foam Encased Nipper Board	2.0m Not specified	Successfully completed competition proficiency swim.
U11,U12 and U13	Fibreglass Nipper Boards Only	2.0m 4.5kg	Successfully completed competition proficiency swim.

The Club suggests that parents look at providing this through the 3 options below:

Purchase a board

This is the Club's preferred option and allows you to use your board at all times, not just at Club activities. These can be purchased new or second hand but must meet SLSWA specifications.

Foamie (U8-U10) new boards can range in price from approx. \$120 (Redback, etc which are ideal for beginners who do not want to do interclub competitions) to \$600 (Bennett, Kracka, etc which are more suited to competition style racing). Fibreglass boards vary in price from \$850 to \$1,300 plus.

Used boards are often advertised on Facebook, Gumtree, etc. A well looked after board usually has a resale price of around 50% of purchase price. All boards must be stamped with a SLSWA approval.

Lease a board from the Club

This allows you to use your board at all times, not just at Club activities. A bond is required as well as the lease fee and boards are limited. The board remains the property of the Club and must be returned at the end of the season in good condition. All damage must be reported. Misuse of a leased board may lead to the cancellation of the contact and the need to return the board.

Lease Fee per season:

Foam board (U8-U10)	\$100
Fibreglass board (U11-U13)	\$200

Bond Fees:

Bond Fee per family (regardless of number of boards leased)	\$100
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Costs of repair for any damage (accidental or otherwise) to the board will be paid from the Bond Fee, minimum cost per repair is \$20.

Bonds are held with the Club until the board is returned at the end of the season.

Woodside Nippers will be allocated an appropriate board, with U11-U13 weighed and boards discussed with coaches to match individuals with appropriate boards.

All boards can be used for competitions but we will have a limited number of newer boards with the latest technology that are specifically suited for competition focused athletes who are training and racing regularly. In order to request one of these boards, please submit a request via this [form](#). Applications will then be assessed and boards will be allocated after approval from the club. Please complete the Lease agreement and make payment as per the instructions below. The club will be in contact with you to discuss how your options after approval.

There is no need to hire a board **unless** you intend to use it outside of the Sunday Nippers sessions for training and competitions.

Nipper board lease and bond fees are payable through the Club's online store: [QMSLSC Square Shop](#) please ensure you have paid the relevant fees prior to the lease day.

The Woodside Nipper's parent/guardian (who must be a member of the Club) will be required to enter into a lease agreement with the Club: [QMSLSC Board Lease](#)

Please also note that all boards must be returned to the club by Sunday 15 March 2026 in accordance with the lease agreement. The Club may retain the Board Bond if the Woodside Nipper fails to return the board to the club by this date.

Nippers who wish to lease a board just for an interclub Carnival, may lease a board for a 6-day period that covers that weekend for a \$50 deposit. This is payable through the Club's online store: [QMSLSC Square Shop](#). Please ensure you have paid the relevant fees prior to arranging to pick up a board. This can be arranged via the Club office.

Borrow a Board on a Sunday

Boards are limited and are available to collect from 8:15am onwards on a Sunday. They must be signed out and returned washed and clean by 11:15am. These will only be the FOAM nipper boards, not fiberglass, except U13 if boards are available. These boards will also likely need to be shared with other members of the age group.

Borrow a Board for a competition

Woodside Nippers who wish to lease a board just for an interclub Carnival, may do so for a 6-day period that covers that weekend for a \$50 deposit.

This is payable through the Club's online store: [QMSLSC Square Shop](#). Please ensure you have paid the relevant fees prior to arranging to pick up a board. This can be arranged via the Club office.

Equipment Rules

Our Club enjoys access to outstanding resources and there are a few key rules relating to the use of Club equipment:

- All borrowed boards must be **SIGNED OUT** via the parent volunteer before being taken from the equipment sheds.
- Woodside Nippers are responsible for ensuring the equipment is returned to the equipment shed washed down and free of sand.
- Nippers are responsible for reporting any damage to the equipment to their AGM/Coach.
- Only Woodside Nippers who are members of QMSLSC are permitted to use Club equipment.
- Equipment is only to be used during Club designated activities and returned by 11:15am on a Sunday.
- Equipment is not to be removed from the equipment shed without permission.
- Boards must be **CARRIED** on the beach not dragged.

Intraclub events

Club Championships

Nipper Club Championships will be undertaken for all competing age groups from U8-U13. Woodside Nippers compete in their age groups, with results being recorded for each age group. There are three Club Championship Days (Points Days) to be held during the season: the dates of these are published in the [QMSLSC Calendar](#). Competition points will be awarded as per below table:

Position	Points
1 st place	10 points
2 nd place	8 points
3 rd place	6 points
4 th place	4 points
5 th place	2 points
Participation (must complete)	1 point

Overall championships will then be awarded to Woodside Nippers achieving the highest point score from all events in all 3 collective rounds.

Woodside Nippers in the U6 and U7 groups will be rewarded for their participation and effort in activities with no official results being recorded or awards given.

The Nipper Club Championships consist of the following individual (Male and Female) events:

- Surf Race (swim)
- Board Race
- Beach Sprint
- Beach Flags
- Ironperson
- 1km/2km Beach Run

Club Ironperson

Club Ironperson will be undertaken for all competing age groups from U10-U13. Woodside Nippers compete in their age groups, with results being recorded for each age group. There are 2 rounds to be held during the season, 1 stand-alone event and at Points Days #3: the dates of these are published in the Nipper Calendar and on the website QMSLSC Calendar. Competition points will be awarded as per below table.

Position	Points
1 st place	10 points
2 nd place	8 points
3 rd place	6 points
4 th place	4 points
5 th place	2 points
Participation (must complete)	1 point

Overall Ironman and Ironwoman will then be awarded to Woodside Nippers achieving the highest point score from the 2 rounds. Should there be a tie, the Ironperson score from the final round will be used to determine the winner.

Woodside Nippers must attend at least 70% of Woodside Nipper sessions on Sundays to qualify for Club Championship and Ironperson medals and trophies.

Interclub Carnivals

Competing age groups have the opportunity to compete against children from other clubs at nipper interclub carnivals. Carnivals scheduled by SLSWA include:

- Nippers (All ages) Development Carnival: 30 November (Alkimos Beach)
- Nippers Carnival #1: 7 December 2025 (Sorrento Beach)
- Little Nippers Carnival #1: 14 December 2025 (Cottesloe Beach)
- Nippers Carnival #2: 11 January 2026 (Coogee Beach)
- Little Nippers Carnival #2: 18 January 2026 (Quinns Beach)
- Country Carnival: 24-25 January 2026 (Middleton Beach Albany)
- Nipper State Qualifiers: 7-8 February 2025 (Sorrento Beach)
- Nipper State Championships (Beach): 21 February 2026 (Leighton Beach)
- Little Nippers State Championships: 22 February 2026 (Leighton Beach)
- Nipper State Championships (Ocean): 7-8 March 2026 (Trigg Beach)

Please contact the Little Nipper/Nippers Surf Sports Manager for further details. SLSWA events include both individual and team events.

Interclub Competition Requirements

To compete in SLSWA carnivals, competitors are required to have the following items:

- Club competition cap (available at the Club shop or via the Club online shop [QMSLSC Square Shop](#)) \$15
- Designated colour hi-vis rash vest (as defined by SLSWA) (provided in the Woodside Nipper pack)
- QM Club bathers (No boardies or string bikinis) (available at the Club shop or via the Club online shop [QMSLSC Square Shop](#))
- Long sleeved shirt or long-sleeved rash vest
- Broad brimmed hat or peaked cap
- Sunscreen
- Drink bottle
- Competition wristband (Nippers only).

All members entering into a Surf Lifesaving Interclub competition must pay an entry fee. These fees vary and will be advised to the competitors prior to entry.

Please note there are *no refunds* available if a competitor does not participate in the carnival.

Nippers' Code of Conduct

- Aim for personal best in everything you do
- Participate to enjoy the activities
- Follow the rules of the activities
- Be a good sportsperson
- Treat others as you would like to be treated
- Listen to your Age Management team and Water Safety and respond to their requests
- If you need to leave before events are finished, please have your responsible adult inform your Age Group Manager before leaving the beach
- Remember it is your aim to have fun and improve your ability.
- Respect the rights, dignity and worth of others regardless of their gender, ability, cultural background, or religion

Nipper Parents' Code of Conduct

- Do not make an unwilling child participate in activities
- Encourage children to play by the rules
- Encourage the effort being as important as the attainment
- Focus on your child working towards improving skills and sportsmanship
- Recognise and encourage good efforts by all
- Do not shout or criticize a child for making a mistake – they are trying as hard and learning
- Do not publicly question an official's decision, recognise the efforts of volunteers
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background, or religion
- Respect Age Management team and all Club volunteers
- In the absence of the Age Group Manager, report any unruly behaviour to the Nippers Manager
- All arena equipment must be returned to the Woodside Nippers trailer on the beach
- All borrowed boards must be washed and returned to the equipment shed by 11:15am
- A parent/guardian is required to be at the beach at all times during Nippers. Parental supervision is a requirement of membership under SLISA policy.

Woodside Nipper Age Group Management team

These are all voluntary roles, and all are members of QMSLSC.

Age Group Managers (AGM)

Age group managers use their experience and passion for youth development to mentor Woodside Nippers and facilitate fun learning programs that encourage and develop young surf lifesavers. Their goal is to enrich the lives of Woodside Nippers through the delivery of surf lifesaving knowledge and skills in a fun and safe aquatic environment. Age Group Managers are allocated to each age group, with ideally two Age Group Managers per age group.

Age Group Managers:

- are responsible for the overall safety and wellbeing of their age group
- are responsible for facilitating the development of surf lifesaving skills, e.g., movement and surf awareness skills
- are responsible for facilitating the development of personal skills, e.g., confidence, teamwork, leadership
- take time to plan, prepare and deliver lessons to their age group
- foster a collaborative approach to the management of their age group

Assistant Age Group Manager (AAGM)

The focus of an AAGM is to assist the AGM with conducting the Woodside Nipper programs during the summer. The aim is to develop the capacity and capability of Woodside Nippers to become competent surf life savers of the future.

The requirements of an AAGM are:

- Attend Woodside Nipper Club days
- Take direction from the AGM
- Assist the AGM with instructing the group
- Be a positive role model
- Be aware of their own and the group's safety and wellbeing
- Work as part of a team
- Assist the AGM if required to plan sessions
- Encourage enjoyment and fun

The majority of QMSLSC AAGM's are members of the Youth Program and are aged 13-19 years. However, this is not exclusive, and we encourage interested adults to volunteer.

Parent Liaison Officer (PLO)

The focus of a PLO is to assist the AGM with the organisation, administration and communication to parents about Woodside Nipper programs and Club events. The aim is to allow AAM and AAGM to focus on delivering quality sessions whilst maintaining good communication with each cohort. The requirements of a PLO are as follows:

- Attend Woodside Nipper Club days
- Take direction from the AGM
- Relay key messages and encourage volunteering.
- Organise volunteering rosters for the age group when required.
- Be a positive role model
- Be aware of their own and the group's safety and wellbeing
- Work as part of a team
- Organise age group get together (2 calendared per year)
- Encourage enjoyment and fun

Age Group Management Teams and Roles

Cap Group	Colour/Age	Age Managers	Group	Parent Officer	Liaison	Assistant Group Manager	Age	Spond group code
	Pink U6	Troy McCandless Steph Holt Damien Guy		TBA		To be appointed at the Youth meeting prior to season commencement		NDDZB
	White U7	Daragh Ratcliffe Craig Norvill Keith Ratcliffe Tony Stables		TBA				CURBF
	Yellow U8	Michael Davis		TBA				QLMSB
	Green U9	Amy Hartzer Scott Potter Mitch Arnold		Tara Belczowski Heather Donnely				FPNTO
	Light Blue U10	Paul Belczowski Mark Meacham		Courtney Lottreaux				WMKAD
	Purple U11	Darren Smith Mark Wainwright		TBA				RVSTQ
	Dark Blue U12	Emilia Musgrave Konrad Malinowski		Hayley Malinowski				VMVDO
	Red U13	Leon White Andy Hopkins		Lorraine Wallace Loryn Fijac				ACHOJ

Other Nipper parent/guardian supporting roles

QMSLSC is a volunteer organisation and with such diverse activities as lifesaving, Surf Sports, education and social functions, there is a role for everyone. Without volunteers, the Club cannot operate. This is especially apparent in the Woodside Nippers area with over 300 young people on the beach each Sunday morning. Without adequate volunteers, we cannot deliver a high-quality environment for children to enjoy and progress.

Water Safety

Water Safety personnel aim to:

- Minimise Woodside Nippers losing their craft
- Minimise Woodside Nippers bumping into each other
- Ensuring the Woodside Nippers are able to handle the conditions
- Encourage and guide the Woodside Nippers in the water
- Attend to any incidents if needed

Water Safety and the safety of the Woodside Nippers is the Club's highest priority during the course of the season. Whilst our beach is relatively safe, the weather and surf conditions can and do change very quickly. QMSLSC must strictly follow a policy and procedure set out by SLSWA for the provision of water safety for aquatic activities.

In order to perform this role, you will need to have either a current Nipper Rescue Certificate (NRC), Surf Rescue Certificate or Bronze Medallion to provide water safety. Also note that these awards need to be requalified each year before 31 December.

The Nipper Rescue Certificate (NRC) is a great introductory 3-hour course designed for parents or older siblings who would like to provide water safety for Woodside Nippers. Requalification sessions are 1 hour long.

Course dates for the coming season:

Sunday 26 October 9-12pm

Sunday 2 November 9-12pm

Requalification sessions for the coming season:

Sunday 5 October 8-9am

Sunday 26 October 8-9am

Volunteer competition officials

This is an ideal volunteer position for a parent who is not keen on the water and whose child wants to compete.

The qualification is done online via SLSWA, and you will be mentored by an experienced official at events. This is an essential role as for every 10 Woodside Nippers that complete, QMSLSC have to provide 1 official. The objective is to build a workforce large enough to mean you would only need to officiate once or twice per season. SLSWA have stated that clubs that do not provide officials will be withdrawn from competition. Please see the Little Nipper/Nippers Surf Sports Manager for more information.

NO VOLUNTEER OFFICIALS = NO INTER CLUB COMPETITIONS

Age Group Volunteering roster

As a minimum requirement of membership, each family must provide at least 5 hours of volunteering per child. Many families go well above and beyond this to help create the best possible experience. Each age group will be calendared onto a volunteer roster at least 3 times per season. The roster will be posted on the website [QMSLSC Calendar](#).

The Parent Liaison Officer will assign roles to individuals. If you cannot perform that role on the day or want to swap roles, **it is your responsibility** to find a replacement or agree to a swap with another person.

Beach set up/pack up

This requires individuals to arrive no later than 8:00am to help set up the beach. This includes activities such as raking (although the majority of beach cleaning is done weekly by the volunteer tractor driver), setting up tracks, gazebos and equipment and ensuring access routes are clearly marked. Your help will also be required at 11:00am to pack away. This usually takes approximately 20 minutes.

Board sign out/sign in

The role is positioned in the Club equipment shed and begins at 8:00am. The role involves helping Woodside Nippers who are borrowing boards for the morning receive the correct sized craft and sign it out. At 11:00am you are required to return to the role to sign boards back in, ensure that the user has washed it down adequately and that it is stored correctly. This role is completed at 11:20am when all boards will have been returned.

BBQ

This role is from 8:30-10:30am. This requires individuals to cook bacon, sausage and eggs on the BBQ. This helps the canteen by providing an adequate food selection for Club members throughout the morning. Cleaning up the BBQ area is also part of the role. The role is based on the BBQs by the function room.

Canteen

This role is split into 2 shifts of 8:30-10:30am and 10:30-12:30pm. This is helping the Canteen Manager prepare food and serving Club members. This role is based in the canteen.

Other Roles

We are always looking for parents to help with a variety of tasks, such as:

- Committee members
- Social coordinators
- Equipment and maintenance

There is something for everyone and every little bit of help really does add value to the Club and the Woodside Nipper experience.

Incident response

In the event of an incident such as a missing person or emergency, there is a response that has been devised that all members should be aware of.

On Sunday Woodside Nipper days, in an emergency, the Patrol Captain will advise our tower to raise the alarm by sounding the siren. This is the signal for all Woodside Nippers and Water Safety to return to shore.

Woodside Nippers are to assemble for roll call at their age group flag. Parents are advised to allow the Age Group Managers to complete roll calls before listening for further instructions.

Water Safety members are to head to the designated area and await instruction from the Water Safety Coordinator who will instigate the appropriate plan.

Notes on Nipper parents and the water

If your child does not wish to enter the water, this is not a problem. However, it is your responsibility to care for your child whilst the other members of the group are in the water. The Age Group Managers, their Assistants, water safety, etc. will all be focussed on the safety of those Woodside Nippers in the water.

You may also be called upon to accompany your child into the water should this be needed. You are welcome to accompany your children into the water at any time, but please check in advance with the Age Group Manager, as unless you hold at least an NRC, we need to provide water safety for you as well as the Woodside Nippers.

YOUTH ACTIVITIES (U14 TO U17)

As our Club grows, it is vital that we offer interesting and challenging programs for members who are no longer Woodside Nippers. These members have the responsibility to patrol first as SRCs and later as BMs, but they have different interests and needs to the older members. Retaining these members is key to the long-term success of the Club.

What to expect

As a Youth member at Quinns Mindarie SLSC, you are part of a community that values lifesaving, teamwork, leadership, and fun. Being involved in the Youth Program opens up opportunities to learn, contribute, and grow in a supportive environment.

Youth Membership

- Your official **patrol uniform** once you gain your award (SRC/Bronze).
- Club support to complete your **Surf Rescue Certificate (SRC)** or **Bronze Medallion (BM)**.
- Access to **club equipment** (appropriate to your age, award, and ability).
- **Gym use** (conditions apply based on age and qualifications).
- Opportunities to achieve **accredited SLSA and SLSWA qualifications**.
- **Recognition** at club presentations – trophies, participation awards, and leadership acknowledgements.
- Insurance cover for all approved surf lifesaving and club training activities.
- Regular training sessions with experienced **coaches, patrol captains, and youth mentors**.
- Additional **clinics, camps, and holiday activities** throughout the season.
- Intra-club events and the chance to represent QMSLSC at **competitions and carnivals**.

What We Value

- **Purposeful time:** whether you're patrolling, training, competing, or just hanging out – your time at the club should matter.
- **Flexibility:** we know school, sport, and part-time work compete for your time. We're here to support you balancing it all.
- **Youth leading youth:** opportunities to step up as mentors, leaders, and role models.
- **Progression:** we focus on building new skills, not re-teaching old ones – so you keep moving forward.
- **Community:** being part of a team that serves the local community and has fun doing it.

Being a surf lifesaver is a big commitment, but it's also an incredible opportunity. You'll develop real skills, make lifelong friendships, and play a valuable role in keeping our beach safe. Most importantly – **enjoy the journey and have fun along the way!**

Preliminary swim evaluation for Youth, SRC and BM

The Preliminary Evaluations are in place to ensure that participants are fit and able to meet the requirements of the qualification they are about to embark on (this is a requirement of SLSA and is compulsory). Only new youth members and those who are doing a new award need to do the preliminary swim. If you are not doing a new award this season, you will need to requal your current award before 31 December 2025.

The preliminary evaluation is held on **Sunday 5 October 2025 at Craigie Leisure Centre**. You must pay your own entry fee but once you have completed your proficiency swim you are free to enjoy a general public swim.

Age Group	Date of Birth	Preliminary Evaluation
Under 14	1/10/2011 – 30/09/2012	200m swim in under 5 minutes
Under 15	1/10/2010 – 30/09/2011	200m swim in under 5 minutes
Under 17	1/10/2008 – 30/09/2010	400m swim in under 9 minutes

To commence training for the Surf Rescue Certificate you must:

- be a financial member of the Club
- be at least 13 years of age on the final assessment date (mid-November)
- complete an unaided swim of 200m in 5 minutes or less (goggles and masks permitted) in a swimming pool or measured open water course

To commence training for the Bronze Medallion you must:

- be a financial member of the Club
- be at least 15 years of age on the final assessment date (Start of December)
- complete an unaided swim of 400m in 9 minutes or less (goggles and masks permitted) in a swimming pool or measured open water course

Time	Outside pool
9:00am	SRC/U14/U15
10:00am	BM/U17

What do you need for the preliminary evaluation? You will require bathers and goggles, with an optional swim cap if needed. Club bathers are not advised as they are not suitable for chlorinated water.

Competition/carnival eligibility

To maintain safety and lifesaving standards, SLSA has set a minimum standard of proficiency that all lifesavers need to abide by. Youth members who wish to compete must have completed their appropriate qualification and must not be in default of patrol hours.

The Club reserves the right to not enter a member in carnivals or activities based on behaviours, attendance at training and patrolling hours.

Club Night

Wednesday evenings between 6:00-8:30pm the function room/social area is designated as the club night. This is an opportunity for all members to socialise and relax in the Club.

YOUTH PROGRAM PATHWAYS

Youth Recognition Program

Developed to complement SLSWA's Youth Program, the Youth Recognition Program (YRP) offers youth members the opportunity to formally record their experiences and service and receive recognition for doing so.

The YRP entails three levels – Bronze, Silver, and Gold – for youth members to work towards achieving. Each level stipulates certain requirements and experience of various roles associated with surf lifesaving.

By creating well-rounded members with broad experiences across a range of disciplines, we will ensure that surf lifesaving offers 'something for everyone' and lifelong participation pathways for all.

As well as accruing hours through club based activities, SLSWA offer a number of Youth Pathway Programs that you can also participate in and accrue hours through

Steps to follow:

- Register online via the SLSWA website: [SLSWA Youth Recognition Program](#)
- Download the Recording Sheet
- Log hours that you do during the season on the Recording Sheet
- Get the Youth Coordinator to sign it off
- When you have achieved the level you are working towards, email youth@slswa.com.au or post the Recording Sheet to SLSWA

There are three main pathways open to all youth members:

- **Lifesaving** – gaining and building on your SRC, Bronze, and patrol experience.
- **Surf Sports** – from board paddling to beach sprints, with opportunities at local, state, and national level.
- **Leadership & Training** – becoming a Youth Age Manager, official, coach, trainer, or mentor.

Surf Sports

Surf Sports is about more than competition – it's about developing the skills and fitness that make you a stronger lifesaver. Whether you are chasing medals or just looking to stay fit and active, there's something for everyone.

Opportunities include:

- Boards paddling and surf swimming
- Surf Skis (U17+)
- Beach sprints, beach flags and endurance runs
- Ironperson
- Inflatable Rescue Boats
- Surf Boats
- Carnivals, Surf League, State Championships, National Championships

Lifesaving

A key outcome of the youth program is to produce skilled and proficient lifesavers. Youth will develop the necessary skills through gaining either a Surf Rescue Certificate at 13 years or Bronze Medallion at 15 years. They can then contribute to Surf Life Saving's core business of lifesaving: the heart of what we do – keeping our beaches safe. Lifesaving gives you the qualifications, skills, and experiences to contribute directly to patrols and community safety.

The Lifesaving Program is overseen by the Director of Lifesaving) and includes:

- Patrolling
- Abalone patrols/special days
- IRB/Jet ski demonstrations/tasters

The Education Program is overseen by the Director of Education with all courses delivered by qualified trainers and assessors. Courses include (minimum age in brackets):

- SRC (13)
- BM (15)
- IRB crew (15) (must hold BM)
- Drone Patrol Operator (16 – with supervision by licensed adult over 18)
- Advanced Resuscitation Technique (15) (must hold Provide First Aid - this can be by way of successful completion of HLTAID011 course (Nationally Recognised) or successful completion of a BM to FA Bridging course (Recognised SLSWA only))
- Radio Operator (13)
- Provide First Aid HLTAID011 (14 – with parent/guardian supervision)

Leadership/Training

A major part of the Youth Program is developing leadership and communication skills. Leadership is central to our Youth Strategy. We want youth members to teach, lead, and inspire their peers.

Pathways include:

Youth Age Group Manager – provides an introduction to the pathway of an Age Group Manager. Youth are able to assist and develop their skills in delivering the SLSWA Woodside Nippers Program. Hours accrued in this role can go towards the SLSWA Youth Leaders Program.

Youth Official – like in many other sports, officials play a vital role in our movement. SLSWA youth members have the opportunity to officiate at SLSWA and Club events. Hours accrued in this role can go towards the SLSWA Youth Leaders Program.

Youth Coach – can work in a range of coaching roles at the Club. Youth Coaches are mentored/supervised at Club training sessions by competent, accredited, Club-endorsed, Foundation level (or above) coaches.

Youth Trainer – provides an introduction to the pathway of Education Training. Youth are able to assist and develop their skills in delivering components of the SLSC/SLSWA Education courses. Hours accrued in this role can go towards to SLSWA Youth Leaders Program.

Youth Event Producer – have a variety of options to get involved in at SLSWA run events. From interviewing athletes at events to assisting with event management. If you aspire to become involved in event management, sport commentating, videography, photography, social media or content management or multi-media communications to name a few, then this pathway may be for you. These skills can be developed and practiced at some of SLSWA's biggest events!

Youth Development Camps – These are residential camps that Youth members can apply to attend. They are attended by Youth members from all the clubs across WA. The camps are designed to expose participants to a variety of skills and activities that will enhance and encourage their development. Applications are submitted to the Director of Youth and Youth Coordinator for consideration. Quinns Mindarie SLSC nominates at least two youth members for each camp. Speak to the Director of Youth if you are interested. Nominations for these camps will be taken in October with a minimum of 2 candidates from Quinns Mindarie SLSC being put forward for each camp.

TOAD Camp (U14-15) South West Development Centre, Margaret River Monday 5 January – Thursday 8 January 2026

Rise Up Camp (U16-17) South West Development Centre, Margaret River Monday 12 December – Thursday 15 December 2025

Sunday mornings at the Club for Youth members

The traditional surf season typically runs from mid-October to late March. Club day occurs on Sunday morning and is a range of activities and opportunities.

On a Club Day:

- Assemble on the beach in front of the Club at the bottom of the ramp at 7:55am
- Ensure you have already applied sunscreen.
- Ensure you have water, goggles, and appropriate swimwear (Club bathers are preferred but not compulsory).
- Be ready with the equipment you need for your chosen activity at 9:00am (Board, Age Managing shirt, hat)

Club Fitness

- 8:00am – Club beach run
- 8:30am – Club swim

It is strongly recommended that all Youth members attend these sessions to maintain patrolling fitness and to engage with other members of the Club. Please meet on the beach at the bottom of the ramp.

Youth Age Managers (YAM):

- 9:00–11:00am – Support the Woodside Nippers Program. Please meet your group on the grass in front of the club.

Youth Activities

On Sunday mornings, we are also looking to run some **youth-focused activities** to keep things fun and fresh. These may include:

- Snorkelling
- Paddling sessions
- Beach volleyball
- Other social and recreational activities

These sessions are designed to give youth members the chance to connect, try new skills, and make the most of their time at the beach.

The Club also offers a variety of food and beverage options on Sunday mornings. This includes Barista style coffees.

Youth Boards and Skis

For Youth that wish to use Youth boards and skis, the Club suggests the 3 options below:

Lease a board from the Club

This allows you to use your board at all times, not just at Club activities. A bond is required as well as the lease fee and boards are limited. The board remains the property of the Club and must be returned at the end of the season in good condition. All damage must be reported. Misuse of a leased board may lead to the cancellation of the contact and the need to return the board.

Lease Fee per season:

Fibreglass mal board (U14+)	\$200
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Bond Fees:

Bond Fee per family (regardless of number of boards leased)	\$100
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Costs of repair for any damage (accidental or otherwise) to the board will be paid from the Bond Fee, minimum cost per repair is \$20.

Bonds are held with the Club until the board is returned at the end of the season.

Mal board lease and bond fees are payable through the Club's online store: [QMSLSC Square Shop](#) please ensure you have paid the relevant fees prior to the lease day.

If the competitor is under 18, their parent/guardian will be required to enter into a lease agreement with the Club, if the competitor is 18 or over, they will be required to enter into a lease agreement with the Club: [QMSLSC Board Lease](#)

Competitors who wish to lease a board just for an interclub Carnival, may lease a board for a 6-day period that covers that weekend for a \$50 deposit. This is payable through the Club's online store: [QMSLSC Square Shop](#). Please ensure you have paid the relevant fees prior to arranging to pick up a board. This can be arranged via the Club office.

Purchase a board/ski

This is an option and allows you to use your board at all times, not just at Club activities. At Youth level, boards and skis can greatly vary in price when both bought new and used. There are several social media sites that advertise used equipment. Advice can be gained via the Surf Captain and Director of Surf Sports. All boards and skis must be stamped with a SLSWA approval.

Borrow from the Club

Boards and skis are limited and will be allocated by the Surf Captain and Director of Surf Sports. Ability, commitment to training and weather conditions will all be considered before allocation. Some boards are available for members to access as part of their membership. However, some are locked into position and cannot be used without express permission from the board coaches, Surf Captain and Director of Surf Sports.

Borrow a Board for a competition

Woodside Nippers who wish to lease a board just for an interclub Carnival, may do so for a 6-day period that covers that weekend for a \$50 deposit.

This is payable through the Club's online store: [QMSLSC Square Shop](#). Please ensure you have paid the relevant fees prior to arranging to pick up a board. This can be arranged via the Club office.

Equipment rules

The Club has made significant investment recently in resources and there are a few key rules relating to the use of Club equipment:

- Users are responsible for ensuring the equipment is returned to the equipment shed washed down and free of sand.
- Users are responsible for reporting any damage to the equipment to the Coach.
- Only members of QMSLSC are permitted to use Club equipment.
- Equipment is not to be removed from the equipment shed without permission unless outlined previously.
- Boards must be **CARRIED** on the beach not dragged.

Interclub competition requirements

To compete in SLSWA carnivals, competitors are required to have the following items:

- Club competition cap (available at the Club shop or via the Club online shop [QMSLSC Square Shop](#)) \$15
- Designated colour hi-vis rash vest (as defined by SLSWA) (available at the Club shop or via the Club online shop [QMSLSC Square Shop](#)) \$25
- Club bathers (No boardies or string bikinis) available at the Club shop or via the Club online shop [QMSLSC Square Shop](#))
- Long sleeved shirt or long-sleeved rash vest
- Broad brimmed hat or peaked cap
- Sunscreen
- Drink bottle
- Competition wristband

SURF SPORTS INFORMATION FOR YOUTH SENIOR AND MASTERS

Members in the U14 category and over are considered seniors for the purposes of competition.

The Club is active in all areas of senior competition training. Training will generally encompass all aspects of Surf Sports as well as general fitness sessions in a relaxed social atmosphere.

Annual Club events for Seniors and Masters include the Alkimos Gift, Club Championships and Club Ironperson. Due to SLSA rules only suitably qualified active members are able to compete in these Club events.

The Club supports Youth and Senior athletes who wish to compete at Interclub, State, National and International events. Please see the Director of Surf Sports for more information. Information about performance training and competitions is available on the QMSLSC Calendar

The Club has a keen Masters contingent (members aged 30 years plus) and traditionally have a fair size group of competitors and spectators head off to the annual Masters State Championships.

The Club has an active training and social seniors and masters group that benefits from their own dedicated coached sessions. All sessions are social, relaxed and 100% inclusive of all levels of ability.

Club runs are held every Sunday morning in season at 8:00am on the beach. There will be varying courses and distances set for the run – from 1 km to 2 km. There is no time cut off and walking some or all of the distance is fine. All Club youth, seniors and masters members are welcome.

Club swims are held every Sunday morning in season at 8:30am on the beach, and out of season at 9:00am at a local pool. There will be varying distances set for the open water swim – from 100 metres to 400 metres so you can increase the distance you are swimming at your own pace. All Club youth, seniors and masters members are welcome. You will need to wear a hi-vis vest while in the water.

Patrolling members are expected to complete at least one Club swim a month during the season to maintain fitness.

Seniors and masters also meet on Monday and Wednesday evenings for sprint training, Friday evenings for Flag training and Saturdays for Flag and Sprint Training. Times and venues for these events vary throughout the year. Please join the Youth Senior and Masters Surf Sports group on Spond for details of training sessions and changes. Download the Spond app and use the code GBCEA to join the group.

Board training is held on Monday and Friday evenings and Ironperson training on Saturday mornings. Times and venues for these training sessions vary throughout the year with changes posted on Spond.

Surf ski training is held on Wednesday evenings. Times and venues for these training sessions vary throughout the year with changes posted on Spond.

Surfboat Rowing: Members with their Bronze Medallion may also be interested in rowing or sweeping (steering) surf boats. The boat crews train regularly (times determined by each crew) and compete whenever possible.

IRB racing: If you are more of a rubber duck type – then obtain your IRB Crew or IRB Driver award (Silver Medallion) and enter into IRB racing during the winter season. The Club always needs more crew and drivers to operate on patrol.

Please note that members in the Social Membership category are excluded from all club training activities.

NATIONAL LEADERSHIP COLLEGE AND JAPAN EXCHANGE PROGRAM

The National Leadership College is a leadership and development program which recognises young leaders aged 20-30 years. This program is open to all SLS members across Australia. Held over a week in February, participants will strengthen their leadership skills, expand their networks, and discover new ways to make a positive impact on Surf Life Saving.

Primarily funded by SLSA, SLSWA will further support WA applicants by covering the cost of the participation fee of up to two successful applicants who have demonstrated a strong history of volunteering in their club in designated leadership and/or management roles.

Surf Life Saving Australia has had a partnership with Japan Life Saving Association (JLA) since 2007. Since 2014 JLA has invited Australian Lifesavers to Japan as part of the Australia-Japan Exchange Program. This program is aimed to enhance JLA's efforts in water safety education by utilising Australian Lifesavers experience through an exchange program. JLA values the importance of Australian Lifesavers as key advocates in promoting water safety, improving lifesaving practices, and raising awareness through community engagement.

The purpose of the Exchange is to enable JLA Lifesavers to learn how SLSA Lifesavers deliver water safety education to local students, to foster and strengthen relationships and collaboration between lifesavers from both countries.

4 candidates are selected for the exchange program based on the following criteria:

- Experience as a lifeguard or in senior roles on patrol
- Have some experience in teaching junior lifesaving skills
- Must have a current passport
- Eager and passionate with lifesaving spirits
- Positive in local cultures and able to communicate with local members
- Can speak and understand the Japanese language or at least try to learn Japanese
- Understands the working cultures in Japan and be prepared to work full-time

GENERAL INFORMATION

Club office

The Club office is generally open on Mondays 8:00am-12:00pm and Fridays from 1:00-5:00pm (upstairs in the Quinns Mindarie Community Centre) and on Sunday mornings during the Woodside Nipper sessions from 8:00am-12:00pm.

If the Club Administrator, Registrar or Director of Administration is not available, please contact them on the numbers provided to arrange a time to transact your business.

Other committee members are not permitted to take money or take registrations so please do not ask them to do so.

Communication

The Club's primary form of communication is by email and SMS. Emails sent from the Club are via Mailchimp and SMS sent from the Club are via SLISA SurfGuard. This allows us to send bulk messages quickly and effectively. Please make sure the Club has your correct email address and mobile phone number.

Please make sure that you accept emails from no-reply@sls.com.au If you need to reply, please address your message to info@qmslsc.com.au

The Club has a web site, www.qmslsc.com.au, that is updated regularly, and notice of all functions, events and important news will be put onto the website.

The Club uses the Spond app for communication to our various groups: Woodside Nippers age groups, nippers surf sports. Spond is used to advertise weekly activity updates, cancellations, reminders, rosters etc.

You can also find us on Facebook www.facebook.com/QMSLSC.

Please remember to notify the Club of any change in address, phone number or email details.

Access to the Club and Gym

An access fob will be issued free by the Club to Voting Members and other eligible members who are 15 years of age and over (replacements cost \$20). This fob and associated PIN will allow access to the Clubrooms. This system is in place to prevent unauthorised access to the Club facilities to the general public and restrict access of any member who is not financial or is deemed to be in default of his/her membership obligations.

Gym Facilities

Use of the Club Gym is restricted to:

- 1) Voting Members aged 18 years and over,
- 2) the Gym Supervisor,
- 3) accredited Club coaches,
- 4) Voting Members under the age of 18 when accompanied by a Voting Member aged 18 years and over,

5) Members who:

- a) hold a current NRC or SRC award or who have satisfied the prerequisites for the SRC or BM award and are currently enrolled on a SRC or BM course, and
- b) are aged 13 years and over, and
- c) are required to maintain a level of fitness, and
- d) are attending a Club training session. Such sessions are to be:
 - i) regular scheduled sessions (i.e. not ad-hoc or casual), and
 - ii) approved by the Board, and
 - iii) open to all such Members, and
 - iv) communicated to all such Members, and
 - v) actively supervised by a Member who has a Certificate III in Fitness (Gym Instructor) or other suitable and current qualification.

For insurance and liability issues no other persons are permitted to use the Club Gym at any time.

Gym Rules

In order to meet our legal obligations all gym users must:

- complete the Gym Induction. Gym inductions will be arranged by the Gym Manager several times a season, usually whenever a new group of members become eligible to use the gym
- report any injuries sustained to the Gym Manager
- complete and attach an 'Out of Service' tag to any damaged or malfunctioning equipment and report it to the Gym Manager
- wear appropriate footwear and clothing while using the gym
- use a towel whilst using the equipment
- unload weights from equipment and store them in the appropriate rack
- store handheld weights and mats in the appropriate location
- leave the equipment as you found it
- ensure the Club is secure if you are the last person to leave

There is a list of gym rules on the gym notice board – please abide by them. Please remember that, for their own safety, nippers not permitted in the gym at any time.

Change Rooms and Showers

The Club has changing and shower facilities, which all members are welcome to use. Please try to remove excess sand before entering the Club rooms. Water is a precious commodity in WA, please limit shower times. Members should leave these facilities as tidy as possible and report any damages to a club officer. There are 'shower rules' posted on each door – please read them. Parents, we ask that you take responsibility for your children and ensure that you supervise them whilst showering.

Social

Our Social Committee have already organised several social functions for members. Some will be for the whole family, and some will be older members only. Please keep an eye on the newsletter, website, and Facebook for news for upcoming social functions. Year round the bar is open on Wednesday nights from 6:00-9:00pm. In season the bar is also open Friday nights from 6:00-9:00pm and Sunday from 11:00am onwards.

Club Night

Wednesday evenings between 6:00-8:30pm the function room/social area is designated as the club night. This is an opportunity for all members to socialise and relax in the Club.

COMMUNICATION LIST

Club

Club Administrator	Catherine Maloney-Ross
Club Address	PO Box 11, Quinns Rocks WA 6030
Club Email	info@qmslsc.com.au
Club Phone	08 9305 1870
Club Website	www.qmslsc.com.au
Club Facebook Page	www.facebook.com/QMSLSC

Directors

President Richard Lissett president@qmslsc.com.au 0421 817 333	Vice President Rachel Quirk vicepresident@qmslsc.com.au 0417 097 954
Director of Lifesaving (acting) Richard Lissett lifesaving@qmslsc.com.au 0421 817 333	Director of Administration (acting) Rachel Quirk admin@qmslsc.com.au 0417 097 954
Director of Finance Simon Brigham finance@qmslsc.com.au 0400 779 237	Director of Marketing Karly George marketing@qmslsc.com.au 0433 982 782
Director of Surf Sports Clare Harrington surfsports@qmslsc.com.au 0404 445 358	Director of House Washington Avila house@qmslsc.com.au 0410 341 838
Director of Youth (U6-U17) Lucas Stanfield youth@qmslsc.com.au 0451 007 006	Director of Education Jim Gail education@qmslsc.com.au 0432 804 707

Club Officers

Club Captain <i>Vacant</i>	Chief Instructor Kaitlin Jones
Little Nipper Manager (U6-U9) Jemma Davis	Nippers Manager (U10-U13) Brad Fijac
Little Nipper Surf Sports Manager (U8-U9) <i>Vacant</i>	Nippers Surf Sports Manager (U10-U13) Tristan Hall
Youth & Senior Surf Sports Manager (U14-U30) Lee Kemp	Masters Surf Sports Manager (30+) Lynda Hogan
Youth Coordinator (U14-U17) Brady Fulcher	Youth Mentor Social <i>Vacant</i>
Youth Mentor Volunteering Karen Hunter	Youth Mentor Lifesaving <i>Vacant</i>
Registrar <i>Vacant</i>	Member Protection Information Officer Kristina Lemson/Cath Maloney-Ross
Inclusion Officer <i>Vacant</i>	Senior Development Coordinator <i>Vacant</i>
Social Function Manager <i>Vacant</i>	Facility Manager Alan Lissett
Water Safety Coordinator <i>Vacant</i>	Touring Team Manager <i>Vacant</i>
Surf Boat Captain Mike Hoy	Surf Captain <i>Vacant</i>
Beach Captain Charli Harrington	First Aid Manager Alison Tilbury
Environmental & OHS Officer Mark Wainwright	Gym Manager Harrison Gail
IRB Manager Washington Avila	RWC Manager CJ van der Westhuizen
Aerial Surveillance Officer Marcus Lee	Vehicle Manager Neville Hogan
Communications Manager <i>Vacant</i>	Fundraising Manager <i>Vacant</i>
Bar Manager TBC	Canteen Manager TBC
Merchandise/Clothing Manager Alison Tilbury	Club Chaplain Emilia Musgrave

MEMBERSHIP FEES FOR 2025/2026

Family Membership includes 1 or 2 parents/guardians and children under 19 (as at 30 September 2025). All volunteers must be members. Children under 13 (as at 30 September 2025) must join with at least 1 parent/guardian.

Family with 1 child	\$360.00
Family with 2 children	\$450.00
Family with 3 or more children	\$540.00

Individual Membership

Cadet 13-15 years	\$260.00
Active 15-18 years	\$260.00
Active 18 years and over/ Reserve Active/Long Service/ Award	\$270.00
Associate (18 & over)	\$270.00
Social (18 & over)	\$ 75.00

Early bird discount

Current QMSLSC members who renew their membership and pay the membership fee in full by 5:00pm on 1 September 2025 will be eligible for an early bird discount of \$50 per Family Membership or Individual Membership (excluding Social Membership).

Refund Policy

Any refund of membership fees will be in accordance with the Club's Membership Refund Policy : [Membership Refund Policy](#)

Award Course Fees 2025/2026

Bronze Medallion Course (BM) (U15-U19)	FREE
Bronze Medallion Course (BM) (U20+)	\$60.00
Surf Rescue Certificate (SRC)	FREE
Nipper Rescue Certificate (NRC)	FREE
Advanced Resuscitation Techniques Certificate (ART)	FREE
IRB Driver	\$60.00
IRB Crew	\$30.00

MERCHANDISE



CLUB MERCHANDISE PRICE LIST 2025-26



Polo



Hoodie



Hoodie
Zip Front



Long Sleeve
Polo



Singlet



T-shirt



Shorts



Hi-Vis Vest

APPAREL		
ITEM	ADULT	KIDS
POLO	\$38	\$35
HOODIE	\$65	\$60
HOODIE (ZIP FRONT)	\$65	\$60
LONG SLEEVE POLO	\$45	\$45
SINGLET	\$34	\$27
T-SHIRT	\$35	\$33
SHORTS	\$36	\$30
BUCKET HAT		\$20
TOWEL		\$20

BATHERS & OTHER ITEMS		
ITEM	ADULT	KIDS
JAMMERS	\$60	
RACERS	\$40	
ONE-PIECE	\$80	
TWO-PIECE (Kids)	\$80	
TWO-PIECE BOTTOM*	\$40	
TWO-PIECE TOP*	\$40	
SHORTIES	\$50	
HI-VIS VEST	\$25	
CLUB CAP	\$15	
SWIM CAP	\$15	
HOODED TOWEL (Kids)	\$65	

* ONLY ADULT TWO PIECES AVAILABLE IN SPLIT SIZES



Racers



One-Piece



Two-Piece



Jammers



Shorties



Club Cap



Swim Cap



Shorties

ORDER ONLINE & COLLECT

Order Online at our shop (scan the QR Code) and Collect from Clothing Manager during shop open hours.

Shop Open:

Woodside Nipper Sundays
from October-March
8am-10.30am



CONTINUOUS IMPROVEMENT

Quinns Mindarie SLSC undertakes annual member surveys and ongoing evaluations of all its operations to ensure standards are appropriate to the expectations of members and the community. The Club is constantly changing and evolving to meet the needs of the members it serves. Having a continuous improvement process means that everybody can contribute to the way the organisation operates.

Members are encouraged to provide feedback to the Board in one of the following ways:

- E-mail communication
- Verbal communication
- Writing a letter
- Dropping suggestions into the box located in the shop

Your feedback is integral to the success of the Club.

Remember we are all volunteers. We all have families and other commitments alongside these roles that are performed without payment. Every volunteer in the Club is appreciated and should be spoken to with respect and courtesy. Verbal or physical abuse of volunteers will not be tolerated, and incidents will be dealt with seriously.

We have a problem-solving approach at QMSLSC so please do not just approach a problem, bring a possible solution, and be prepared to volunteer to make it happen.

Thank you for taking the time to read this handbook. Please contact the appropriate person if you have any questions.