



### COVID - 19 OBLIGATIONS

- Adhere to social distancing (1.5m)
- Come in, TRAIN, go home
- Bring your own water bottle

## Nipper Training Schedule– Season 2020/21

Summer Training Season to **start on 7<sup>th</sup> September 2020**

- You **must** sign on for training, No Sign on no Train, Coaches will have sign on sheets which will also cover COVID-19 tracing.
- Pink High-Vis Singlet and Cap **must** be worn for all water-based activities (excluding Pool swimming)
- Parents need to be present at beach
- **Watersafety 1 to 5 is required to run these sessions. Please help if you have your BM or SRC**
- Please check with Age Managers and/or Coaches to see which sessions would be suitable, COMP Skills are usually from U11

DISCIPLINE	TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SURF (BOARD / SWIM)	7:30-8:30AM						JUNIOR SKILLS	
	8:30-10:00AM						COMP SKILLS	
	4:00-5:00PM	COMP SKILLS	BEGINNER/ JUNIOR SKILLS	COMP SKILLS	BEGINNER/ JUNIOR SKILLS			
POOL SWIMMING	6:00-7:00AM		COMP SKILLS		COMP SKILLS			
BOARD RESCUE	7:00-8:00AM							COMP SKILLS (U11+)
SPRINTS / FLAGS / RELAYS	8:00-10:00AM							
	4:00-4:45PM							
	4:00-5:00PM		COMP SKILLS		COMP SKILLS			

DISCIPLINE	
SURF (BOARD / SWIM)	Greenmount Beach – Jack Evans Boat Harbour – Meet at board shed 15 min before for sign on and prep
POOL SWIMMING	Oasis Pool Banora – <b>Sessions starting mid to late October – TBC</b>
BOARD RESCUE	Greenmount Beach – Jack Evans Boat Harbour – Meet at board shed 15 min before for sign on and prep <b>Sessions starting mid to late October - TBC</b>
SPRINTS / FLAGS / RELAYS	Greenmount Beach – Ebenezer Park – Meet in front of Club – Locations will be confirmed via TeamApp <b>Sunday Sessions starting at Nipper Season start</b>