CARNIVAL DAY CHECKLIST - For Parents

What to pack

- Competition rash vest (hot pink hi-vis) and club cap
- Bathers/togs
- Stinger suit (if required — clubs north of Agnes Water)
- Sunscreen SPF 30+ (apply before leaving home)
- Sun hat for when your child is not competing
- Water bottle (at least 1 litre)
- Snacks for the morning
- Towel
- Chair and shade (tent/umbrella if your club doesn't provide one)
- Change of clothes for after
- Camera
- Patience and a positive attitude

O**n the day**

- Arrive at the time communicated by your Age Manager (this will be earlier than a normal Nippers session)
- Reapply sunscreen on arrival and every two hours
- Check in with the Age Manager and confirm which events your child is entered in
- Stay at the carnival for the entire duration — at least one parent must be present at all times
- Know where the first aid station and toilets are
- Cheer for your child — and every other child — in every event
- Let the Age Manager and officials manage the competition — support from the sideline, not on the course
- Celebrate effort and participation, not just results