



Season 2022/23

NIPPER PROGRAM

What is Nippers?

Nippers is the Surf Lifesaving SA (SLSA) Junior activities program. It's a great way to help kids learn essential water safety skills, grow their confidence and make lifelong friendships. Not only is Nippers a fun way for children to enjoy the beach in a safe environment, but it also offers children an educational pathway through the Junior Development Program – setting them on the path to become a fully rounded participant in both lifesaving and sport.

What ages can participate?

Children can register from the time they turn 5, up to the age of 13.

Our Nipper program runs by age group based on the age the child has turned on the 30th September each year. Our age groups are Tiny Tots (Under 6 & 7s), U8, U9, U10, U11, U12, U13. Children over the age of 13 can register for our Youth pathways program.

When does Nippers run?

Saturday 2.00pm – 4.00pm
or 2.00pm – 3.30pm for Tiny Tots

October 2022 – Mar 2023
(2 weeks off over Christmas)

What are the costs?

Aldinga Bay Surf Life Saving Club (ABSLSC) Membership for Season 22/23 is:

1 child and 1 parent: **\$220**

Family (2 adults + 2 children, living at same address): **\$305**

Additional children to family membership: **\$10 each**

This membership fee includes all Saturday Nippers sessions and coaching at additional mid-week beach, board and pool training sessions that vary depending on the time of year.

Nippers must also purchase the following compulsory uniform items:

Club red/green skull cap: **\$15**

Club Hi-viz rash vest: **\$27** (this is not required for Tiny Tots)

Can I use a school sports voucher?

Yes, we are registered to use the SA Government School Sports voucher – please fill it in and return with your registration for \$100 off each eligible child's membership.

ALDINGA BAY SURF LIFE SAVING CLUB

PO. Box 269, Aldinga Beach 5173 | ABN 62 263 545 980 www.aldingabayslsc.com.au

ALDINGA BAY SLSA



What does my child need to bring to Nippers?

For Nippers sessions, each child must have:
Club skull cap and hi-viz rash vest (*Tiny Tots do not need the vest*)
Bathers +/- wetsuit
Long sleeve rashie and Broad brim hat
Towel, water bottle and goggles
Sunscreen applied

Club broad brim hats, rashies and bathers are available for purchase but are not compulsory.

What is expected of parents?

Nippers is not a drop and leave sport. Parents **MUST STAY ON THE BEACH** at all times that their child is at Nippers. Parental involvement is essential – your support, encouragement and participation can make a big difference, especially for younger Nippers or those who are a bit unsure of the ocean. Parents will be asked to assist Age Group Leaders for various activities during Nippers sessions, as well as to help with pack up and running the Nippers BBQ.

There are also pathways for parents to become more involved in Nippers – from being a Nippers Water Safety Assistant, an Age Group Leader or even signing up to do your Bronze Medallion!

Does my child need to be able to swim?

Nippers sessions are not swimming lessons, but of course ocean swimming skills are taught. It is assumed that children from U8 up have some basic swimming ability. All Nippers must pass what is called a Basic Proficiency before they can participate in water activities at Nippers. For season 2021-22 this is:

U8 & U9 – 1 min survival float + 25m swim any stroke
U10 – 1.5 min survival float + 25m swim any stroke
U11 – 2 min survival float + 50m swim any stroke
U12 – 2 min survival float + 100m swim any stroke
U13 – 3 min survival float + 150m swim any stroke

The basic proficiency can be done in the ocean during Nippers, in the pool at a club swimming session, or can be signed off by a qualified swimming instructor. If your child is unable to swim at all it might be worth considering pool swimming lessons in addition to Nippers so that we can support your child through their proficiency over the season.

What about Water Safety?

Safety of our Nippers is our #1 priority. Conditions on the beach and in the ocean can vary greatly from week to week. Surf Lifesaving SA (SLSA) has strict guidelines regarding water safety. There are ratios of qualified Water Safety Personnel: Nippers for all age groups. For Tiny Tots and Nippers who haven't passed their basic proficiency this is always 1:1 – this means that these children spend less time in the water than others as the sheer number of volunteers to fill that requirement is sometimes a challenge! All other age groups have a 1:5 ratio for Nippers after they pass their basic proficiencies.

Got questions? Want to register?

Contact Junior Coordinator Clare Ellis on: abslcjuniors@gmail.com