Seahorses' general information and FAQ's

What are the Seahorses? Seahorses is a program designed to enhance inclusivity and support at our club, particularly during our Nippers sessions. It's all about fostering a positive environment where every child feels encouraged and valued as they learn and grow in the surf.

How our program works:

- The program consists of 1-hour sessions that will run side by side our existing nipper program
- The Seahorses will have extra volunteer support and 1 on 1 support for water activities.
- Children between the ages of 7-13 years old (as of 30th September) can participate in the program.
- Seahorses will be supported with a qualified Surf Lifesaver
- Our Seahorses program can be used as a pathway into a Nippers Age group if appropriate.
- Our Seahorses sessions will start on November 21st, 2026. This is a few weeks later than the overall Nippers program but allows time for warmer weather.

What time does Seahorses start?

Seahorses will start at 1:30pm where children will meet their support lifesaver, check-in, group briefing about the program, and at 1:35pm we will move off to start activities. We will finish at 2:30pm.

What are the key Seahorse dates?

Date	Day	Event	Time	Location
17-Oct 26	Sat	Registration Day	12:00 - 2:00pm	Aldinga Bay SLSC
21-Nov 26	Sat	Seahorses Day 1	1:30 – 2:30pm	Aldinga Bay SLSC
19-Dec 26	Sat	Christmas Break up	1:30 – 2:30pm	Aldinga Bay SLSC
9-Jan 27	Sat	Nippers & Seahorses start after Christmas break	1:30-2:30pm	Aldinga Bay SLSC
6-Feb 27	Sat	Last Seahorses for the Season	1:30-2:30pm	Aldinga Bay SLSC
TBC	Sat	Seahorses Presentation	TBC	Aldinga Bay SLSC

My child is not yet 7 can they still participate?

Unfortunately, your child can not start participating in the Seahorses program until their seventh birthday, as soon as they turn 7 they can join up and start participating.

Can I drop my child off and come pick them up?

No, Seahorses is not a drop-and-go program. The program support lifesavers and age group managers do not take duty of care for your child/children while they are participating in the program, this remains with you. A designated carer is required to stay on the beach while your child is there and be accessible to assist them. If you are not able to stay on the beach for whatever reason you must delegate, the duty of care of your child or children to another responsible person over the age of 18 and let the group leaders know.

What if my child is not a good swimmer?

There is no requirement for your child to be able to swim. Our Seahorses program is a combination of beach safety and awareness, beach sports and shallow water sports. Seahorses will not participate in deep-water sports.

How do we communicate with you?

We share all updates about our Seahorses sessions through our Aldinga Bay SLSC Members | Facebook. We also use the Spond to keep you informed about upcoming sessions and events. Please ensure you have downloaded the app so you can stay up to date and let us know about your child's attendance each week.

What if the weather is extreme?

Too hot –

To ensure everyone's safety, we follow a heat policy based on SLSSA and Sports Medicine Australia guidelines. According to the Bureau of Meteorology (www.bom.gov.au), if Saturday's maximum temperature at Noarlunga is forecasted as:

- **35°C and over**: Seahorses will do water-based activities.
- **37°C and over**: Seahorses will be cancelled.

Decisions will be made by 4pm on Friday and communicated via the club Facebook page and the Spond communication app if activities are cancelled.

Too cold or windy –

Seahorses sessions and training are not cancelled due to cold weather. In extreme circumstances, the program may be modified to only include beach events only. Wetsuits are a recommended, but not required, piece of apparel. Windy weather is a fact of life at Aldinga Beach. On days when windy conditions are deemed to be dangerous or harmful to beach or water events, the program will be modified to ensure participants remain safe.

Storms and lightning –

Surf lifesaving enforces a 30 for 30 rule regarding lightning. If a lightning strike occurs and the subsequent lighting is heard within 30 seconds, the beach must be cleared for the next 30 minutes. We choose to take a proactive approach and use lighting-tracking technology to identify if a lightning strike has occurred within a 10 km radius.

We will also track lightning storms as they move and attempt to predict if they will affect the running of a Nippers or training session. If it is highly likely that a session will be significantly affected, we will cancel Seahorses and provide notice through Spond and Facebook.

What are the costs?

Cost for this program is $150 per Seahorse & parent/guardian (inclusive). The club accepts *sports vouchers. If using the 2026 voucher, this will put $100 towards your cost. If you wish to use the 2027 vouchers, this will put $200 towards membership, in which case, we will include a high viz and skull cap – which are the only mandatory requirements that must also be purchased. High Viz is $33 and skull cap is $18.

What to bring to Seahorses?

- High Viz and Skull Cap
- Bathers
- Long sleeve shirt / rashie
- Broad Brimmed Hat
- Water Bottle
- Goggles (optional – recommended)
- Beach Towel
- Sunscreen applied

Meet our Team We would like to introduce our Seahorses Team for 2025/26 season

Seahorses Coordinator

Tiffany Mayne



Seahorse Junior Coordinator

Tahlia Hicks



Seahorses Leaders:

Sophie Barnes



Mandi Bedford



Seahorse Buddies:

Kiara Hunt



Harrison Crawley



Further Questions?

If you have any further questions, please don't hesitate to contact Tiffany on secretary@aldingabayslsc.onmicrosoft.com

*Sports Vouchers Direct Link: https://www.sportsvouchers.sa.gov.au/