

**SWANBOURNE NEDLANDS SURF LIFE SAVING CLUB**  
**NIPPERS INFORMATION 2017/18**

**NIPPER SEASON KEY DATES:**

Preseason Assessments 22/10/17 8.45am-10.00am Claremont Pool  
(follow up session for Nippers who did not attend first session Saturday 28/10/17  
3.45pm-5.00pm Claremont Pool)

First day on the beach 29/10/17

Last day for 2017 17/12/17 Swanny Family Christmas Carnival

Resume after school holidays Sunday 4/2/18

Final day TBC (likely 25/3/18)

NIPPERS SESSIONS ARE HELD EVERY SUNDAY 8.45am sharp – 10.00am  
(except school holidays.) A modified format will run on long weekends.

**WHERE DO NIPPERS ACTIVITIES TAKE PLACE?**

The club is located at the northern end of Marine Parade in Swanbourne.

We gather on the beach in front of the patrol tower and assemble into age groups at the start of each session. Come down and introduce yourself to the Age Group Managers. **WHAT TO BRING:** Nippers need to arrive at the beach ready for action in bathers, rash vest, hat, sunscreen and bring a water bottle.

**CLUB APPAREL:**

The club has a range of bathers, rash vests and accessories for sale. Please look out for dates when the uniform shop will be open. Or contact our Club Office to arrange purchase. Wearing club uniform is encouraged but not compulsory.

**PARENTS AND CARERS:**

Assistance is needed each week with gear set up and pack away, washing caps, helping with games and assistance with signing in and out. Parent help is essential to make the season enjoyable. It is our experience that our Nippers get a lot of inspiration from seeing their parents and carers getting wet and enjoying the surf! Please remember: At no time are parents to leave their children at the beach under sole supervision of Swanbourne Nedlands SLSC volunteers.

**KEEPING THE ADULTS FIT:**

Swanny is a friendly and inclusive club and we welcome keen parents of all abilities to join in the senior club activities (400m swim, 1.8k run and run-swim- run) which follow on from Nipper activities on Sunday mornings.

**PARKING AND TRANSPORT:**

Car parking around the club is limited and the surrounding roads can be very busy for road traffic during summer. Leave plenty of time to park if you bring your car, or consider cycling, walking or using public transport.

## **MEMBERSHIP CATEGORIES AND PRICES 2017/18**

NEW Active Senior Membership including Training Manual	\$300.00
Active Junior or Cadet	\$75.00
Nipper Family 2 parent and 1 child	\$200.00
Nipper Subsequent Child	\$50.00 each

### **NIPPER AGE GROUPS AND ACTIVITIES:**

Participants are grouped by their age (as per age 30 Sep 2017)

Swanny presently has the capacity to cater for up to 30 participants per age group.

Groups are led by a team of volunteer parents and club members. The activity level your child will participate in will depend on their age group.

Each Sunday program is different and weather conditions will be taken into consideration. Our Under 6 and Under 7 age group activities are based on the beach and on the shore line and this group is not expected to venture beyond ankle deep water. Our older participants focus on developing skills that they can build upon to become proficient life savers.

A typical Sunday morning program includes water activities (swimming and board paddling), beach activities such as sprints and flags, lifesaving and first aid drills, and fun water/beach and team games.

### **INTERCLUB COMPETITION:**

Swanny has not traditionally sought much interclub surf sport competition but we are keen to support our nippers who would like to try competing at Surf Life Saving carnivals. Interclub competition is open to the Under 10 age group and above in swimming, board paddling, lifesaving and beach events. Please contact the Junior Development Manager to find out more. There are also a number of SLSWA skills workshops that will be held at different beaches throughout the season which our members are encouraged to attend.

**WATER SAFETY:** Water safety and first aid is provided during Nippers by volunteer patrols. Parents allocated to water safety are required to have their Surf Rescue Certificate (SRC) or Bronze Medallion.

Are you keen to help with water safety? The training for SRC provides participants with the knowledge of basic patrolling and surf awareness in order to be able to participate in basic lifesaving operations. SRC (or Bronze Medallion) is required to join the nipper water safety team, and it will allow you to become part of the club's rostered patrols if this is something you're working towards. The prerequisites are that you need to be 13 years old or above and be able to complete a 200m Swim in 5mins or less in flat water. Contact [Junior Development Manager](#) to register your interest.

## PRESEASON POOL BASED PRELIMINARY ASSESSMENTS:

It is a Surf Life Saving Association requirement that our Under 8 to Under 14 age group members undertake this session before commencing Nippers at the beach. It gives our Age Group Managers a chance to assess participants' abilities in the water. This year's preliminary assessments and swimming skills session will be held Sunday 22/10/17 at Claremont Pool, Davies Road 8.45-10.00am

**TABLE 1: 2017/18 NIPPER PROGRAM REQUIREMENTS SUMMARY**

Age Group	Birth Date	Preliminary Evaluations	Competition Evaluations	Participation Certificate
Under 6	1/10/2011 – 30/09/2012	Not applicable	Not applicable	Surf Play One
Under 7	1/10/2010 – 30/09/2011	Not applicable	Not applicable	Surf Play Two
Under 8	1/10/2009 – 30/09/2010	25m swim (any stroke) 1 minute survival float	Minimum 100m open water swim in 9 minutes	Surf Aware One
Under 9	1/10/2008 – 30/09/2009	25m swim (any stroke) 1 minute survival float	Minimum 100m open water swim in 8 minutes	Surf Aware Two
Under 10	1/10/2007 – 30/09/2008	25m swim (freestyle) 1 ½ minute survival float	Minimum 150m swim in open water in less than 12 minutes	Surf Safe One
Under 11	1/10/2006 – 30/09/2007	50m swim (freestyle) 2 minute survival float	Minimum 288m swim in less than 9 minutes	Surf Safe Two
Under 12	1/10/2005 – 30/09/2006	100m swim (freestyle) 2 minute survival float	Minimum 288m swim in less than 9 minutes	Surf Smart One
Under 13	1/10/2004 – 30/09/2005	150m swim (freestyle) 3 minute survival float	Minimum 288m swim in less than 9 minutes	Surf Smart Two

Under 14            200 metres (freestyle            3 minute Survival Float  
in less than 5 minutes)