

# BIRUBI POINT SLSC – JUNIOR ACTIVITIES

## “NIPPERS” INFORMATION LEAFLET

Welcome to the Birubi Point Surf Life Saving Club Junior Activities Season 2017 - 2018.

This leaflet explains:

- What the Nipper program is.
- What your child will learn.
- How to join the Birubi Nippers.

### What is The Nipper Program?

“Nippers” is Surf Life Saving Australia’s (SLSA’s) junior activities program that introduces children aged 5 to 13 into the surf lifesaving ranks. The Birubi Nippers Program consists of sixteen Sunday beach sessions spread over Spring and Summer including Theory and Practical Education. The youth of today are the future of Surf Life Saving and the Nippers Program provides a pathway through to the Senior Ranks and Surf Sports in general.

But it’s not all hard work - we like to call it serious fun! “Nippers” is a great way for children to make new friends, be active and enjoy the beach in a safe and fun filled environment.



### What will your child learn?

We follow the Hunter Surf Life Saving training package to educate the children in all aspects of surf lifesaving and surf awareness. Children will be awarded a certificate of achievement by SLSA on successful completion of the course.

The children will participate in both water-based activities and beach activities. Your input is welcome, we strongly encourage parents to get involved and actively participate with their children.



### How to become a Nipper?

Children aged between 5 and 13 years old (as at 1<sup>st</sup> October 2017) are eligible to join. Enrolment is online, please visit <https://portal.sls.com.au> and follow the prompts.

### Swim Proficiency

Surf Life Saving Australia set the proficiency requirements that we must follow. Parents, please be aware that The Nipper Program **DOES NOT** teach your child to swim, children in all age groups must be able to meet the relevant Age Group proficiency requirements before they are permitted to take part in water activities. The first Nippers session will be held at **Tomaree Pool on Sunday 15<sup>th</sup> October 2017 from 9:15am – 11:30am. Pool entry will require a Gold Coin Donation. The timings are U6 – 9am, U7 – 9:30am, U8 – 10am, U9/U10 – 10:30am, U11 – U14 11:00am.** Please have children at the pool ready to go at these times. Alternative dates will be available, however, Full Pool Entry Fees will be payable.

Age Group	Swim Distance	Float Time
Under 6	Glide & Recover	Assisted
Under 7	Glide & Recover	Untimed
Under 8	25 metres	1 minute
Under 9	100 metres	1 minute
Under 10	100 metres	1½ minute
Under 11	200 metres	1½ minute
Under 12	200 metres	2 minutes
Under 13/14	200 metres	3 minutes

## How much does it cost to become a Nipper?

Nipper membership is now **\$50** for the season, per child. One parent/guardian per family must also join the Surf Club as a General Member at a cost of **\$25**. Please note, all registration payments are to be made online at time of registration. Each nipper will require a pink club rashie at a cost of **\$20**. For each beach session, your child will require swimmers, towel, water bottle and sunscreen. Children may wish to bring swim goggles for ocean swims. Birubi has sunscreen available for reapplying throughout the session.



## Session Times

Nipper Activities are held on Sunday mornings down on the beach:

**U6, U7 & U8 Start time: 8.30 am - children to line up in their age groups behind the marked cones, wearing their Nipper cap and pink safety singlet. Finish time: 9.15 am – sign your child/children out.**

**U9 – U13 Start time: 9.15 am - children to line up in their age groups behind the marked cones, wearing their Nipper cap and pink safety singlet.**

**Finish time: 11.30ish am - we may over run on occasion if the weather and surf are good and we are able to add extra activities for the children.**

Yours in Surf Lifesaving,

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