

NIPPERS

Surf life saving is an amazing activity for growing a child's confidence, knowledge and skills in the beach environment. Not only will your child have fun and meet new friends, they will become part of an iconic organisation that has served the Australian community for over 100 years.

Not only is Nippers a fun way for children aged 5 to 13 to enjoy the beach in a safe environment, it also offers children an educational pathway through the Junior Development Program. This program is designed to ensure children have fun at the beach while participating in lessons that will pathway them to becoming a fully rounded participant in both lifesaving and sport - we like to call it 'Serious Fun'.

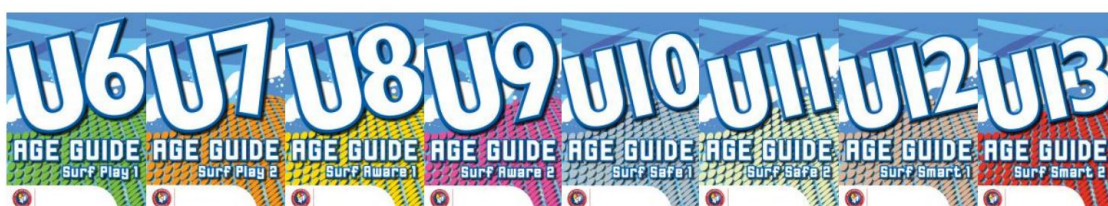
JUNIOR DEVELOPMENT PROGRAM

The specially designed program progressively introduces knowledge and skills learning outcomes through lessons that are tailored to each of the age groups; ensuring the content is relevant, in line with lifesaving and surf sports' most up to date training standards and most of all exciting! Each age group has its own individual set of lessons – between 10 and 16 depending on the age group. The program pathways learning towards the Surf Rescue Certificate which members can begin training towards from the age of 13.

SLSA JUNIOR DEVELOPMENT PROGRAM – AWARD PATHWAY

| AGE GROUP | AGE | AWARD | NUMBER OF LESSONS |
|-----------|-----|-------------------------|-------------------|
| Under 6 | 5 | Nil (Surf Play 1) | 10 |
| Under 7 | 6 | Nil (Surf Play 2) | 12 |
| Under 8 | 7 | Surf Aware 1 | 12 |
| Under 9 | 8 | Surf Aware 2 | 12 |
| Under 10 | 9 | Surf Safe 1 | 12 |
| Under 11 | 10 | Surf Safe 2 | 14 |
| Under 12 | 11 | Surf Smart 1 | 16 |
| Under 13 | 12 | Surf Smart 2 | 16 |
| Under 14 | 13 | Surf Rescue Certificate | |

Other Awards are available to participants once they reach a certain age, such as Resuscitation Certificate (from 10 yrs) and Basic Emergency Care Certificate (from 11 yrs).



UNDER 7 ACTIVITIES

Since 2007 the age for joining a Surf Life Saving Club was lowered to 5 years (as at 1st of October of that year). Clubs are not bound to provide activities for Under 7s, but any program needs to comply with the guidelines below. Clubs may also have their own conditions for participation in terms of parental involvement and duty of care.

The key focus for 5 and 6 years olds is on play, participation and fun. The guidelines to support this include

- beach activities that emphasise games and group activities
- water activities to be limited to shallow water near the water's edge
- no competition for these age groups other than that involved in fun games

FREQUENTLY ASKED QUESTIONS

How often do I bring my child to the beach?

Each club has a designated training session each week, some are on Saturday afternoons, (check with your club as to when theirs is) some clubs have specialised training i.e. swimming, boards, march past on other days. Surf Sports carnivals (not compulsory to attend), are predominantly on Sundays.

What does my child need?

Bathers, club cap which has the age group that they are in on it, long sleeve t-shirt or rash top (club if available), a sun hat, towel and sunscreen. Most clubs have stocks of their apparel – speak to the relevant person for prices etc.

My child is aged 12 today (born 5th October), what age group will he be in?

This birthday is considered to be a lucky birthday in surf. The age group that your child is calculated to be in is the age they are as at the 30th September, therefore your child was 11 on the 30th September (turned 12 on the 5th Oct) and therefore are classed as being in the under 12 age group (even though they are 12). A child who has their twelfth birthday on the 30th July would be placed in the Under 13 age group.

Does my child change age groups if their birthday is during a season?

No.

My child's friend's birthday puts him in different age group and they want to be together.

Sorry the rules are that the children are placed in the age groups where their birthday falls – it may be good for them to be in different age groups, they can make new friends and still socialise before and after the training sessions.

What do they do in surf life saving?

Running & flags, swimming, board paddling, wading, basic first aid skills, Surf Education and lots of FUN activities.

Junior Awards – what are these for my child?

Each age level award has sessions that they participate in to acquire relevant skills and knowledge. They will need to attend and participate in all the compulsory sessions to attain the award.

Is this a “Learn to Swim” program?

Although your child will benefit enormously and increase their confidence from exposure to water based activities including swimming and board paddling we do not provide specific learn to swim training or stroke correction. This is strongly encouraged to be taken up externally. However, some Clubs may be better placed to assist with the provision of this coaching and links to these programs.

So does my child have to be able to swim to join?

It certainly helps. However, they will complete a preliminary skills assessment including a swim and a float which clubs can complete at the beach or can be conducted in a pool environment, particularly if beach conditions are not the best. This is usually carried out before participating in any junior activity to assess their swimming and self-survival ability in the water. This will determine whether they can progress to the water based junior activities under normal water safety supervision or they will require closer supervision.

What and who are Age Managers?

An Age Manager is a member of the club who takes responsibility for the instruction of a particular age group throughout the season. All Age Managers have participated in the Age Managers Course and Member Screening – Criminal History Assessment and National Police Certificate check.

What happens when my child finishes all the various junior age groups?

The Junior Development Program is designed to gradually introduce your child into the role of a qualified surf lifesaver and assist in patrolling the beaches. They can continue to be involved in a variety of competition events if desired. They will undertake various other awards and learn many facets of community service involvement. They can be taught specialist areas of competition and compete both at a state and a national level.

What can I do to help?

Parents can become involved in many areas of club activity. Areas can include – helping with training, coaching, officiating, fundraising, providing water cover (if you gain your SRC or Bronze medallion), cooking the Club BBQ, etc, but most of all supporting your child in their junior activities.



More Information

[Click here to find your closest club.](#)

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