



## What is a Nipper and a Micro Nipper?

A Nipper is a young member of the lifesaving movement who is between the ages of 8 & 14 years old.

A Micro Nipper is between the ages of 5 & 7 years old.

The word "*Nipper*" is copied from the Surf Lifesaving Australian movement.

Lifesaving South Africa's Nippers are an important part of the organization and the clubs are specifically involved with the training and developing of South African youth in the primary principles of Surf and Pool Safety. Nippers are really the early training for the lifeguards of tomorrow.

Clifton Surf Lifesaving Club does not undertake to teach the "Nippers" basic swimming. On joining they are tested on their swimming ability and then encouraged to join swimming clubs in order to improve themselves.

The Lifesaving Clubs' main function is to teach the youngster respect for the water and give them confidence in the aquatic environment, especially the sea.

No Nipper, however, is allowed to be part of the voluntary patrols which do duty on our beaches.

By having the Nipper Sections in our movement, a greater parental interest has developed and parents are often involved in the fundraising and administrative duties of the clubs. It cannot be emphasized enough that the Nipper Movement is completely voluntary and relies on public contributors to cover all expenses.

## What are the Aims & Objectives?

- To provide Nipper members an educational experience in a wide range of subjects and skills within the aquatic & marine environment. Nippers are taught sun & water sense and basic first aid.
- To prepare Nipper members for their eventual transition to the marine and patrol environment of the senior movement.
- To promote the spirit of comradeship and citizenship in the community.
- To have *LOADS of FUN*, boost their self confidence and self esteem.

## What about Membership?

To become part of the exciting Clifton Nipper Club and enjoy the fun in the sun and on the beach activities, you do not need to be a champion swimmer or runner, you just need to have fun and participate in the exciting Nipper activities.

You first need to join Clifton Surf Lifesaving Club. This involves filling out an Annual Membership Form, paying the season's fees and supplying the Club with a copy of your Birth Certificate or ID. The season runs from September until April and fees are due by the end of October every year.

Each child joining the Club needs to do a Pool Competency Test every year. This is for both competency and safety but is also essential if you wish to enter competitions. The Club does a group swim every year and if you cannot make this day, you can ask your swimming coach to time the distance you need to swim and sign off on the Pool Swim Form supplied by the Club.

After passing this test you are eligible to do the Nipper Level Awards and participate in the Competitions (Carnivals). This is all really easy to do and the Carnivals lots of fun and you get to meet kids from other clubs.

Children who do not want to compete in Competitions, do not need to complete the Level Awards – they can be a 'fun' member and participate in all the training and intra-club activities.

### The POOL COMPETENCY Test:

**U10** (8 & 9 years old): 300m in under 8 minutes

**U12** (10 & 11 years old): 400m in under 10 minutes

**U14** (12 & 13 years old): 400m in under 9 minutes

### The Nipper Awards:

Lifesaving qualifications are referred to as 'Awards'. The Awards for Nippers are called *Level 1*, *Level 2* and *Level 3* and are taken according to a Nipper's age:

- **LEVEL 1: UNDER 10** (8 & 9 years old)
- **LEVEL 2: UNDER 12** (10 & 11 years old)
- **LEVEL 3: UNDER 14** (12 & 13 years old)

If you wish to compete, you need to have the **LSA Indemnity Form** signed – this is a separate form from your membership application. You also need to learn certain information from the **RED NIPPER BOOK** and pass the necessary award for your age group.

Nippers at each Level are required to do a run-swim-run, & are tested orally on their water safety rules, basic personal first aid, lifesaving signals and other lifesaving rules. There is no written test.

These tests are usually done at Clifton or Big Bay Lifesaving Clubs at 08h00 on a Sunday morning. There are usually children from lots of other clubs being tested at the same time. All the Nippers do the run-swim-run together. You do not do it on your own & we will not send you to be tested until we know you can pass. You need to do a new Level each time you change age groups – this is usually every two years if you start an age group in the first season.

The kids who have already passed their Awards or who don't wish to be tested have training at Clifton as usual.

When there is a Carnival (Competition) there is usually no training for the Nippers because the Coaches go to the Carnival with the competitors.

## **Carnivals & Competitions**

A total of five Competitions are held each season. The first three competitions are held through the season. Different local Clubs take turns to host the Competitions and over the three Competitions all the disciplines are covered but not necessarily at each Competition. These Competitions take place on a Sunday. The fourth Competition is the Western Province Champs – also hosted by a local Club – but is held over two days: Saturday afternoon & Sunday. All the disciplines are covered over the 1 ½ days. The fifth & final Competition for the season is SA Nationals. This last Competition includes all the Surf Clubs in South Africa and each province takes a turn to host it. SA Nationals occurs over three days. All Competitions are all inclusive – there is no selection process to compete. Once you have achieved your Level Exam, you are eligible to take part in all or any of the 5 Competitions.

## **Micro Nippers**

There are lots of kids under 8 years old who want to become Nippers because their siblings are participating in the Nipper training, we therefore have a group called Micro Nippers for children younger than 8 years old.

Micro Nippers do not do a Pool Test or the Awards. They cannot enter competitions but we organise an Inter-Club Micro Nipper Fun Day every year for them. Micro Nippers are taught water safety and the coaches start to prepare them for the Nipper programme with similar exercises and disciplines.

## **What are the NIPPER ACTIVITIES?**

The emphasis is on *Participation and Fun*.

Activities include: surf safety & first aid, swimming, body board paddling (U10 & U12), knee board or Malibu paddling (U12 & U14), and beach activities: beach running, relays, sprints & flags.

Clubs participate in Inter-Club, Provincial Championships, and National Championships. Everyone who has passed their Level Award can take part.

Being a part of a Lifesaving SA Club can be an enjoyable experience for the whole family, and as parent participation is encouraged and welcomed.

Clifton Surf conducts our activities each Sunday morning from 10h00 until 12h30 during the season.

Extra training is held on Friday evenings closer to the Championships.

The Club also has an Awards Event every year – this is a get-together for the whole Club (Micro Nippers, Nippers, Juniors, Seniors & Masters) to celebrate the past season.

## **Clifton Surf Lifesaving Club:**

Clifton Surf was established in 1956. We take huge pride in our WHITE, YELLOW and BLACK colour strip.

There are many more people involved in the Club than just the Nippers. The Masters are qualified Lifeguards over the age of 30 years old. The Juniors & Seniors are qualified Lifeguards between the ages of 14 & 29. They patrol our beach in summer and also take part in competitions. The active Lifeguards are divided into Squads with a Senior Lifeguard Squad Leader. These squads take turns in patrolling the beach on season weekends. Clifton has 4 squads: Arcadia, Barker, Cherry & Duiker.

Coaches that train the Nippers during the season are mostly Nipper parents. Clifton also has a committee that runs the Club.

### Who is your Clifton Committee?

Marc Truss: Club Chairperson

Bradd Bendall: Club Vice Chairperson and Junior/Senior Liaison Officer

Craig Getz: Club Captain

Treasurer: Dee Waugh

Anton Gaylard: Nipper Officer

Mandy Thompson: Nipper Secretary, Registrations, Membership & Documentation for Tests & Competitions

Chrissie Bromley: Clifton Kit Sales

### How do I work out which age group I belong to and who is my coach?

Your age group is worked out by the age that you are on the 1<sup>st</sup> October 2015

Age on 1 <sup>st</sup> October 2015	Age	Age Group	Level Award	Head Coach
7 or younger	Micro	Micro	N/A	Craig Bekker
8	Under 9	U10	Level 1	Werner Thetard
9	Under 10	U10	Level 1	
10	Under 11	U12	Level 2	James Thomson & Garth Roberts
11	Under 12	U12	Level 2	
12	Under 13	U14	Level 3	Mark Samassa
13	Under 14	U14	Level 3	

(You stay in the same age group for the entire season. If you are 9 on 1/10/15 and turn 10 on the 2/10/15 you still compete in the under 10 age group until the next season.)

### IMPORTANT TO REMEMBER!

PLEASE REMEMBER THAT CLIFTON DOES NOT EMPLOY OR PAY ANYONE FOR THEIR TIME!

*ALL COACHES AND MANAGERS ARE VOLUNTEERS, SO PLEASE TREAT THEM WITH THE RESPECT AND APPRECIATION THAT THEY DESERVE.*