



Marine Surf Lifesaving Club (Nippers)

Marine Surf Lifesaving Club (founded in 1963) is situated on Durban's Addington Beach with prime clubhouse position on the Durban promenade, approximately 300m North of uShaka Marine Waterpark and 700m South of Addington Hospital.

The core function of Marine SLC is the provision of a voluntary weekend and public holiday lifeguard service to Addington Beach. Our current membership is made up of five main sections namely, Lifesaving, Nippers, Surf Ski Paddling, Surfing, Stand Up Paddleboarding and Open Water Swimming.

A very important and fast-growing section of our club is Nippers which caters for children under 14 and is regarded as the nursery for future lifeguards. Nippers is a fantastic health and fitness-based activity for young children which allows them the opportunity to have weekly "fun in the sun", while learning about the beach, ocean safety, the surf and basic lifesaving skills. The **END GAME of Nippers** is to Prepare them to qualify as Lifeguards when they go from Nippers to Junior Lifesavers at 14 Years old.

General information

- The nipper season runs from September to April on Sunday mornings.
- Training sessions are based at Addington beach from 08h00 to 10h30.
- All children need to register their attendance in the clubhouse from 07h30.
- Training groups are split by age group. Age Group Skull Caps are **compulsory** for training and can be bought from the club.
- Children meet just before 8 on the Grass outside the club – Coaches will then give instructions about craft and will go down to the beach.
- Additional training sessions may be organised in the lead up to competition.
- **Nippers is not a learn to swim program.** Children are expected to have a level of competence in the water to ensure their own safety.
- Nipleets is an introduction to nippers for children ages 6 and 7. Nipleets runs for an hour on Sundays from 08h00 to 09h00.

Four easy steps to joining Marine as Nipper:

1. Come down to the club on any Sunday morning during season, chat to our coaches and try out a training session.
2. Collect the required membership application forms from our nipper officer/club secretary.

3. Complete the nipper entry pool swim test:

For safety reasons, all new Nippers must pass the Nipper entry pool test (see requirements below).

4. Complete and return all registration forms and documents to the club with the required fees.

What age can a child start Nippers?

- Nippers start in the year that they are 8 on the 30th of September.
- Niplets are an introduction to the sport for 5–7-year-olds. Niplets do not need to pass a swim test, however a love of the sea and water competence is expected.

What is the cost?

Membership

First time membership application:	R 200.00
Annual Nipper Membership:	R1500.00
Club access disk:	R 100.00

Nipper family memberships are available for families with more than one child enrolled as a nipper.

Additional Costs (subject to change)

Skull caps, club costume, pink rash vest and competition entry fees.

What kit and accessories are required for training sessions?

- Skull Cap
- Marine Costume
- Towel & Sun protection (sun cream & hat)

Level Tests

Level Tests are tests that ALL Nippers must complete, to be eligible to participate in any of the nipper competitions. (Carnivals, KZN Champs and SA Champs.)

The Level Tests Consist of:

Pool Swim test – [This needs to be completed with one of the nipper coaches at least a week prior to the level test. Swim times submitted from private swim coaches cannot be accepted.](#)

Verbal Theory Test – *The Nipper Handbook is available from the Club Office.*

Ocean Run-Swim-Run

Beach fitness test (sit ups and push ups)

Nipper Entry Swim Test

- 100m pool swim < 3 minutes
- Tread water for 5 minutes
- Retrieve object from depth of 1,5m

Level One (u9/u10)

- 300m pool swim < 8 minutes
- Run(75m)/Ocean Swim(150m)/Run(75m) < 10 minutes
- First aid as per level 1 of nipper handbook
- Beach fitness

Level Two (u/11 & u/12)

- 400m pool swim < 10 minutes
- Run(100m)/Ocean Swim(150m)/Run(100m) < 10 minutes
- First aid as per level 2 of nipper handbook
- Beach fitness

Level Three (u/13 & u/14)

- 400m pool swim < 9 minutes
- Run(150m)/Ocean Swim(200m)/Run(150m) < 10 minutes
- First aid as per level 1 of nipper handbook
- Beach fitness

Swim Tests are conducted by coaches at various times and locations for the duration of the season. Keep an eye out for communication in this regard.

LEVEL TEST DATES for 2026/2027

- XXXXX
- XXXXX
- XXXXX
- XXXXX
- XXXXX

Level Tests are conducted by **KZN Lifesaving Officials**

Competition

Nipper Competitions are held throughout the season and are made up of individual races and team events. These competitions are optional and have associated entry costs, however it is encouraged that all eligible kids participate as the competition builds confidence and friendships within the club.

Nipper Carnivals

Nipper Carnivals are Local KZN interclub competitions held during the season leading up to KZN and SA Champs. Nippers will get to practice all that they have learned at their weekly training sessions. Nippers with the relevant Level Tests can compete in both ocean and beach activities. If they have NOT completed the relevant LEVEL Test for their age group, they will only be able to compete in the beach Activities.

Stillwater Gala's

Stillwater gala's are an introduction to pool based lifesaving activities. Events are time based and involve obstacle swims, manikin (patient) carries and line throws.

KZN Champs

KZN champs is the local interclub competition held in March. Points are earned in the various events which contribute to a final club score.

SA Champs

SA champs are the final competition of the season, where all lifesaving clubs from the country compete for the honour of being top performing club. This season SA Champs will be held in PE.

What competitive lifesaving events / races can a Nipper take part in?

- Beach flags
- Beach sprint & Beach Relay
- Long Run

- Surf swim
- Run Swim Run
- Body Board
- Malibu board paddling (From u/11)
- Iron Nipper (Swim, Run, Board) (from u13)
- Team surf relays (Board relay/Taplin relay)
- Pool “still water” competitions

Who can Compete at KZN and SA Champs

Anyone who has Completed their Level Test for their Age Group can compete at KZN and SA Nipper Champs.

COMPETITION DATES for 2026/2027

- xx xxxxxxxxxxxx: Carnival 1
- xx xxxxxxxxxxxx: Carnival 2
- xx xxxxxxxx xxxx: Carnival 3
- xx xxxxxxxxxxxx: Carnival 4 - Stillwater
- **22- 23 xxxxx xxxx:** **KZN Nipper Champs at Marine**
- **xx xxxxx xxxx – 03 xxx xxxx:** **LSA Nationals in PE**

NIPPER COACHING

How does the Nipper coaching structure work?

The Nipper section is directly managed and controlled by the Club Nipper Officer, David Blackwood.

Each Nipper age group has an allocated head coach with a lifesaving qualification.

Age group coaches will have assistants that help with training and provide water safety. Age group coaches are recruited from parent volunteers - *If you would Like to assist with coaching, please let us know!* Occasionally specialist coaches will be brought in for training to work on specific skills.

Training sessions on Sunday morning from 08h00 – 10h30. For safety reasons, only children who have passed the entry swim test will be allowed in the water. Closer to competition season (January – March) additional training sessions are sometimes arranged.

COACHES

- Niplets (pink caps) – Debbie Lambert/Andrew Cambell
- u9/u10 (orange caps) – Dustin Weber/Oliver Burn
- u11/u12 (yellow caps) – Craig Clelland/Michael Cousins
- u13/u14 (green caps) – David Blackwood

Nipper Officer/Head of Nippers – David Blackwood (assisted by Claudia Blackwood)

Do Nippers have to Attend Every Sunday?

No, you are NOT EXPECTED to attend every Sunday training session. However, as with all sports, it is strongly encouraged that as many training sessions as possible are attended during the season. Team selections for relays will be based on performance as well as commitment to training.

In the event of bad weather or poor surf conditions training is not cancelled but alternative activities will be arranged for the Nippers down at the club.

Do Nippers need to provide their own equipment?

No all the required equipment is supplied by the Club, however the purchase of personal craft such as Malibu boards is encouraged for the older and more competitive members.

Each Nipper is responsible for the carrying, rinsing, and packing away of all equipment used during a session.

NIPLETS

Niplets are an introduction to the nipper programme for young children age 6 and 7 (Grade R – Grade 2).

Training sessions are an hour long from 08h00 to 09h00 with registration from 07h30.

Parents are expected to remain on the beach in proximity to the children and assistance may be required, particularly for activities in the water.

As a non-competitive age category, Niplets do not participate at KZN and SA champs, however some fun events are usually arranged for carnivals.

CONTACTS

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