

# Marine Surf Lifesaving Club

## Nipper Section Information

Marine Surf Lifesaving Club (founded in 1963) is situated on Durban's Addington Beach with prime clubhouse position on the new 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 week end and public holiday lifeguard service to Addington Beach. Our current 1000 strong club membership is made up of five main sections namely, Lifesaving, Lifesaving Nippers, Surf Ski Paddling, Surfing, SUP and Open Water Swimming.

A very important and fast-growing section of our club is Nippers lifesaving which caters for children between the ages of 8yr – 14yr and regarded as the nursery for future lifeguards. Nippers is a fantastic health and fitness-based activity for young children which allows them to the opportunity to have weekly “fun in the sun “while learning about the beach, ocean safety, the surf and basic lifesaving skills.

## General information about Marine Nippers

### Five easy steps on how to join Marine as a Nipper

1. Come down to the club on any Sunday morning, have a look around and a chat.
2. Collect the required application forms from our Administration Office or the Nipper Coaches.
3. For safety reasons all new Nippers have to pass the **Nipper entry pool swim test**.
4. Once the swim test and forms have been completed please return them to the club together with fees.

### When and where does Nippers training happen?

Sunday mornings, August – April, arrive 7:30am, Start 08h00 – 10h30 down at Marine LSC.

### What age can a child start Nippers?

In the Year the Child is 8 years Old on 30 September.

### MICCRO Nippers

Micro Nippers caters for Siblings who are Less than 8 Years old.

***Approximately how much does it cost for the first season?***

First time membership application	R 150.00
Annual club fees	R 580.00
Club access disk	R 100.00
Club kit skull cap, costume & rash vest	R 650.00
Competition entry fees (Approximate)	R 500.00 (Optional participation)
Approximate season Total	<b>R1 880.00</b>

## **SWIM TESTS**

Swim tests are conducted at Westville Swimming pool. (St James Ave, Westville)  
8am on Saturday Mornings  
(Contact Craig Clelland to Book - 071 459 0006)

## **LEVEL TESTS**

Level Tests are tests that ALL Nippers must complete, in order to participate in any of The Nipper Carnivals, KZN Champs and SA Champs.

### **The Level Tests Consist of:**

Verbal Theory Test – Get Theory Booklet from the Club Office  
Pool Swim Test  
Ocean & Beach Practical Test

### ***What swimming and running ability is required?***

#### ***Entry and registration***

100m pool swim < 3 minutes, water treading 5 minutes & 1.5m object retrieval

#### ***Level One (u/9 u/ 10)***

Pool Swim: 300m pool swim < 8 minutes  
Ocean Run/Swim Run - Run 75m/ Swim 150m / Run 75m < 10 minutes

#### ***Level Two (u/11 u/12)***

**Pool Swim:** 400m swim < 10 minutes  
**Ocean Run/Swim/Run** - Run 100m / Swim 150m / Run 100m < 10 minutes

#### ***Level Three (u/13 u/14)*** - 400m pool swim < 9 minutes -

**Pool Swim** - 400m pool swim < 9 minutes  
**Ocean Run/Swim Run** - Run 150m / Swim 200m / Run 150m < 10 minutes

## **LEVEL TEST DATES for 2021**

24 October & 11 November

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

## **Weekly Training – Sundays**

Training is every Sunday from August till April: 7:45 – 10:00

Age Group Skull Caps are compulsory for Training (Buy from the Office)

Kids Meet at their Age Group tear drop Banner at 7:50am on the Grass outside the club – This Age Group banner will then be transferred to the Beach when we go down to the beach.

## **Age Group Coaches**

1 Niplets – Tyler Bingham, Kendra Robinson

2 u9/u10 – Craig Clelland, Dave Douglas, David Blackwood

3 u11/u12 – Gary Stewart

4 u13/u14 – Damon Nel, Bruce McDonald

### ***What kit and accessories are required for training sessions?***

1. Club coloured (Royal Blue) costume, skull cap & rash vest
2. Towel & Sun protection (sun cream & hat)
3. Light jacket for adverse weather days

### ***What skills and knowledge do the Nippers learn during their awards?***

1. General ocean, surf and beach safety.
2. Basic knowledge of surf conditions such as tides, currents and wave action.
3. Lifeguard communication signals.
4. Introductory first aid.
5. Surf swimming techniques and confidence.

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

1. Beach flags
2. Beach sprint & Beach Relay
3. Long Run (1km)
4. Surf swim

5. Run Swim Run
6. Body Board
7. Malibu board paddling (From u/12)
8. Iron Nipper (Swim, Run, Board)
9. Team relays

## **CARNIVALS**

Nipper Carnivals are Local KZN interclub competitions that are always held at Addington beach. Marine LSC is based at Addington beach.

Your nipper will get to put into practice all that they have learned at their weekly training sessions. If your nipper has completed their Level Tests, they will be able to 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, Namely Flags, sprints, and long run.

### **Proposed Competition Dates for 2021**

- 17 October – Carnival 1
- 7 November – Carnival 2
- 5 December – Carnival 3
- 16 January – Carnival 4
- 5 February – u9/u10 KZN Nipper Champs
- 6 February – u11/u12 KZN Nipper Champs
- 20 February – u13/u14 KZN Nipper Champs
- 26 March – 02 April – SA Champs – (Venue TBC)

### **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.

## ***NIPPER COACHING***

### ***How does the Nipper coaching structure work?***

The Nipper section is directly managed and controlled by the Club Nipper Officer Mr Damon Nel, assisted by the Club Coach Mr. Dean Marais and Director of Competition Ms Keli Reynolds.

Each Nipper age group has an allocated head coach who is assisted at every session by two lifeguard qualified assistant coaches. A number of the age group coaches are recruited from the age group parents. If you would Like to assist with coaching, please simply ask any of the coaches.

The Nippers attend age group training sessions on Sunday morning from 08h00 – 10h30. Closer to completion season (January – March) additional training sessions are sometimes arranged as well as specialist presentations / coaching by Lifesaving National team members.

### ***Does a Nipper have to attend each and every training session in order to participate?***

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.

In the event of foul weather such as rain or wind we do not cancel training but rather conduct alternative training & activities for the Nippers down at the club to accommodate the conditions.

***What do the parents do during the coaching sessions?***

Parents are more than welcome to get involved with the coaching and activities of each group; however, this is not a prerequisite and generally the Nipper parents socialize on the beach and later in the clubhouse after training. During the hosting of events or other busy periods the coaches do call on assistance from willing parents.

***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. Marine follows a very strict rule that each Nipper is responsible for the carrying, rinsing and packing away of all equipment used during a session.

We look forward to seeing at the club and trust that above information provided answers your initial questions. If you have any further queries please do not hesitate to chat to any of our Nipper representatives.

Warm regards

Marine Surf Lifesaving Club

Contact: [secretary@marineslc.co.za](mailto:secretary@marineslc.co.za) / 087 500 9960