



Reinforcing Water Safety

Throughout the whole Junior Surf program, there remains an emphasis on water safety, reminding participants of their need to respect the water and the basics of "Swimming between the Flags", "Swimming only when accompanied by a responsible Adult" and "Raising one hand straight up if you are in trouble in the water".

The club reminds everyone that the Junior Surf session is not a Swimming Club, nor is it a child minding service. The ocean is not an ideal environment for learning how to swim and the Coaches' role is not to either teach those skills or to babysit. Their responsibility is to reinforce water safety for each individual, encourage all participants to be actively involved in a safe and welcoming environment.

Our senior club lifeguards will be available to help with water safety but there are strict guidelines imposed by Surf Life Saving NZ on the number of lifeguards/adult helpers actually in the water with the children. All parents will be rostered for these duties throughout the season. A wetsuit is highly recommended and the club has some to loan to adults.

LITTLE NIPPERS

Junior Surf
1-6 years



Little Nippers

Little Nippers is a surf lifesaving program run for children aged 1–6 years old on Sunday mornings at 10am in the summer. There will be three different groups:

- 1–2years Lyall Baybies (20mins)
- 3–4years Tadpoles (30mins)
- 5–6years Junior Nippers (40mins)

Sessions

Sessions are planned to encourage young children to participate and have a good time on the beach whilst developing confidence in the surf environment and learning skills to keep safe.

Depending on weather and water conditions each session will include age appropriate dry land training and then move on to water based training. All sessions are designed to provide a smooth transition for all participants through to eventual involvement in beach competitions (Surf Carnivals). In general, land based events begin a session and water based events complete it.

Sessions are held rain or shine – if the weather is especially bad we will hold surf safety activities and lessons in the clubrooms for Tadpoles (3–4 years) and Junior Nippers (5–6 years). In the event of bad weather Lyall Baybies (1–2years) will be cancelled – Cancellations will be announced to parents via txt message before 9am on the day.

Membership

In order for your child/children to be a participant in Little Nippers one or both parents/legal guardian(s) must become a member of Lyall Bay Surf Club. This may be as an associate or life guard. To become a member please visit: www.surflifesaving.org.nz You also need to enroll by contacting Michelle Elsmore or sign up at registration day.

Term dates

Sunday 10th November to Sunday 23rd February.
There will be no sessions over christmas period (29th December and 5th January). Sessions may be occasionally cancelled if all coaches are away at carnivals.

Parent involvement

Parent involvement is a vital part of Little Nippers. Most of our coaches and managers are also parents. We know that you are interested in helping make surf lifesaving an enjoyable and safe experience for your child, and greatly appreciate your involvement. Some specific ways you can be an active parent is:

- It is compulsory that you are present throughout the entire training session to support your child should any incident arise. This is a standard requirement with all surf clubs
- Parents will be called on to help with water training in advance
- Volunteer as a coach
- Volunteer helping out with social events
- Read all your club communication notices
- Support the Coaches with a positive attitude.
- Encourage and support your child and others with positive words and actions. This is the Junior Surf division – we want our members to enjoy their surf life saving experiences.
- Gain your lifeguard qualification so you get a greater understanding of surf safety and can crew or drive the IRB (contact Club Captain for more information)

Club clothing

All Little Nippers will need to purchase a rash vest and club beanie to wear during each session. Rash vests can be worn over togs or wetsuits (full or short style). This uniform will build team spirit and help us easily identify our members.

Club beanie \$15

Pink high visibility rash vest TBC

Please don't forget suntan lotion, water bottles and towels

Contact

For all inquires regarding Little Nippers please contact:
Michelle Elsmore
0276766610
elsmore@rocketmail.com

For all other inquiries
admin@lyallbayslsc.org.nz
04 3872024

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**Junior Surf
1-6 years**

- 1-2years - Lyall Baybies
- 3-4years - Tadpoles
- 5-6years - Junior Nippers

Sunday mornings, 10am

**Starting Sunday 10th
November**

Register your interest at
LBSLSC registration day -
Sun 3rd Nov 11.30am to 3pm

Or contact Michelle Elsmore
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