

# Nippers at Hampton Life Saving Club



The 2014-2015 nippers program runs on Saturday afternoons from November 22nd 2014 to March 14th 2015, with a two week closure over the Christmas holidays (no program on December 27<sup>th</sup> and January 3<sup>rd</sup>).

Nippers is a fun, educational and healthy summer activity for all the family. Life Saving is an amazing activity for developing a child's confidence, knowledge and skills in the beach environment.

Your child will learn to enjoy our beaches and keep them safe as well as making new friends and having a great time! Nippers is a training ground for future lifesavers and activities are aimed at building lifesaving and leadership skills.



We encourage all parents to play an active role in the Nippers program to make it a more enjoyable experience for you and your children.

There are many ways you can be involved ... as an Age Manager, Age Manager's Assistant, Water Safety Officer, Kiosk or BBQ helper.

A key element of the Nippers Program at Hampton Life Saving Club is the SLSA accredited Junior Development Program.

This is structured to provide a continual development of surf awareness throughout the Nipper age groups.



Following the Junior Development Program, participants should have a good awareness of beach hazards such as waves and rips, and also have a basic knowledge of resuscitation and basic first aid.

Nippers is not a learn-to-swim program. All participants in the Under 8 age group and above will be tested for competency in the water in their first week. We strongly encourage nippers to visit our swimming partner Klim Swim Sandringham to practice their swimming before coming to the beach, and to practice regularly in the pool throughout the season.

For more information about nippers please visit our website at <http://www.hlsc.org.au> and/or our Facebook Page.