



Lifeguards in Training
Starfish • MicroNippers • Nippers

CLUB MEMBERSHIP FORM FOR NIPPERS, MICRO-NIPPERS & STARFISH (2015 / 16 Season)

<input type="checkbox"/> NEW APPLICATION	<input type="checkbox"/> RENEWAL
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Nipper Membership Type		Classification of Annual Fees	Annual Fees
N1	Nipper (Age 8 to 14)	Child 1 (i.e. first Nipper) INCLUDES FHSLC Family Membership to access club facilities	R880 child 1
N2	Nipper (Age 8 to 14)	Child 2 (i.e. second Nipper)	R520 child 2
N3	Nipper (Age 8 to 14)	Child 3 (i.e. third Nipper)	R165 child 3
N4	Nipper (Age 8 to 14)	Child 4 (i.e. fourth Nipper)	R165 child 4
MN	Micro-Nipper (Age 7 to 8)	Micro-Nipper (non-competitive) EXCLUDES FHSLC Family Membership	R440 / child
SF	Starfish (Age 5 to 6)	Starfish ages 5 and 6 years EXCLUDES FHSLC Family Membership	R440 /child
NFSM	Non Active Family / Social Membership	All supporters, parents, spouses and family members of Micro-Nippers and Starfish who wish to use club facilities to socialize and /or support. (If you have already selected N1 Membership Type for any of your children then this fee does not apply)	R330 /family

MEMBERSHIP DETAILS

1	First Name	Surname	Boy/ Girl	ID Number	School	Member ship Code	Fee
1							R
2							R
3							R
4							R

TOTAL AMOUNT DUE

R

Physical Address:		Tel: (Landline):	
Father's Name:	Employment Details:	Tel: (Work)	Cell:
		E-Mail:	
Mother's Name:	Employment Details:	Tel: (Work)	Cell:
		E-Mail:	
Please Indicate who the Primary Contact is for all communication		<input type="checkbox"/> Father <input type="checkbox"/> Mother	

Any medical conditions : (e.g. epilepsy, asthma etc.)

I, _____ the undersigned being the parent/legal guardian hereby consent to the above mentioned child participating in all aspects of the Nipper Association of S.A. Lifesaving and hereby indemnify the club against any claim howsoever arising from any activity of S.A. Lifesaving and or its affiliates.

Signature of Parent / Guardian:

Date:

Please ensure that Fees are paid within 7 days of handing in this form

Please chat to us if you'd like to request a payment plan or if you have concerns regarding the fees. Fish Hoek Surf Lifesaving Club is a non-profit, sports and recreation club; and all monies collected go towards the upkeep of the facilities, craft and training. Our coaches and lifeguards are volunteers. Additional donations and sponsorships are MOST welcomed.

Electronic Bank Details:

Fish Hoek Surf Lifesaving (FHSLC) / Standard Bank / Current Acc: 07-210-150-4 Branch: Fish Hoek
Reference: Subs + Childs surname

Send payment confirmation to finance@fishhoeknippers.co.za and return this form to the Nipper Committee.

CHECKLIST:
<input type="checkbox"/> Club Application Form for Nippers/Micro-Nippers/Starfish
<input type="checkbox"/> Proof of Payment if paying via EFT
<input type="checkbox"/> Copy of Childs ID / Birth Certificate (<i>WE CANNOT ENTER NIPPERS ON OUR DATABASE WITHOUT THIS</i>)
<input type="checkbox"/> Indemnity Form (FHSL Club Terms and Conditions)

Each family is requested to please donate the following to the Nipper kitchen:

Nipper Age Group	What to Bring
U9/U10	1 x Pack Sugar
U11/U12	1 x Tin Hot Chocolate
U13/U14	2 x 1L Long Life Full Cream Milk

We are also requesting that all parents get involved by participating in at least one area of the club: helping in the kitchen, water safety, admin, kitchen or any other area where you can offer assistance. FHSLC is a voluntary club and we appreciate all parental assistance. Thank You.

PARENTS – WHERE WOULD YOU LIKE TO HELP OUT AT THE CLUB?	<input type="checkbox"/> Hot Choc Duty	<input type="checkbox"/> Craft	<input type="checkbox"/> Bar Duty
	<input type="checkbox"/> Kit	<input type="checkbox"/> Safety	<input type="checkbox"/> Beach
IF YOU THINK THAT YOU OR YOUR BUSINESS COULD ASSIST IN ANY WAY please let us know what you are able to offer :			



GENERAL INFORMATION

What are the training times of Nippers?

PLEASE BE AT PRACTICE 15 MINUTES BEFORE START! Nippers start beach training from the Second Sunday in August through to the end of April.

Winter Training: Starts 2nd Sunday in August, 10h30-12h30 (Sundays Only)

Summer Training: Starts first week in October 10h30-12h30 (Sundays) + 17h30 to 18h30 (Tuesdays). In January we add Thursday 17h30-18h30

Since swimming is the basis of Nippers, there is Nipper pool training beginning in October on Monday and Wednesday evenings. Children who already train with a swimming squad do not need to come to pool training. This is a commitment - please discuss this with your child to get his/her 'buy-in'.

What if my Nipper can't make every practice session?

Come to as many as possible.

What are Starfish and MicroNippers and when is their training time?

Starfish are Nippers in training, 5 to 6 years old. A parent/guardian must accompany the Starfish.

Micro Nippers are 'almost' Nippers from ages 7 to 8 and train every Sunday only from 10:30 to 11:30. (Micro-Nippers might run a bit later)

Does rain/bad weather cancel training?

No, lifeguards work in all kinds of conditions including rain and high winds.

Which group does the child join and why?

The lifesaving season begins on 1 October, unlike our school year. Your child's age group is determined by their age on 30 September of that season. For instance a child who is 10 on 30 September, will be in the U11 age group, even if he/she turns 11 during the season. He/she will remain in that age group.

What are the Rules and non negotiables?

Nippers is not a baby-sitting service or drop and go. The beach/sea is a place where the more adult eyes watching the better. Your child, even up to the age of 13 or 14 still needs you when they get cold or injured. In addition, the coaches need help on the beach. Everyone at the club is a volunteer, including the coaches.

What are the coloured caps about?

We require our children to wear swim caps during training for a couple of reasons. It keeps them warmer in cold weather/water and our safety officers on the safety craft can see them more easily with brightly coloured caps on. We WILL enforce "NO cap/NO training". The caps are colour coded per age group so that it's easier for the coaches and parents to spot the different age groups. The appropriate colour cap is given to the children once their membership fees or subs have been paid (or an arrangement for payment has been made).

What is the orientation group?

Every Sunday there will be an 'orientation' group for all children wanting to try Nippers out, as well as for those who have not yet passed their swim test. We need to be 100% sure that all the children on the beach are safe. The main aim of this group is to build confidence, learn the basics of the ocean and allow them some time to orientate themselves with the beach and Nippers. If your child has not passed the swim test (i.e., would not be safe to swim out or paddle out beyond the breakers) they will stay in this group until they get stronger. This group will most certainly do hard training and learn how to paddle, swim and run as a Nipper.

What does "qualifying" mean?

To test our skills as lifeguards-in-training there are local, provincial and national competitions where our club competes against other clubs to see how we're doing on our various skills in swimming, running, board use, team relays, etc. It's a great way to give the children a goal to work towards and they love the teamwork. To participate in competitions, the children have to pass a qualifying exam.

What does the qualifying exam entail?

1. Swim time in a 25-metre pool certified by a Nipper coach or registered swim coach
 - U9 and U10 have to swim 300 meters in 8 minutes or less
 - U11 and U12 have to swim 400 meters in 10 minutes or less and
 - U13 and U14 have to swim 400 meters in 9 minutes or less
2. Nippers must study the simple Nipper handbook for their age group requirements. The book covers basic first aid, important beach signals, general swimming rules, etc
3. Our education officer will do a theory class on the handbook the Saturday before the exam on Sunday
4. The actual exam requires the child to pass a theory exam given orally and in a group; push ups and situps appropriate to their age; and a run/swim/run in the sea in under 10 minutes with distances appropriate to their age.
5. The qualifying exam takes place 5 times a year and not always at our club. Children from different clubs are tested at the same time. It is usually the Sunday before a competition. Our exam administrator will attend the exams with the children.
6. To take the exam
 - Nippers must take the exam in their team kit
 - Cost of the exam for a new Nipper is R125 and for an existing Nipper moving up to the next age group, R85
 - Nipper must be registered with the club, have subs paid and provided a copy of their birth certificate

What if my child does not want to participate in competitions?

Our number one goal is always to have fun while learning the essential skills to be safe in the water. Children are welcome to train and not participate in competitions. However, we cannot stress enough that it is essential that our children are safe in the water. That means mastering certain skills in open water swimming and basic first aid. We do require all the children in the U9 to U14 age groups come to the pool to train, practice their swimming skills, and pass their age appropriate swim time.

What events will my child do at competitions and are they required to participate in all events?

Starfish do not participate in competitions. Micro-Nippers usually have one "fun" competition during the season just for exposure for when they compete at Nipper level and this is not a compulsory event. Nippers may only participate in competitions once they have turned 8 and have qualified.

U9 and U10 Nippers

- individual events: surf swim, body board, beach sprints, flags, long run
- team events: beach relay, taplin relay, swim relay, and body board relay

U11 and U12 Nippers

- individual events: surf swim, body board, malibu board, beach sprints, flags, long run
- team events: beach relay, taplin relay, swim relay, malibu relay and body board relay

U13 and U14 Nippers

- individual events: surf swim, body board, malibu board, beach sprints, flags, iron nipper, long run
- team events: beach relay, taplin relay, swim relay, malibu relay and body board relay

Not all events are run at every competition except for WP Champs and SA Champs where all events are contested. Nippers are not required to participate in all events, but it is highly encouraged. The impetus is toward participation and completion of events to build confidence and self esteem.

What are the kit requirements?

The basic kit requirements to participate in Nippers are a cozzie, wetsuit and swim cap. However, if your child becomes a qualified Nipper and wishes to take part in competitions, he/she will require a team cozzie and team skull cap. Other team kit items like the rash vest and ski pants are not required. However, if your child wants to wear a rash vest and ski pants for competitions, they must be the Team Fish Hoek ones.

What is the Facebook page and how do I sign up for the newsletter?

The Fish Hoek Surf Lifesaving Club Nippers has its own Facebook page which is "Fish Hoek SLSC Nippers."

To sign up for the newsletter, please include your email address on the registration sheet and you will be added to the mailing list. Any replies to the newsletter will go directly to the Nipper Officer. The website can be found at www.fishhoeksurf.co.za

Basic year overview of events, socials and competitions

A newsletter will be sent out once we have received the calendar of exams and competitions for the season. In addition to these there are lots of social events for the Nippers. There is a great social side to the club and it is a wonderful community of like-minded people who are also looking for a healthy lifestyle. It's a great place for you and your child to make new friends. Our annual events include an Open Day, team sleepover, Parents vs Nippers competition called the Currie Cup which has become a favourite over the years, Starfish and MicroNipper competition, a Christmas celebration, end of year prize giving and celebration, street collection for fundraising to expose the community to Nippers, and other "fun-raising" events.

What is the cost of Nippers for the season?

The basic cost of Nippers for the season is R880 for the first Nipper in the family, which includes a family social membership entitling all members of the family to the use of the facilities and bar (for those over the age of 18). The second Nipper is R520, third and fourth are R165 etc. The cost for Starfish and MicroNippers is R440, this does not include a family social membership which is R330.

What do my fees cover?

Nipper Membership - includes coaching for the entire season, access to the club facilities, use of club craft, and registration fees to all competitions. Items NOT included in the cost are Kit, Exam fees, Tour fees for SA Champs and social functions.

Mico-Nipper Membership - includes coaching, access to the club facilities and club craft

Starfish Membership - includes coaching, access to the club facilities and club craft

Social Membership - includes access to the club facilities and bar (for those over 18) for family members.

How can I help as a parent?

There are many ways to help. The lifesaving club is a huge volunteer army from top to bottom. Parents are needed to help with: safety during training sessions; crowd control on the beach; being buoys and helpers for Starfish and MicroNippers; serving hot chocolate; working behind the bar; running the tuck shop; organizing events and the list goes on. When you register your child, your name will be added to the roster list and you will be added to the rotation to help in the various capacities at the club.

How do I stay connected to find out what's going on with Nippers and at the Lifesaving club?

- Read the newsletter. It's the quickest way to disseminate information to large numbers of people
- Download our Team App
- Like the Facebook page.
- Stay for the Nipper Officer meeting at the beginning of training. Usually takes a couple of minutes.
- Read the Notice Board inside the Club

How do I contact the Nipper Officer and the Age Group Managers for each age group?

Nipper Officer	Andrea Cleworth	082 307 3086	nipperofficer@fishhoeknippers.co.za
Vice Nipper Officer	Naomi Miell	082 572 0560	
Head Coach	Dave Reid	084 627 9735	
Micro-Nippers / Starfish	Penny Broukaert	072 300 2557	

