



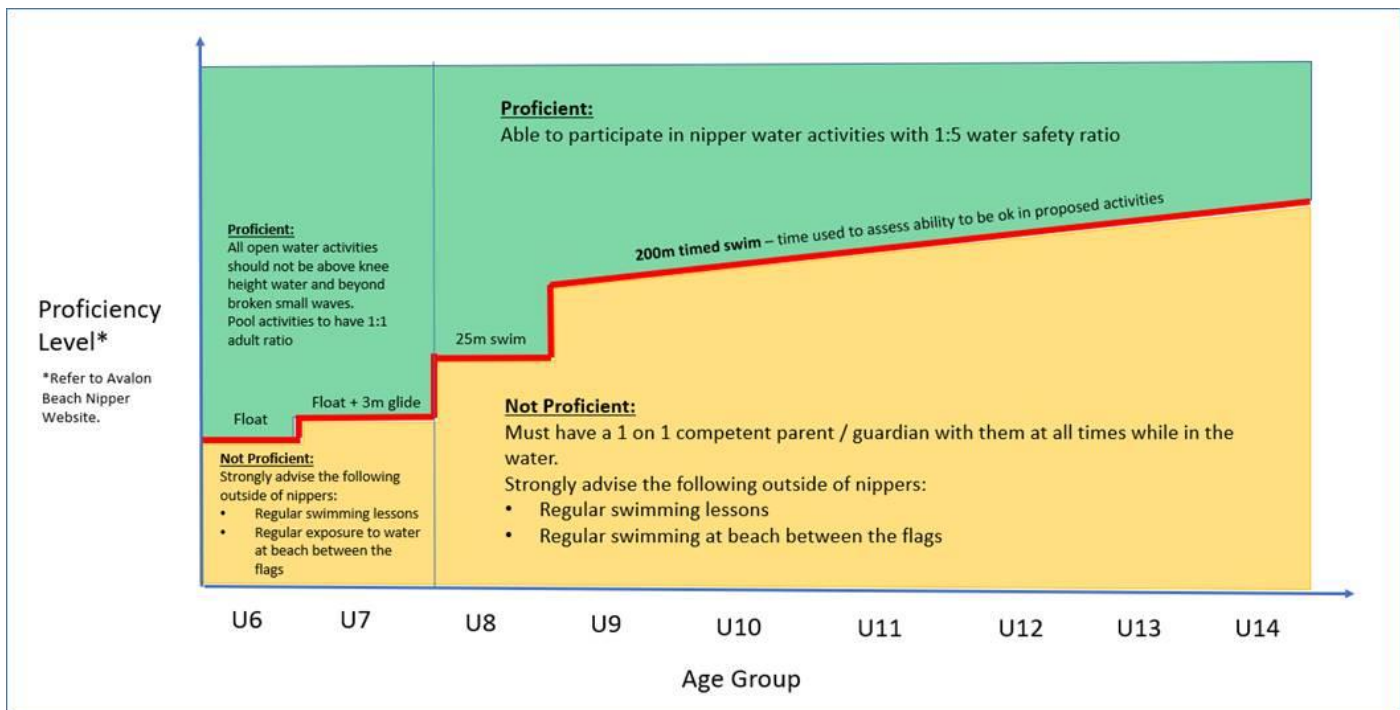
AVALON BEACH SURF LIFE SAVING CLUB



Avalon Beach Nipper Proficiencies - An Explanation of the Red Line - We Need You!

Nippers is for Developing Water Skills - As Opposed to Providing Swimming Lessons

- This is a really important distinction. There is often a genuine misconception around this point.
- It is a NSW SLSC requirement that your child is capable of swimming at a certain level before coming to nippers.
- We design our water safety programme around each nipper group having a base level of swimming ability.
- Our water safety programme (as per NSW guidelines) requires a ratio of 1 qualified water safety person per 5 proficient kids (1:5 ratio).
- The graph we have prepared below is a simple summary of this proficiency system.
- We need you as a family to get your nipper to the red line and above.
- From there we can really develop their skills in the water.
- If they are not quite there yet, read on!



Why Don't We Teach Swimming Lessons?

- If you think about it, during a nipper session we might do swimming for maybe 20 minutes out of an hour and a half. The rest of the time is boards, sprints, education, snorkelling, surfing, jump rock, flags and other awesome activities.
- 20 minutes of swimming in a group of 30,40,50,60 kids is not going to get your kiddo where they need to be.
- Swimming lessons with a qualified instructor that go for 30 to 60 minutes in a much smaller group, with much more focus on your kid is very different to what we do at nippers.
- In my humble opinion, regardless of ability, they are so critical and should continue into teenage years.
- There are so many brilliant swimming instructors in our area, we are really spoiled for choice.
- If your kid is not doing lessons I would strongly encourage you to enrol them.

As a Parent, What Do We Do If Our Nipper is not Proficient?

- The only thing that will address this is time in the water:
 - Get them into swimming lessons, every week, all year around.
 - Get down to the beach and swim between the flags. Do this at every opportunity.

What We Can Do At Nippers If Our Nipper is not Proficient?

Our age managers will contact you about getting the following game plan in place

Step 1

- You will be advised that your child is not proficient and that a competent adult must be in the water with them at all times. This can be mum or dad, an uncle or aunty, adult brother or sister.
- We can do this in such a way that it won't be an embarrassment to your child. We do it all the time.
- In addition to this we will:
- recommend the child should be getting swimming lessons outside of nippers (time in water).
- recommend the child should be spending time in the open ocean with a competent adult outside of nippers. Do this at a patrolled beach between the flags (time in water).

Step 2

- If the competent adult supervision point cannot be achieved, then we would move to:
 - Suggest the child can remain in nippers but is not able to participate in water activities. Given we have a major focus on water this is not ideal, but we are happy to offer.
 - If this is not suitable, it may be better if your child takes a break from nippers this season and focuses on swimming lessons and open ocean swimming (time in water) at a time that works for your family.
 - Give them time in the water to develop their skills, strength, confidence and stamina and return bigger and brighter next season.
 - We provide a 75% refund on the nipper fees paid for a child that does not return to nippers due to proficiency.
 - This is a last resort, hopefully we can avoid this course of action.

I appreciate there is a lot to digest here. Please don't hesitate to reach out at any stage to discuss with us if you have concerns, questions or comments.

Kind Regards,

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