

# BRONTE

## SURF LIFE SAVING CLUB • 1903

### Sunday 7 November 2021 - U8-U13 proficiency swim morning

All Nippers need to pass a swim evaluation to ensure they are safe in the water at Nippers. Age Managers are responsible for your children at Nippers and so Age Managers (not parents/swim coaches) must be able to assess their swimming ability in the Bronte Nippers water environment.

A kind request to parents: please do not talk this up unnecessarily with your kids! Yes – it is a safety requirement and they will all have to complete it. But – they can have a few attempts and extra pressure and nerves don't help!

#### All children must bring:

- Age group cap;
- High-vis pink rash vest;
- Goggles;
- Wetsuit (highly recommended)
- Silicone swim cap (highly recommended if cold)

#### Swim location:

Timed proficiency swims will be run:

- In Bronte Pool for U8 and U9.
- In the ocean for U10-U13, swell permitting. In Bronte Pool if not.

Ocean swim proficiencies (untimed) will still be run on the first day of Nippers (14 November 2021) for U9 to U13s.

See timing and distance requirements below.

#### Proficiency requirements, start/finish times and meeting points:

Please drop your Nippers at their meeting place and move away from the group. Age Managers will walk the children to their age group flag on the beach after the proficiency for collection.

Parents can only assist with the group if they are Water Safety (current, proficient, Bronze Medallion) or an Age Assistant (short-course details [here](#)) and have [provided evidence](#) of vaccination against Covid-19.

Age Group	Proficiency Requirement	Meeting Time and Place		Collection Time and Place	
U8	50m pool swim. 1 minute survival float (1.5 laps)	8am	Bronte Pool	8.30am	Age group flag on beach
U9	150m pool swim (continuous freestyle) in 6 minutes (4.5 laps)	8.30am	Bronte Pool	9am	Age group flag on beach
U10	200m pool swim (continuous freestyle) in 6 minutes (6 laps)	9am	Age group flag on beach	9.30am	Age group flag on beach
U11	200m pool swim (continuous freestyle) in 5.30 minutes (6 laps)	9.30am	Age group flag on beach	10am	Age group flag on beach
U12	200m pool swim (continuous freestyle) in 5.30 minutes (6 laps)	10am	Age group flag on beach	10.30am	Age group flag on beach
U13	200m pool swim (continuous freestyle) in 4.30minutes (6 laps)	10.30am	Age group flag on beach	11am	Age group flag on beach

## Things to note:

- Arrive on time, goggles in hand, dressed and ready to go!
- Water safety for each age group is required.
- No water activities permitted at Nippers until the proficiency is complete.
- If your child is likely to be nervous, please bring them to Bronte during the week to have a practice. It is a different experience to swimming in a regular pool and a run-through in their own time can really help with confidence.
- It is cold! Wetsuits and silicone swim caps under an age cap can make a huge difference.
- If you cannot make it this weekend, we will run catch up proficiencies during Nippers.

## Covid reminders

- All participants (children and adult volunteers) must sign-in/have their names marked off the roll. By signing in, you acknowledge that you are Covid-19 symptom free, have not been in close contact with a Covid-19 positive case, and comply with all current Public Health Orders.
- Nippers must stick to their group and not mix with the other groups during Nippers.
- We strongly encourage only one parent to bring their child to the beach. Parents must collect their Nipper on time at the collection point.
- All eyes will be on our lovely parents! Please assist us. Unless you are Water Safety, an Age Manager, or an Age Assistant, please drop your Nipper and move away, especially from around the pool. Please DO NOT gather in groups with fellow parents to watch your Nippers. Nippers is a highly visible activity involving large groups in public areas. We do not want it to be shut down, or to create unnecessary risk – let's make this work!

**We look forward to seeing your kids back at the beach this weekend!**