

Running Nippers in Tough Conditions

Practical options for hot days, windy days, flat days and rainy days

Why This Matters

Nippers sessions rarely happen in perfect conditions every week. Good Age Managers know how to adjust while still keeping the session safe, worthwhile and enjoyable.

Conditions change the way children move, listen, cope and participate. A smart adjustment can protect safety and often improves the session.

The Main Rule

Do not force the original plan if the conditions no longer suit it. Adapt the session to the environment, the age group and the energy of the children.

Hot Days

Heat can quickly affect concentration, patience and safety. Shorten explanations, increase drink breaks and reduce high-intensity repetition where needed.

Look for shade where possible and be realistic about what the group can manage.

Helpful Adjustments For Hot Days

On very hot days, consider:

- **Shorter activity blocks.**
- **More frequent drink breaks.**
- **Rotations through shade.**
- **Less standing around in full sun.**
- **Activities that require short bursts rather than continuous effort.**

Windy Days

Wind makes it harder for children to hear instructions, stay focused and manage equipment. It can also create frustration if your setup depends on cones, flags or loose gear.

Face the group into the best possible position, keep instructions short and use stronger visual demonstration.

Helpful Adjustments For Windy Days

You might need to:

- **Move closer together for briefing.**
- **Use more demonstration and fewer words.**
- **Choose activities with less loose equipment.**
- **Shorten setup times.**
- **Reduce complexity so the group can succeed despite the conditions.**

Flat Days

Flat conditions can still create excellent learning opportunities. A session does not need big surf to be valuable.

Use flatter water or calm beach conditions to focus on technique, confidence, movement patterns, starts, communication and repeated skill practice.

Good Options For Flat Days

Flat days are ideal for:

- **Board handling and basics.**
- **Technique work.**
- **Wading and Dolphin Diving Skills**
- **Starts, finishes and turning practice.**
- **Beach education and safety lessons.**
- **Relays and team challenges.**

Rainy Days

Rain does not always mean the session must be cancelled, but it does require judgement. Visibility, temperature, wind, lightning and comfort all matter.

If the conditions are safe but unpleasant, shift the session format. Keep the group moving, shorten downtime and consider land-based or sheltered alternatives where possible.

Good Options For Rainy Or Wet-Weather Sessions

If you need to move away from a normal beach format, consider:

- **Theory-based team activities.**
- **Signals and communication games.**
- **First aid basics at an age-appropriate level.**
- **Club history or role-based learning.**
- **Indoor or sheltered rotations where available.**
- **Short practical challenges that keep energy up.**

Use a Backup Plan Every Week

The easiest way to handle tough conditions is to expect them. Build a backup option into your planning every week so you are not starting from scratch when conditions change.

A backup plan can be simple. One land-based activity, one beach game and one education task can save an entire session.

Keep The Mood Positive

Children take their cue from the adults around them. If you present adapted sessions as a let-down, they will often respond that way too.

If you treat the changed conditions as a chance to do something different and fun, the group is far more likely to stay positive.

Final Thought

Tough conditions do not have to mean a poor session. With a calm approach, a flexible plan and a willingness to adjust, you can still deliver a safe and valuable Nippers experience.

