

What to expect from the Nippers Education Program

The main aims of the Nippers Education Program are to:

- Develop surf and inland waterway awareness
- Increase confidence and skills in beach related activities
- Instill and re-enforce SunSmart philosophies
- Encourage enjoyable and healthy participation
- Promote a positive non-threatening environment
- Meet new friends



What your Nipper will learn

Your Nipper will learn a number of new skills on the beach and in the water, as well as key education areas and water safety.

Nipper Skills & Education

The activities are designed to provide Nippers with the skills to be safe around open water and prepare them to complete their Surf Rescue Certificate. Nipper skills and knowledge build progressively in development from U6-U13 in beach, water and lifesaving activities.

Skills - Beach Activities

- Beach Sprints
- Beach Relay
- Beach Run
- Beach Flags
- Nipper Games



Skills - Water Activities

- Wading
- Dolphin Diving
- Surf Race
- Boards
- Aqua Cameron
- Run-Swim-Run
- Board Relay
- Ironman/Ironwoman
- Board Rescue
- Tube Rescue

Education – Topic Highlights

- Introduction to Lifesaving
- Personal Safety
- Know the beach environment
- Play it safe in the water
- Sun safety
- Rips and waves
- Dangerous animals
- Signals and beach signage
- First Aid / DRSABCD
- On Patrol

What is required to participate in Nippers

All Nippers that wish to be part of the program must:

- Be part of a current Family Membership - <https://www.altonalsc.com.au/>
- Parents of Nippers must hold a current Working with Children Check
- Be 5 – 13 years of age by midnight on September 30 in current season
- Complete a Preliminary Swim Evaluation prior to commencing Nipper activities in the water. ALSC offer club run evaluation sessions.

**** Important** – your Family Membership makes all ‘registered family’ listed members of Altona Lifesaving Club and allows all members of the ‘registered family’ to access club benefits.



ALTONA LSC NIPPERS PROGRAM



Age Groups & Swim Assessment / Proficiency

Age Groups

The minimum age for children to participate in the Nipper Education Program in Victoria is 5 years to a maximum age of 13 years. All Nippers are appointed to an age group each season based on their age at midnight on 30 September and must stay in their designated age group, even if their birthday occurs during the season

Preliminary Swim Requirements

Being able to swim competently is an integral part of making children safe at the beach as well as allowing them to actively participate and enjoy lifesaving activities. The Nippers program is **not** a “learn to swim” program. We strongly encourage you to enrol your children in “learn to swim” classes depending on their current ability.

Swimming evaluations are in place to ensure that Nippers are fit and able to meet the minimum requirements for safety during the Nipper Program. The evaluations consist of a swim and survival float.

Should your child not meet the minimum requirements, your child can participate in beach-based activities only. We are unable to provide one-on-one water safety.

We do recognise that swimming in the bay/ocean is a new experience for many children and that even competent pool swimmers can find this challenging at first. Our aim is to encourage children and to help develop their confidence and skills swimming in the bay/ocean as well as provide surf and inland waterway education.

Preliminary swim assessment sessions are held by ALSC in October prior to Nippers season starting for U8-U13s only. Parents can also ask their child’s swim school to sign the official assessment form. Assessments for U6-U7 Nippers only are conducted as part of a Nippers session.



AGE AS OF 30 SEPT	AGE GROUP	POOL REQUIREMENTS PROPULSION	FLOATATION	SUBMERSION
5 years	Under 6	Push and glide from wall or standing position Up to 2 meters - Recover to stand position	Back float for 15sec Recover to stand	Submerge to retrieve object from bottom of pool with hands
6 years	Under 7	Push and glide from wall or standing position Kick up to 5meters - Recover to stand position	Back float for 30sec Recover to stand	
7 years	Under 8	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 3-5 metres)	Back float for 1min Recover to stand	
8 years	Under 9	Swimming on front for 25 metres. Survival stroke (breaststroke/sidestroke/ back sculling) for minimum 10 metres.	Front to back float or back to front float – 5 seconds each side. Tread water minimum 1 minute.	
9 years	Under 10	Swim on front any stroke for 25 metres. Survival stroke (breaststroke/sidestroke back sculling) for minimum 25 metres.	Front to back float or back to front float – 5 seconds each side. Tread water minimum 1 minute.	
10 years	Under 11	Swim on front any stroke for 25 metres. Survival stroke (breaststroke/sidestroke/back sculling) for minimum 50 metres.	Front to back float or back to front float – 5 seconds each side. Tread water minimum 2 minutes.	
11 years	Under 12	Swim on front any stroke for 75 metres. Survival stroke (breaststroke/sidestroke) minimum 50 metres.	Front to back float or back to front float – 5 seconds each side. Tread water minimum 3 minutes.	
12 years	Under 13	Swim on front any stroke for 100 metres. Survival stroke (breaststroke/sidestroke) minimum 75 metres.	Front to back float or back to front float – 5 seconds each side. Tread water minimum 3 minutes.	

Nippers Communication

ALSC utilises Team App - <https://www.teamapp.com/> - this is the primary form of communication with all of our members.

Please download the app onto your phone. The Nippers calendar, requirements, notices, events, documents, updates and chat room will be available.



ALTONA LSC NIPPERS PROGRAM



Uniform Requirements

Nippers are required to wear an Altona LSC skull cap and an Altona LSC Hi Vis rash shirt at all times during the Nipper program.

Wetsuits (minimum short arm and leg) are highly recommended particularly in the early stages of the season as the water is usually below 18°C. The Hi Vis Rash Vest must be worn over the wetsuit in the water. A Hi Vis singlet for water activities can also be purchased should you choose to keep the Hi Vis Rash Vest for beach activities only.



The Nippers uniform, along with other clothing & swimwear items, must be purchased via our online store. The Uniform shop will be open for order collection at advertised times prior to the start of the program and most Nippers mornings.

<https://www.altonalsc.com.au/shop-1>

What to bring to each session

Your child will need to have the following items each week. Please label all belongings clearly.

- Bathers
- ALSC skull cap
- ALSC Hi-vis rash vest
- Wide brim or bucket style hat or legionnaire style cap
- Sun block (at least SPF 30+)
- Goggles
- Towel
- Water bottle (filled with water only)
- Wetsuit (optional)

What happens at our Nippers Session?

ALSC holds its Nippers sessions on Sunday mornings from 10.00am and 12.00pm. Sessions start early November and go through to Christmas, break for January and return in February then finishing the Nippers season with a Presentation/Fun day. There are between 10-12 sessions.

Parents/guardians are required to sign-in their child with their age group managers and remain in attendance during the session. Each age group will be identified by a coloured flag. At the completion of the session, parents/guardians are required to sign-out their child.

Please note: a nipper parent/guardian is required to be always on the beach whilst the program is running. Nippers will not be released from the program without a parent signing them out.

We encourage all our Nipper families to enjoy our post Nippers BBQ and enjoy the club house surrounds and the beach with other Nipper families.

Parent Involvement

ALSC Nippers program is an entirely Volunteer run program. Parent helpers are vital and no previous lifesaving knowledge is necessary as you will learn alongside your Nipper.

Parents can assist by being an Age Manager, Age Manager Assistant/Helper, water safety, setup and pack up, BBQ or join the Nipper admin team.

We encourage all our Nipper parents to wear their bathers and prepare to get wet, particularly with our younger age groups – Parents make great water poles, board pushers, head counters, flag marshals, race managers and kid pit crews!

Don't hesitate to make yourself known to the Nipper Coordinator aka the 'Big Nipper'.

We look forward to seeing you on the beach!