

# Altona Lifesaving Club



## Nippers Fact Sheet

The information provided below is intended to answer many of the questions you may have. For Nippers to participate at the club they MUST be registered with their parents and parents MUST hold a current WWCC. Please refer to the [membership page](#) on our website.

### Surf Education

There is a serious side to the work we do. We want to ensure that all children who participate within the Nippers program learn the vital skills and knowledge which will allow them to keep themselves, and potentially those around them, safer when around water. Each week we select one or two surf education lessons which have been developed to be appropriate for the age groups the children are divided in to. These lessons may include sun smart education, identifying beach hazards like surf and rips and a basic knowledge of resuscitation and first aid skills. Please note that your child must participate in 70% of the designated surf ed sessions to be eligible to be signed off for this award. The surf Education is presented at each session prior to the Christmas break.

### Activities

The Nipper Program aims to teach children surf awareness, surf skills, lifesaving skills and competition/teamwork skills. Your child will participate in a range of life saving skills and endurance activities including:

### Games & Warm Up Activities

Our Nippers sessions start out with warm up exercises and games before we get started. These are designed to ensure everybody feels welcome and involved, regardless of ability.

### Beach Events

**Beach Flags** - Designed to showcase the athletic ability and mental readiness of life savers to react in moments to whatever situation is before them, the beach flags events require participants to lie flat on the sand facing away from the flags (relay style baton in shape) in readiness. When the starter gives the signal, the athlete must spring to their feet, turn and race towards the flags, locating and diving to secure one of the flags before the other athletes. In each round at competition level, one or more participants are eliminated until there is a winner.

**Beach Sprint** - Another event which showcases the athletic ability of life savers to rapidly run across soft sand in order to get to the water and perform a rescue.

**Beach Run** - The beach run is an endurance event which is varied depending upon the age group between 500m and 2km. Its primary purpose is to build physical and mental endurance.

Wade Race - The wade race involves running through shallow water utilising high legs and dolphin diving to complete the course as quickly as possible. Life savers utilise these same skills to navigate shallow waters quickly before they can swim out to rescue patients.

#### Water Events

Iron Man/Woman - The ultimate test of skill and endurance, the Iron Man/Woman race tests the ability of Nippers to complete two circuits of a water course, once whilst swimming and the second time paddling their board. Between each lap, participants are required to run up the beach and around the flags and collecting their board before returning to the water.

Surf Race - The surf race simulates the need for life savers to swim longer distances, navigating surf and water conditions to provide assistance to people in need. Nippers are challenged to swim around a water course consisting of two swim buoys before returning back to the beach and running up the sand to the finish line.

Board Race - The paddle board is the mainstay of the surf lifesaving movement in the modern age. Paddling their boards, life savers can cover greater distances, much faster than swimmers and provide much needed assistance to people in need. Nippers learn these skills by paddling their own board out through the waves, around the course before returning to the beach.

We also have a number of other events which will further broaden the skill set of our Nippers, plus provide some fun exercises designed to be inclusive of children of all abilities. These events include:

Tube Race - Nippers swim the length of the swim course towing a rescue tube to simulate a life saver swimming to a patient in need.

Tube Rescue - Nippers swim out to a partner, clip the rescue tube around their partner and then swim back to shore, towing their partner with them as would a life saver during a rescue.

Board Rescue - Working with a partner again, Nippers paddle out to their partner who is playing a rescue patient. Nippers need to retrieve the patient and paddle back to shore.

Aqua Cameron - Combining 4 disciplines of life saving, the Aqua Cameron involves 4 people per team with one each completing the wade leg, the swim leg and the board leg with one team member as a runner between each leg.

Run-Swim-Run - The Run-Swim-Run combines two runs on the beach separated by a swim leg to test and build the endurance of junior life savers.

What does your child need to bring?

Your child is required to wear an Altona LSC skull cap and an Altona LSC Hi Vis rash shirt at all times.

Your child will need to have sunscreen applied before commencing the session, have a bucket hat available and bring a water bottle.

Wetsuits (minimum short arm and leg) are highly recommended particularly in the early and latter 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.

### Uniforms

A number of clothing/swimwear items are available, including caps, hats, swimmers, rash shirts, polo shirts and hoodies.

The uniform shop will be open in the clubrooms most Sunday mornings before Nippers and our secure [web store](#) is available for purchase at any time. Orders placed 48 hours ahead of the next Nippers session will be able to collect these orders prior to the commencement of the session.

### Competition at Carnivals

Nippers who are keen to challenge themselves can get involved in our competition team and test their abilities against Nippers from other Victorian lifesaving clubs.

There are typically between 6-8 competition carnivals scheduled throughout the season, as well as the Junior State Championships. Nippers in the competition team get to enjoy the benefits of both the competitive and the social aspects of the lifesaving movement.

Carnivals are open to Nippers from Under 8 age group and above and involve swimming, board paddling, wading, running, beach flags, and plenty of relays. The entrance process requires participants to complete the Competition Evaluation.

For more information, please refer to our website [competition page](#).

For membership queries please contact: [membership@altonalsc.com.au](mailto:membership@altonalsc.com.au)

Current members who have Nipper program queries please contact:  
[nippers@altonalsc.com.au](mailto:nippers@altonalsc.com.au)