

ALTONA LSC

NIPPERS PROGRAM

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

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

Beach Activities	Water Activities
<ul style="list-style-type: none"> • Beach Sprints • Beach Relay • Beach Run • Beach Flags • Nipper Games 	<ul style="list-style-type: none"> • Wading • Dolphin Diving • Surf Race • Boards • Aqua Cameron • Run-Swim-Run • Board Relay • Ironman/Ironwoman • Board Rescue • Tube Rescue

Nipper Education

Nipper Education progressively builds on knowledge development from U6-U13. Lessons are designed to educate Nippers to be safe around the open water environment and provide basic knowledge to prepare them to complete their Surf Rescue Certificate.

Topics include:

- Introduction to Lifesaving
- Personal Safety Network
- Know the Beach
- Our Beach Environment
- Eat, Drink and Exercise
- Play It Safe in the Water
- First Aid
- Becoming a Lifesaver

What is required to participate in Nippers

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

- Be part of a current Family Membership - <https://www.altonalsc.com.au/membership>
- 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.

Age Groups & Swim 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 land-based activities only. One-on-one water safety may be provided only if there is sufficient number of water safety available.

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.



AGE AS OF 30 SEPTEMBER	AGE GROUP	SWIM REQUIREMENTS	SURVIVAL FLOAT
5 years	Under 6	From a standing position in waist deep water, perform a front glide and recover to a secure position.	Perform a back float for 15 seconds whilst holding a buoyant aid and recover to a secure position.
6 years	Under 7		As above for 30 secs
7 years	Under 8	25m swim - any stroke	1 minute survival float
8 years	Under 9	25m swim - any stroke	1 minute survival float
9 years	Under 10	25m swim - freestyle	90 second survival float
10 years	Under 11	50m swim - freestyle	2-minute survival float
11 years	Under 12	100m swim - freestyle	2-minute survival float
12 years	Under 13	150m swim - freestyle	3-minute survival float
13 years	Under 14	200m swim - freestyle in less than 5min	3-minute survival float

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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, updates and chat room will be available.

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 approx. 10 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 have a coloured flag and a large container for drink bottles. 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 on the beach at all times, whilst the program is running.

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.

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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!