



LIFE SAVING CLUB

**Nipper
Education
Program
2024 - 2025**

The vision for Nippers is to provide a safe and friendly environment where both nippers and parents can learn and enhance their knowledge about lifesaving and to prepare our Nippers to be future patrolling members.

Nipper Education Programs (Nippers) are a water safety, skills and education program that introduces children aged 5 to 13 years to lifesaving. The program is a key initiative of the lifesaving movement, and its continuous success is of vital importance to the growth and sustainability of Victorian lifesaving clubs.

Nippers is delivered at lifesaving clubs across Victoria throughout the summer months in a safe, fun, organised and welcoming environment. It assists to build children's confidence, knowledge, and skills on how to be safe around the water and at the beach, as well as the development of skills to become a future lifesaver.

Nippers caters for all manners of experience, skill levels and varying learning abilities of participants, with an emphasis on fun and education, regardless of development stages to ensure all experiences are positive.

What is required to participate in Nippers?

All participants that wish to be part of the Nippers Education Program must:

- Be a financial club member for the current season
- [Click here to view an online user guide of how to join a club](https://lsv.com.au/clubs-members/support/join-a-life-saving-club/) or paste the following into your browser
<https://lsv.com.au/clubs-members/support/join-a-life-saving-club/>
- Be 5 – 12 years of age by midnight on September 30, note once a Nipper turns 5 in the season, they can join the U6 group.
- Stay in designated age group, even if their birthday occurs during the season
- Complete a Preliminary Swim Evaluation prior to commencing Nipper activities in the water
- During aquatic activity, wear a standardised high-visibility lycra vest or shirt for easy identification above the water surface

Nipper Program Dates

Friday 5.00pm to 6.30pm

*additional pack up time at conclusion of beach program
requiring parent participation.*

November 15, 22, 29

December 6, 13 [Christmas celebration]

[Summer holiday break and
recommencing]

February 7, 14, 21, 28

March 7, 14, 21, 28

Nipper End of Season Presentation
Evening - April 4

Membership & Nipper Participation Fees

Family Memberships \$100

[covers all immediate family members (up to two parents) and all children]

Nipper Participation Fee \$75.00

[cost per nipper program member]

A Working With Children Check Card is required for all members over the age of 18.

St Kilda Life Saving Club will need to be added to existing WWCC's as a volunteer organization.

Teachers may supply their VIT card in lieu of WWCC.

Nipper Uniform Requirements

- Long Sleeve Nipper Rashie-Green Gecko with St Kilda Logo on back
- Age group Nipper Cap

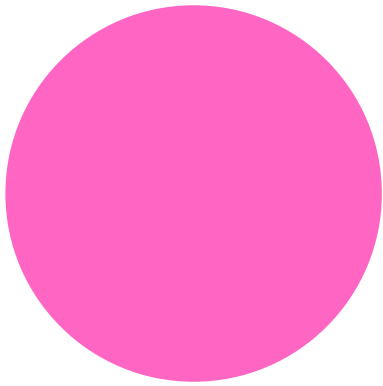
\$50.00 per set

Purchased through the club prior to regular nipper program commencing November 2024.

2024-2025

Birth date range

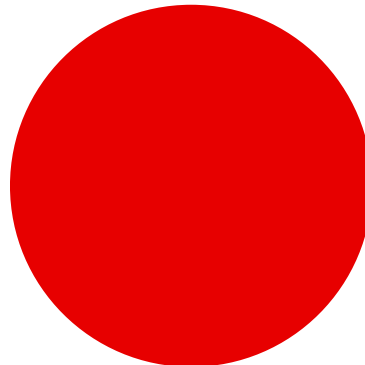
[Nipper Age Cap Colour]



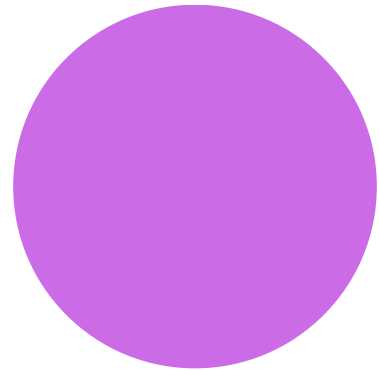
U6
1/10/2018
to
30/09/2019



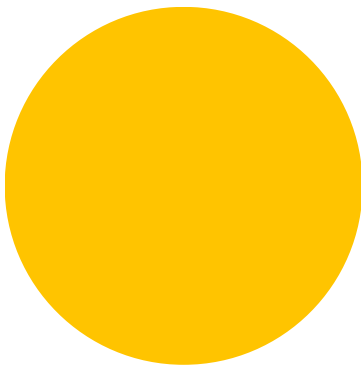
U7
1/10/2017
to
30/09/2018



U8
1/10/2016
to
30/09/2017



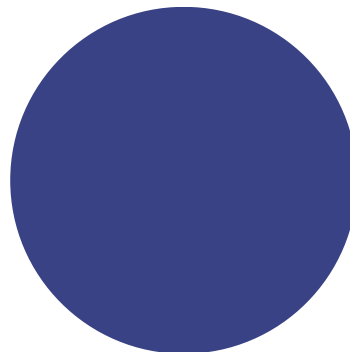
U9
1/10/2015
to
30/09/2016



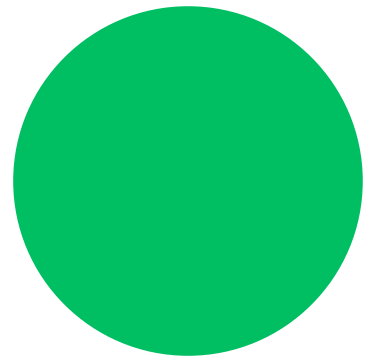
U10
1/10/2014
to
30/09/2015



U11
1/10/2013
to
30/09/2014



U12
1/10/2012
to
30/09/2013



U13
1/10/2011
to
30/09/2012

Preliminary Assessment

Nipper's is not a learn to swim program and participants must be able to pass the following age requirements to participate in the program:

Under 6

- back or front float for a minimum of 5 seconds, recover to stand
- submerge to touch the bottom with hands
- from standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand

Under 7

- back or front float for a minimum of 10 seconds, recover to stand
- submerge to touch the bottom with hands
- from a standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand

Under 8

- Back or front float for a minimum of 15 seconds, recover to stand.
- submerge to touch the bottom with hands
- swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres)

Under 9

- Front or back float or back to front float - 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute
- Submerge to touch the bottom with hands
- Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres

Under 10

- Front or back float or back to front float - 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute
- Submerge to touch the bottom with hands
- Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum of 25 metres

Under 11

- Front to back float or back to front float - 5 seconds each side. Tread water and/or any stroke sculling for minimum of 2 minutes
- Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands
- Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres

Under 12

- Front to back float or back to front - 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes
- Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.
- Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres

Under 13

- Front to back float or back to front - 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes
- Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.
- Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres

The club is looking to combine with Port Melbourne LSC to complete these assessments at MSAC prior to the season commencing. Dates/Times TBA.

Under 14 - Surf Rescue Certificate

This program is facilitated by the Chief Instructor

Parent involvement - How can I get involved?

Lifesaving is a fantastic community organisation to be a part of, offering opportunities for the whole family to be involved in programs from grassroots to competition level.

Nippers relies on the support of its members & parent helpers; no lifesaving knowledge is necessary as you will learn alongside your Nipper. This may include setup and pack down of the beach/activities, becoming a qualified Age Manager, becoming a qualified water safety officer.

Please note: a nipper parent/guardian is required to be on the beach at all times, whilst the program is running.



Nipper's

**Club Open Days
October 12 & 13,
2024**

10.00am till 4.00pm

**activities will be held on the
beach during the day**
[weather permitting]