



LIFE SAVING CLUB

**Nipper
Education
Program
2025 - 2026**

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 14, 21, 28

December 5, 12 [Christmas celebration]

[Summer holiday break and recommencing]

January 30

February 6, 13, 20, 27

March 6, 13, 20

Nipper End of Season Presentation
Evening - March 27

Membership & Nipper Participation Fees

Family Memberships \$100

[covers all immediate family members (up to two parents) and all children over 5 years]

Nipper Participation Fee \$75.00

[cost per nipper program member]

i.e . 1 child cost \$225.00 including uniform

2 children family cost \$350 including uniform

[for new members]

[reduced for returning members requiring cap only.]

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
- Age group Nipper Cap

\$50.00 per set

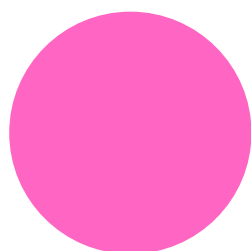
Purchased through the club prior to regular nipper program commencing November 2025.

- Age group Cap only for returning nipper participants \$10.00 each
- Replacement Nipper Rashie-Green Gecko with St Kilda Logo \$40.00 each

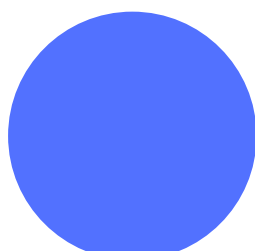
2025-2026

Birth date range

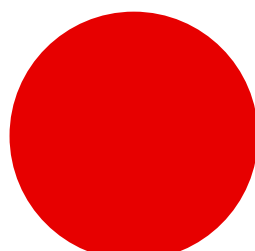
[Nipper Age Cap Colour]



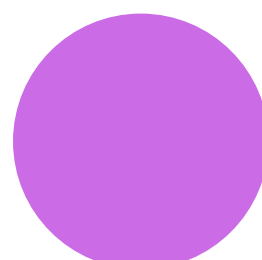
U6
1/10/2019
to
30/09/2020



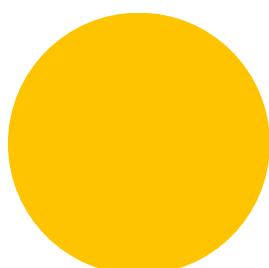
U7
1/10/2018
to
30/09/2019



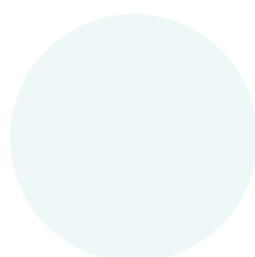
U8
1/10/2017
to
30/09/2018



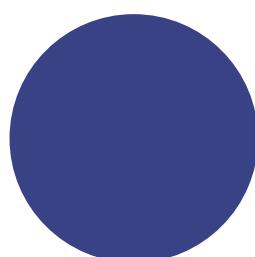
U9
1/10/2016
to
30/09/2017



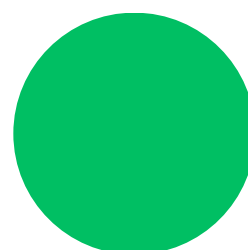
U10
1/10/2015
to
30/09/2016



U11
1/10/2014
to
30/09/2015



U12
1/10/2013
to
30/09/2014



U13
1/10/2012
to
30/09/2013

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

Under 14 - Surf Rescue Certificate

This program is facilitated by the Chief Instructor

The club complete these assessments
prior to the season commencing.
St Kilda Sea Baths
Sunday 9 November
4.00pm to 5.00pm
\$9.00 entry based on 9 people attending.

*Swimming teachers can sign off
Preliminary Assessment forms.
Contact juniors@stklsc.com.au
and request a form.*

After the initial assessment, dates we will
be doing
preliminary assessments at the beach.

If we should have a large number of new
members requiring this assessment,
we will look at other options.

***Preliminary Assessments must be completed
before Nippers can participate in water
activities.***

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 or water safety assistant.

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

