

NIPPER PROGRAM COMPONENTS

Surf Life Saving SA | 2023-24



1. Preliminary Evaluation

ALL Nippers are required to participate in this evaluation BEFORE undertaking any water activity training or competition

- Conducted by the Club (delegated supervisor)
- Specific requirements based on age group
- Can be undertaken in a pool or safe open water environment
- Water safety to be provided during evaluation as per [SLSA Policy 1.01](#) and [procedure](#) (or as per pool requirements)
- Any child who does not meet the required evaluation will require a higher level of supervision when involved in water-based activities at the discretion of the club. *NOTE: a comment should be made in the NOTES of the member's profile in Nipper App for reference*
- Successful completion is the minimum requirement to participate in SLSSA carnivals (beach/wade events only)
- To be recorded via [Nipper App](#) (uploads to Surfguard profile)

2. Surf Education

This is the fundamental program delivered to all Under 6 – Under 13 nippers at the relevant stage

- Delivered by Age Managers and/or Coaches (Foundation or Development)
- Program includes elements of surf awareness, safety and survival skills, future patrolling and life saving skills/knowledge, swimming, board paddling, beach sprinting and flags skills and personal development
- The program is broken into STAGES and then AGE GROUPS allowing for flexibility based on ability and entry points
- To be recorded via [Nipper App](#) via the SURF ED AWARD session (uploads to Surfguard profile)

3. Competition Skills Evaluation

Nippers wishing to participate in swim and/or board events at SLSSA Carnivals are required to have successfully undertaken this evaluation

- Conducted by the Club (delegated supervisor)
- Specific ocean swim distance based on age group
- MUST be undertaken in the ocean
- To be recorded via [Nipper App](#) (uploads to Surfguard profile) *NOTE: Under 8 Competition Skills Evaluation doesn't publish through to Surfguard but should still be 'ticked' on the Nipper App*

AGE GROUP EVALUATIONS

UNDER 6 and 7

PRELIMINARY EVALUATION Approximate depth of safe aquatic environment – 1 metre		COMPETITION SKILLS EVALUATION
Floation	Back or front float for minimum 5 seconds, recover to stand	Nil <i>(as Under 6 & 7 nippers do not participate in inter-club competition)</i>
Submersion	Submerge to retrieve object from bottom of water with hands (eg. dive ring)	
Propulsion	Push and glide from wall/sand, recover to stand U6 = 1-2 metre distance; U7 = 2-3 metre distance	
CONTINUOUS SKILL SEQUENCE		
Wade through water for 5 metres then float (on back or front) for 5 seconds then recover to stand, submerge to retrieve object from bottom of water with hands, recover to stand		

UNDER 8

PRELIMINARY EVALUATION Minimum depth of safe aquatic environment – 1 metre		COMPETITION SKILLS EVALUATION
Floation	Back or front float for minimum 5 seconds, recover to stand	Minimum 150m open water swim (any recognised stroke)
Submersion	Submerge to retrieve object from bottom of water with hands (eg. dive ring)	
Propulsion	Swim on front (any stroke) for 20 metres followed by swim underwater for 2-3 metres	
CONTINUOUS SKILL SEQUENCE		
Swim on front through water (any stroke) for 20 metres, followed by back or front float (5 seconds) followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task)		

UNDER 9

PRELIMINARY EVALUATION Minimum depth of safe aquatic environment – 1.5 metres		COMPETITION SKILLS EVALUATION
Floation	Front to back float or back to front float – 5 seconds each side Tread water and/or sculling for minimum 1 minute	Minimum 150m open water swim (any recognised stroke)
Submersion	Submerge to retrieve object from bottom of water with hands (eg. dive ring)	
Propulsion	Survival stroke(s), breaststroke and/or sidestroke and/or back sculling, for minimum 50 metres	
CONTINUOUS SKILL SEQUENCE		
Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for minimum 1 minute, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task)		

UNDER 10

PRELIMINARY EVALUATION Minimum depth of safe aquatic environment – 1.5 metres		COMPETITION SKILLS EVALUATION
Floataion	Front to back float or back to front float – 5 seconds each side Tread water and/or sculling for minimum 1 minute	Minimum 150m open water swim (any recognised stroke)
Submersion	Submerge to retrieve object from bottom of water with hands (eg. dive ring)	
Propulsion	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	
CONTINUOUS SKILL SEQUENCE		
Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for minimum 1 minute, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task)		

UNDER 11

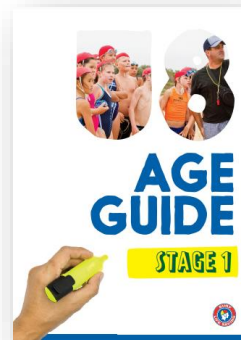
PRELIMINARY EVALUATION Minimum depth of safe aquatic environment – 1.5 metres		COMPETITION SKILLS EVALUATION
Floataion	Front to back float or back to front float – 5 seconds each side Tread water and/or sculling for minimum 2 minutes	Minimum 250m open water swim (any recognised stroke)
Submersion	Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (eg. dive ring)	
Propulsion	Swim on front through water any stroke for 50 metres followed by survival stroke(s), breaststroke and/ or sidestroke and/or back sculling, for minimum 50 metres	
CONTINUOUS SKILL SEQUENCE		
Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for minimum 2 minutes, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task)		

UNDER 12 and 13

PRELIMINARY EVALUATION Minimum depth of safe aquatic environment – 1.8 metres		COMPETITION SKILLS EVALUATION
Floataion	Front to back float or back to front float – 5 seconds each side Tread water and/or sculling for minimum 3 minutes	Minimum 250m open water swim (any recognised stroke)
Submersion	Submerge to perform forward or backward roll/ somersault underwater, recover to surface, retrieve object from bottom of water with hands (eg. dive ring)	
Propulsion	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres	
CONTINUOUS SKILL SEQUENCE		
Swim on front through water using combination of breaststroke, sidestroke, freestyle for 100 metres, followed by tread water and/or sculling for minimum 3 minutes, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task)		

SURF EDUCATION

STAGE 1



STAGE 2



STAGE 3

