

# Manly Nippers – SLS Surf Education

We run Surf Life Saving Australia's Junior Development Program which covers both surf sports skills and surf education, an overview of which is below:

## Surf Play 1 & 2 (Under 6 & Under 7)

Activities and games covering simple beach safety and awareness such as what makes up a beach environment, sun-smart guidelines, the importance of having an adult with them at the beach, what a lifesaver is and what they do, wading, beach sprinting and beach flags.

## Surf Aware 1 (Under 8)

Understanding, identifying and demonstrating sun-smart guidelines and dangers. Nippers learn to recognise whether they are, or someone else is, in an emergency situation and how to get help. Eco-surf covers the beach environment and communities surf lifesavers operate in. Nippers also get more involved in surf sports skills.

## Surf Aware 2 (Under 9)

Personal Safety Networks are introduced so Nippers are comfortable asking for help; Eco-surf talks about the impact surf lifesavers can have on the beach. Safety tips and the ability to identify hazardous surf conditions are introduced. As an U9 surf sport skills are extended to use of a foamie Nipper board.

## Surf Safe 1 (Under 10)

Nippers identify adults at the surf clubs they can ask for help. In Eco-surf they focus on water conservation and in sun safety the spotlight is on the consequences of skin damage. They learn about rips, recognising unsafe behaviours and preventative actions. Resuscitation is introduced for the first time with an opportunity to experience CPR on a manikin. Rescue techniques are also introduced for the first time as participants learn to use body boards to assist distressed swimmers and experience rescue tubes.

## Surf Safe 2 (Under 11)

Nippers learn some more technical aspects of lifesaving and are able to be more physical in surf sports skills. They focus on recognising 'at risk' people and how to deal with patients suffering from a range of basic first aid cases. They learn how to perform CPR. There is also an element of communication both interpersonal and through beach signage.



## Surf Smart 1 (Under 12)

They begin to learn about their rights and responsibilities as a member of SLS, the Eco-surf lesson looks at how weather impacts on the beach environment. Personal health & wellbeing and sun safety is focused on skin cancer and staying fit and healthy respectively. The role of patrols is first introduced to this award as is managing rips and using them to assist in. Additional signals are introduced.

## Surf Smart 2 (Under 13)

Nippers wrap up the skills and knowledge learnt in all the previous awards. They learn about the SLS Member Safety and Wellbeing Policy. In Eco-surf they tackle the issues of Global Warming and Climate Change and how they will impact on surf life-saving. Surf Safety is wrapped up into the 10 Surf Safety Tips, communication with beach users is developed and they identify other professional emergency services that can be called upon. Nippers learn to performing a tube rescue and expand on their knowledge of CPR. This is the last of the junior development awards. In U14s Nippers can complete a 6 week training course to obtain their Surf Rescue Certificate which qualifies them as water safety and to join a Patrol group on Manly Beach.