



JUNIOR ACTIVITIES WATER SUPERVISION

Nipper Adult Assistant – Induction

March 2023



NAA INSTRUCTIONS TO CANDIDATE

By Completing the NAA course online, I declare:

- I have watched the entire PowerPoint
- I have completed the online NAA Questionnaire via JotForm
(link is located in the PowerPoint)
- I will send evidence to my club that I have completed the NAA questionnaire JotForm, either:
 - screenshot of the Thank You page once submitted
or
 - email received on completion

NIPPER ADULT ASSISTANT INDUCTION

Course Overview

- Entry Requirements
- Learning Outcomes
- Junior Activities (Management and Operations)
- Creating a Safe Environment
- Nipper Adult Assistant Roles & Responsibilities
- Environmental Awareness
- Skills & Techniques

ENTRY REQUIREMENTS

To participate in this course, you should:

- ✓ Be a current financial member
- ✓ Minimum of 18 years old at date of assessment
- ✓ Hold a valid working with children suitability (Blue) Card which is linked to SLSQ
- ✓ Completed the Child and Youth Risk Management Strategies Training
- ✓ Completed the SLSA Child Safe Awareness Course
- ✓ Ability to float in water
- ✓ Ability to swim 50m or more (freestyle)

LEARNING OUTCOMES

By the end of this course you will:

- ✓ Have an understanding of nipper activities operations and the club members to communicate with in regard to your role.
- ✓ Be able to operate safely and unassisted in a wading arena.
- ✓ Be familiar with wade techniques and wade competition rules.
- ✓ Be familiar with Beach Activities.

JUNIOR ACTIVITIES MANAGEMENT AND OPERATIONS

This section will cover:

- Purpose
- Outcomes
- Operations
- Support roles and Positions

PURPOSE

Not only is Junior Activities a fun way for children to enjoy the beach in a safe environment, it also offers an educational pathway through the delivery of the SLSA Junior Development Program.

This program is designed to ensure children have fun at the beach while participating in lessons that will provide them with a pathway to become a fully rounded participant in both lifesaving and sport activities. The program includes a wide range of subjects and skills relative to the aquatic environment and prepares Junior Activities members for their transition to becoming a senior member and aims to promote the spirit of camaraderie and citizenship within the community.

OUTCOMES

JUNIOR AGE AWARDS

As part of the Junior Development and Junior Activities Programs, children have the opportunity to gain a junior development award each season; each member should be encouraged to attain their respective age award. This is a pathway to learning how to become a patrolling surf life saver.

Members wishing to compete in Surf Life Saving Queensland State Youth Championship events must complete their respective Junior Activities Age Award.

JUNIOR AWARDS

You can find each Junior Age Group on the SLSQ App. Throughout the 2021/2022 Season SLSA updated all Age Guides as a part of the National Youth review. All versions can be found on the App and Members Portal.

Within each Age guides, you will find a variety of lesson plans and activities.

For more information please visit:

- [Age Guides](#)

THE THREE F'S

Our juniors have told us there are three things that are important to them when it comes to junior activities:

- **FUN**
- **FAMILY**
- **FRIENDS**

JUNIOR ACTIVITIES ROLES & RESPONSIBILITIES

- Junior Activities Coordinator (JAC)
- Endorsed Age Manager
- Age Manager (AM)
- Water Safety Supervisor (WSS)
- Water Safety Personnel (WSP)
- Nipper Adult Assistant (NAA)

For more information on roles go to <http://lifesavingpathways.com.au/>

CREATING A SAFE ENVIRONMENT

This section will cover:

- Safeguarding Children and Young People
- Child and Youth Risk Management Strategies
- Junior Activities Policies

SAFEGUARDING CHILDREN & YOUNG PEOPLE

Surf Life Saving Australia Resources:

- Safeguarding is Serious
 - [We are committed](#) to keeping our juniors safe from all forms of harm
- [Code of Conduct for People in Positions of Authority](#)
 - In place to guide our conduct towards junior members
- Anonymous [reporting](#) of child safety concerns

SAFEGUARDING CHILDREN & YOUNG PEOPLE

Surf Life Saving Queensland Resources:

Child & Youth Risk Management Strategies include

- SLSQ [Blue Card Policy](#) (all members over 18 involved in conducting Junior Activities must have one)
- SLSQ CYRM and SLSA Child Safe Awareness
- Statement of Commitment from each club annually
- Photography Non-consent forms are available for members
- All strategies can be found under [Member Protection](#) on the SLSQ App

MEMBER PROTECTION POLICIES

Junior Policies

- Chaperoning and Supervision of Minors
- Dealing with Police Investigations, Criminal Charges, Guilty Pleas or Convictions
- Receiving & Reporting Disclosures of Suspicious Harm
- Blue Card Screening
- High Visibility Policy
- Heat Management
- Photography

SLSA Member Protection Policy

WATER SAFETY POLICY AND PROCEDURE

SLSA Water Safety Policy & Procedure

SLS Activity	Required Water Safety Ratio
Nipper Activities (Limited to Under 6-Under 8 Wading/Shallow water activities)	1:5 (NAA*: participants)
	1:10 (NAA: participants) If conditions determined low-risk in pre-activity risk assessment

Supervision ratios apply to Junior Activities and member training where participants do not hold a SRC or above. These ratios also apply to groups with a mix of aquatic rescue qualification holders and non-award holders.

For Junior Activities and member training where participants do not hold an SRC or above, the maximum supervision ratio is 1:5 (Water Safety Personnel: Activity Participants).

Aquatic Risk Assessment Form is to be completed by the Water Safety Supervisor prior to commencement of all junior aquatic activities.

RESCUE EQUIPMENT

As NAA personnel are not trained to use any rescue equipment, they are not permitted to hold or use any rescue equipment.

PROVIDING A SAFE ENVIRONMENT

- Preliminary Skills Evaluation
 - Nippers must complete a pool swim evaluation before completing an ocean evaluation to assess their competence in water.
- Qualified Age Managers
 - Inducted into how to conduct the Junior Education Awards.
- Environmental Safety
 - Providing adequate shade, long-sleeved rashie options and hydration/rest breaks.

NIPPER ADULT ASSISTANT ROLE

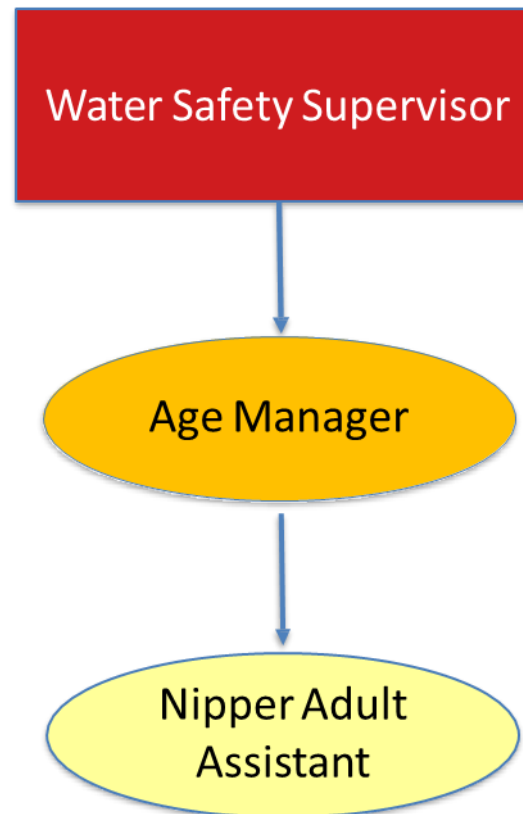
NIPPER ADULT ASSISTANT ROLES AND RESPONSIBILITIES

Report to: Age Manager

Roles & Responsibilities:

- Attend Nipper activities safety brief prior to commencing daily duties.
- Assist with supervision of Nippers (U6 to U8 age groups) on beach and/or in shallow water activities as directed by the Age Manager.
- Be aware at all times of the safety and welfare of those involved in the activity and immediately report any concerns to the Age Manager.
- Advise the Age Manager of any pre-existing ailments that may impact their participation or if their competency does not meet the activity requirements or conditions.
- Not exceed their qualification or competency in the surf / water zone.
- Always wear the appropriate water supervision (NAA) uniform.

CHAIN OF COMMAND



SURF AWARENESS – SHALLOW WATER ZONE

Review Public Safety Aquatic Rescue Training Module 4: Surf Awareness

- Surf Zone Currents
- Longshore Currents
- Rip Currents
- Type of Rips
- Tides

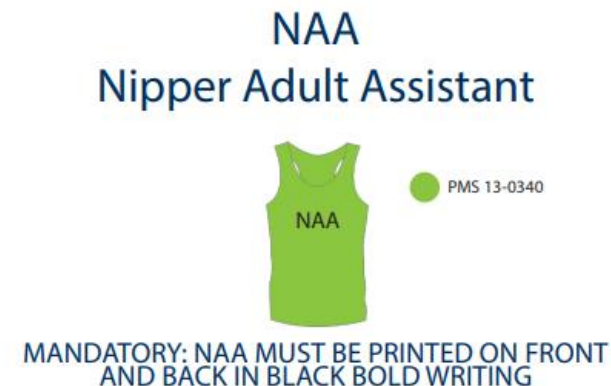
For more information, visit <https://beachsafe.org.au/surf-safety/ripcurrents>

UNIFORM

A high visibility (fluorescent) bib style vest “NAA” printed on the front and back.

Note: Fluoro green colour (only) as per SLSQ High Visibility Clothing Policy MS13.

- Green is the preferred colour to avoid clashes with Water Safety Personnel.



Note: if the member wears a wetsuit or stinger suit as nominated above due to local conditions the high visibility (fluorescent) vest must be worn as the outer most garment (i.e. over top of the wetsuit or stinger suit).

NIPPER ADULT ASSISTANT KEY ACTIVITIES

NAA's will assist with delivery of the following shallow water activities:

- Wading
 - Skills
 - Individual races
 - Relay races
- Body Boarding
- Other shallow water activities identified by club or in the SLSQ Games Manual (discuss what activities your club do at Nippers in shallow water)

SKILLS AND TECHNIQUES

Wading

- Swing legs out and away from body
- High Knees to clear water
- Swing Arms wide for balance
- Stance should be upright but not leaning forward

Example video [here](#)

SKILLS AND TECHNIQUES

Dolphin Diving

- Commence when water is too deep to wade.
- Dive forward and into the water with arms together and out-stretched.
- Angle your dive 45 degrees towards the bottom and dig hands into sand to prevent being dragged backwards by wave.
- Bring legs / feet forward to where hands are and drive / spring 45 degrees forward and upwards with hands / arms out stretched ready to repeat dolphin dive.

Example video [here](#)

SKILLS AND TECHNIQUES

Body Boarding

- Stand up holding the board on the sides near the top with two hands.
- Look behind you for an oncoming wave.
- Just before the wave hits you launch yourself forward and kick hard.
- Keep the front of the board out of the water to prevent nose-diving.

SURF ZONE INFORMATION

Rip Currents

Five (5) common signs of a rip current are;

- Deeper, darker coloured-water
- Fewer breaking waves
- A rippled appearance, surrounded by smoother water
- Debris floating
- Foamy or discoloured sandy water extending beyond the surf zone.

Rip currents may not necessarily show all five signs at once and may have only one or two of these signs.

SURF ZONE INFORMATION

Tides

High tide generally occurs twice in a 24-hour period; however, this may vary for a location during any given week or month. Tide can affect a variety of conditions and hazards in the surf zone, which the lifesaver should be aware of:

HAZARD	RISING TO HIGH TIDE	FALLING TO LOW TIDE
Rip currents	Generally slower flow speeds	Faster flowing water and greater definition of rip current channels
Rock platforms	Waves overtopping higher up the platform, more dangerous for rock fishing	Intertidal zone out of water, greater exposure to slippery moss and algae
Sandbanks	More water over the sandbank, generally better for swimmers	Less water over the sandbank, higher danger of spinal injuries
Waves	Spilling waves, good for learning to surf and bodysurf	Plunging waves, dangerous for novice surfers and swimmers

The SLS [*Beachsafe*](#) App allows you to look up the specific tide conditions at the beach you are heading to.

SURF SPORTS MANUAL WADE RACE

Three Water Safety Personnel shall stand in waist depth water (waist depth water is determined by the knees of the participants involved.).

4.9.2 Procedure

- a) The competitors shall be positioned on the start line.
- b) On the Starter's signal the competitors shall enter the water and round the three Water Safety Markers from left to right and cross the finish line.
- c) Competitors may wade, dive or swim their way around the water section of the course, return to shore and finish between the two green finish flags.

The NAA shallow water depth is up to the knees of the participants.

SURF SPORTS MANUAL WADE RELAY

Three Water Safety Personnel shall stand in waist depth water (measured at the water safety personnel's median waist depth level at the time the race is being conducted).

4.10.2 Procedure

- (a) A wading relay shall consist of four competitors.
- (b) The No. 1 competitor of each team shall stand on the start line and the remaining team members shall be lined up adjacent to the starting line.
- (c) On the starting signal the No. 1 competitor shall enter the water, round the water safety markers, leave the water, round the two green and yellow flags and return to the start change over line where the No. 2 competitor of their team will have been marshalled into position.
- (d) The No.1 and 2 competitors must visibly tag (refer Section 2.21 for definition of a tag). The No. 2 competitor shall enter the water, round the water safety markers, leave the water, round the two green and yellow flags and return to the start change over line where the No. 3 competitor of their team will have been marshalled into position.
- (e) The No. 2 and 3 competitors must visibly tag (refer Section 2.21 for definition of a tag). The No. 3 competitor shall enter the water, round the water safety markers, leave the water, round the two green and yellow flags and return to the start change over line where the No.4 competitor of their team will have been marshalled into position.
- (f) The No. 3 and 4 competitors must visibly tag (refer Section 2.21 for definition of a tag).The No.4 competitor who shall enter the water, round the water safety markers, leave the water round the first green and yellow flag and run past the second green and yellow flag and run between the two green flags to finish.

Note: The SCO line only is required for the start and changeover i.e. once a race has commenced there is no requirement for an outgoing competitor to cross this line after a changeover but the competitor must be tagged on the shoreward side of the SCO line.

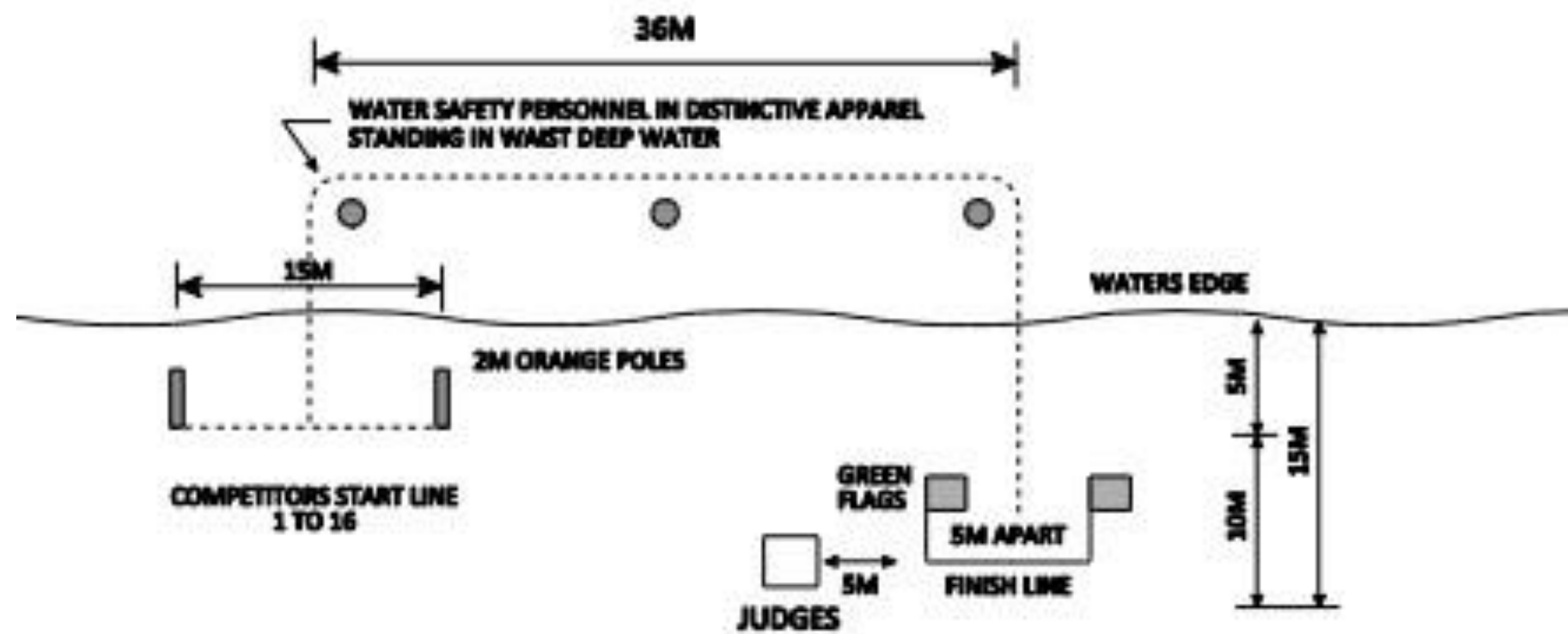


FIGURE 8: WADING RACE
 (Distances approximate only)

SLSQ GAMES MANUAL

For assistance on Beach Activities you can do within your club refer to the SLSQ Games Manual which can be found on the SLSQ App.

[SLSQ Games Manual](#)

NIPPER FLAGS



BEACH SPRINTS



SIGNALS

Signals



SIGNALS

Beach to water signals



1. Attract attention



2. Pick up swimmers



3. Proceed further out to sea



4. Go the right or to the left



5. Remain stationary



6. Message understood, all clear



7. Pick up or adjust buoys



8. Return to shore

Water to beach signals



9. Assistance required



10. Shore signal received and understood



11. Emergency evacuation alarm



12. Submerged victim missing



13. All clear/ok



14. Powercraft wishes to return to shore

WHAT TO DO IN A BEACH EMERGENCY

- The NAA Role in a Beach Emergency will be to ensure all nipper members are removed from the water.
- The NAA will take the direction from the JAC and/ or Patrol Captain on duty.
- The JAC will direct the NAA with duties that may include counting of nippers, or crossing of against Nipper role to ensure all children are accounted for on the day.
- Make sure you refer to the individual club Emergency Response Procedure.

WHAT NEXT?

HOW TO BE ENDORSED AS A NIPPER ADULT ASSISTANT

- Complete the multiple choice theory questions on Jot Form. Please click – [Nipper Adult Assistant \(NAA\) Questionnaire](#)
- Show a copy of your completed JotForm to the Junior Activities Coordinator or Club to sign off
- Club to submit Form14 and ensure it is processed.

KEY CONTACTS AND FURTHER INFORMATION

- Age Manager
- Junior Activities Coordinator (or relevant JA Committee member)
- Club Management Committee

NIPPER SUNDAY – NAA OPERATIONS

- Make sure you sign on to the Water Safety Log Book as “NAA” (or similar club specific mechanism) to ensure your hours are being noted in Surfguard.
- Check in with the Age Manager you report to for any updates.
- Ensure you sign off in the Water Safety Log Book at the conclusion of the Nipper program.



FUN
FAMILY
FRIENDS

GET ACTIVE
GET INVOLVED
HAVE FUN