

NIPPER LESSONS OVERVIEW

Lesson	Time	U8 - Surf Aware 1	U9 - Surf Aware 2	U10 - Surf Safe 1	U11 - Surf Safe 2	U12 - Surf Smart 1	U13 - Surf Smart 2	Cleaning Roster
1	1: 8:50 - 9:25				Lesson 1: Intro to Surf Life Saving Lesson 2: Personal Safety	Lesson 1: Intro to Surf Lifesaving Lesson 15: Beach Sprint & Relay	Preliminary Assessment Lesson 1: Intro to Surf Lifesaving	U8
	2: 9:30 - 10:05	Lesson 1: Intro to Surf Life Saving Lesson 12: Beach Flags	Lesson 1: Intro to Surf Life Saving Lesson 2: Personal Safety Lesson 3: Ecosurf	Lesson 1: Intro to Surf Lifesaving Lesson 2: Personal Safety Lesson 3: Ecosurf	Lesson 13: Beach Sprint & Relay	Preliminary Assessment Lesson 10: Signs & Signals	Lesson 11: Board Race	
	3: 10:10 - 10:45	Lesson 2: Personal Safety Lesson 3: Ecosurf Lesson 4: Sun Safety	Preliminary Assessment Lesson 8: Signs & Signals	Lesson 4: Sun Safety Lesson 13: Beach Sprint & Relay	Preliminary Assessment Lesson 8: Signs & Signals	Lesson 12: Board	Lesson 2: Personal Safety Lesson 3: Ecosurf Lesson 5: Surf Safety	
	4: 10:50 - 11:25	Preliminary Assessment Lesson 8: Signs & Signals	Lesson 4: Health & Wellbeing Lesson 12: Beach Flags	Preliminary Assessment Lesson 7: Signs & Signals	Lesson 9: Board Lesson 10: Board	Lesson 2: Personal Safety Lesson 3: Ecosurf Lesson 4: Sun Safety	Lesson 14: Beach Sprint & Relay	
2	1: 8:50 - 9:25				Beach Flags	Board Relay	Lesson 12: Swim - Surf Race	U9
	2: 9:30 - 10:05	Lesson 5: Surf Conditions & Hazards Lesson 11: Beach Sprint & Relay	Lesson 9: Board	Lesson 8: Rescue Techniques Swim and Wade	Lesson 3: Ecosurf Lesson 4: Surf Conditions & Hazards	Lesson 16: Beach Flags	Lesson 11: Board Relay	
	3: 10:10 - 10:45	Lesson 10: Swim & Wade	Lesson 5: Surf Conditions & Hazards Lesson 11: Beach Sprint & Relay	Lesson 9: Board Lesson 10: Board	Lesson 12: Swim Wade Race	Lesson 5: Health & Wellbeing Lesson 7: The Human Body	Lesson 15: Beach Flags	
	4: 10:50 - 11:25	Lesson 9: Board	Lesson 10: Swim & Wade	Lesson 5: Surf Conditions & Hazards Beach Flags	Lesson 11: Board Relay	Lesson 14: Swim	Lesson 4: Health & Wellbeing Lesson 6: The Human Body	
3	1: 8:50 - 9:25				Board Rescue	Lesson 9: Resuscitation	Competition Skills Evaluation Lesson 9: Interpersonal Communication	U10
	2: 9:30 - 10:05	Lesson 10: Swim & Wade	Lesson 12: Flags	Lesson 11: Board Rescue	Lesson 6: Resuscitation	Competition Skills Evaluation Lesson 6: Surf Conditions & Hazards	Lesson 14: Beach Sprint & Relay	
	3: 10:10 - 10:45	Lesson 9: Board	Competition Skills Evaluation Lesson 8: Signs & Signals	Lesson 6: Resuscitation	Competition Skills Evaluation	Lesson 15: Beach Sprint & Relay	Lesson 11: Board Rescue	
	4: 10:50 - 11:25	Lesson 12: Beach Flags	Lesson 9: Board	Competition Skills Evaluation Lesson 7: Signs & Signals	Lesson 13: Beach Sprint & Relay	Lesson 13: Board Rescue	Lesson 8: Resuscitation	
4	1: 8:50 - 9:25				Lesson 14: Ironperson	Lesson 16: Beach Flags	Lesson 13: Tube Rescue	U11
	2: 9:30 - 10:05	Lesson 9: Board	Lesson 10: Swim & Wade	Lesson 13: Beach Sprint & Relay	Lesson 7: Interpersonal Communications Lesson 8: Signs & Signals	Tube Rescue	Lesson 16: Ironperson	
	3: 10:10 - 10:45	Lesson 6: Surf Safety Lesson 11: Beach Sprint & Relay	Board Relay	Lesson 12: Swim - Tube Rescue	Beach Flags	Ironperson	Lesson 10: Patrols	
	4: 10:50 - 11:25	Lesson 10: Swim & Wade	Lesson 6: Surf Conditions & Hazards Lesson 11: Beach Sprint & Relay	Board Relay	Tube Rescue	Lesson 11: Patrols	Lesson 15: Beach Flags	
5	1: 8:50 - 9:25				Board Race	Surf Race	Lesson 7: First Aid	U12
	2: 9:30 - 10:05	Lesson 12: Beach Flags	Board Race	Surf Race Wade Race	Lesson 13: Beach Sprint & Relay	Lesson 8: First Aid	Lesson 11: Board Race	
	3: 10:10 - 10:45	Lesson 10: Swim & Wade	Lesson 12: Beach Flags	Board Race	Lesson 5: First Aid	Lesson 15: Beach Sprint & Relay	Lesson 12: Surf Race	
	4: 10:50 - 11:25	Lesson 9: Board	Lesson 10: Swim & Wade	Lesson 6: First Aid	Surf Race	Board Race	Lesson 14: Beach Sprint & Relay	
6	1: 8:50 - 9:25				Lesson 14: Cameron Relay	Lesson 16: Beach Flags	Lesson 12: Run-Swim-Run	U13
	2: 9:30 - 10:05	Lesson 10: Swim & Wade	Lesson 7: First Aid Lesson 11: Beach Sprint & Relay	Cameron Relay	Review Lessons 1-8	Run-Swim-Run	Lesson 15: Beach Flags	
	3: 10:10 - 10:45	Lesson 9: Board	Surf Race Wade Race	Beach Flags	Run-Swim-Run	Cameron Relay	Review Lessons 1-10	
	4: 10:50 - 11:25	Lesson 7: First Aid Lesson 11: Beach Sprint & Relay	Cameron Relay	Surf Race Wade Race	Beach Flags	Review Lessons 1-10	Lesson 16: Cameron Relay	
	11:30 - 12:30	BBQ & Presentation	BBQ & Presentation	BBQ & Presentation	BBQ & Presentation	BBQ & Presentation	BBQ & Presentation	
Key		Swim Area U8-U9 Swim Area U10-U13	Board Area U8-U9 Board Area U10-U13	Beach Flags Area	Beach Sprints Area	Lawn Area	Clubhouse	