



NIPPER LESSONS - TOPICS

Lesson No.	U8 - Surf Aware 1	U9 - Surf Aware 2	U10 - Surf Safe 1	U11 - Surf Safe 2	U12 - Surf Smart 1	U13 - Surf Smart 2
1	Intro to Surf Lifesaving	Intro to Surf Lifesaving	Intro to Surf Lifesaving	Intro to Surf Lifesaving	Intro to Surf Lifesaving	Intro to Surf Lifesaving
2	Personal Safety	Personal Safety	Personal Safety	Personal Safety	Personal Safety	Personal Safety
3	Ecosurf	Ecosurf	Ecosurf	Ecosurf	Ecosurf	Ecosurf
4	Sun Safety	Physical Health, Wellbeing & Personal Safety	Sun Safety	Surf Conditions & Hazards	Sun Safety	Physical Health, Wellbeing & Personal Safety
5	Surf Conditions & Hazards	Surf Conditions & Hazards	Surf Conditions & Hazards	First Aid	Physical Health, Wellbeing & Personal Safety	Surf Safety
6	Surf Safety	Surf Conditions & Hazards	Resuscitation	Resuscitation	Surf Conditions & Hazards	The Human Body
7	First Aid	First Aid	Signs & Signals	Interpersonal Communication	The Human Body	First Aid
8	Signs & Signals	Signs & Signals	Rescue Techniques	Signs & Signals	First Aid	Resuscitation
9	Board - Paddling Techniques	Board - Paddling Techniques	Board - Entering & Exiting the Surf	Board - Entering & Exiting the Surf	Resuscitation	Interpersonal Communication
10	Swimming - Entering the Surf	Swim - Body Surfing	Board - Negotiating the Surf	Board - Catching Waves	Signs & Signals	Patrols
11	Beach Sprints - Starts	Beach Sprints - Techniques	Board - Board Rescue	Board - Board Relay	Patrols	Board Race & Board Rescue
12	Flags - Starts & Turns	Flags - Diving for Batons	Swim - Tube Rescue	Swim - Negotiating the Surf	Board - Negotiating the Surf	Swim - Event
13			Beach Sprint - Beach Relay	Beach Sprint - Starts and Finishes	Board - Board Rescue	Swim - Tube Rescue
14				Multidiscipline - Transitions	Swim - Negotiating the Surf	Beach Sprint - Event
15					Beach Sprint - Technique	Beach Flags - Event
16					Beach Flags - Strategy	Multidiscipline - Event