



Unit Assessment Sheet

01369 - SLSGB Nipper 3

Course Number	01369	Lead Trainer Name	
Course Type	SLSGB Nipper 3	Date	
Assessor 1		Signature	
Assessor 2		Signature	

Unit NIP01 - Nipper 1

Assessment Criteria			Candidate Names						
Learning Outcome 1.X Demonstrate basic surf safety skills and knowledge									
#	Definition	Example Evidence							
1.1	Demonstrate running into the sea								
1.2	Demonstrate going underwater as a wave passes								
1.3	Demonstrate jumping or charging through waves								
1.4	Demonstrate the ability to relax and float on the back in the sea for 30 seconds								
1.5	Demonstrate shout and signal for help								
1.6	Demonstrate providing a friend with a flotation device								
1.7	Identify 'Return to Shore', 'Proceed Further Out to Sea', 'Go Left' and 'Go Right' signals								
1.8	Understand one whistle blast for attract attention								

1.9	Perform 'Assistance Required' signal								
1.10	Identify recognised areas for safe swimming on beaches								
1.11	Identify dangerous areas for swimming on beaches								
1.12	Identify a lifeguard								
1.13	Recognise to only ever enter the water with another competent person, not alone								
Overall Result									
Competent / Not Yet Competent / Partial Pass									

Unit NIP02 - Nipper 2

Assessment Criteria			Candidate Names						
Learning Outcome 1.X									
To able to demonstrate basic surf safety skills within own depth									
#	Definition	Example Evidence							
1.1	Demonstrate wading and running through waves								
1.2	Demonstrate diving over waves								
1.3	Demonstrate correct body surfing position								
1.4	Demonstrate completion of a wading course								
1.5	Demonstrate swimming in flat conditions for 100 metres								
1.6	Demonstrate prone paddling a board, in flat conditions for 150 metres								
1.7	Demonstrate carrying of a board								
1.8	Demonstrate a capsize and get back on a board								
1.9	Demonstrate ability to turn left and turn right while prone paddling a board								
1.10	Identify two safety points when using a board								
1.11	Identify three types of waves								
1.12	Recognise the flagged/safe areas and times to go in the water								
1.13	Recognise two potential dangers of other water users to self								
1.14	Be able to explain what to do when in trouble in the sea								
1.15	Know who to call in an emergency								
Overall Result									
Competent / Not Yet Competent / Partial Pass									

Unit NIP03 - Nipper 3

Assessment Criteria			Candidate Names						
Learning Outcome 1.X									
Demonstrate competence in surf swimming and board paddling for out of depth nipper activities									
#	Definition	Example Evidence							
1.1	Demonstrate ability to tread water for 30 seconds at sea								
1.2	Complete a 300 metre swim course								
1.3	Complete a 400 metre board course								
1.4	Demonstrate ability to perform dolphin dives appropriate for going over and under waves								
1.5	Demonstrate ability to turn the board 360 degrees whilst sitting, without the need for the use of the hands								
1.6	Demonstrate ability to perform correct skills to be able to ride a wave on a board, straight to shore								
1.7	Demonstrate ability to quickly move weight from front to back and back to front of board								
1.8	Demonstrate ability to get to kneeling position on a board								
1.9	Demonstrate ability to push and glide on a board								
1.10	Identify five specific safety points specific to using craft								
1.11	Demonstrate using a board as a flotation support for a friend at sea, until help arrives								
1.12	Signalling for 'Danger' and 'All clear' (from a board)								
1.13	Identify three types of rip currents								

1.14	Able to explain what to do if you see someone else in trouble in the sea								
1.15	Able to explain how to keep position in the sea and align with fixed objects on the land								
Overall Result									
Competent / Not Yet Competent / Partial Pass									

Unit NIP04 - Nipper 4

Assessment Criteria			Candidate Names						
Learning Outcome 1.X									
To demonstrate highly competent water skills for nipper activities and prepare for progressing through to more advanced levels of competency as junior/youth									
#	Definition	Example Evidence							
1.1	Complete a 500 metre board, 100 metre run and 300 metre swim course in succession in the sea								
1.2	When Surf Swimming: wade, dolphin dive, swim out to sea then tread water at sea for three minutes and be able to swim and body surf back to shore, as appropriate								
1.3	With use of a board: bunny hop, prone paddle and knee paddle on a board; sit and turn the board left and right 360 degrees without need to use the arms; lie and pop through waves; ride along waves left and right and carry the board independently								
1.4	Demonstrate ability to move weight from front to back of board and back to front of board when on a wave								
1.5	Communicate 'Assistance Required', 'Go Left', 'Go Right', 'Return to Shore' using recognised signal flags								
1.6	Demonstrate ability to paddle a board to shore from beyond the break, with another friend on the front								
1.7	Identify the treatment for a weaver sting								
1.8	Identify at least 1 danger associated with each of the following: rips, waves, rocks, cliffs, sand, wind, tides, sun and cold								
Overall Result									
Competent / Not Yet Competent / Partial Pass									

