

AWARD SPECIFICATION



Nipper Lifesaver Silver

Minimum Age at Assessment:	9 years of age
Minimum Guided Learning Hours:	Not Applicable this is a progressive development award
Pre-Requisites:	A current member of SLSGB
Validity:	Indefinite
Continuous Professional Development (CPD):	Not Applicable
Trained By:	Level 1 Coaches supervised directly by a Level 2 Coach Level 2 Coach
Assessed By:	Level 2 Coach (This can be coach assessed)
Assessment Fee:	£7
Units to be taken in order to achieve this Award:	Nipper Lifesaver Silver Knowledge Nipper Lifesaver Silver Ocean Star Nipper Lifesaver Silver

Award Aims:

This award exists to build the confidence of the participants giving them the knowledge and skills to become a competent lifesaver. Participants can now enjoy the beach environment with others and will know how to help them if they were in danger.

Award Learning outcomes:

Candidate must be able to demonstrate that they can perform the following criteria competently:

Knowledge	Performance
I know what to do to protect myself from the sun, slip-slap-slop	I can tread water in a swimming pool whilst signalling that help is needed
I know what a beach Lifeguard does	I can pass a flotation device to a friend in a swimming pool
I know three reasons why it might be unsafe to go into the water	I can float on my back for two minutes in flat sea conditions
I know what to do if something bad happened to my buddy in the sea or on the beach	I can tread water in the sea for three minutes
I know where the nearest phone is	I can tread water in the sea whilst I signal that help is needed
I know what to do if I saw someone in trouble in the water	I can float on my back in surf for 2 minutes
I can describe the sea conditions that I see and decide whether it is safe for me to go into the water	I can swim 100 metres in flat water
I know how to identify a rip and the dangers associated with them	I can pass a flotation device to a friend in the sea
I know what I have to look out for before entering into water	I have attempted and practised paddling a nipper board over small waves
I know what to do if I get stung by a weaver fish	I can dismount from a Nipper board in shallow water
I know how to use points (landmarks) on the beach to help me to stay in the safe area of the beach	I can catch and ride a wave on a Nipper board
I know what to do if the weather conditions get worse when I am at the beach or in the sea	I can swim through surf and along the shore line swim back to shore in chest depth water (300m)
I know the dangers caused by an incoming tide	I can paddle a nipper board 400 metres around a board course
I know how the sun and moon effect tides	I have completed board relay activities
I know how long it takes for a tide to go from low to high water at my beach	
I know the four points of the compass	
I know how to read four and six figure map references	

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Assessment Process:

This award is assessed over a number of club sessions until the coach is competent that the candidates can achieve the above desired outcomes.

Typical format of delivery:

During club sessions

Supporting Information:

Guidance:	There is no timeframe in which this award needs to be achieved by
Resources Available:	Nipper Lifesaver Logbook Nipper Lifesaver Silver Certificate Nipper Lifesaver Silver Ocean Star Lapel Pin Badge Nipper Lifesaver Silver Knowledge Certificate
MIS (Membership Information System):	This award must be registered on MIS and candidates enrolled prior to the assessment taking place
Online Learning Environment:	Not Applicable
Recognition of Prior Learning:	Not Applicable
Progression:	Lifesaver Apprentice Gold