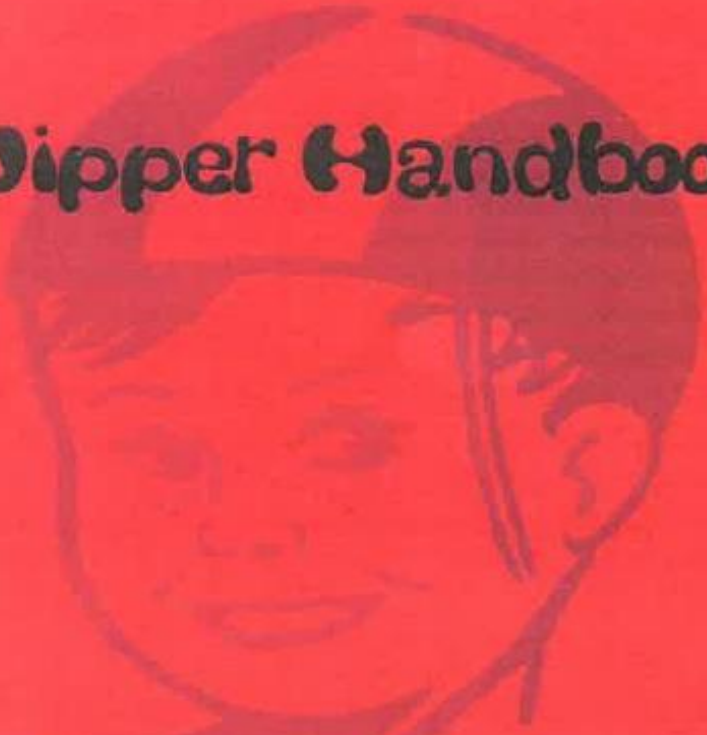




LIFESAVING SA

Nipper Handbook



Surf & Stillwater

Who is a Nipper?



My
Photo

- Nippers :
- Want to enjoy themselves
 - Learn new skills
 - Be with friends
 - Help others
 - Achieve success

My Name is : _____

I was born on : _____

I am a Nipper at the : _____ Club

LIFESAVING HAS IT ALL !

Awards Received

Date Passed

Level 1 - Pool

Level 1 - Surf

Level 1 - Open Water

Level 2 - Pool

Level 2 - Surf

Level 2 - Open Water

Level 3 - Pool

Level 3 - Surf

Level 3 - Open Water

ENTRANCE TEST

So you want to become a
NIPPER

To become a nipper you have to pass a test called the
ENTRANCE TEST

This test must be done by both surf and stillwater nippers.

After passing this test you are eligible to do the nipper awards
and participate in other fun activities.

Do not worry it's as easy as
PUDDING AND PIE.

ALL THIS TEST REQUIRES IS ...

1. A 100m swim in less than 3 minutes without stopping, in a swimming pool.

Time: _____ mins _____ Sec.

2. Treading water continuously for 5 minutes.

Time: _____

3. Retrieve an object 1,5 metres deep in a pool.

Time: _____

Examiners Name

Date

Signature

CONTENT

- Chapter 1 – Water Safety Rules
- Chapter 2 – First Aid
- Chapter 3 – Lifesaving
- Chapter 4 – Signals
- Chapter 5 – Awards
- Chapter 6 – Water Skills

WHEN HINE AND RICKY ARRIVE AT THE BEACH THEY LOOK TO SEE WHERE THE FLAGS ARE SO THEY CAN SET UP THEIR GEAR FOR THE DAY



Chapter One

Water Safety Rules

RULE 1

HAVE AN ADULT WATCH OVER YOU



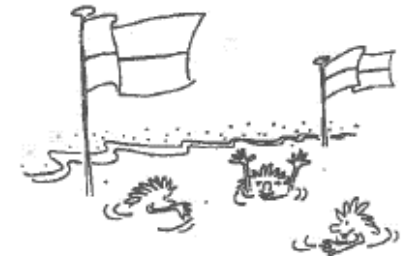
This is an important rule to follow, because an adult can act quickly and correctly in case of an emergency.

RULE 2

ONLY SWIM AT SAFE AREAS

At the beach:

- 1. Always choose a section of beach where there are lifeguards.*
- 2. Stay between the red and yellow flags. These flags show where it is safe to swim*



OTHER SAFE AREAS

- 1. Swimming pools where there are lifeguards or other adults.*
- 2. If you are on a strange beach or dam, swim where the beacons indicate there is safe swimming.*

RULE 3

KNOW YOUR LIMITS

- Know your abilities and do not show off.*
- Do not swim if the waves are too big or if there are any rip currents.*
- If you are not a good swimmer do not go in too deep.*



RULE 4

NEVER SWIM OR SURF ALONE



Always go with others, because they can help or get help if you get in to trouble.

RULE 5

IF IN DOUBT STAY OUT!



Make sure you know the conditions before jumping in!

Check for hidden dangers
1. rocks or other objects underneath the water.
2. rip currents

If there are NO LIFEGUARDS stay OUT!

RULE 6

ALWAYS USE CORRECT AND SAFE EQUIPMENT

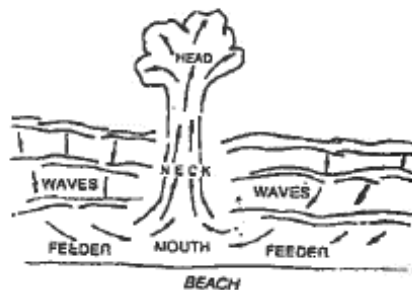
- If it is cold use a wetsuit, but make sure it fits correctly.
- Use a board, (example: body board or surfboard), with handles or a leash.
- Use flippers when swimming or paddling in strong currents.

RULE 7

BE AWARE OF CURRENTS

At the beach be aware of RIP CURRENTS.

Diagram
(Formation of a Rip Current)



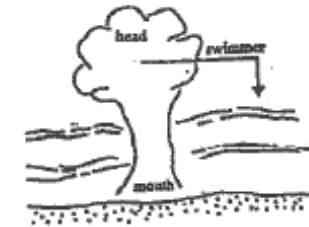
A rip current is a body of water returning out to sea at a surf beach.

Identifying Features

1. Calm patches in the surf with waves breaking either side.
2. Deeper water, darker colour.
3. Rippled or criss-crossed water surface.
4. Discoloured water, often with debris and sand.
5. Foamy surface that extends out to sea.

When caught in a rip:

- Swim parallel or across to the beach out of the rip
- Return to the shore through the breaking waves.



Survival in river currents.

When caught in a fast flowing river:

- Float feet first with the current
- Swim across the current when the water is deep and the flow has slowed.



RULE 8

CONSIDER OTHER PEOPLE

- Do not use boards in crowded areas or between the bathing flags.
- When swimming keep an eye out for board-riders, boats and other water vessels.

RULE 9

DO NOT SWIM OR SURF WHEN TIRED OR COLD

- *Swimming when you are cold or tired could cause cramps.*
- *This will make it difficult to get out of the water.*

RULE 10

LISTEN TO ADVICE FROM LIFEGUARDS



- *Lifeguards are trained to identify dangers in the water.*
- *They prevent swimmers from getting into difficulty and can perform rescues if you need help.*
- *Obey instructions from lifeguards at all times.*

RULE 11

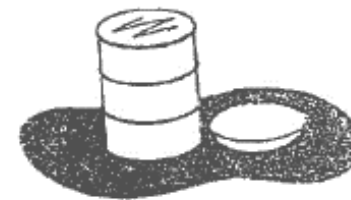
DO NOT SWIM AT NIGHT

- *Swimming at night is dangerous as it is difficult to see you in the water.*
- *The only SAFE place to swim at night is in a well-lit swimming pool.*

RULE 12

KEEP WATER CONTAINERS COVERED OR SECURE

- *Remind your parents to keep the swimming pool covered or fenced.*
- *Water containers such as, wells, drums of water and water tanks must be kept covered.*



Chapter Two

First Aid



SUN SENSE

The beach is a natural playground during Summer.

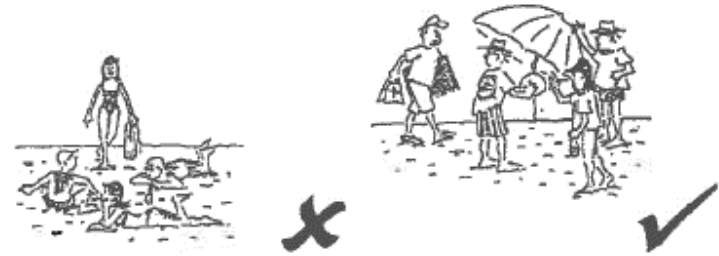
Protect yourself by:



There is however a potential danger which can attack young or old alike -

The SUN

Harmful rays emitted from the sun can spoil our enjoyment at the beach and may seriously affect our health.



BLUEBOTTLE STINGS

The bluebottle found in South Africa looks like a bubble with blue tentacles and streamer

Both the tentacles and the streamer can sting when they make contact with the skin.



TREATMENT



1. Wash off remaining tentacles with seawater, or pick off with fingers (the pads of the fingers are thick-skinned and only a harmless prickling may be felt.)



2. Apply ice to relieve the pain.
3. Seek medical help if the pain does not go away.

❖ **DO NOT RUB WITH SAND OR RINSE WITH FRESH WATER**

CRAMP

The most common causes of cramp are too much exercise of unfit muscles and swimming in cold water

When you get a cramp some of your muscles will contract painfully (pull stiff in a ball).

TREATMENT

1. If you get cramp in the water, you must float on your back and signal for assistance.
2. Do not panic and if you can, try and stretch the muscle concerned.
3. If there is nobody to assist you, float back to shore or side of the pool without using the cramped muscles.
4. When you get out of the water, you must keep the muscle warm and massage it.

SAND IN EYES

TREATMENT

Do not rub the eye

1. Wash the eye with lots of clean water.

This can be done by scooping up running water in the cup of your hand and blinking quickly into this.



2. If sand is on the white of the eye, or lower lid, remove sand by gently wiping with the corner of a clean damp handkerchief.
3. If sand is on the upper lid, pull the eyelid down over the lower lid – the lower lashes may wipe off the sand.
4. If the sand does not come out easily, or if the eye hurts for more than a few hours, seek medical help.

❖ **When helping somebody who is bleeding, you must wear latex gloves.**

MINOR CUTS

Treat minor cuts by cleaning it with clean running water or Savlon mixed with water.



BLEEDING

TREATMENT

1. Stop all activity.
2. Place direct pressure on the bleeding part with fingers or bandages.
3. If possible raise the affected limb (leg or arm).
4. Clean around the wound.
5. Apply a dressing or bandage while maintaining direct pressure.
6. If serious, seek medical help.



NOSE BLEED

If you should get a bleeding nose, sit down, put your head forward, and pinch the soft part of your nose for about 5 minutes and breath through your mouth. Do not blow or sniff through your nose.



HEAT EXHAUSTION

This is a condition caused by the loss of water and salt from the body.

Signs to look for:

- Headache, dizziness
- Cramp in muscles
- Cold, clammy and pale skin
- Fainting

TREATMENT

1. Stop all activity.
2. Go sit in a cool place.
3. Drink water or an energy drink.
4. Seek medical help.



BEE STINGS

- Use the back of a knife to scrape the sting off the skin.
- **DO NOT** squeeze or pinch to remove the sting.
- Apply ice over the area.

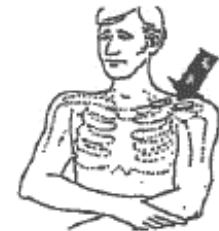
Bee stings can be very dangerous if people are allergic.

- If breathing becomes difficult, seek medical help immediately.

BROKEN BONES

To treat a broken bone you must:

- ✓ Control any bleeding
- ✓ Support the injured limb in a natural position.
- ✓ Do not move the limb.
- ✓ Seek medical help.



FAINTING

Various things can cause fainting, such as:

- Something emotional (if someone died)
- Exhaustion
- Dehydration and many other things.

TREATMENT

- ❖ Place the person in the recovery position.
- ❖ Reassure the person
- ❖ Send for help and get somebody to stay with the person.

The 3 H's

HAZARDS

Check to see if there are any dangers that can injure or harm you or the other person

Once you have done that go over to the person and shout

"HELLO"

and at the same time tap firmly on the person's shoulders

if there is no response call for

HELP

and put the person into the recovery position.

The RECOVERY POSITION

The recovery position keeps the airway open.

First place the hand nearest to you against her face.

Then place the opposite arm and leg across the body.

*Now turn her as a UNIT,
With your one hand supporting her cheek while your other hand grasps the hip and rolls her over gently towards YOU.*



Pull the knee into an L-shape and then gently position their arm to take the weight of their head. Position their other arm into an L-shape – elbow and hand resting on the ground.

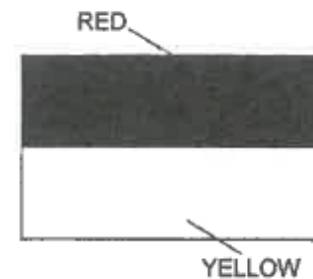
INSTRUCTORS MUST USE PRACTICAL DEMONSTRATIONS TO EXPLAIN THE RECOVERY POSITION

Chapter Three

Lifesaving

INTERNATIONAL LIFESAVING COLOURS

RED and **YELLOW** are the colours worn by lifeguards when they are on duty.



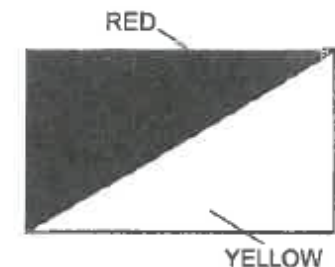
Red and Yellow flag

This flag is flown where lifeguards patrol the area.

When two of these flags are placed on poles at the waters edge it shows where it is safe to swim.

Lifesaving SA signal flag

Two of these flags are used to give signals to the lifeguards or nippers in the water.



WHAT TO DO IF SOMEONE NEEDS HELP (THE EMERGENCY PROCEDURE)

ON THE PHONE

What to say in an emergency

Dial your local emergency number
(please fill in the number)

Give your name and then your telephone
number

Indicate what type of emergency it is (e.g.
choking)

Give the exact location (place)

Answer all the questions and tell the person what
is happening

Make sure you put down the phone last

Return to the victim

A QUICK GUIDE

WHO?

You are

WHERE?

The accident is and where you are calling from

WHY?

You are calling

INTERNATIONAL BEACH SIGNS

SWIMMING PERMITTED



SURFING PERMITTED



SWIMMING PROHIBITED



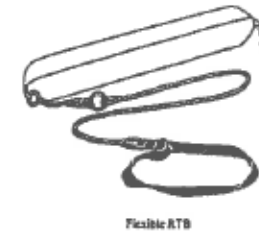
SURFING PROHIBITED



RESCUE TORPEDO BUOY (RTB)

There are two types of RTB a hard or rigid type and a soft or flexible type.

The RTB is used most often for rescues, because a lifeguard can reach the victim quickly and support him until help arrives.











Nippers must never play with the RTB and must inform a lifeguard if they see anyone else playing with it.

Chapter Four







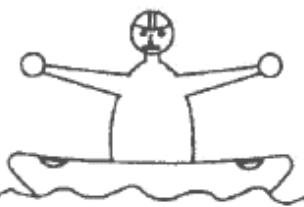
Signals



| | |
|--|---|
|  <p>ONE HAND UP Please come help me</p> |  <p>WAVE ARMS TO AND FRO Distress signal</p> |
|  <p>Attract attention (from the shore)</p> |  <p>Return to shore</p> |
|  <p>Shark alarm (flag signal)</p> |  <p>Proceed right</p> |
|  <p>6.b) Proceed left</p> |  <p> BOTH ARMS VERTICALLY ABOVE THE HEAD. Shark alarm (from a craft)</p> |

Chapter Five

Awards

| | |
|---|---|
|  <p>SURF RESCUE</p> <p>EXTENDED ARM, RAISE/LOWER 45°</p> <p>8. IRB returning to shore</p> |  <p>WAVE ONE ARM REPEATEDLY</p> <p>9. Assistance required (given by lifeguard)</p> |
|  <p>10. Remain stationary</p> |  <p>11. Proceed further out</p> |
|  <p>12. Message understood</p> |  <p>13. Message not understood</p> |
|  <p>BOTH ARMS HORIZONTAL</p> <p>14. All clear after shark alarm</p> | |

LEVEL ONE

Qualifying age: 8 and 9 years old

| POOL | SURF | OPEN WATER |
|--|--|--|
| 300m pool swim in under 8 minutes | | |
| No run / swim / run | 75m / 150m / 75m Run / swim / run in under 10 minutes at a beach | 75m / 150m / 75m Run / swim / run in under 10 minutes in open water e.g. dam |
| 20 sit-ups | | |
| 10 push-ups | | |
| Water safety rules <ol style="list-style-type: none"> 1. Have an adult watch over you 2. Only swim at safe areas 3. Know your limits 4. Never swim or surf alone 5. Stay out if in doubt | | |
| First aid (How to treat myself only) <ol style="list-style-type: none"> 1. Sun sense 2. Bluebottle sting 3. Cramp 4. Sand in the eye 5. Minor cuts | | |
| Signals <ol style="list-style-type: none"> 1. Please come help me 2. Distress signal 3. Attract attention from the shore 4. Return to shore 5. Shark alarm (flag signal) | | |
| Lifesaving <ol style="list-style-type: none"> 1. The colours of lifeguards clothing and the flags they use 2. What to do if someone needs help | | |

LEVEL TWO

Qualifying age: 10 and 11 years old

| POOL | SURF | OPEN WATER |
|--|---|---|
| 400m pool swim in under 10 minutes | | |
| No run / swim / run | 100m / 150m / 100m Run / swim / run in under 10 minutes | 100m / 150m / 100m Run / swim / run in under 10 minutes |
| 35 sit-ups | | |
| 15 push-ups | | |
| Water safety rules <ol style="list-style-type: none"> 1. Have an adult watch over you 2. Only swim at safe areas 3. Know your limits 4. Never swim or surf alone 5. Stay out if in doubt 6. Always use correct and safe equipment 7. Be aware of rip currents 8. Consider other people 9. Do not swim or surf when tired or cold 10. Listen to advice from lifeguards | | |
| First aid (How to treat myself only) <ol style="list-style-type: none"> 1. Sun sense 2. Bluebottle sting 3. Cramp 4. Sand in the eye 5. Minor cuts 6. Bleeding 7. Nose bleed 8. Heat exhaustion | | |
| Signals <ol style="list-style-type: none"> 1. Please come help me 2. Distress signal 3. Attract attention from the shore 4. Return to shore 5. Shark alarm (flag signal) 6. Proceed left or right 7. Shark alarm (from craft) 8. IRB returning to shore 9. Assistance required (given by lifeguard) | | |
| Lifesaving <ol style="list-style-type: none"> 1. The colours of lifeguards clothing and the flags they use 2. What to do if someone needs help 3. International beach signs | | |

LEVEL THREE

Qualifying age: 12 and 13 years old

| POOL | SURF | OPEN WATER |
|---|---|---|
| 400m pool swim in under 9 minutes | | |
| No run / swim / run | 150m / 200m / 150m Run / swim / run in under 10 minutes | 150m / 200m / 150m Run / swim / run in under 10 minutes |
| 50 sit-ups | | |
| 20 push-ups | | |
| Water safety rules | | |
| <ol style="list-style-type: none"> 1. Have an adult watch over you 2. Only swim at safe areas 3. Know your limits 4. Never swim or surf alone 5. Stay out if in doubt 6. Always use correct and safe equipment 7. Be aware of rip currents 8. Consider other people 9. Do not swim or surf when tired or cold 10. Listen to advice from lifeguards 11. Do not swim at night 12. Secure all water containers | | |
| First aid (How to treat myself only) | | |
| <ol style="list-style-type: none"> 1. Sun sense 2. Bluebottle sting 3. Cramp 4. Sand in the eye 5. Minor cuts 6. Bleeding 7. Nose bleed 8. Heat exhaustion 9. Bee stings 10. Broken bones 11. Fainting 12. The 3 H's 13. The recovery position | | |

Signals

1. Please come help me
2. Distress signal
3. Attract attention from the shore
4. Return to shore
5. Shark alarm (flag signal)
6. Proceed left or right
7. Shark alarm (from craft)
8. IRB returning to shore
9. Assistance required (given by lifeguard)
10. Remain stationary
11. Proceed further out
12. Message understood
13. Message not understood
14. All clear after shark alarm

Lifesaving

1. The colours of lifeguards clothing and the flags they use
2. What to do if someone needs help
3. International beach signs
4. The Torpedo Buoy

Chapter Six

Water Skills



SURF SKILLS

WADING

Up to knee/high depth water

HINTS

1. keep your knees high
2. swing your legs/feet away from your body in an arc
3. make sure your feet clear the water.
4. high arm movements will assist leg lift.



DUCKING UNDER A WAVE

in waist depth water

HINTS

1. bend over
2. stretch your arms out over your head
3. fall forward under the approaching foam.



DIVING WITH A BROKEN WAVE



in waist depth water

HINTS

1. push off in the direction of the wave as it is about to hit your bottom
2. your arms and hands should be stretched out in front of you
3. remember to keep your head down (chin on your chest).

CATCHING A BROKEN WAVE ON A BOARD



in waist depth water

HINTS

1. hold the back of the board into your waist
2. bend your legs slightly
3. push forward onto the board as the wave approaches
4. keep your legs apart
(this assists steering and balance)



A) Diving under waves
(thigh to waist depth)

HINTS

1. bend over keeping your body close to the water
2. dive under the foam level
3. hold the sand on the bottom
4. push off the bottom once the wave has passed over



WIPE OUT

If you are wiped out by a wave keep calm and relax. Wait for the wave to pass over you.



B) Catching a Wave

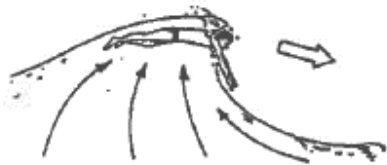
HINTS

1. push or swim in the direction of the wave before it is upon you, keep your body straight and head down.



PADDLING A RESCUE BOARD

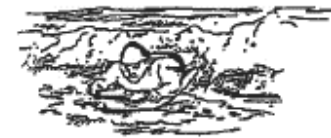
Position yourself on the board. Make sure you are correctly balanced - not too far forward or too far back.



2. Keep swimming until you feel the wave lift and carry you. Arch your body and spread your legs a little for balance. Keep your hands stretched out in front.



3. As the wave breaks tilt your body forward, keeping your body straight and legs spread.



CATCHING A WAVE

Ensure you have a good run as the wave approaches.

Once on the wave, move to the back of the board, lay down, spread your legs and hold onto the handles.



4. To get off the wave turn your body to one side or the other and tuck under the foam of the 'lip'. The wave will then pass over you.

Getting into the water



It is important to learn to get in and out of the water safely. Before entering the water always try to find out the depth of water and look for obstructions and dangers such as submerged logs and slippery surfaces. Never dive head first into unknown water. Learn to select the appropriate form of entry from the examples described in this section.

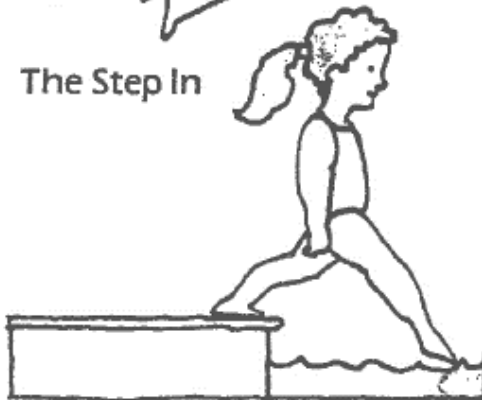
The Slide In



Use when depth and condition of swimming area are unknown.

- Lower body cautiously feet first.
- Feel for unseen objects.

The Step In



Use when water is clear and depth and water conditions are known.

- Step gently don't jump.
- Bend knees as you touch the bottom.

The Stride Step

Use from a low height in known deep water when you need to keep your head out.

- Step out.
- Stretch leading leg forward other leg back.
- Lean forward.
- Extend arms sideways and forward.
- Hold head erect.
- On entry scissor legs and push arms down.

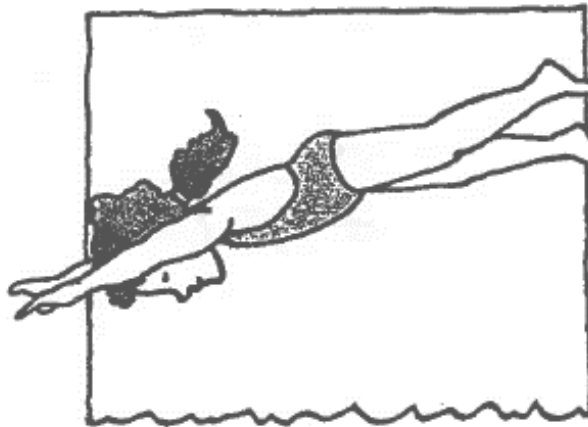


The Jump

Use for entries into known deep water from higher than one metre.

- Lead with one foot.
- Legs straight and bring together.
- Keep body vertical.
- Keep legs straight and together.
- Keep arms close to body.
- On entry tuck body and relax.





The Dive

Use only when depth and conditions of water are known. Never dive into shallow water. The depth should be at least equal to diver's height and deeper if diving from above the surface of the water.

- For standing dive, toes should be curled over edge.
- Swing arms forward and push legs straight on take-off.
- Keep body straight.



Accidental Entry

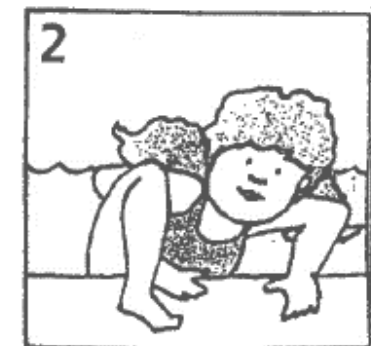
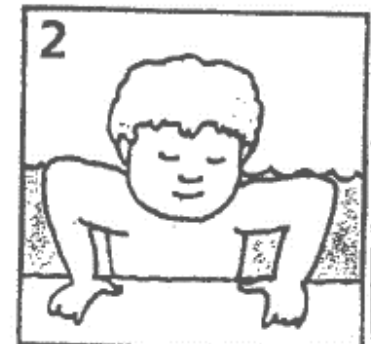
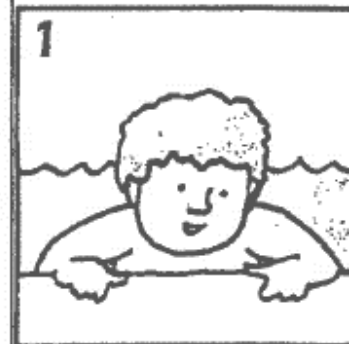
If you fall into the water unexpectedly try and remember these points.

- Tuck your body.
- Protect your face with your arms prior to entering the water.



Getting out of the water

As it is not always possible to wade out of water or climb up a ladder you need to practise other ways of getting out of deep as well as shallow water.

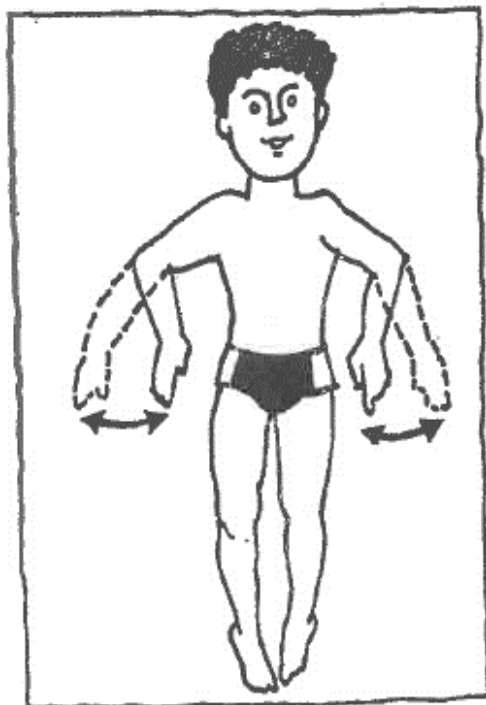


Sculling

Sculling involves using the hands to move the body through the water. Sculling activities help develop confidence in the water and because it is an efficient way of moving it is a very useful survival technique.

Basic sculling

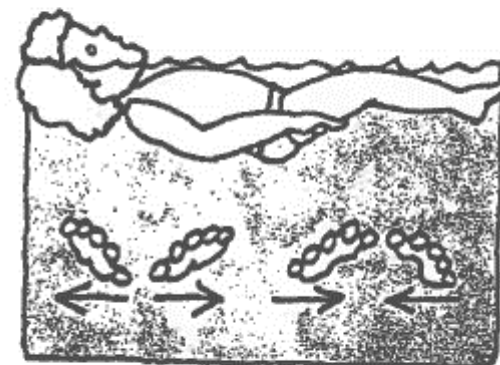
- Keep hands flat not cupped.
- Keep fingers together.
- Aim for smooth, continuous movement.
- Push evenly with both hands.



Some sculling activities to practise

Survival sculling

- Keep body in a stationary position.
- Scull with arms and hands.
- Gently kick legs to maintain body position.



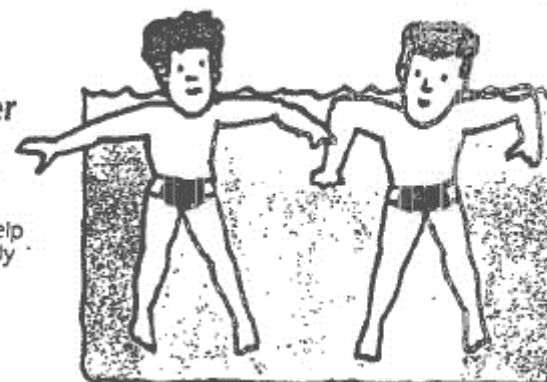
Travelling

- Try it on your back and front with your body stretched and then tucked.



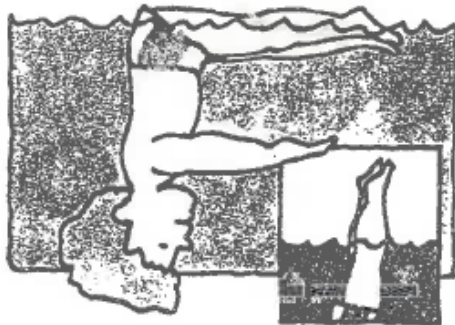
Treading water

- Keep body vertical.
- Scull horizontally with your arms.
- Keep legs relaxed to help maintain a vertical body position.



Surface Diving

When you are in the water you can use two main methods of submerging depending upon the circumstances.



Head first

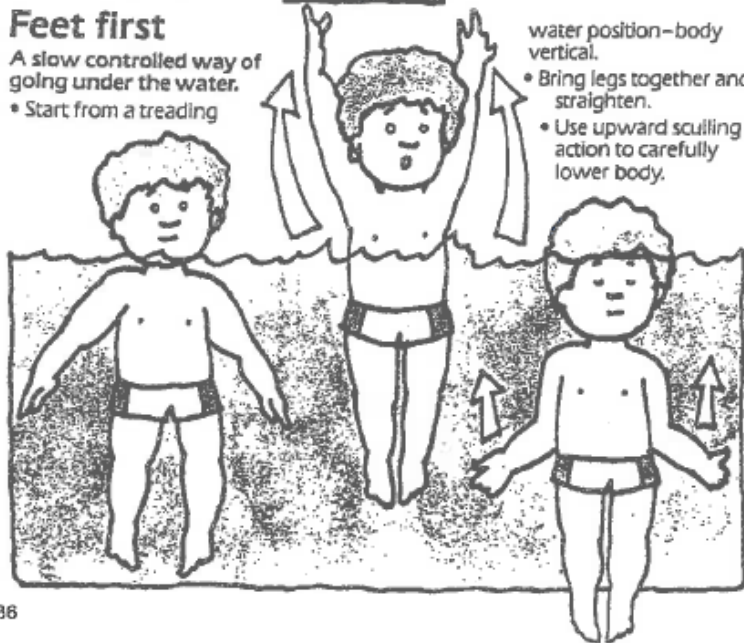
This is a quick way to go under the water. It should be used only when the condition of the water is known.

- With a breaststroke approach pull arms down to submerge head and body or with a freestyle approach drive forward arm down vigorously.
- Bend at hips.
- Raise legs to vertical.

Feet first

A slow controlled way of going under the water.

- Start from a treading



water position—body vertical.

- Bring legs together and straighten.
- Use upward sculling action to carefully lower body.