

# Nippers

COVIDSAFE MODIFIED PROGRAM  
Skill Development Lessons

## Purpose

The purpose of this guide is to assist junior coordinators, age managers and assistants to deliver modified skill development activities, as a part of the nippers program. The table below outlines areas for modification per skill.

Skill	No contact	Unintentional contact
<b>Aqua Cameron</b>	<ul style="list-style-type: none"> <li>Practice each leg of the event (each skill) individually</li> </ul>	<ul style="list-style-type: none"> <li>Start with either the swim or the board. Participants will be more spread out by the wade leg</li> <li>Encourage to distance from other participants</li> <li>Spread out on start line</li> </ul>
<b>Beach Flags</b>	<ul style="list-style-type: none"> <li>Skills training only</li> <li>No knockout competition/going for the same flag</li> </ul>	<ul style="list-style-type: none"> <li>Knock out competition can be run with each participant having their own flag</li> <li>First to flag wins</li> </ul>
<b>Beach Relay</b>	<ul style="list-style-type: none"> <li>No tagging or batons</li> <li>Wider lanes</li> <li>Allocated participant markers</li> </ul>	<ul style="list-style-type: none"> <li>No tagging or batons</li> <li>Wider lanes</li> <li>Allocated participant markers</li> </ul>
<b>Beach Run</b>	<ul style="list-style-type: none"> <li>Maintain physical distancing</li> <li>Staggered starts</li> <li>Maintain physical distancing on start lines</li> <li>No running in slipstreams of others</li> </ul>	<ul style="list-style-type: none"> <li>Maintain physical distancing</li> <li>Maintain physical distancing on start lines</li> </ul>

Skill	No contact	Unintentional contact
<b>Beach Sprints</b>	<ul style="list-style-type: none"> <li>Wider sprint lanes</li> <li>Staggered starts</li> <li>Allocated participant markers</li> </ul>	<ul style="list-style-type: none"> <li>Wider sprint lanes</li> <li>Allocated participant markers</li> </ul>
<b>Board Relay</b>	<ul style="list-style-type: none"> <li>Practice board technique only</li> </ul>	<ul style="list-style-type: none"> <li>No tagging</li> <li>Staggered start</li> <li>Allocated participant markers</li> </ul>
<b>Board Rescue</b>	<ul style="list-style-type: none"> <li>Cannot run safely</li> </ul>	<ul style="list-style-type: none"> <li>Cannot run safely</li> </ul>
<b>Boards/Board Race</b>	<ul style="list-style-type: none"> <li>Practice technique only</li> <li>No racing or race against own times</li> <li>Different start and finish areas</li> </ul>	<ul style="list-style-type: none"> <li>Staggered starts</li> <li>Maintain physical distancing on start lines</li> <li>Different start and finish areas</li> </ul>
<b>Body Surfing</b>	<ul style="list-style-type: none"> <li>Swim straight out and back</li> <li>Maintain physical distancing</li> </ul>	<ul style="list-style-type: none"> <li>Swim straight out and back</li> <li>Maintain physical distancing</li> </ul>
<b>Dolphin Diving</b>	<ul style="list-style-type: none"> <li>Practice technique only</li> <li>No use of equipment such as hula hoops and pool noodles</li> </ul>	<ul style="list-style-type: none"> <li>Participate as usual</li> </ul>
<b>Iron</b>	<ul style="list-style-type: none"> <li>Practice of individual skills only</li> </ul>	<ul style="list-style-type: none"> <li>Maintain physical distancing</li> <li>Maintain physical distancing on start lines</li> <li>Staggered starts</li> </ul>
<b>Rescue Tube Race/ Swimming</b>	<ul style="list-style-type: none"> <li>Swimming with tube only</li> <li>Maintain physical distancing</li> </ul>	<ul style="list-style-type: none"> <li>Patient to put own tube on</li> <li>No carries on beach entry</li> </ul>
<b>Run-Swim-Run</b>	<ul style="list-style-type: none"> <li>Maintain physical distancing</li> <li>Maintain physical distancing on start lines</li> <li>Staggered start</li> <li>No running or swimming in slipstreams of others</li> </ul>	<ul style="list-style-type: none"> <li>Maintain physical distancing</li> <li>Maintain physical distancing on start lines</li> <li>Staggered start</li> </ul>
<b>Swimming/ Surf Race</b>	<ul style="list-style-type: none"> <li>Swim straight out and back</li> <li>Maintain physical distancing</li> <li>Staggered start</li> <li>No swimming in the slipstreams of others</li> <li>Different start and finish areas</li> </ul>	<ul style="list-style-type: none"> <li>Maintain physical distancing</li> <li>Race straight out until swimming</li> <li>Staggered start</li> <li>Different start and finish areas</li> </ul>

Skill	No contact	Unintentional contact
<b>Wade Relay</b>	<ul style="list-style-type: none"> <li>• No tagging</li> <li>• Staggered starts</li> <li>• Different start and finish areas</li> <li>• Maintain physical distancing</li> <li>• Allocated marker for participants</li> </ul>	<ul style="list-style-type: none"> <li>• No tagging</li> <li>• Staggered starts</li> <li>• Different start and finish areas</li> <li>• Maintain physical distancing</li> <li>• Allocated marker for participants</li> </ul>
<b>Wading/Wade Race</b>	<ul style="list-style-type: none"> <li>• No wading competition</li> <li>• Practice technique only while maintaining physical distancing</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain physical distancing</li> </ul>