



# Nippers @ Home

## Activity workbook



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# Nippers @ Home Episode 1

In this episode you will learn	You'll need the following equipment
<ol style="list-style-type: none"> <li>1. What a lifesaver is and what they do</li> <li>2. What is involved with a run-swim-run</li> </ol>	<ul style="list-style-type: none"> <li>✓ Pillows</li> <li>✓ Pool noodles or items you can crawl under</li> <li>✓ Pens, pencils and items to draw with</li> </ul>

## Meet a Lifesaver Crossword

Watch the video to help you with your answers!

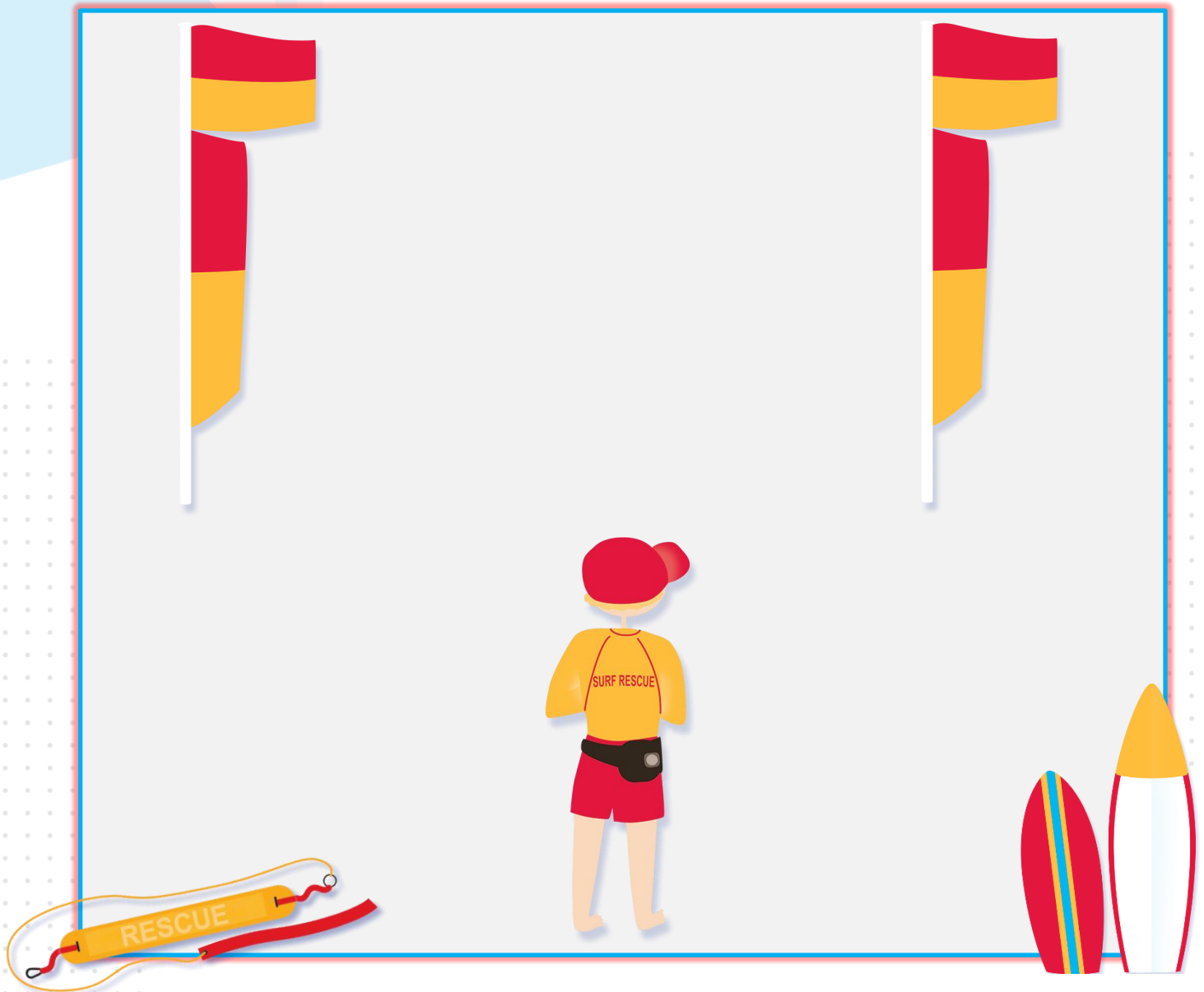
Down	Across
<ol style="list-style-type: none"> <li>1. How many Life Saving Clubs are there in Victoria? _ _ _ _ _</li> <li>2. What do Lifesavers use to mark the safe place to swim at the beach? (Hint: they are Red and Yellow)</li> <li>3. Where is the Life Saving Club that Lachie mentions on the Murray River? (Hint: written on the bottom of the screen)</li> </ol>	<ol style="list-style-type: none"> <li>4. What colours do Lifesavers wear? _ _ _ and _ _ _ _ _</li> <li>5. Even if you think you're an Olympic swimmer, what do we need to remember about going to the Beach? _ _ _ _ _ Swim Alone</li> <li>6. How many hands do you put up to wave for help from a Lifesaver?</li> </ol>



## Meet a Lifesaver Poster

**Let's make a poster to remind us where to swim!**

1. Draw your Lifesaver in the centre of your poster! Don't forget their cap and uniform! Do you remember what colour it is?
2. We always swim between the red and yellow flags, let's draw two flags, one on the left and one on the right side of our lifesaver, making sure the Lifesaver is on the look out inside them!
3. What else can you draw? What other things would you find on the beach? If you'd like, draw a rescue item for the Lifesaver to use! Maybe even a rescue board, tube or inflatable boat!

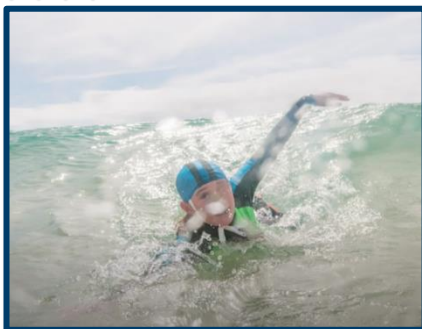


## Run - Swim - Run

**Have you completed your Run - Swim - Run first?**

Put a number in each of the boxes to order the steps of the Run – Swim – Run and have a go at answering the questions.

4



### Swim

What is important to remember when swimming towards a marker in open water?

**To always check that you are going the right way**

2



### Wade

How high should we swing our legs as we wade through the water?

**High enough that your feet are out of the water**

3



### Dolphin Diving

Why do we dolphin dive rather than swim or wade in knee to hip depth water?

**In shallow water it is faster than swimming. It is faster than wading if you cannot get your feet out of the water**

1



### Run

How should we point our toes as we are running in sand?

**Point your toes into the sand to push off with each step**

# Nippers @ Home Episode 2

In this episode you will learn	You'll need the following equipment
<ol style="list-style-type: none"><li>1. How to spot RIPs at the beach</li><li>2. About beach events and how we can practise them</li><li>3. What LSV Comms is, what they do, and how to get involved when your old enough</li></ol>	<ul style="list-style-type: none"><li>✓ Masking tape or something to make a line.</li><li>✓ Pen, pencil or something to write with</li><li>✓ Some safety scissors or maybe some help from an adult</li><li>✓ A glue stick or something to stick things down</li></ul>

## Rips

**Rips are one of the most dangerous things on Australian beaches. It is important to know what to look for!**

Some signs of a rip current include:

- Dark water between breaking waves
- Fewer breaking waves
- Sandy or foamy water floating out to sea
- A rippled surface surrounded by smooth water

Using those tips, can you spot which of these pictures has a rip current? Only one picture in each set shows a rip current!

SET 1)

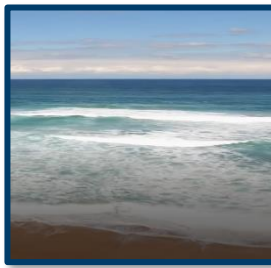




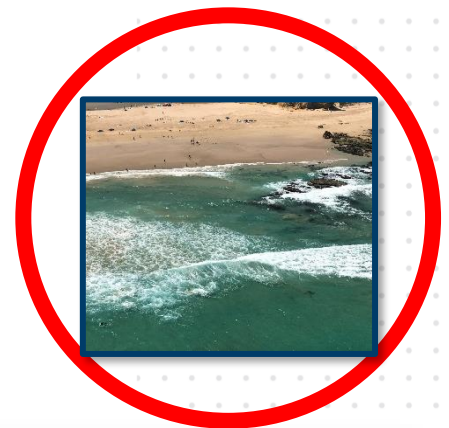
SET 2)



SET 3)



SET 4)



## Beach Sprints

Let's practise our Beach Sprints starting routine!

We can remind ourselves how to do our start by creating a checklist of things we need to do to create our starting blocks!

Cut out the steps below and stick them in the correct order for creating our starting blocks.




1.

Place your fingertips on the starting line

2.

Lay your arm down so your elbow touches the ground

3.

Place your strongest leg where your elbow touched

4.

Line up your back knee with your front heel.

5.

Line your hands up with the starting line

6.

Set..... GO!

Stick  
Here!



Now try a race! How far did you run and how fast?





# Beach Flags

Beach Flags is a fun game that keeps Lifesavers rescue ready at all times on the beach, but it has a lot of rules we need to remember!

Using the Nippers @ Home episode 2, can you circle which of these statements is True and cross out which one is False?

## 1. To start the race, what do we do with our hands?

a) Place hands overlapping, one on top of the other

Or

b) Hands shoulder width apart, in a push-up position

## 2. To start the race, what should we do with our feet?

a) Feet hip width apart, with blocks in the sand where our feet go

Or

b) Ankles touching each other

## 3. What does the starter call before the race starts?

a) Heads up!

Or

b) Heads down!

## 4. Which direction will the flag be?

a) In front of us

Or

b) Behind us



# LSV Communications

LSV Communications or LSVComms, are one of the most important people to call for help during an emergency for lifesaving in Victoria.

Let's do a quick quiz to see how much you remember about our radio operators!

How many can you get out of the 5 Points?

1. **What do we say over the radio to speak to LSV Comms?** (1 Point)
  - a) LSVComms, LSVComms
  - b) Life Saving Victoria please
  - c) Hello
2. **How will the LSV Comms operator respond?** (1 Point)
  - a) How are you?
  - b) This is LSVComms, go ahead
  - c) Police, Fire or Ambulance
3. **Which of these is the name for LSV's emergency management program?** (1 Point)
  - a) DRSABCD
  - b) LIMSOC
  - c) LSV Emergency Management
4. **Which two things are the minimum requirements to be a LSV Comms Operator?** (2 Points)
  - a) 15 years old
  - b) 17 years old
  - c) Gold Medallion
  - d) Basic Beach Management
  - e) Bronze Medallion

How many did you get?

/5



# Nippers @ Home Episode 3

In this episode you will learn	You'll need the following equipment
<ol style="list-style-type: none"><li>1. Being SunSmart</li><li>2. Nipper Boards and practicing them!</li><li>3. Lifeguards and the difference between them and other Lifesavers.</li></ol>	<ul style="list-style-type: none"><li>✓ Cushions</li><li>✓ Scissors or someone to help you</li></ul>

## SunSmart

Can you remember the 5 “S’s” that keep us safe from the sun?

**Slip** on a shirt!



**Slap** on a hat!



**Slide** on some sunglasses!



**Slop** on some sunscreen!



**Seek** some shade!



**Using these techniques, can you make the Lifesaver SunSmart?  
Cut out their SunSmart items and paste them on the Lifesaver!**



## Nipper Boards

Were you paying attention during the “Simon Says” game? Let’s check!

1. True or False:  
Lifesavers use board competition to help us practise for Board Rescues.

**True**

2. True or False:  
We use “bunny hopping” because it is quicker than paddling in shallow water.

**True**

3. True or False:  
The rescue board is the fastest piece of rescue equipment Lifesavers use.

**False**

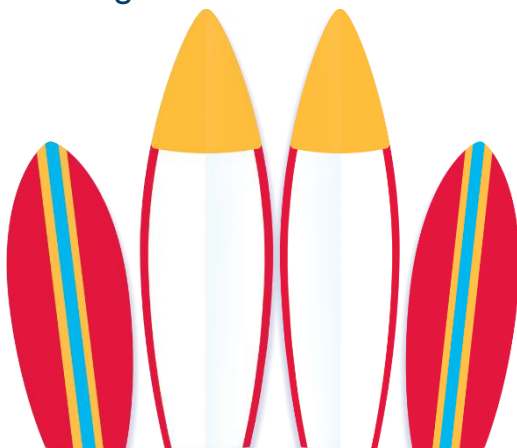
(IRB's, RWC's and Helicopter go faster)

4. Why is it better to carry our boards rather than drag them?

**It's faster and safer**

5. What colours are the Surf Craft Flags?

**Black and White quartered!**



## Meet a Lifeguard

Our Lifeguard Grace has a lot of qualifications! Do you remember which ones she said she has?

Tick which one's you heard!

- ☐ IRB (Inflatable Rescue Boat) Drivers
- ☐ IRB (Inflatable Rescue Boat) Crew
- ☐ First Aid
- ☐ Bronze Medallion
- ☐ Gold Medallion



Lifeguard Grace mentioned that Lifeguard's work in teams, can you write below how many she said were in each team?

**3-5 people**



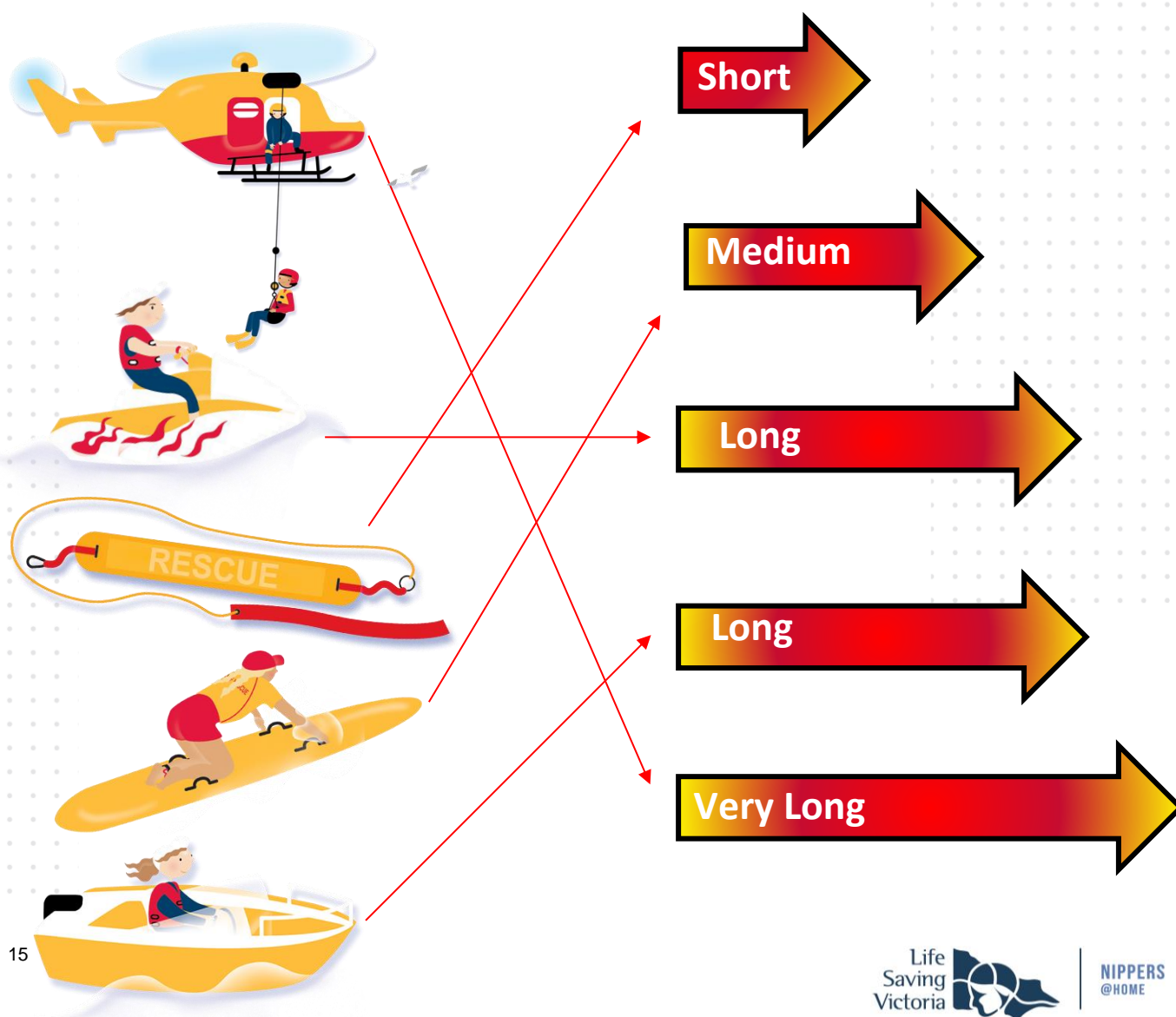


# Nippers @ Home Episode 4

In this episode you will learn	You'll need the following equipment
<ol style="list-style-type: none"><li>1. Rescues</li><li>2. About the Westpac Lifesaver Rescue Helicopter and Drone Service and what they do</li></ol>	<ul style="list-style-type: none"><li>✓ Pen, pencil or something to draw with</li></ul>

## Rescues

Our different rescue devices are used depending on the conditions and the distance. Can you match the device to the distance that best suits it by drawing lines between the device and the arrow?



What rescue items can you think of that you would be able to use from around your home?

Try to think of things that you could reach with, things that float, things you could pull someone to safety with.

Once you have done that, make a list below and draw it in the box next to it!

**1. Rope**



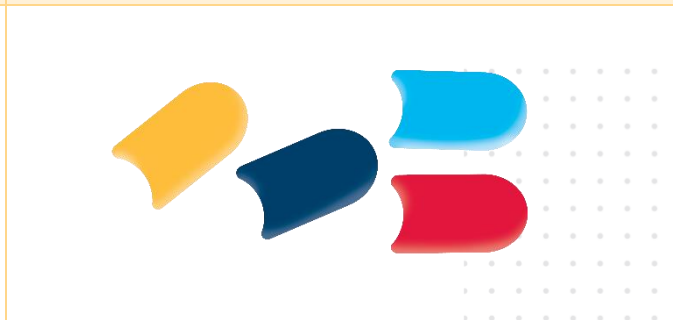
**2. Eski**



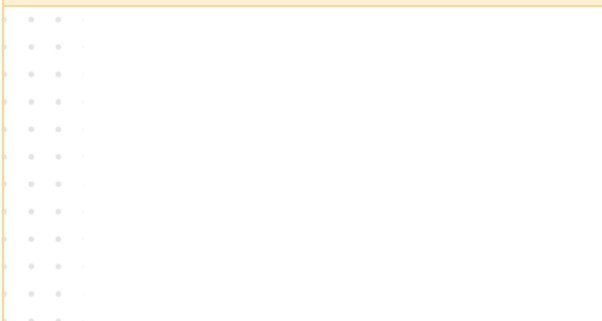
**3. Pool Noodle**



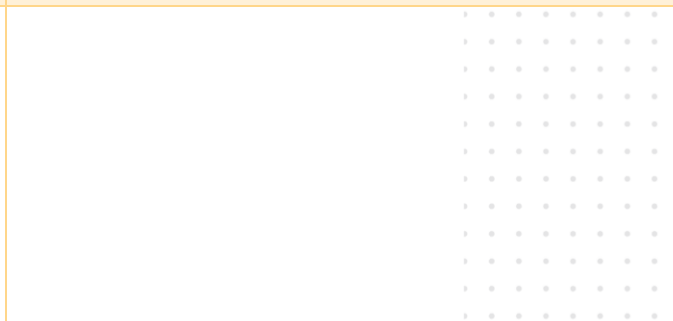
**4. Kickboard**



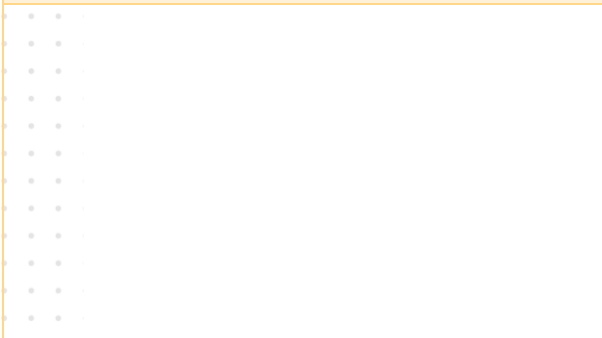
**5.**



**6.**



**7.**



**8.**



## Westpac Lifesaver Rescue Helicopter and Drone Service

Our Westpac Lifesaver Rescue Helicopter can go really fast! Do you remember fast it can go?



**220 Km/h**

Where is our Westpac Lifesaver Rescue Helicopter based during the summer season?

**Melbourne**

**or**

**Barwon Heads**

How many drones do Life Saving Victoria have?

**1**

**2**

**3**

**4**

**5**

# Nippers @ Home Episode 5

In this episode you will learn	You'll need the following equipment
<ol style="list-style-type: none"><li>1. How to communicate in lifesaving</li><li>2. Tips for the Aquacameron relay</li><li>3. What the RWC (Jetski) service is</li></ol>	<ul style="list-style-type: none"><li>✓ Pillows</li><li>✓ Make a sign that says "Tag"</li><li>✓ Drink bottle</li></ul>

## Communication

Give three reasons why communication in lifesaving is important

1. Lifesavers can build trust between each other and the public
2. Everyone can better understand the situation
3. To ensure everyone knows what to do in a rescue

Finish this sentence

Lifesavers communicate with the public to prevent problems from happening.

Circle three pieces of equipment that can help lifesavers perform signals on the beach

Whistle      Skipping rope      Rescue tube      Signal flags      Flippers

Next to each image, write the meaning of each signal seen



**Attract Attention**



**Pick up swimmers to the left/right**



**Return to shore**



**Proceed further out to sea**



**Move left/right**



**Remain Stationary**



**Assistance Required**



**Pick up and adjust bouys**



**All Clear / Okay**

## Aquacameron

**Fill in the blanks below**

I hope you remember the order of events in an aquacameron!

Order	Discipline
1	Wade
<b>2</b>	<b>Swim</b>
3	<b>Board</b>
<b>4</b>	Run



## List two top race tips for the Aquacameron

1. Know the strengths of your teammates / Check the conditions and make a race plan
2. Arrive at the event early / Tag team mate on the back so it is clearly seen

## RWC (JetSki) Service

What does RWC stand for?

**R**escue

**W**ater

**C**raft



Circle the correct response

The RWC service acts as an extra set of eyes on the water

True / False

If you are ever in trouble in the water you should panic

True / False

The RWC service operates over 2 locations using 50 jetskis

True / False

The rescue sled is used to transport injured/distressed patients

True / False

The RWCs can rescue people in trouble in high risk areas

True / False

Link the following safety equipment with the corresponding word



Helmet

Radio

Lifejacket

# Nippers @ Home Episode 6

In this episode you will learn	You'll need the following equipment
<ol style="list-style-type: none"> <li>1. How to provide First Aid</li> <li>2. How to catch waves</li> <li>3. Meet a Paramedic</li> </ol>	<ul style="list-style-type: none"> <li>✓ Pillows</li> <li>✓ Bandages or a scarf</li> <li>✓ Towel</li> <li>✓ Teddy bear</li> <li>✓ Drink bottle</li> </ul>

## First Aid

Why is it important we know how to provide first aid?

It may help to save a life

To help someone who is in need

When we call for help it may not come instantly so we may need to provide care straight away

Who is the most important person when you provide First Aid? Circle the correct answer

Bystanders

Yourself

Patient

What is the number to call in an emergency first aid situation?

0

0

0

Below each item, write the injury it can be used to treat. One has been done for you.



Sprains/Strains



Burns



Cuts

When treating cuts and bleeding, what three things do we need to do?

1. Apply pressure to the injured area
2. Rest and reassure- keep patient calm and tell them they are doing well
3. Dress the wound with a bandage

Expand the following letters in the acronym below

R est

I ce

C ompress

E levate

R efer

## Wave Catching

Match the picture of the wave with the wave type



Plunging

Surging

Spilling

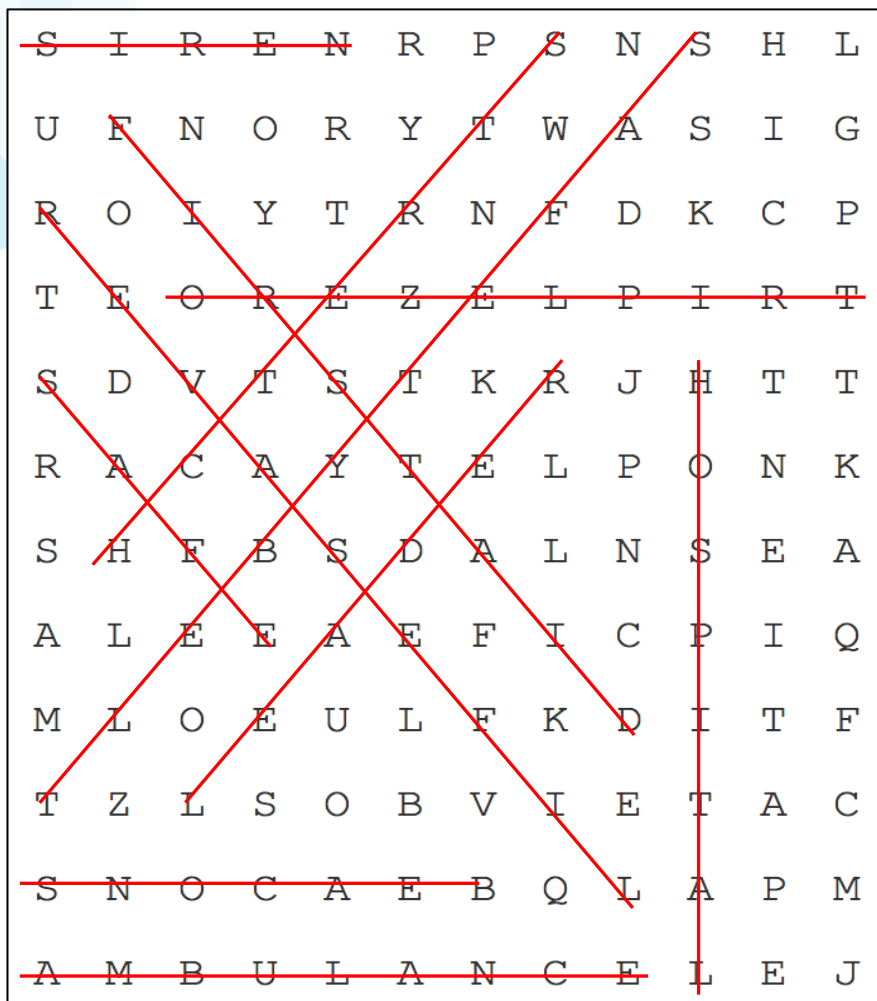
## Circle the correct responses

When bodysurfing a wave to shore, you should:

- a) Face into to shore so the wave is behind you
- b) Swim freestyle until you feel the wave pick you up
- c) Take a breath by taking one freestyle stroke and breathing to the side
- d) All of the above



## Meet a Paramedic Wordsearch



**Ambulance**

**Hospital**

**Patient**

**Siren**

**Beacons**

**Leader**

**Safe**

**Stretch**

**First-aid**

**Lifesaver**

**Safety-belt**

**Triple-zero**

# Nippers @ Home Episode 7

In this episode you will learn	You'll need the following equipment
<ol style="list-style-type: none"><li>1. Tips for the Iron event</li><li>2. What to do in an emergency</li><li>3. Opportunities after Nippers</li></ol>	<ul style="list-style-type: none"><li>✓ Pillows</li><li>✓ Teddy bear</li><li>✓ Water bottle</li></ul>

## Iron Event

Circle the correct answer in regard to the Iron event

The Iron event combines swimming, boarding and running

True / False

You are not allowed to drop your board when you finish the board leg

True / False

U17s and above have an additional element, the ski leg

True / False

The run transition leg is not important

True / False

Complete the following sentences

When doing a wade start it is important to get your **knees** out of the water.

Once it is too deep to wade you need to start **dolphin** diving.

## What to do in an Emergency

Expand the following letters in the acronym below. Some have been done for you

D **anger**

R **esponse**

Send for help

A **irway**

B **reathing**

C **PR**

Defibrillation



List three examples of dangers you might find at the beach and draw them below

1. Examples could include: The Sun, Waves	2. Sea animals, Shallow/deep water	3. Rocks, Sharp objects (glass, shells)
		

### Circle the correct response

When checking for a response from a patient, we...

- a) Kick them hard to see if they wake up
- b) Talk to them and touch them gently then use acronym COWS**
- c) Yell at them until they open their eyes

Fill in the blanks below with the questions we remember when checking for a response

Letter	Question
C	Can you hear me?
O	Open your eyes if you can hear me?
W	What is your name?
S	Squeeze my hands if you can hear me?

Circle which is the correct number of compressions to breaths in CPR?

50 Compressions 2 Breaths	<b>30 Compressions 2 Breaths</b>	2 Compressions 30 Breaths	15 Compressions 4 Breaths
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## Pathways with Paul Crossword

Down	Across
1. A person in red and yellow uniform who you can become when you are older	2. When you are older you can go on a development .....
3. Maybe one day you can lead your club and become the .....	5. Things you learn through nippers that will help you become a lifesaver
4. Something you can do when older to keep the beach safe	7. Something you can do to verse other nippers in lifesaving sport
6. Life Saving Victoria's program for kids just like you is called .....	8. The boat Lifesavers drive
	9. A medallion you can get when you turn 15

