

Course	Nipper Rescue Certificate (NRC)
General	<p>The Nipper Rescue Certificate (NRC) is a new award in surf lifesaving. The NRC has been developed to provide another level of water safety, in addition to members with the Bronze Medallion and Surf Rescue Certificate.</p> <p>The NRC course consists of the following:</p> <ul style="list-style-type: none"> • Manual handling hazard awareness and safe techniques • Surf awareness to recognize safe beach zones and recognize the development of hazards • 200m ocean swim completed within six (6) minutes • Rescue techniques including use of rescue tube and contact tow • Accurately read and perform the following signals: <ul style="list-style-type: none"> ▪ Assistance required ▪ Attract attention ▪ Remain stationary ▪ Go to the right or left ▪ Return to shore ▪ Proceed further out to sea ▪ Pick up swimmers ▪ I am OK ▪ Code X – missing person in the water
Prerequisites	<ul style="list-style-type: none"> • Current financial club member • Ability to participate in the activities required, including the swim
Start Date	<ul style="list-style-type: none"> • The course will be run over a single session, on the dates specified. • Dates are available on the Club Website.
Course duration	The NRC has been designed to be delivered in a single session of three (3) hours
Requirements	<ul style="list-style-type: none"> • Commit to the club's Nipper Water Safety team on successful completion of the course • Maintain annual proficiency • Complete a Working With Children Check (WWCC) OR if exempt, a National Police Check (NPC). Information relating to these will be available at the course • Other requirements may be specified by the Club Nippers Manager, General Manager – Development or General Manager - Operations
Cost, including Learning Materials	There is no cost for the Nipper Rescue Certificate program
Compulsory swim	Swim 200 metres in under 6 minutes in the ocean environment
What to bring to the training session	<ul style="list-style-type: none"> • Water bottle and towel • Sunscreen and hat • Change of clothes • Suitable bathers • A high visibility vest will be available, on loan, for the training
Assessment	<ul style="list-style-type: none"> • Final (SLSWA) practical skills assessment demonstrating: <ul style="list-style-type: none"> - Completion of the 200m swim within six (6) minutes - Accurately perform the required signals - Surf awareness - Rescue tube and contact tow rescues
Pathway	The NRC is a great beginning for members who are unsure whether to pursue an aquatic service pathway in surf lifesaving. Members may also choose to undertake other awards
Questions	Please email education@mullalooosurf.com.au if you have any queries