

Nipper boards



DIFFICULTY:
HARD



WATER
BASED



20 MIN



Lifesaving
education programs

Extension for safe boarding

Nipper boards are used to practice board skills that life savers use on rescue boards. In this activity, you will learn more skills to help you retrieve someone in trouble quickly!

Equipment:

- ☐ Nipper boards
- ☐ Hula hoops

How to use a nipper board:

- On your stomach, with back arched, hips wide and central, chin between handles
- Arms similar to freestyle (cupped hand and dig deep)
- Bend legs and kick in air in rhythm with arms (this can help with balance)
- To turn, increase stroke on one side

- 1 Complete steps 1-4 of the "Safe Boarding" fast card with your nipper boards.
- 2 When completing rescues, introduce two new skills to the rescue technique – bunny hopping and board carry.
- 3 **Board carry relay**
 - Split participants into 2 teams. Have one participant from each team standing 10m away, facing their team
 - Each time must race their nipper board to the other end of the course, and swap the nipper board over with the person standing there
 - Once each person has run back to their team with the nipper board, they must sit down
 - First team to have everyone sitting down wins!
- 4 **Bunny hop race**
 - Demonstrate what bunny hopping looks like while using a nipper board
 - To practice this skill, set up a course with hula hoops space 0.5m – 1m apart
 - Participants must jump from one hoop to another, with both feet together at all times to complete the course

- 5 **Rescue**

Demonstrate and practice completing a rescue by:

 - Run 10m from shore to water line carrying the nipper board
 - Bunny hop a further 5-10m or until you can no longer stand up in the water
 - Paddle to the person in trouble
 - Slide off the board, keeping it between you and the other person
 - Instruct the person to hold on to the side of the board
 - Hold on next to them and kick back to safety

