



Starfish Nippers

The Starfish Nipper program is a modified nippers program for individuals with special needs, which is run in conjunction with the age group Nipper Program. The program was founded by the Anglesea Surf Life Saving Club.

The program caters for children and young adults with special needs beginning with the 6 year old age group. The special needs spectrum includes children with autism, attention deficit disorder, Down syndrome, Asperger's Syndrome and physical and intellectual disabilities. We are proud that our program caters for such a diverse group of young people with special needs. We believe that everyone is entitled to access programs where they can learn critical beach safety and awareness skills. First trailed alongside the popular Anglesea Nipper Program, the program is now successfully running at numerous clubs around Victoria.

Starfish Nipper Activities include: beach games, beach running, beach flags, water familiarisation and surf safety. The sessions are conducted parallel to existing club Nipper programs on the same days and starting and finishing altogether.

Based on the positive feedback we have received, it is apparent that there are not only benefits to the participants and families of the Starfish Nippers, but entire clubs and local communities are also benefiting.

Information regarding the program and access to the member's resources on the website can be obtained by contacting Janet Jones on 0408944424 or email: janet@starfishnippers.com.au

Please Note:

1. The information and lesson plans are only a guide as every program is unique and beach conditions vary
2. The beach conditions must be assessed before each session and deemed to be safe for the nippers
3. The water sessions must be conducted in the patrolled area of the beach





4. There must be at least a 1:1 ratio of trainers in the water per nipper depending on the individuals needs and capabilities, in some cases 1: 2 trainers are required especially in the water
5. Every nipper must be assessed individually for suitability the program taking into account their medical conditions, abilities and needs
6. The lesson plans must be modified, dependent on weather and beach conditions
7. Each activity can be extended or modified based on participants confidence/ability
8. Lessons may need to be modified based on the number of water safety instructors available
9. All membership forms and medicals must be filled out and available on the beach at all times
10. Modify the lesson plans to suit your program e.g. no need to add the song

Please note that this material is the property of the Starfish Nippers, Anglesea Surf Life Saving Club and must not be used unless the agreement form is signed. These documents must not be retransmitted in any form unless otherwise authorised.

This information is a guide only. Take all precautions and make judgments as to the suitability of the Starfish Nipper program for your lifesaving club.

Please refer to www.starfishnippers.com.au for more information.

If you would like to purchase a starfish banner please contact Jake Foster: email: jake@gopr.com.au

Wishing you a very successful and safe Starfish Program

Regards

Janet Jones

