

# NIPPER RESCUE CERTIFICATE (NRC) AT SECRET HARBOUR SLSC



## Become qualified to provide Water Safety at Nippers

The **Nipper Rescue Certificate (NRC)** is a water safety and rescue award, enabling members to provide water safety for Woodside Nipper activities.

It is designed to enable parents/guardians to formally assist in improving the delivery of Nipper water based activities and create potential pathways to lifesaving operations such as beach patrols or carnival water safety.

Proficiency requirements for the NRC include being able to complete a 200m ocean swim in under 6 minutes, perform an aquatic rescue with a rescue tube and contact tow and demonstrate signals. We will show you how to do the rescues and signals as part of your NRC training.

**Requalifications:** To maintain currency, members who hold a NRC will need to undergo an annual proficiency test at the club.

**Date:** Saturday 16th January 2021

**Time:** 8:00am - 11:00am (Approximately 3 hour duration)

**Location:** Secret Harbour Surf Life Saving Club

**The NRC course is free** for Secret Harbour SLSC members. To register, please contact the club office on 9524 7092 or [members@secretharbourslsc.com](mailto:members@secretharbourslsc.com).

