

# JUNO

## AGE GUIDE

### Surf Safe 1



NAME:.....

SEASON:.....

# SURF Safe 1

## Lesson Plans

## Date activity was completed

**1. Introduction to Surf Life Saving**

Welcome to the family!

Date \_\_/\_\_/\_\_

**2. Personal Safety**

You can talk

Date \_\_/\_\_/\_\_

**3. Ecosurf**

Water conservation

Date \_\_/\_\_/\_\_

**4. Sun Safety**

That's sunsmart

Date \_\_/\_\_/\_\_

**5. Surf Conditions & Hazards**

You little nipper

Date \_\_/\_\_/\_\_

**6. Resuscitation**

Not a happy manikin

Date \_\_/\_\_/\_\_

**7. Signs and Signals**

You want me where?

Date \_\_/\_\_/\_\_

**8. Rescue Techniques**

Behave!

Date \_\_/\_\_/\_\_

**9. Board: Entering and Exiting the Surf**

Hop-a-long

Date \_\_/\_\_/\_\_

**10. Board: Negotiating the Surf**

Getting through it

Date \_\_/\_\_/\_\_

**11. Swim: Tube Rescue**

Baywatch style

Date \_\_/\_\_/\_\_

**12. Beach Sprint: Beach Relay**

Your turn

Date \_\_/\_\_/\_\_

## Attendance Register

Attendance will be based on Sign-in Sheets, please ensure your nipper is signed in and out of every session even if arriving late. Surf Education Certificates will be presented to those Nipper's that attend a minimum of 10 sessions and have been signed off on each surf education activity shown above by their coach.

# SURF Safe 1

Dear Parents

Thank you for choosing to participate in Surf Life Saving activities. This resource has been designed to deliver a positive learning experience for all involved. We hope you enjoy using this resource and the new skills and knowledge that are a part of the education program for children registered in the Under 10 Age Group.

## **Age group requirements**

All children who are registered in the Under 10 Age Group (in accordance with the Life Saving Victoria date range, 1<sup>st</sup> Oct to 30<sup>th</sup> Sept)) are required to take part in a Junior Preliminary Skills Evaluation being a swim distance of 25m (Freestyle) and a survival float of 1 minute 30 seconds. This is to aid the safety of the child when participating in the activities of Surf Safe 1.

Children in the Under 10 Age Group are invited to compete in state competitions. To be eligible to compete in these competitions, your child will need to swim a minimum of 150m around a competition course in 11 minutes or less (continuous freestyle). This requirement can be completed at your club and must be under the direction of the club assessor.

Each child can work through this activity book during the season with their Coach.

Thank you,

Black Rock Life Saving Club

# SURF Safe 1

Topic	Learning Outcomes
<b>Introduction to Surf Life Saving</b> Lesson: Welcome to the family!	Develop an understanding of surf life saving in Australia Identify the surf club as a welcoming place

## Welcome to the Family!

Surf Life Saving has been providing a service to the community for over 100 years. During that time thousands of people have been rescued from the ocean or needed some form of first aid assistance.

Surf Lifesaving clubs are a place to learn the skills required to be a surf lifesaver and to socialize. The junior program will encourage our junior members to learn the new skills as they develop into young adults.

A tour of the surf club and beach environment will give you an idea of what equipment the club has and what it would be used for, where the toilet facilities and change rooms are situated and the safest part of the beach to swim. The tour may also include the introduction of committee members of your club.

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Name of Age Manager

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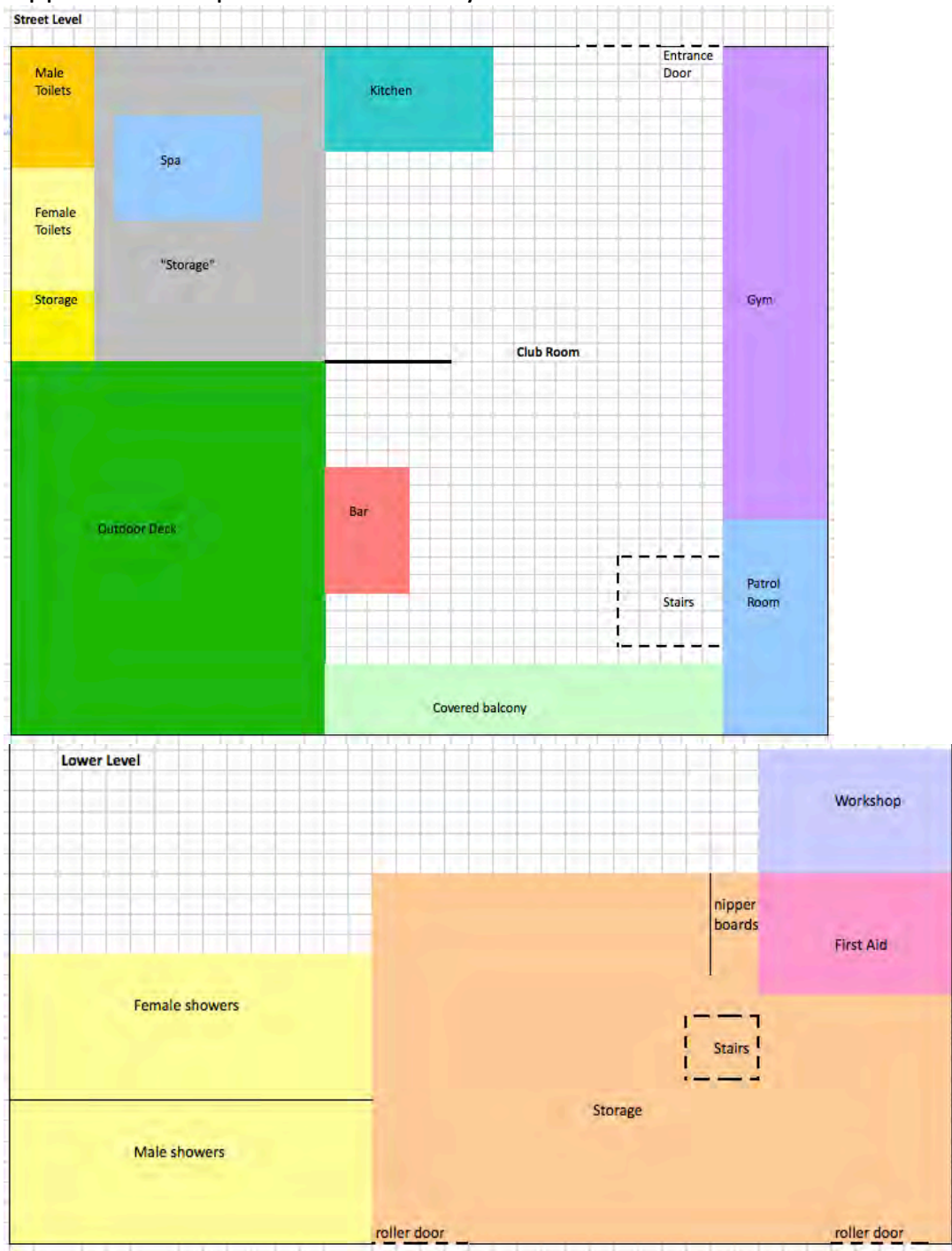
Name of Junior Coordinator

# SURF Safe 1

Nippers are not to use the stairs by themselves for safety reason.

The access ramp at the side of the club should be used to access the beach at all times.

Nippers are not permitted in the Gym area.



# SURF Safe 1

Topic	Learning Outcomes
<b>Personal Safety</b> Lesson: You can talk	Identify times when they might feel unsafe and can ask for help Identify adults at their surf club that can help them

## You can talk

Use the table below to create your personal safety network.

Write the names of FIVE people you want in your network, who they are and the things you feel comfortable speaking to them about in order to feel safe. I can discuss with my Coach feeling bullied or scared of the dark seaweed or surf etc.,

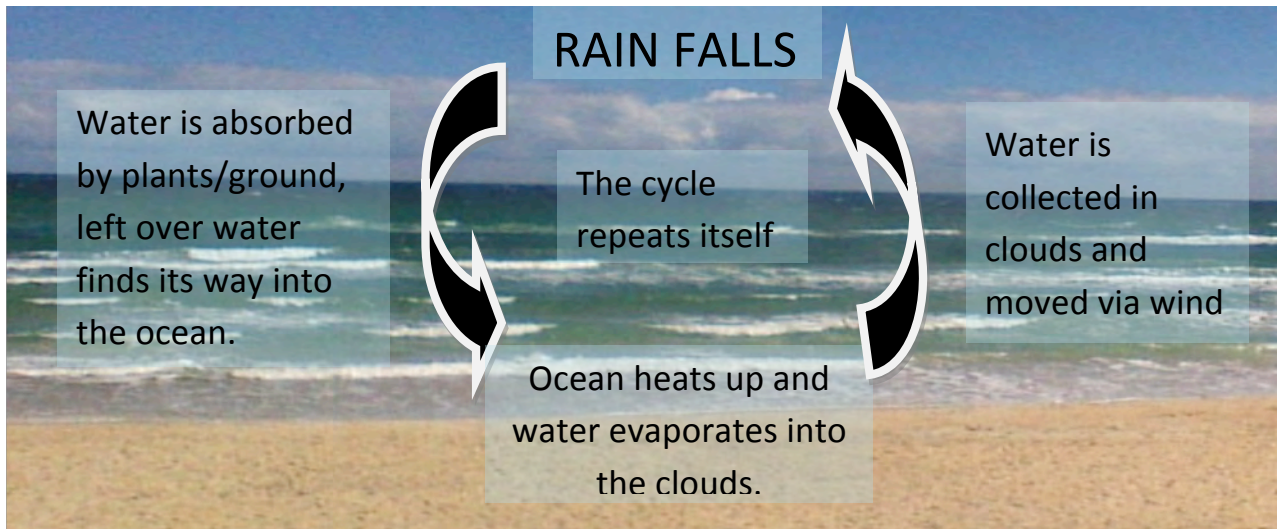
Name	Relationship	Can discuss...

# SURF Safe 1

Topic	Learning Outcomes
<b>Ecosurf</b> Lesson: Water Conservation	Understand the natural water cycle and water collection methods Identify ways in which water usage can be reduced/recycled at the surf club

## Water Conservation

We use water for many different reasons and it is a very precious resource. We need to be careful about how much water we waste. We use water in many ways ie., drinking, showering, watering the garden, washing clothes.



The Water Cycle (Hydrologic Cycle) is the journey water takes as it circulates from the land to the sky and back again.

How is water used in a lifesaving club?

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How can we reduce water usage?

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# SURF Safe 1

Topic	Learning Outcomes
<b>Physical Health &amp; Wellbeing and Personal Safety</b> Lesson: Drink. Eat. Exercise.	Recognise the importance of Hydration, Nutrition and Exercise as part of their participation in the junior program

## Drink. Eat. Exercise

Did you know a child’s body is approximately 75% WATER ! Drinking lots of water, eating healthy food and participating in lots of exercise are all very important for us to stay healthy.

Here are some tips to stay healthy:

- Eat a healthy breakfast every morning
- Drinks lots of water throughout the day
- Snack on fruits and vegetables if you get hungry
- Try to eat 2 portions of fruit and 5 portions of vegetables every day
- Try to do at least 30 minutes of exercise every day

**How do you lose water from your body?**

.....

**What food could you eat for breakfast, 2-3 hours before training or a carnival?**

.....

**What could you eat/drink immediately after training to help repair and strengthen your muscles?**

.....

**How often should you drink water? .....**

- a) 2 cups 1 hour before exercise
- b) 2 cups 1 hour after exercise
- c) 4-8 gulps every 15-20 minutes
- d) all 3 of the above





# SURF Safe 1

Topic	Learning Outcomes
Surf Safety LESSON 6: That's sunsmart	Identify and demonstrate the sunsmart guidelines Understand the consequences of skin damage caused by sunburn

## That's SunSmart

Draw a line from the cards to the picture that matches it.

What are consequences of getting sunburnt?

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# SURF Safe 1

Topic	Learning Outcomes
<b>Surf Conditions and Hazards</b> Lesson: You little ripper	Identify how rips are formed and what they look like Understand how to escape a rip

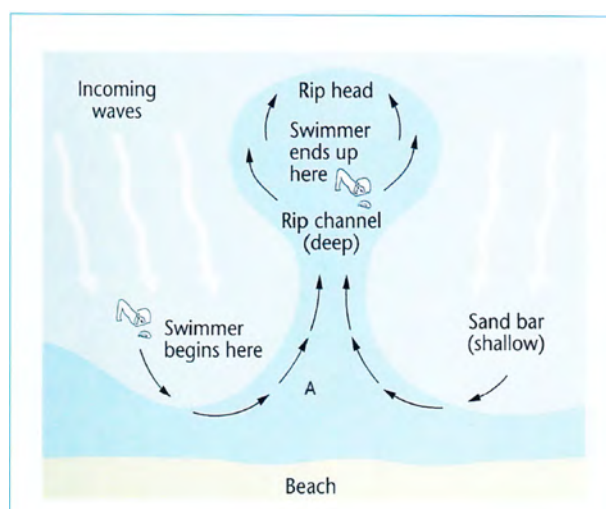
## You little ripper

### Rips – talk about this picture with your Coach

#### Rip Current Survival

If you get caught in a rip current, you need to know your options:

1. For assistance, stay calm, float and raise an arm to attract attention.
2. While floating, rip currents may flow in a circular pattern and return you to an adjacent sandbar.
3. You may escape the rip current by swimming parallel to the beach, towards the breaking waves.
4. You should regularly assess your situation. If your response is ineffective, you may need to adopt an alternative such as staying calm, floating and raising an arm to attract attention.



Rip currents **form** when waves break near the shore, piling up water between the breaking waves and the beach. One of the ways this water returns to sea is to form a **rip** current – a narrow stream of water moving swiftly away from the shore.

Some signs of a rip are: deeper darker water (as in the picture above), fewer breaking waves, sandy coloured water, debris or seaweed.

#### What would you do if you are on a surfboard or bodyboard and get caught in a rip current?

- a) let go of the board and swim
- b) stay on your board, put your arm above your head and shout for help

#### When you get caught in a rip current what do you do?

- a) panic, scream, wave your arms frantically
- b) stay calm, float and raise an arm for attention

#### If you get caught in a rip current and are calm and a good swimmer how could you swim to safety?

- a) swim straight back into the beach
- b) swim to the side where you can see waves breaking

# SURF Safe 1

Topic	Learning Outcomes
Resuscitation LESSON: Not a happy manikin	Understand the basic principles of resuscitation

## Not a happy manikin

What number do you call in an emergency?

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Write in the box what each of the letters stand for.

## Resuscitation Chart

This CPR poster replaces the information presented on page 43 of the manual

# D




Check for **Danger** to Yourself, the Patient and Bystanders.

# R




Check for **Response** by talk and touch.

# S




If unresponsive, **Send** for help by calling Triple Zero (000).

# A




Open **Airway** and ensure it is clear.  
If not, roll patient onto their side and clear the airway.

# B




Check **Breathing**.  
If patient is not breathing or breathing is not normal, commence CPR.

# C




**Start CPR\***  
Give 30 Chest Compressions followed by 2 rescue breaths.  
If unwilling or unable to perform rescue breaths continue chest compressions.  
\*For drowning, give 2 initial rescue breaths before starting compressions.

# D




Attach an Automated External Defibrillator (AED) as soon as it is available and follow its prompts.

### Continue CPR until:

- The patient responds or begins breathing normally
- It is impossible to continue (e.g. exhaustion)
- A health care professional arrives and takes over CPR
- A health care professional directs that CPR be ceased

# SURF Safe 1

Topic	Learning Outcomes
<b>Signs and Signals</b> Lesson: You want me where?	Demonstrate the following signals: return to shore, proceed further out to sea, go left, go right and remain stationary

## You want me where?

If your coach or a lifeguard uses these signal what do they want you to do?  
Write in the boxes.



# SURF Safe 1

Topic	Learning Outcomes
<b>Rescue Techniques</b> Lesson: Behave !	Recognise unsafe behaviours at the beach Identify the actions of a beach user in an unsafe situation Develop an understanding of preventative actions

## BEHAVE!

**Safe or Unsafe** – Circle true or false for each statement.

Swimming inside the red and yellow flags is ..... **Safe**      **or**      **Unsafe**

Is it safe for parents to go to a café and leave children under the age of 13 on the beach **Safe**      **or**      **Unsafe**

Jumping off piers and cliffs into the water is ..... **Safe**      **or**      **Unsafe**

A person that has been drinking alcohol is ..... **Safe**      **or**      **Unsafe**

Tourists at the beach are safer than people that go to that beach all the time.  
**Safe**      **or**      **Unsafe**

Is it safe to let children under 5 play in the sea without a parent within arms reach? **Safe**      **or**      **Unsafe**

Swimming at night is ..... **Safe**      **or**      **Unsafe**

Can you think of some other unsafe behaviours that people might do at the beach?

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# SURF Safe 1

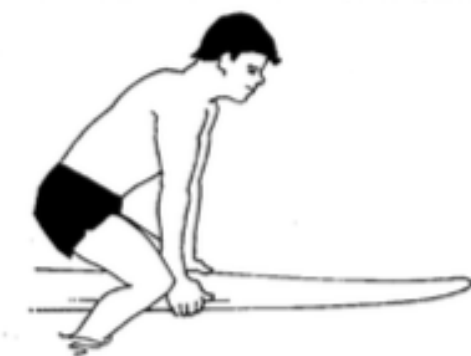
## Practical Lessons, held on the beach

Always warm up before you do any rigorous exercise, otherwise you may hurt yourself. Stretching your arms, legs and back muscles and jogging on the spot will increase blood and oxygen flow.

Topic	Learning Outcomes
<b>Board: Entering &amp; Exiting the Surf</b> Lesson: Hop-a-long	Attempt or perform carrying and dragging a nipper board into the water Attempt or perform bunnyhopping a nipper board into the water

With your hands near the centre of the board, jump bringing your feet and legs clear of the water. Use your legs to push the board forward through the water

Topic	Learning Outcomes
<b>Board: Negotiating the Surf</b> Lesson: Getting through it	Attempt or perform sitting over a wave on a nipper board. Attempt or perform paddling through a wave on a nipper board



# SURF Safe 1

Topic	Learning Outcomes
<b>Swim: Tube Rescue</b> Lesson: Baywatch style	Recognise a rescue tube and what it is used for

The rescue tube is a well used piece of rescue equipment. It is light and easy to use and will make a patient feel more secure once attached.

The long yellow part of the tube is called the tube shaft. It is flexible and is the main floatation device.

On one end is a clip and on the other end is a ring. To secure a patient you wrap the tube around the chest of the patient (underneath the arms) and secure the ring into the clip.

There is also a long rope and a strap that secures the tube to the rescuer as they swim towards the patient. This strap is on the same end as the ring.



# SURF Safe 1

Topic	Learning Outcomes
<b>Beach Sprint: Beach Relay</b> Lesson: Your turn	Attempt or perform a beach relay baton change

Relay racing and baton changing help promote teamwork, coordination and rapid movement – all vital skills in lifesaving situations.

Beach relays involve the same skills as beach sprinting but you also need to learn how to make smooth baton passes.

- When you're the incoming runner, hold the baton in your right hand, arm straight, at the bottom of the baton. You should hold the baton out to to 15cm before reaching the change line.
- When you're the receiver, form your hands into a 'V' shape, hold shoulder high and be ready to take the baton well before the incoming runner reaches the line.
- Bend your arms as the baton changes hands and keep watching the baton as the change is made.

