

Name.....

Season.....

# Surf Safe 2

## Lesson Plans

## Date activity was completed

**1. Introduction to Surf Life Saving**

Welcome to the family!

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

**2. Personal Safety**

Persistence Pays

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

**3. Ecosurf**

Energy Conservation

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

**4. Surf Conditions & Hazards**

Risky Business

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

**5. First Aid**

Here to Help

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

**6. Resuscitation**

The breath of life

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

**7. Signs and Signals**

Sign language

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

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

Up and out

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

**9. Board: Catching Waves**

The easy way in

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

**10. Board: Board Relay**

Never board in a team

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

**11. Swim: Negotiating the Surf**

I'm a fish!

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

**12. Beach Sprint: Starts & Finishes**

Up and at em'

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

**13. Multi Discipline: Transistions**

Round we go

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 2

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 11 Age Group.

## **Age group requirements**

All children who are registered in the Under 11 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 50m (Freestyle) and a survival float of 2 minutes. This is to aid the safety of the child when participating in the activities of Surf Safe 2.

Children in the Under 11 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 288m around a competition course in 12 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 2

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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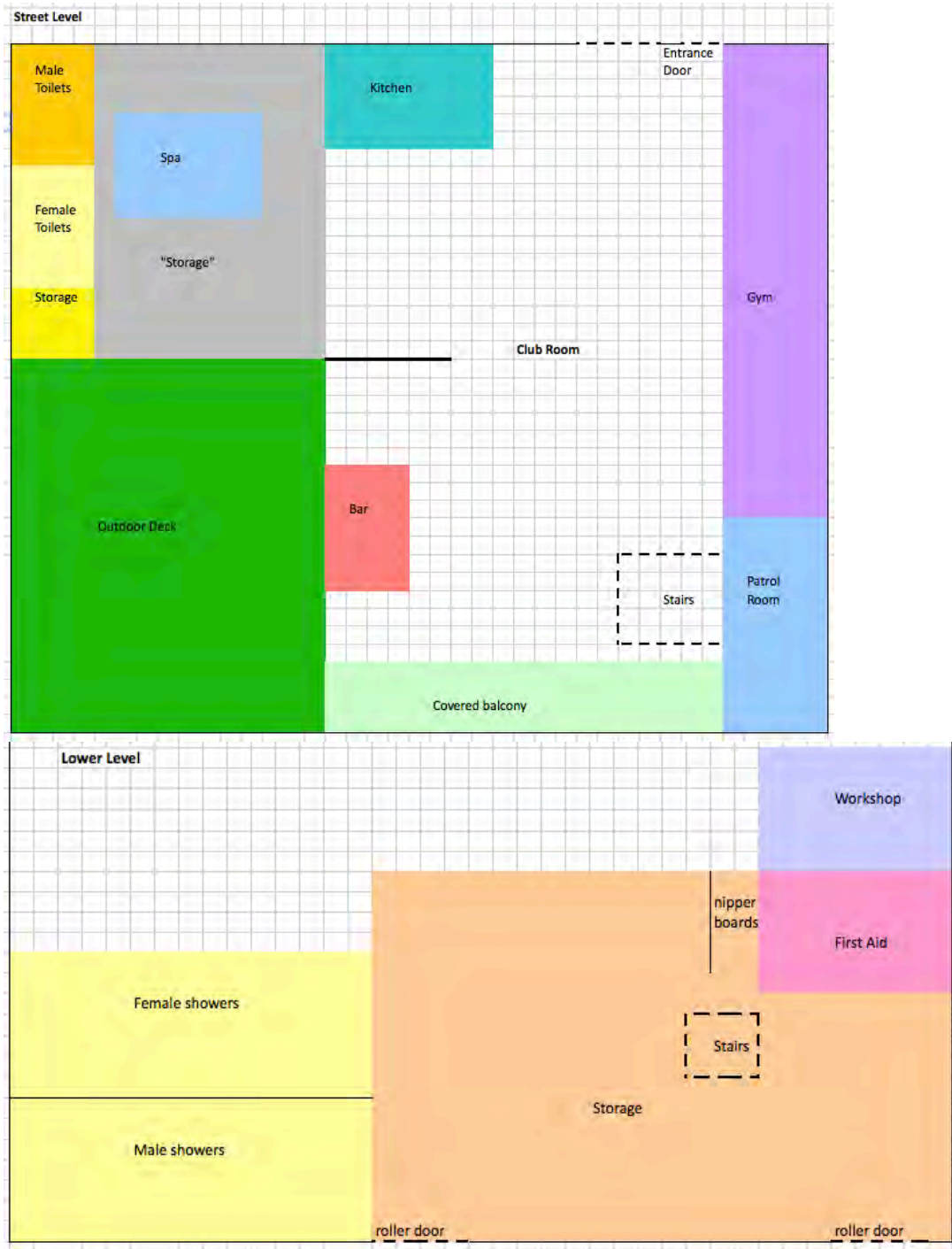
Name of Junior Coordinator

# Surf Safe 2

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 2

Topic	Learning Outcomes
<b>Personal Safety</b> Lesson: Persistence Pays	Identify the actions they can take when feeling frightened, lost, upset or bullied Recognise the importance of persisting when needing help

## Persistence Pays

List 3 situations that may be safe and unsafe when you go to the beach.

### SAFE

1. ....
2. ....
3. ....

### UNSAFE

1. ....
2. ....
3. ....

### What would you do?:

Billy has been bullied at the surf club and asks for your advise on what to do. What help/advise could you give Billy?

.....

.....

.....

.....

Joe has hurt his leg while running on the beach. You notice that he is hurt. What would you do to help Joe?

.....

.....

.....

.....

### Who would you turn to for help at the surf club should you need it?

.....

# Surf Safe 2

Topic	Learning Outcomes
<b>Ecosurf</b> Lesson: Energy Conservation	Recognise the difference between renewable and non-renewable energy generation Identify ways in which electricity usage can be reduced in the surf club

## Energy Conservation

### What is renewable energy?

Renewable energy is found around us in nature. Renewable energy comes in the forms of sunlight, wind, rain, tides and geothermal heat. Using these natural resources we can produce energy in the form of solar power, wind power, hydroelectricity and biofuels for transportation.

Non-renewable energy is taken from the environment and will eventually run out. They can be damaging to the environment and very expensive to produce and use. Non-renewable energy comes in the forms of coal, petroleum, diesel fuel, gasoline, natural gas and uranium ore (nuclear).

Make a list of some appliances in the club or around the house that use electricity.

- 
- 
- 
- 
- 

Most of these appliances are used for short amounts of time but may be connected to the electricity source permanently. Make a list of the appliances that could be turned off when not being used to save on the use of electricity.

- 
- 
- 
- 
- 

Make a list of the items we could install at our club to save money on electricity.

- 
-

# Surf Safe 2

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 2

Topic	Learning Outcomes
<b>Surf Conditions and Hazards</b> Lesson: Risky Business	Recognise 'at risk' people in a beach environment Identify actions that can be taken to help 'at risk' people avoid dangerous situations

## Risky Business

The beach environment is one that is used by many different people. It is important to understand the types of people who frequent you beach.

There are several groups of people who fall into the category of being "At risk beach users":

- The very young and very old people should always be observed carefully.
- Young children approaching the water without adult supervision.
- Overweight people are often in poor physical condition.
- Migrants and tourists who don't understand the dangers of the beach environment.
- Unstable or intoxicate people could have a lack of coordination
- People who are dressed inappropriately could be inhibited by clothing that is unsuitable.

As our young lifesavers develop skills of observation they will be able to identify and recognise people at risk in a beach environment.

Recommended actions to help avoid people getting into dangerous situations may include:

- Using signage
- Talking to people
- Preventative education

As a group take a look at the visitors to the beach and list :

- how many young children there might be, Age 5 and under .....
- how many swimmers near the poles, and are they alone .....
- Is the beach busy? Roughly how many people.....
- What are the weather conditions like? .....
- what else do you notice that could be a concern? .....

# Surf Safe 2

Discuss as a group what preventative signage is in use at the beach and is there anything else that should be done? .....

.....

Topic	Learning Outcomes
<b>First Aid</b> LESSON: Here to Help	Identify the principles of DRABCD Recognise and manage patients suffering from cuts and abrasions, bleeding from the nose, sprained muscle ligaments and sunburn.

## Here to Help



### First aid treatment for cuts and abrasions

1. Clean dirty areas with soap and water, washing away from the wound.
2. Clean the wound with water or sterile saline
3. Control bleeding
4. Cover with sterile non-stick dressing, securing it with a firm bandage or adhesive dressing.

*What is sterile saline? .....*

### First aid treatment for nose bleeds

1. Apply pressure over the soft part of the nostrils, below the bridge of the nose.
2. Have the patient sit up and lean forward to avoid blood flowing down the throat.
3. Have the patient rest and remain seated for at least 10 minutes. On a hot day or after exercise, it might be necessary to maintain pressure for at least 20 minutes.

# Surf Safe 2

4. If bleeding continues for more than 20 minutes, seek medical assistance.

*Pretend your partner has a nose bleed and you must treat them!*



## **First aid treatment for sprains and strains.**

**RICER** is the basic treatment for soft tissue injuries and should be used by the first aider in the first 48 to 72 hours of injury.

**Rest:** Have the injured person sit or lie down with the injured part supported carefully. Do not allow the patient to move the injured area.

**Ice:** Use ice or cold pack to cool the affected area. Apply ice packs (covered by a towel or clothing) or cold compresses for 5 – 15 minutes. Repeat as required to reduce the swelling and pain.

**Compression:** Wrap a compression bandage around the injured area. This will help support it and reduce movement and swelling at the site of injury. Check circulation is present beyond the bandage to ensure it is not too tight.

**Elevation:** Raise the injured area above the level of the patient's heart, if possible. This will reduce swelling, bleeding and blood flow to the area and will help relieve pain.

**Refer:** Refer to an appropriate health care professional for definitive diagnosis and continuing management.

*Treat your partner for a sprain!*

## **First aid treatment for cramps**

1. Continue to gently stretch the cramped muscle.
2. Drink plenty of fluids to rehydrate the body: cold drinks if the cramp is caused by heat and warm drinks if it is caused by cold.

*Suggest and demonstrate some stretches for various cramps!*

## **First aid treatment for sunburn**

1. The patient should rest in a cool place.
2. Cool the sunburn with cool water for up to 20 minutes.

# Surf Safe 2

3. Give the patient fluids by mouth.

Topic	Learning Outcomes
<b>Resuscitation</b> Lesson: The Breath of Life	Perform cardiopulmonary resuscitation (CPR) techniques

## The Breath of Life








What do the letters stand for? Enter the word in the box.

# Surf Safe 2

Demonstrate the position your body, arms and hands should be in to perform CPR

## Resuscitation Chart

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

D			Check for <b>Danger</b> to Yourself, the Patient and Bystanders.
R			Check for <b>Response</b> by talk and touch.
S			If unresponsive, <b>Send</b> for help by calling Triple Zero (000).
A			If not, roll patient onto their side and clear the airway.
B			If patient is not breathing or breathing is not normal, commence CPR.
C			Give 30 Chest Compressions followed by 2 rescue breaths. If unwilling or unable to perform rescue breaths continue chest compressions. <b>*For drowning, give 2 initial rescue breaths before starting compressions.</b>
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

Topic	Learning Outcomes
<b>Signs and Signals</b> Lesson: Sign Language	Recognise the importance of beach safety signage Identify and understand safety signage on their beach

## Signals

# Surf Safe 2

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



## Signs

Using the BeachSafe App or website [www.beachsafe.org.au](http://www.beachsafe.org.au), look up Black Rock beach and Ocean Grove beach. Draw or write in the hazard / safety signs for these beaches – be sure to look under the Safety tab.

**Black Rock, VIC**

# Surf Safe 2

General Beach Hazard Rating is? .....

Hazards are: Draw Symbol This means .....

Draw Symbol This means .....

## Ocean Grove, VIC

General Beach Hazard Rating is? .....

Hazards are: Draw Symbol This means .....

Hazards are: Draw Symbol This means .....

Draw Symbol This means .....

## Practical Lessons, held on the beach

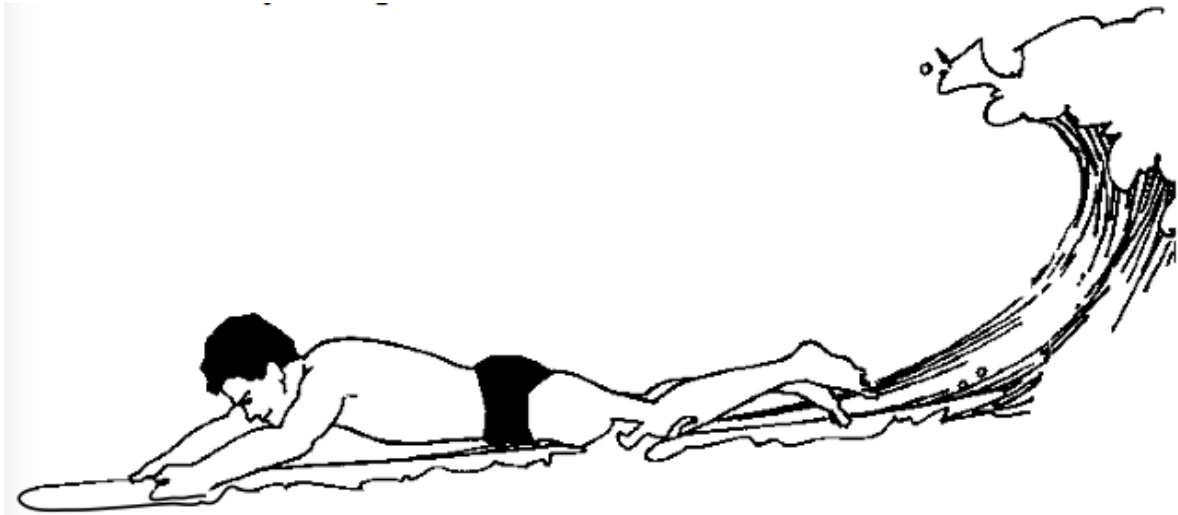
Always warm up before you do any rigorous exercise, otherwise you may hurt yourself. Stretching your arms, legs and back muscles and jogging on the spot will increase blood and oxygen flow.

Topic	Learning Outcomes
Board: Catching Waves	Attempt or perform catching a wave on a nipper

# Surf Safe 2

Lesson: The easy way in	board
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Paddle in front of a wave until you can feel it carry you along. As your board goes over the face of the wave, move your weight back – otherwise you might nose dive!



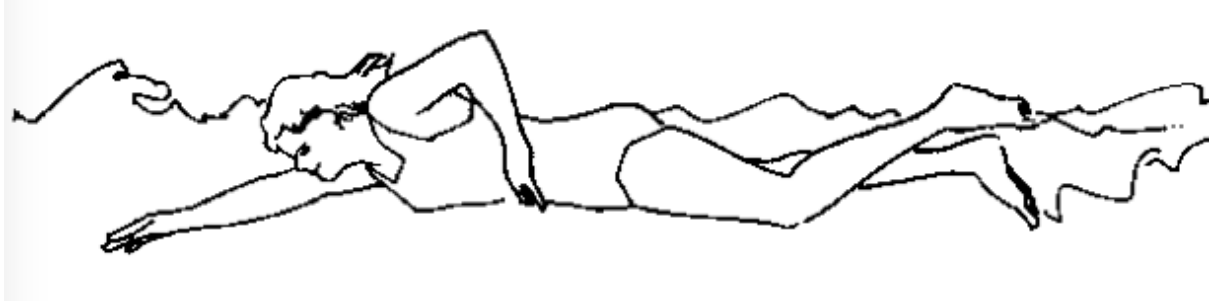
Topic	Learning Outcomes
<b>Board: Board Relay</b> Lesson: Never board in a team	Attempt or perform a board relay race

Topic	Learning Outcomes
<b>Swim: Negotiating the Surf</b> Lesson: I'm a fish!	Understand the techniques of surf swimming Demonstrate an ability to swim through surf, parallel to surf and back to shore



# Surf Safe 2

To swim in the surf you need to keep your head down and your mouth shut. Look up on your breathing stroke to check you're on track, and lift your arms and elbows well out of the water.



Topic	Learning Outcomes
<b>Beach Sprint: Starts and Finishes</b> Lesson: Up and at em'	Attempt or perform a crouching beach sprint start Attempt or perform a beach sprint finish

# Surf Safe 2

There are three basic crouch starts: bunch, medium and elongated. Which you use depends on how far apart you place your feet. The medium start has proven to be the most consistent on and off the beach.

## On the command “take your marks”

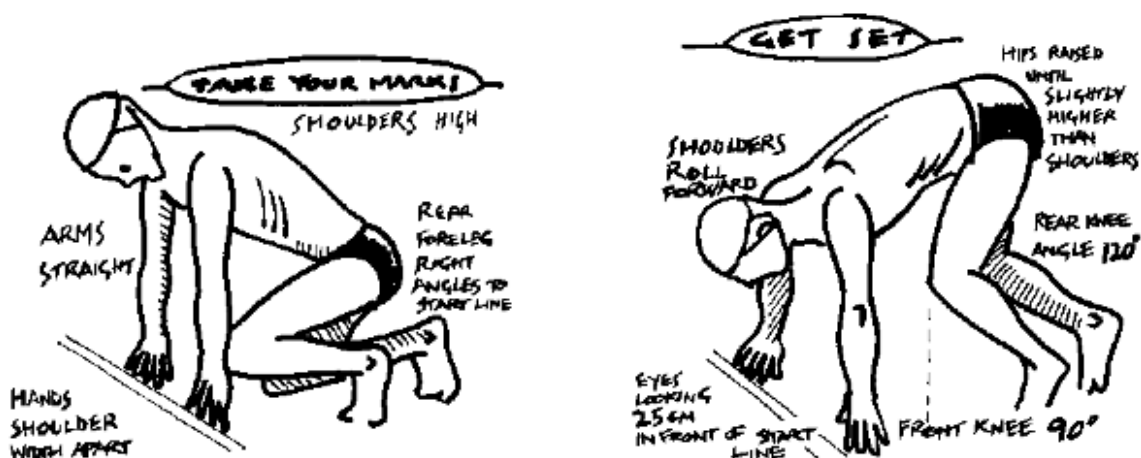
1. Place your front foot a knee-length behind the start line.
2. Place your back foot a knee-length behind your front foot. (“knee-to-tow” placement).

## On the command “get set”

1. Keep your back firm and your eyes on the ground in front of the start line
2. Raise your hips and legs higher than your shoulders, shifting your weight slightly forward over your shoulders, keeping your arms straight and shoulder-width apart.

## On the command “go”

1. Spring forward from the crouch position
2. As you move, swing your arms and drive your legs to get maximum acceleration.



Topic	Learning Outcomes
Multi Discipline: Transitions Lesson: Round we go	Attempt or perform an ironman/woman race transitions Attempt or perform AquaCameron relay race transitions

# Surf Safe 2

Ironman and Ironwoman races entail running, swimming and board paddling. To complete this event successfully you need to have the ability to do all three components reasonably well. The order of this event is drawn at the beginning of a carnival so you may have a swim/run/board and run or you may have a board/run/swim and run. The ironman/woman race is an individual event. The transition from the water to the sand needs to be practiced as often as possible as is the need to practice grabbing the board on the way into the water if the board is done second.

The AquaCameron relay is similar to the ironman/woman except each leg of the race is done by a different person. The AquaCameron relay is a team event with 4 people making up a team. One person needs to wade, one person needs to board and one person needs to swim and one person needs to run.

The transition is very important in the AquaCameron as each person needs to tag the next person waiting before the next person can commence their part of the relay. If the tag is not completed within the rules of the race, a team can be disqualified.

It is important to practice tagging your next team member so that this part of the transition is completed correctly. The runner will tag the wader run to the swimmer, tag the swimmer (return to the end of the swim course) tag the swimmer and run to the boarder to tag (returning to the end of the board course), tag the boarder and sprint through the finish poles.