

UWU

AGE GUIDE

Surf Smart 1



Name.....

Season.....

Surf Smart 1

Lesson Plans

Date activity completed

1. Introduction to Surf Life Saving

Welcome to the family!

Date __/__/__

2. Personal Safety

Looking after you

Date __/__/__

3. Ecosurf

Gale force

Date __/__/__

4. Sun Safety

Sun effects

Date __/__/__

5. First Aid

Here to Help

Date __/__/__

6. Physical Health & Wellbeing & Personal Safety

Life Smart

Date __/__/__

7. Surf Conditions & Hazards

Rip it up

Date __/__/__

8. The Human Body*

Skin & bones

Date __/__/__

9. First Aid*

A helping hand

Date __/__/__

10. Resuscitation *^

Giving hope

Date __/__/__

11. Signs & Signals

Sign me up

Date __/__/__

12. Patrols

On patrol

Date __/__/__

13. Board: Negotiating the Surf

Off and under

Date __/__/__

14. Board: Board Rescue

Ride with me

Date __/__/__

15. Swim: Negotiating the Surf

The big stuff

Date __/__/__

16. Beach Sprint: Technique

Hard & fast

Date __/__/__

17. Flags: Strategy

Hustle & Bustle

Date __/__/__

* A Basic Emergency Care Certificate is available for the combination of these topics if delivered by a qualified trainer and participant meets qualification assessment standards.

^ A Resuscitation is available if delivered by a qualified trainer and participant meets qualification assessment standards.

Surf Smart 1

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.

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 12 Age Group.

Age group requirements

All children who are registered in the Under 12 Age Group (in accordance with the Life Saving Victoria date range, 1st Oct to 30th Sept)) are required to take part in a Junior Preliminary Skills Evaluation being a swim distance of 100m (Freestyle) and a survival float of 2 minutes. This is to aid the safety of the child when participating in the activities of Surf Smart 1.

Children in the Under 12 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 Smart 1

Topic	Learning Outcomes
Introduction to Surf Life Saving 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.

Name of Age Manager

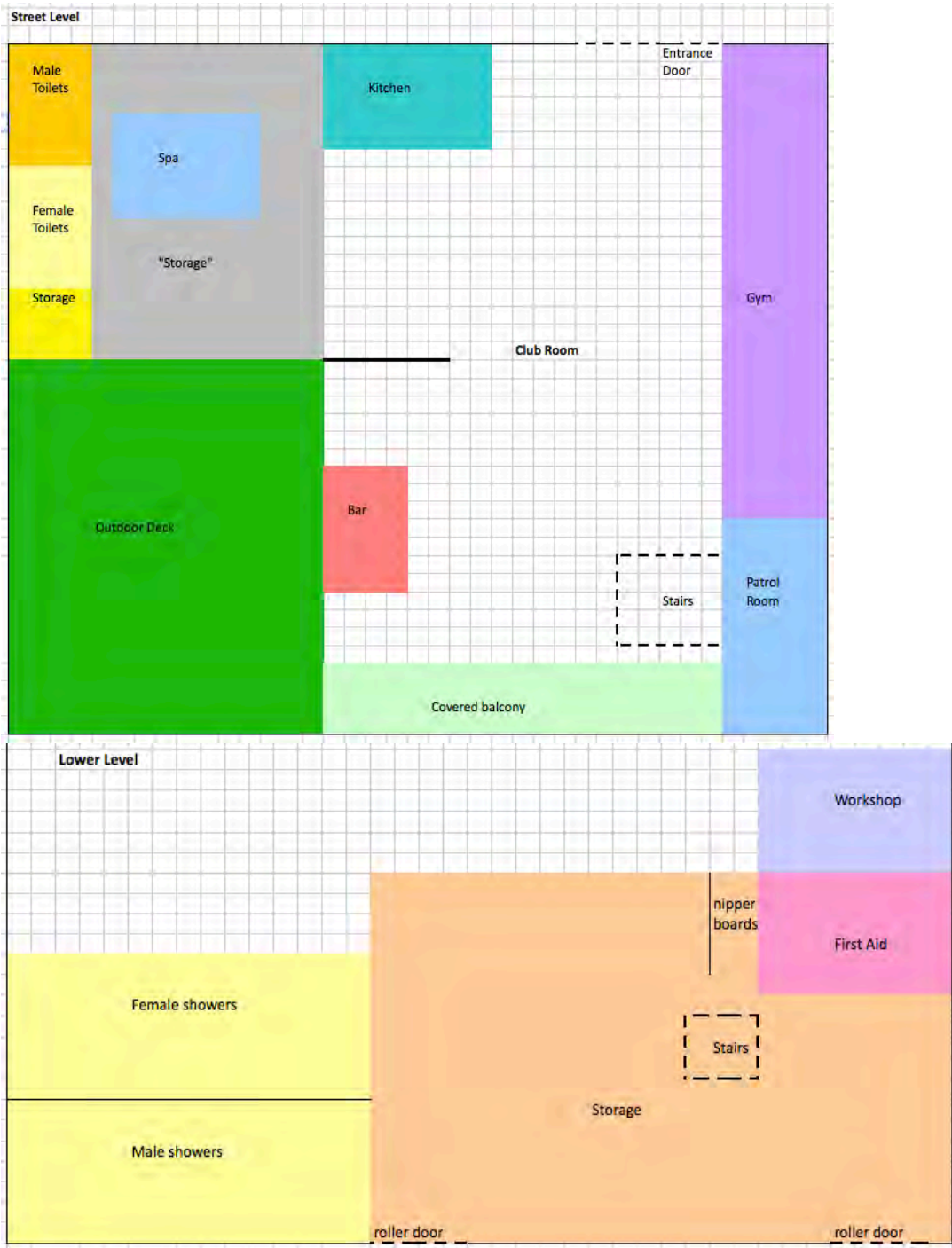
Name of Junior Coordinator

Surf Smart 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 Smart 1

Topic	Learning Outcomes
Personal Safety Lesson: Looking after you	Understand rights and responsibilities as a member of Life Saving Victoria / Surf Life Saving Australia

Looking After You

- Discuss with your Coach the following parts of the Member Safety & Wellbeing Policy;
- Codes of Conduct,
 - Rights and responsibilities,
 - Equality, Discrimination & Anti Harassment

Describe the actions you will take to demonstrate your acceptance of the responsibilities you have under the SLSA Member Safety & Wellbeing Policy.

Showing Respect to other members	
Keep yourself safe	
Comply with all requirements of the SLSA Member Safety and Wellbeing Policy	
Make yourself aware of the Policy and the standards of conduct within the policy	
Cooperating to provide a safe, harassment/discrimination /abuse free environment	
Understand the possible Consequences of breaching the policy	

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Topic	Learning Outcomes
Ecosurf Lesson: Gale Force	Understand how weather can effect both the beach environment and beach users Identify natural and man-made causes of erosion and their impact of the beach environment

Gale Force

The weather (air, sun, rain and wind) can have an impact on the environment. The sun, rain and wind changes minute by minute and is different all over the world. The weather has an impact on how many people may use the beach during different seasons of the year.

The beach conditions will change due to the impact of the waves at our beaches. When we have large dumping waves at our beaches we will find that the sand on the beach will be sucked back into the ocean and the sand area will decrease, leaving steep and dangerous embankments near the waters edge. When we have the softer spilling waves the sand is taken back to the shore and the sand area on our beaches increases.

The wind can also blow sand away and our dunes can be left exposed and vulnerable to the weather. Damage to our sand dunes also happens when people walk through the dunes and disturb our natural plant growth.

Climate change – The coastal zone of Australia is likely to experience significant impacts as a result of climate change in the course of this century. This may see an increased frequency of severe weather events, including those which help shape and erode our coastline such as cyclones, king tides and heavy storms. Our coastline is also affected by man-made buildings, seawalls, groynes and breakwaters. These actually create damage as they interfere with the natural movement of sand, concentrate wave energy in particular areas and prevent down-drift leading to erosion.

What is the weather like in Victoria?

How have you noticed the weather change the beach at Black Rock?

How can the weather affect the role of lifesavers at the beach?

During what weather conditions should you NOT enter the water?

What causes erosion to our coastline at Black Rock? list 2 man-made and 2 natural

Man Made: _____

Natural: _____

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Topic	Learning Outcomes
Sun Safety Lesson: Sun effects	Identify the consequences of not being sunsmart Identify what skin cancer is and what causes it

Sun Effects



Skin cancer is an uncontrolled growth of damaged skin cells due to over exposure to ultraviolet (UV) radiation from the sun. Australia has the highest rate of skin cancer in the world. Every year over 380,000 Australians are treated for skin cancer and over 1,600 will die from the disease.

Over exposure to the sun can cause carcinomas (spots and sores that can become ulcerated, bleed and fail to heal), melanomas (spots that change in colour and size), eye damage and sun spots.

It is extremely important to wear protective clothing and apply sun creams continually when in the sun. Prevention is always better than cure so wearing a hat, sunglasses, long sleeved shirts and sun cream that is broad spectrum and water resistant, will go a long way to prevent skin damage. Seeking shade as often as possible to decrease the time spent out in direct sunlight will also be beneficial.

Take extra care between 10am and 3pm every day when the UV radiation is most intense.

Have you ever been sun burnt?
What can sunburn lead to?
What does Melanoma (skin cancer) look like?
Can the sun damage your eyes?
People with Fair skin have less pigment in their skin. Are they more susceptible to skin cancer?
You should protect yourself from the sun when the UV Index is above 3. Do you know of an App or website that will give you the UV index on a daily basis?
Your body needs UV exposure to make Vitamin D. The UV index in Victoria is generally below 3 from May to August. What is the best time of year to expose your skin to the sun?

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Topic	Learning Outcomes
Physical Health & Wellbeing and Personal Safety Lesson: Life Smart	Recognise that staying fit and healthy is important as a lifesaver Identify ways to stay fit and healthy during junior activities

Drink. Eat. Exercise

It is vital for lifesavers to maintain a high level of fitness.

Performing a rescue not only involves knowledge and expertise, but also requires endurance and fitness. Regular physical activity is a positive way to improve health and fitness, as is a healthy diet.

The training you do as a nipper will help you become fitter and stronger but only if you are getting all the nutrients you need for Energy, Growth and Recovery. Every time you train your muscles **Energy** from their fuel stores, this is called Glycogen. To make **Glycogen** you need plenty of **healthy Carbohydrates** and plenty of **Water**. **Protein** helps your muscles **recover** and **grow**.

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

What carbohydrate foods could you eat before training?

What protein foods eat/drink after training to help repair and strengthen your muscles?

How do you lose water from your body?

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 of the above



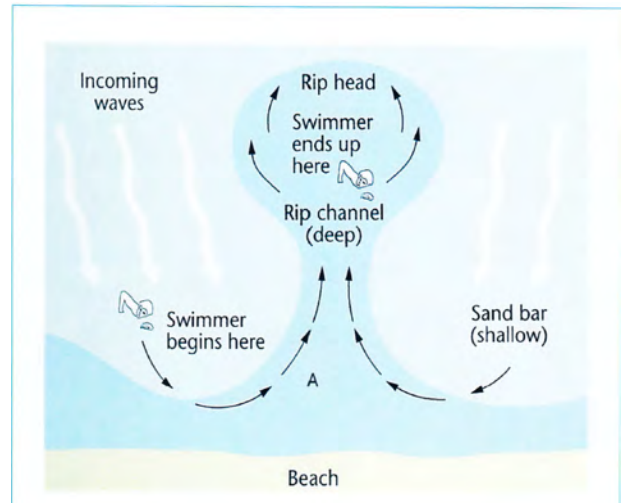
Surf Smart 1

Topic	Learning Outcomes
Surf Conditions & Hazards LESSON: Rip it up	Identify the four different types of rip currents Identify how to manage rips in a beach environment Identify how to use rip currents to assist in surf swimming and rescues

Rip it Up

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.



Different types of Rips

Permanent – remains in the same spot for many years

Fixed – long established hole/gully, lasts for months

Flash – temporary, maybe due to large surf build up in short time

Travelling – moves along the beach

Could you use a rip to aid a rescue?
If in a rip, how would you get out of it?
Have you experience a rip? If Yes, discuss your experience
How do you recognise a rip?
If on Patrol at a beach with Flash rips, what could you do to keep beach goers safe and aware of the changing conditions?
Can you name some beaches in Victoria that experience rips?

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Topic	Learning Outcomes
The Human Body Lesson: Skin & Bones	Identify the role of the body's circular system, skeletal system, respiratory system and nervous system. Understand how the body's major organ systems relate to First Aid scenarios

Skin & Bone

*Use the bolded letters in the text to fill in the answers for the diagram.

The Skeletal System

The skeletal system consists of a rigid framework of bones called the skeleton. The skeleton supports the rest of the body and provides **protection for important organs**. The skeleton consists of:

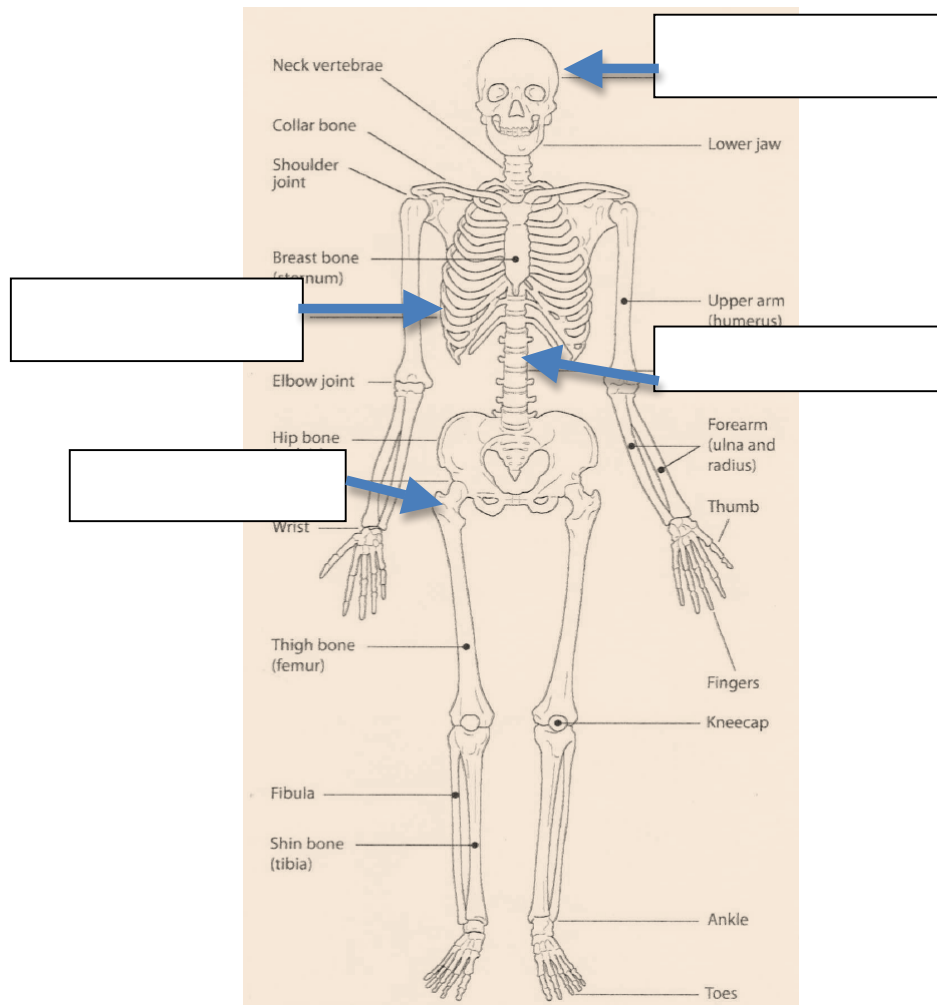
Skull-encloses and protects the brain. Incorporates the lower jaw.

Backbone or Vertebral Column-encloses and protects the spinal cord.

Rib Cage-protects the lungs and heart

Upper Limb bones-arms

Pelvis and Lower limb bones-Hips, thigh bones, shinbones.



Surf Smart 1

SKIN AND BONES

*Use the bolded letters in the text to fill in the answers for the diagram.

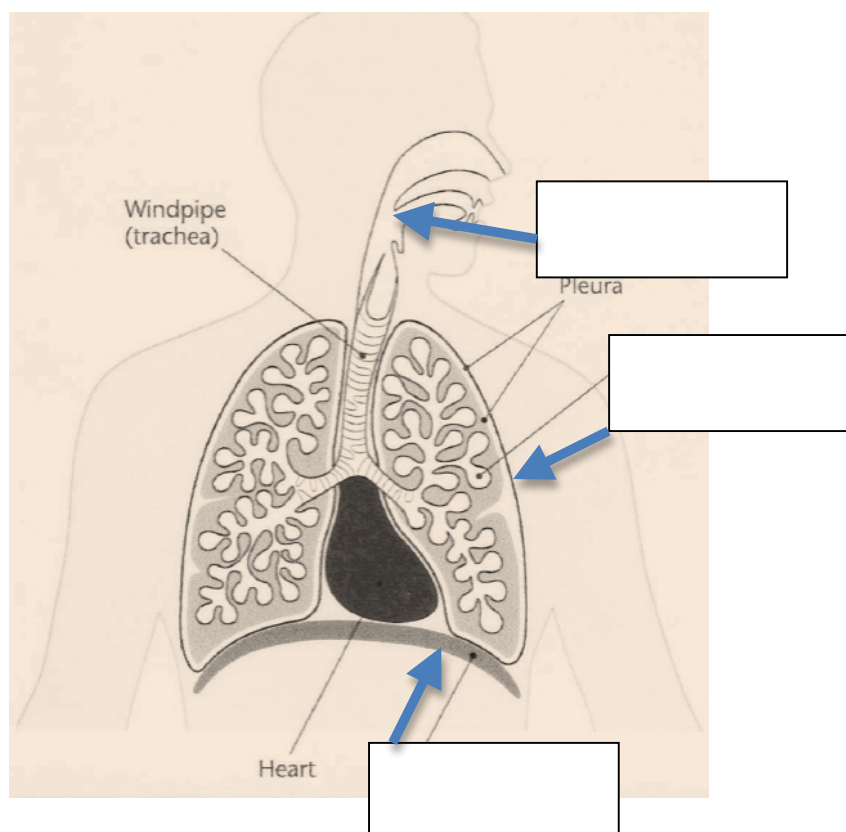
The Respiratory System

The respiratory system consists of the airway and the lungs through which we **breathe in oxygen** and out carbon dioxide.

Airway- consists of mouth, nose, and trachea (windpipe).

We breathe in and out through our mouth and nose. When we breathe in the air travels down the trachea and into the bronchioles inside the lungs.

Lungs- The lower part of the respiratory system consists of two lungs, one on the right and one on the left of the body, which are joined to the upper airway by the windpipe (trachea). The lungs fill most of the chest cavity, which is separated from the abdomen by a large sheet of muscle known as the diaphragm. The lungs are spongy, elastic organs consisting of the bronchial tubes, air sacs (alveoli sacs) and blood vessels. When we breathe in, air moves into the lungs. Oxygen is then transferred to the blood in the air sacs of the lungs and carbon dioxide is removed. The gases transfer from the air sacs to the blood flowing through the capillaries by the process known as diffusion. Carbon Dioxide is a waste product of metabolism (burning off the body's energy systems). When we breathe out (expire) the carbon dioxide is expelled.



Surf Smart 1

SKIN AND BONES

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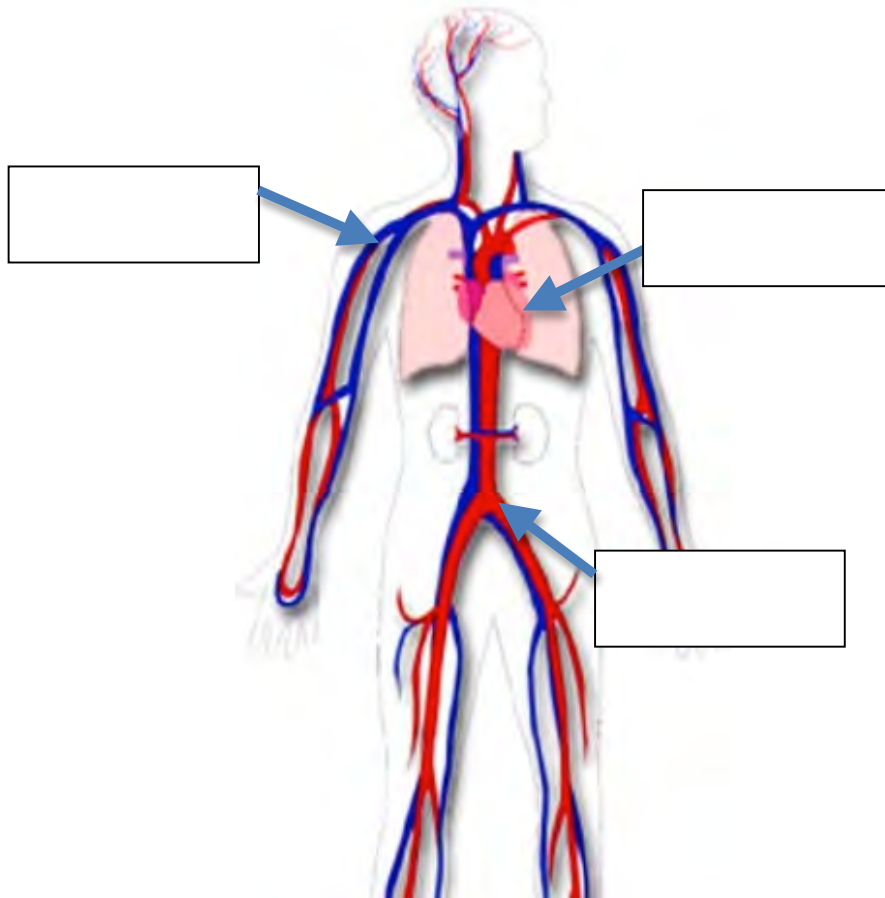
The Circulatory System

The circulatory system moves **blood around the body**. The main components of this system are the heart and blood vessel – the arteries, veins and capillaries. The circulation of blood is caused by the ‘pumping’ action of the heart. The heart is a muscular pump that has four chambers and is about the size of a clenched fist. It’s purpose is to feed all of the organs within the body fresh oxygenated blood via the arteries and remove old carbon dioxide blood back to the heart via the veins.

Arteries – carry oxygenate blood away from the heart under high pressure and is a bright scarlet colour (red).

Veins – carry carbon dioxide blood back to the heart, moves under low pressure and is dark red in colour (blue).

Capillaries – are tiny vessels that link the ends of the smallest veins with the smallest arteries. If cut, blood weeps out under no pressure and is a bright red colour (eg. Nose bleed).



Surf Smart 1

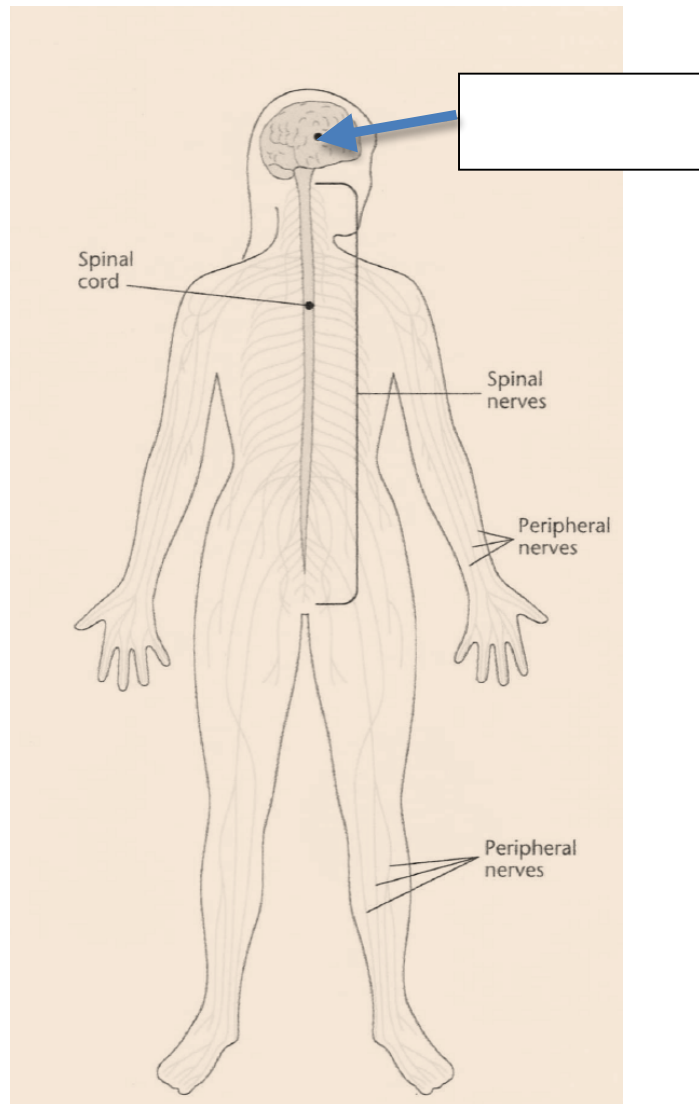
SKIN AND BONES

*Use the bolded letters in the text to fill in the answers for the diagram.

The Nervous System

The **brain**, through the spinal cord and nerves, **controls** every part of the body. The brain sends messages which control the heartbeat, the movement of the muscles of breathing and all other body functions.

The brain requires a continuous supply of oxygen in order to function. Cells of the brain can be damaged if they are starved of oxygen for more than a few minutes – the body may still be able to live even with some damaged brain cells.



Surf Smart 1

Skin & Bones

Identify the role of the body's circular system, skeletal system, respiratory system and nervous system.

Understand how the body's major organ systems relate to First Aid scenarios

What does the Circulatory system do?
What is the role of the Skeletal system?
What does the Respiratory system do?
What is the role of the Nervous system?
In an emergency which is the most important part of the body to keep <u>pumping</u> in order to keep the body alive?
Which is most severe; a cut vein, a cut artery or a cut capillary?
If a person has a blocked airway, what can they not do?
Where in the body is the heart?
What does blood carry around the body?
What colour is blood in an artery?

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Topic	Learning Outcomes
First Aid LESSON: A Helping Hand	Identify the principles of DRABCD Recognise and manage patients suffering from cramping, fainting and shock.

Here to Help

First aid treatment for cuts and abrasions

1. Always protect yourself from cross contamination (via blood and fluid) by wearing protective gloves.
2. Clean the wound with water or sterile saline
3. Control bleeding with pressure if required.
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. Have the patient sit up and lean forward to avoid blood flowing down the throat.
2. Apply pressure over the soft part of the nostrils, below the bridge of the nose.
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.
4. If bleeding continues for more than 20 minutes, seek medical assistance.

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

First aid treatment for fainting

1. lay the patient flat, with a pillow
2. Keep head level with heart and raise legs
3. Place unconscious patients in lateral position (i.e, on their side in the recovery position)

Pretend your partner has fainted (your coach will tell you if they are unconscious or conscious) put them in the correct position.

Surf Smart 1



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.
3. Give the patient fluids by mouth.

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Topic	Learning Outcomes
Resuscitation Lesson: Giving Hope	Perform cardiopulmonary resuscitation (CPR) techniques

Giving Hope

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

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

How many times do you pump the heart before giving how many breathes?

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



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.
*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

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Topic	Learning Outcomes
Signs and Signals Lesson: Sign me up	Demonstrate the following signals: message understood; attract attention; message not clear; repeat, pick up swimmers

Signals

If your coach or a lifeguard uses these signals what do they want you to do?

BEACH TO WATER SIGNALS
(Images show hand signals, use signal flags when available)

Surf Smart 1

Signs

Using the BeachSafe App or website 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

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
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Draw Symbol	This means
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Surf Smart 1

Topic	Learning Outcomes
Patrols Lesson: On patrol	Identify the role of a beach patrol Identify the role of lifesavers during a patrol

On Patrol

Meet the Patrol Captain and talk through some of these questions that you haven't discussed with your Coach

What are the patrol days and times at Black Rock?
How many members are in a patrol and what are their roles ?
What equipment is used on patrol and why?
What is the role of the patrol captain?
What uniform has to be worn on patrol?
Take a look inside the First Aid bags and discuss equipment that you don't recognise

Write down two more questions to ask the Patrol Captain

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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: Negotiating the Surf Lesson: Off and under	Attempt or perform rolling under a wave on a board

Topic	Learning Outcomes
Board: Board Rescue Lesson: Ride with me	Recognise how a board can be used to secure and support a conscious patient Demonstrate the skills required to secure and support a conscious patient

Topic	Learning Outcomes
Swim: Negotiating the Surf Lesson: The big stuff	Attempt or perform diving under waves

Topic	Learning Outcomes
Beach Sprint: Technique Lesson: Hard and fast	Develop a beach sprint arm and leg drive technique

Topic	Learning Outcomes
Beach Flags: Strategy Lesson: Hustle and Bustle	Identify different beach flags race strategies