

U18

AGE GUIDE

Surf Aware 1



NAME:.....

SEASON:.....

SURF Aware 1

Lesson Plans

Date activity was completed

1. **Welcome to the Family**
Introduction to Surf Life Saving Date __/__/__
2. **Feeling Safe at the Beach**
Personal Safety Date __/__/__
3. **Our Beach Environment**
Ecosurf Date __/__/__
4. **Being Sun Smart**
Sun Safety Date __/__/__
5. **Hazard Watch**
Surf Conditions & Hazards Date __/__/__
6. **Stick your hand up**
Surf Safety Date __/__/__
7. **It's an Emergency**
First Aid Date __/__/__
8. **It's all Red and Yellow**
Signs and Signals Date __/__/__
9. **Small board, Big fun**
Board Paddling Techniques Date __/__/__
10. **I'm a Dolphin**
Entering the Surf Date __/__/__
11. **Ready, Set, Go!**
Beach Sprint Starts Date __/__/__
12. **Get off the ground**
Flags, Starts and Turns 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 Aware 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 8 Age Group.

Age group requirements

All children who are registered in the Under 8 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 25m (any stoke, although Freestyle is the goal) and a survival float of 1 minute. This is to aid the safety of the child when participating in the activities of Surf Aware 1.

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

Thank you,

Black Rock Life Saving Club

SURF Aware 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

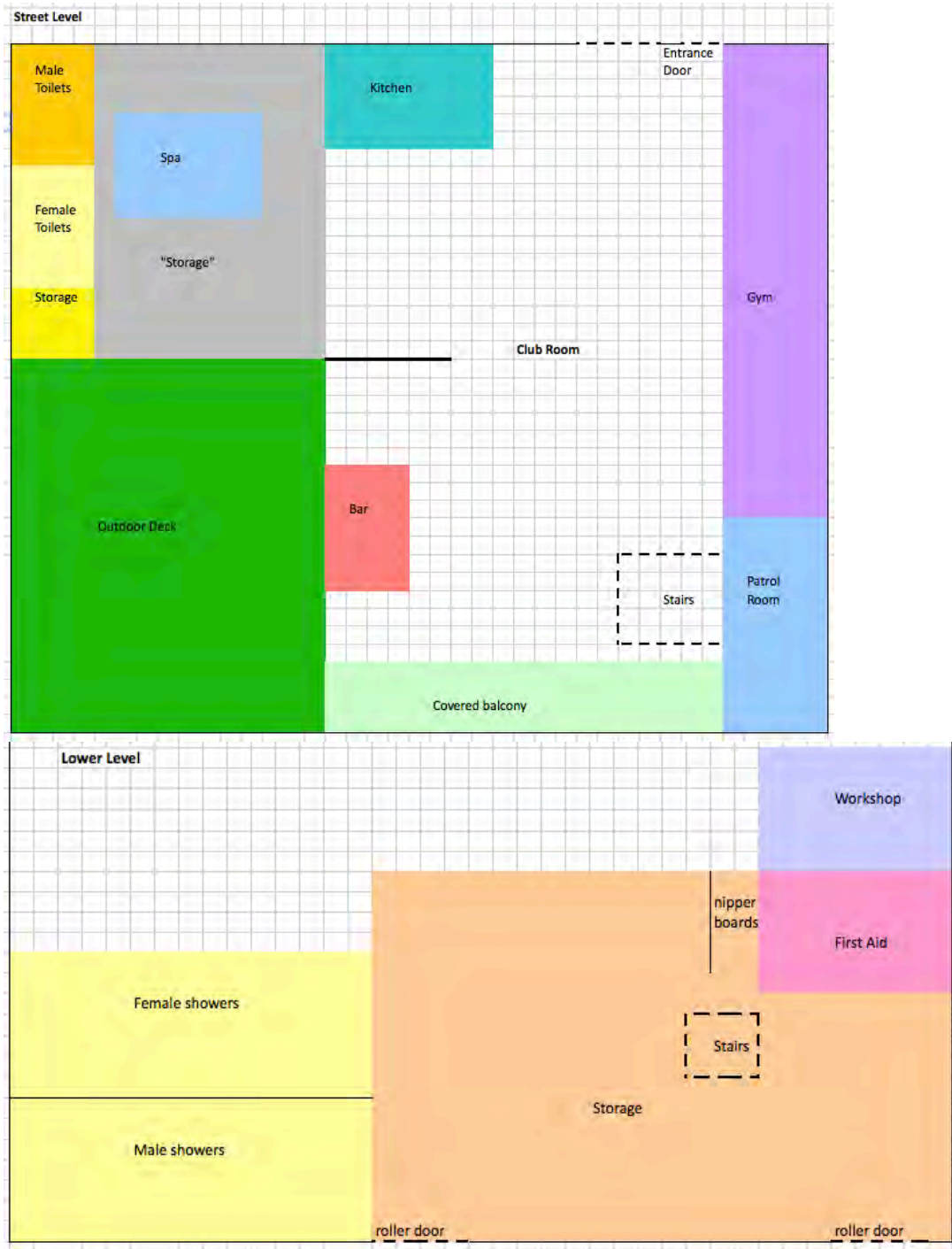
Name of Junior Coordinator

SURF Aware 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.



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Topic	Learning Outcomes
Personal Safety Lesson: Feeling safe at the beach	Identify what it means to feel safe Identify people to talk to if feeling unsafe at the beach

Feeling Safe at the Beach

Sometimes we feel uncertain about our surroundings and the people we meet. It is important to feel safe and comfortable all the time. If you feel unsafe or uncomfortable about a situation you need to go and tell someone. You could tell mum or dad, your age manager, a parent of a friend, a police officer, a lifesaver or someone else that you trust.

Draw a picture of someone feeling happy and someone feeling sad.



SURF Aware 1

Topic	Learning Outcomes
Ecosurf Lesson: Our beach environment	Recognise the diverse human and marine communities that make up a beach ecosystem

Our Beach Environment



- What is it
- Should I touch it?
- Does it belong at the beach?
- Where should it be?



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- What is it
- Should I touch it?
- Does it belong at the beach?
- Where should it be?

How can our actions endanger the animals at the beach?

Answer:

Why is it important we share the beach with the sea/beach animals?

Answer:

What will happen if we don't look after the sea/beach animals?

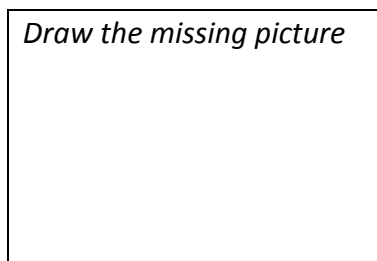
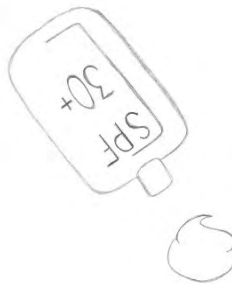
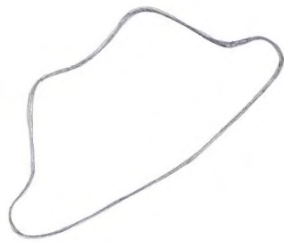
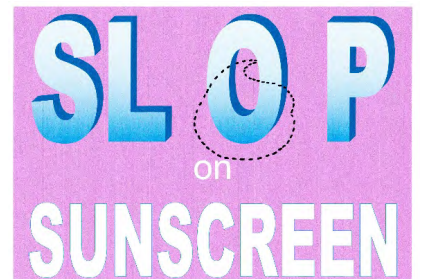
Answer:

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Topic	Learning Outcomes
Sun Safety Lesson: Being Sunsmart	Understand and demonstrate the sunsmart guidelines Understand what happens when they're not sunsmart

SLIP SLOP SLAP SEEK

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



SURF Aware 1

Topic	Learning Outcomes
Surf Conditions and Hazards Lesson: Hazard Watch	Identify dangers at the beach

Hazard Watch

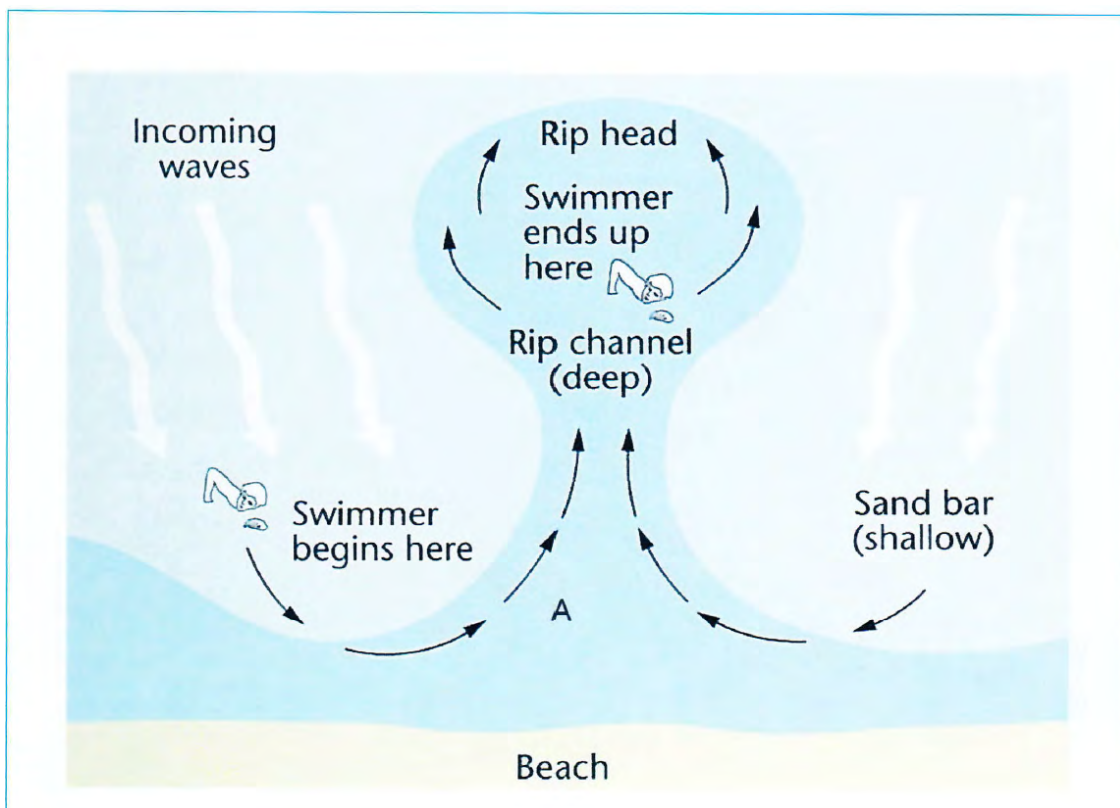
List some dangers you can face when at the beach?

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.....

.....

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.

SURF Aware 1

Topic	Learning Outcomes
Surf Safety LESSON 6: Stick your hand up	Recognise the signs that they are in trouble in the water Demonstrate the signal for 'assistance required'

STICK YOUR HAND UP

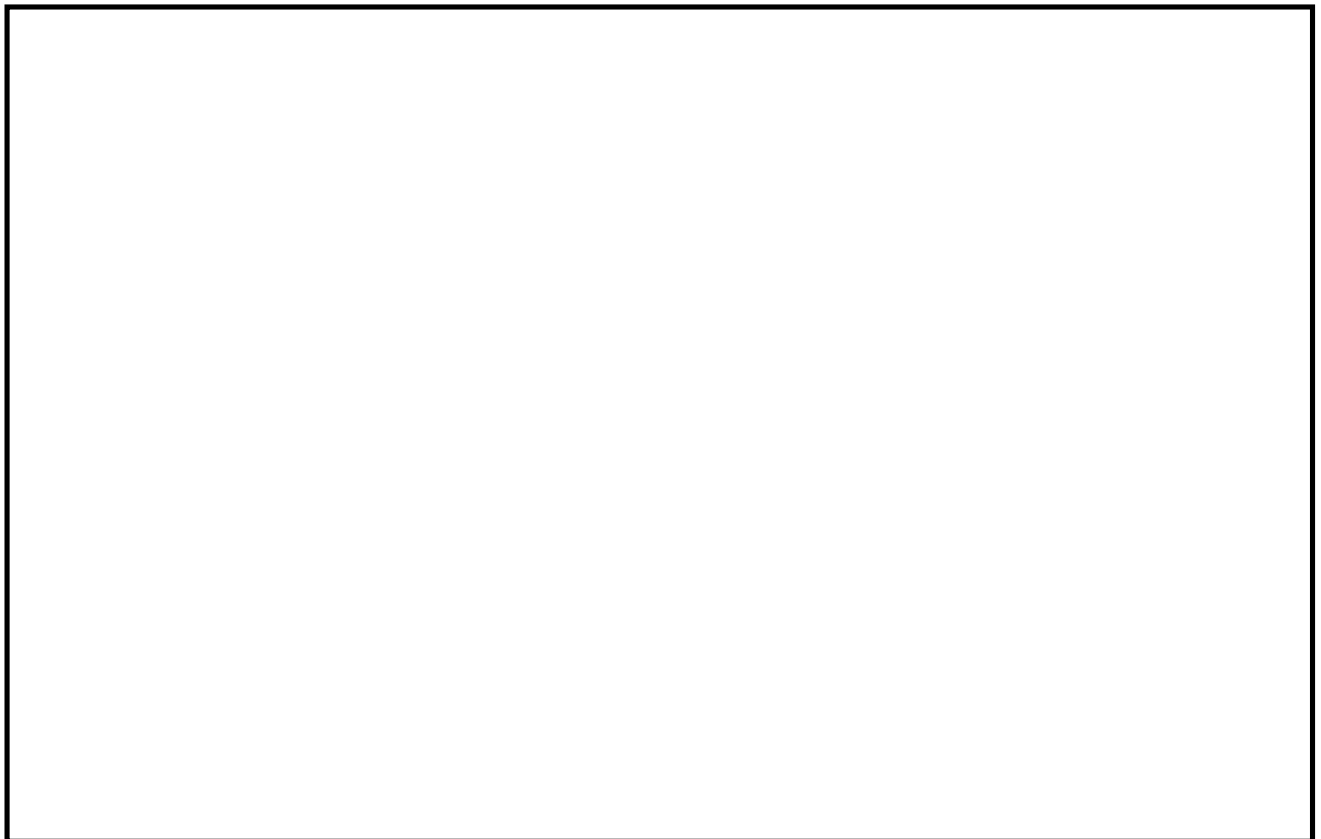
List some ways you can get into trouble when swimming? -

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.....
.....

What should you do if you get into trouble in the water?

.....
.....
.....

Draw yourself in trouble and with your hand up waving for help.



SURF Aware 1

Topic	Learning Outcomes
First Aid LESSON: It's an Emergency	Recognise what an emergency situation is Describe when and how to dial '000' if an emergency situation is identified

It's an Emergency

What number do you call if you want the police, ambulance or fire brigade?

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What could happen on the beach that could be an emergency?

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.....
.....

In addition to the adult you are with, who else is on a beach that could help in an emergency?

.....

Complete the names of the equipment that Surf Lifesavers might use what in a Rescue

Rescue Tu.....

Rescue Boa.....

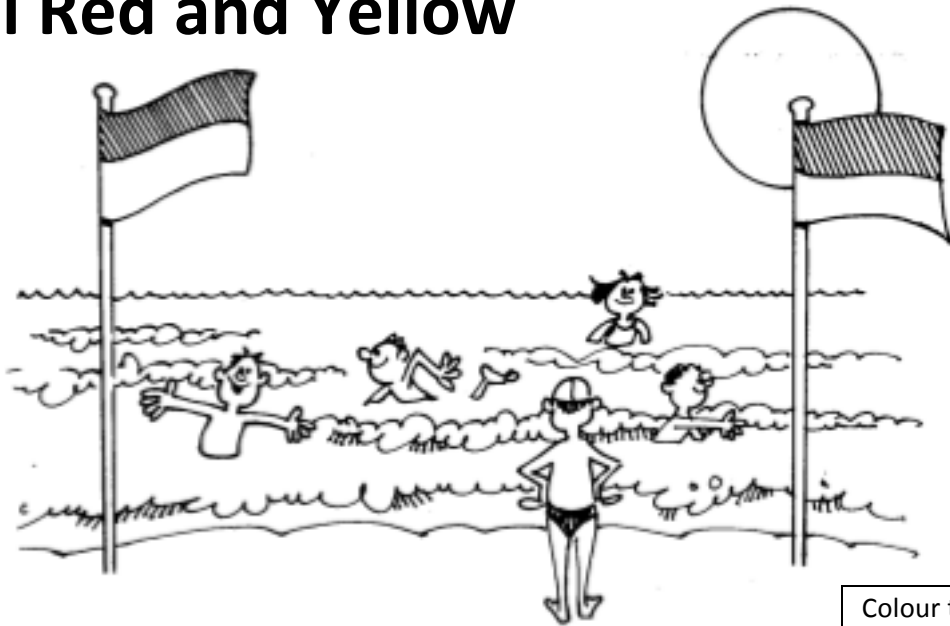
IR..... (Boat)

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SURF Aware 1

Topic	Learning Outcomes
Signs and Signals Lesson: It's all red and yellow	Recognise the Red and Yellow flags Understand what the Red and Yellow flags mean

It's all Red and Yellow



Colour the flags in their correct colour

What does a lifesaver do whilst on patrol?

1. Make sandcastles whilst eating ice cream
2. Watch the people in the water and on the beach
3. Go shopping

What do the red and yellow flags mean?

1. Swim here, a lifeguard can see you and the area is safe
2. It's a hot day put on some sun screen
3. Boats can enter the water here

If you need help in the water what should you do?

1. Flap your arms and legs wildly
2. Put your arm straight up in the air, float and call 'Help'
3. Panic, shriek and wave frantically

SURF Aware 1

Practical Lessons, held on the beach

Topic	Learning Outcomes
Board: Paddling Technique Lesson: Small board big fun	Attempt or perform catching a wave on a body board

Topic	Learning Outcomes
Swimming: Entering the Surf Lesson: I'm a dolphin	Attempt or perform wading Attempt or perform dolphin-diving

Topic	Learning Outcomes
Beach Sprint: Starts Lesson: Ready. Set. Go!	Attempt or perform a standing beach sprint start

Topic	Learning Outcomes
Flags: Starts and Turns Lesson: Get off the ground	Attempt or perform beach flags starts