

U19

AGE GUIDE

Surf Aware 2



NAME:.....

SEASON:.....

SURF Aware 2

Lesson Plans

Date activity was completed

- 1. Welcome to the Family**
Introduction to Surf Life Saving Date __/__/__
- 2. Personal Safety**
My High Five Date __/__/__
- 3. Ecosurf**
Humans on the coast Date __/__/__
- 4. Physical Health & Wellbeing & Personal Safety**
Drink. Eat. Exercise Date __/__/__
- 5. Surf Conditions & Hazards**
An angry sea Date __/__/__
- 6. Surf Safety**
F.L.A.G.S Date __/__/__
- 7. First Aid**
Getting the right help Date __/__/__
- 8. Signs and Signals**
Signs of the times Date __/__/__
- 9. Board: Paddling Techniques**
All a-board Date __/__/__
- 10. Swim: Body Surf**
Stiff as a board Date __/__/__
- 11. Beach Sprint: Technique**
In a rush Date __/__/__
- 12. Flags: Diving for Baton**
Diving for the precious 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.

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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 9 Age Group.

Age group requirements

All children who are registered in the Under 9 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 stroke, 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.

Children in the Under 9 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 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

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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

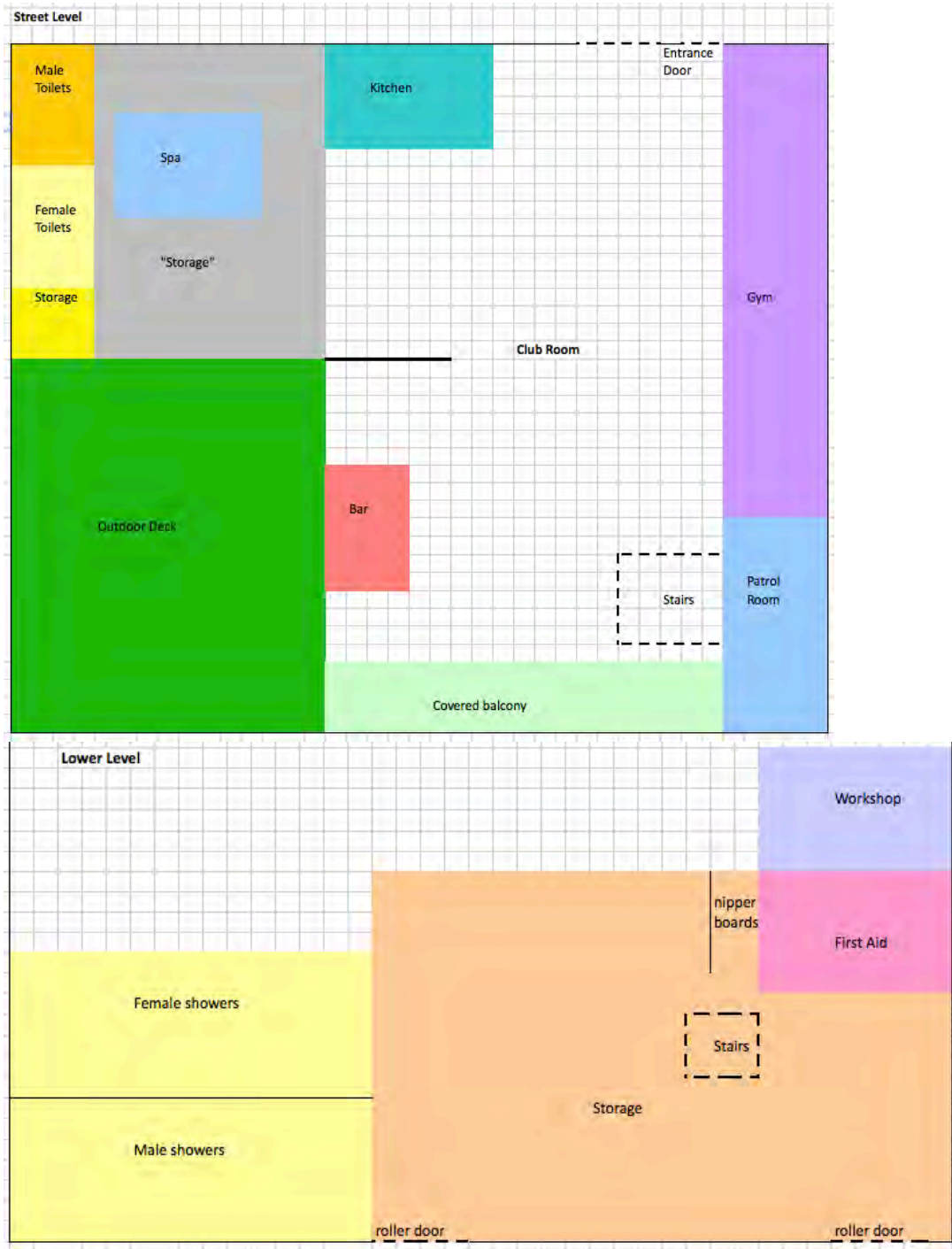
Name of Junior Coordinator

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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: My High Five	Identify people in their own Personal Safety Network that they can ask for help

My High Five

Place your hand on the page and trace around it.

In each finger, please write the names of an adult who you choose to be in your personal network. These people will help you if you feel unsafe or sad.

You could choose: your mum or dad, your coach, a parent of a friend, a police officer, a lifesaver, an aunty or uncle or someone else that you trust.

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Topic	Learning Outcomes
Ecosurf Lesson: Humans on the coast	Identify natural and man made objects in the beach environment Recognise the environmental impact they can have on the beach

Humans on the coast

Ideas: star fish, jelly fish, tin cans, octopus, rubbish, shells, crabs

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
Physical Health & Wellbeing and Personal Safety 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?

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

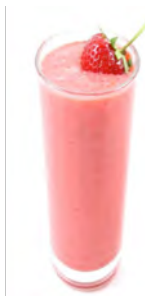
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What could you eat/drink immediately after training to help repair and strengthen your muscles?

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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 options



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Topic	Learning Outcomes
Surf Conditions and Hazards Lesson: An angry sea	Identify a surging, spilling and plunging wave Recognise the dangers swimmers can be exposed to with a changing tide.

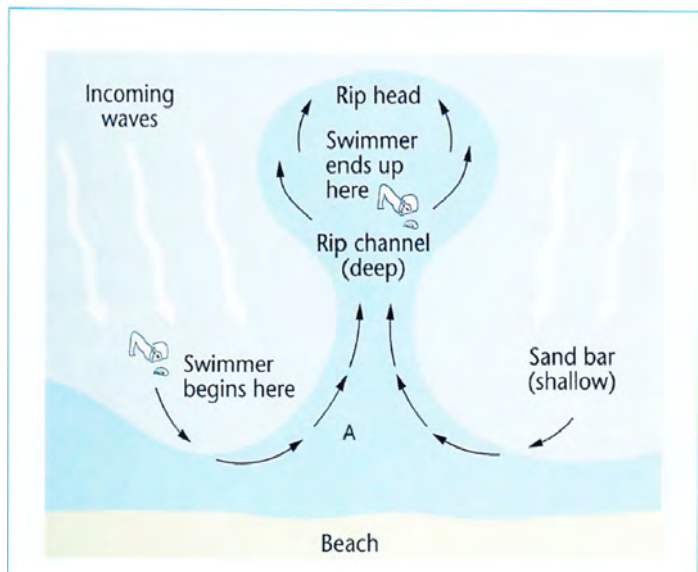
An angry sea

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:

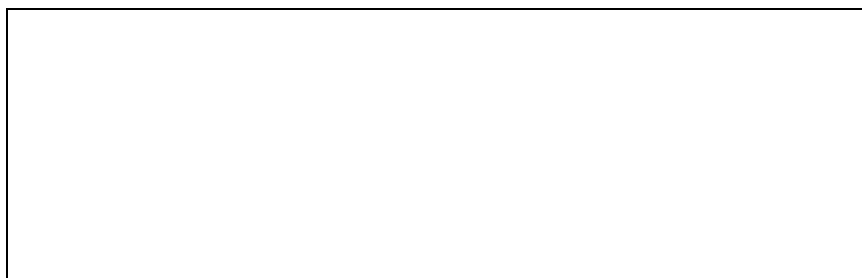
1. For assistance, stay calm, float and raise an arm to attract attention.
2. While floating, rip currents may flow in a circular pattern and return you to an adjacent sandbar.
3. You may escape the rip current by swimming parallel to the beach, towards the breaking waves.
4. You should regularly assess 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.



Label the THREE types of waves shown here: Surging, Spilling, Plunging



Draw and colour a wave of your choice.



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Topic	Learning Outcomes
Surf Safety LESSON 6: F.L.A.G.S	Identify the 5 beach safety tips using the F.L.A.G.S. acronym

F.L.A.G.S



for **FLAGS**

Find the flags and swim _____ them. It is the safest place to swim because it is patrolled by lifesavers.

for **LOOK**

Look for the _____ signs. Safety signs will alert you of any important information needed to make your time at the beach safer and more fun.

for **ASK**

Ask a lifesaver for some good _____. Approach a lifeguard on patrol and ask them if there are any dangers to look out for at the beach or for assistance if you find yourself in trouble.

for **GET ASSISTANCE**

Get a parent to _____ with you. Ask a parent to swim with you and look out for you during your time at the beach.

for **STICK YOUR HAND UP**

Stick your _____ up for help. This is the best way to attract attention in the water.

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Topic	Learning Outcomes
First Aid LESSON: Getting the right help	Recognise what an emergency situation is Describe when and how to dial '000' if an emergency situation is identified Describe the steps associated with calling '000'

Getting the right help

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

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

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

Rescue Tu.....

Rescue Boa.....

IR..... (Boat)

.....elicopter

An emergency is a sudden crisis that requires fast action. A sudden crisis may be that a person is badly injured or has stopped breathing. In a crisis, you will need to call '000'. This will connect you straight to emergency services like the Police, Fire and Ambulance.

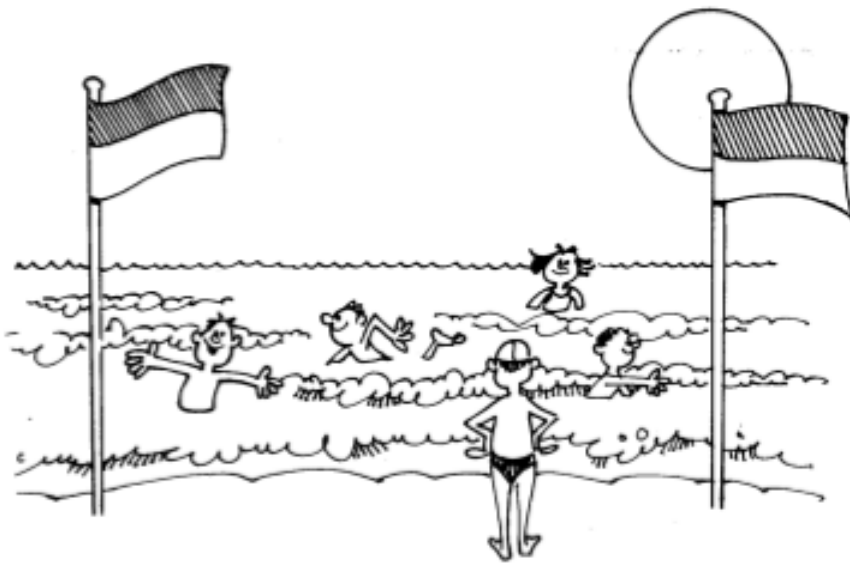
If you see an emergency situation you must call '000' or tell an adult so that they can call. When you call '000' the operator will ask questions like-“Who are you”, “Where are you” and “Why are you calling”?

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Topic	Learning Outcomes
Signs and Signals Lesson: Signs of the times	Identify different safety signs on their beach and their meaning Understand the three different sign shapes and colours

Signs of the times

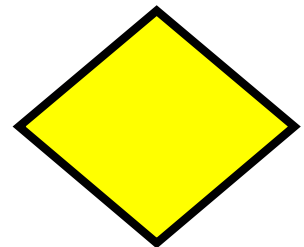
Colour the flags in their correct colour and draw a safety sign



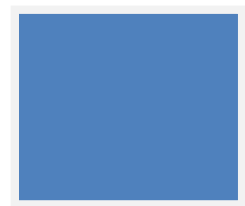
A red circle with a cross through the middle indicates that you must not do something e.g. Swim, surf on a board, fish etc.



The yellow diamond with a black border indicates that there is a danger or hazard-e.g. crocodile, stingers etc.



A blue square gives you information e.g.-wheelchair access, where to surf on boards etc.



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Practical Lessons, held on the beach

Topic	Learning Outcomes
Board: Paddling Technique Lesson: All a-board	Attempt or perform positioning on a nipper board Attempt or perform paddling on a nipper board

Topic	Learning Outcomes
Swim: Body Surfing Lesson: Stiff as a board	Attempt or perform body surfing on a wave

Topic	Learning Outcomes
Beach Sprint: Technique Lesson: In a rush	Attempt or perform basic running technique on sand

Topic	Learning Outcomes
Flags: Diving for Baton Lesson: Diving for the precious	Attempt or perform diving for a beach flag