

# U10



# AGE GUIDE

# SURF SAFE 1

Name: \_\_\_\_\_

Season: \_\_\_\_\_



These booklets were created by Alexandra Madeley, a current member of Edithvale Life Saving Club 2015, whilst an U15 Cadet member of Chelsea Longbeach Surf Life Saving Club 2014, using information and pictures taken from the Junior Development Resource 2<sup>nd</sup> Edition – Age Guide, Surf Life Saving Training Manual – 33<sup>rd</sup> and 34<sup>th</sup> Edition and SLSA Beach safe website - <http://beachsafe.org.au/surf-ed/lifeguards-top-tips>

Content in these Booklets covers the Surf Education Requirements and can be used supplementary to Surf Life Saving Australia's (SLSA) Junior Development Resource Kit.



## Surf Education Requirements

LESSON NUMBER	ACTIVITY TOPIC	DATE COMPLETED
1	<b>Welcome to the Family</b> Introduction to Surf Life Saving	
2	<b>You can talk</b> Personal Safety	
3	<b>Water Conservation</b> Ecosurf	
4	<b>That's sunsmart</b> Sun Safety	
5	<b>You little ripper</b> Surf Conditions and Hazards	
6	<b>Not a happy manikin</b> Resuscitation	
7	<b>You want me where?</b> Signs and Signals	
8	<b>Behave!</b> Rescue Techniques	
9	<b>Hop-a-long</b> Board; Entering and Exiting the Surf	
10	<b>Getting through it</b> Board: Negotiating the Surf	
11	<b>Serious fun</b> Board: Board Rescue	
12	<b>Baywatch style</b> Swim: Tube Rescue	
13	<b>Your turn</b> Beach Sprint: Beach Relay	

## Attendance Register

Date												
Attended (Yes/No)												

Attendance Register will be filled in based on Sign-in Sheets. Surf Education Certificates will be presented to those Nipper's that attend a minimum of 75% of the programme.



## U10 - SURF SAFE 1

Dear Parents/ Guardians,

Thank you for choosing to participate in Carrum SLSC's Nippers Program.

This Booklet has been designed to deliver a positive and productive learning experience for all involved. We hope you find it a valuable addition, to assist developing the new skills and knowledge that are a part of the Surf Education Program, for children registered in the Under 10 Age Group.

### **Junior Skills Evaluation and Surf Education Requirements**

All children who are registered in Under 10 Age Group (Surf Safe 1) are required to take part in a preliminary skills evaluation so that their Age Manager is aware of their swimming ability. Each child is encouraged to swim 25 metres freestyle and complete a survival float for one and a half minutes.

### **Junior Surf Carnivals**

Children in the Under 10 Age Group are able to compete in Junior Surf Carnivals. To be eligible to compete in these competitions, Nippers will need to swim a minimum of 150m, continuous freestyle, in open water within 11 minutes. This requirement can be completed at your club and must be under the direction of the club assessor.

Each Nipper can work through this activity book during the season with their Age Manager.

At the end of the season each Nipper is eligible to receive a Surf Safe 1 award and participation Certificate, if they have completed the Surf Safe 1 requirements and have attended at least 75% of the Program.

Should you have any questions throughout the Program, please don't hesitate to contact myself.

Thank you,

Warrnambool Surf Lifesaving Club

# Surf Safe 1- Lesson 1



## WELCOME TO THE FAMILY!

Lifesaving 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.

Life Saving clubs are a place to learn the skills required to be a lifesaver and to socialise. Nippers encourages our junior members to learn the new skills as they develop into young adults.

A tour of the 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 Safe 1- Lesson 2



## 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.

Name	Relationship	Can discuss...
E.g. Peter Citizen	Coach	Bullying, being scared of the surf sometimes

# Surf Safe 1- Lesson 3



## WATER CONSERVATION



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

1. Rain, hail or snow falls.
2. Some water is absorbed by plants or into the ground.
3. Water that is not absorbed enters creeks and streams that flow into the ocean.
4. Oceans heat up and the water evaporates and rises into the clouds.
5. Water is collected in clouds and moved via wind.
6. The cycle repeats itself.

How does water play a role in a beach environment?

---

---

---

How is water used in a lifesaving club environment?

---

---

---

How can we limit the use of water from the main supply?

---

---

---

# Surf Safe 1- Lesson 4



## THAT'S SUN SMART

Draw a line to match the word with the right picture below.

**SLIP**  
on  
**A SHIRT**

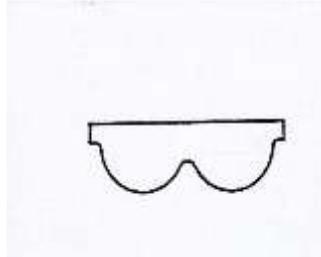
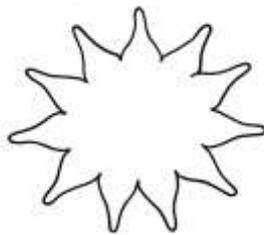
**SLOP**  
on  
**SUNSCREEN**

**SLAP**  
on  
**A HAT**

**SEEK**  
out  
**S SHADE**

**SLIDE**  
on  
**SUNGLASSES**

**S U NSHINE**  
Hottest between  
**11am-3pm**



**What are consequences of getting sunburnt?**

---

---

---

---

# Surf Safe 1- Lesson 5

## YOU LITTLE RIPPER

\*Use the bolded words and place them in the right spot on the rip

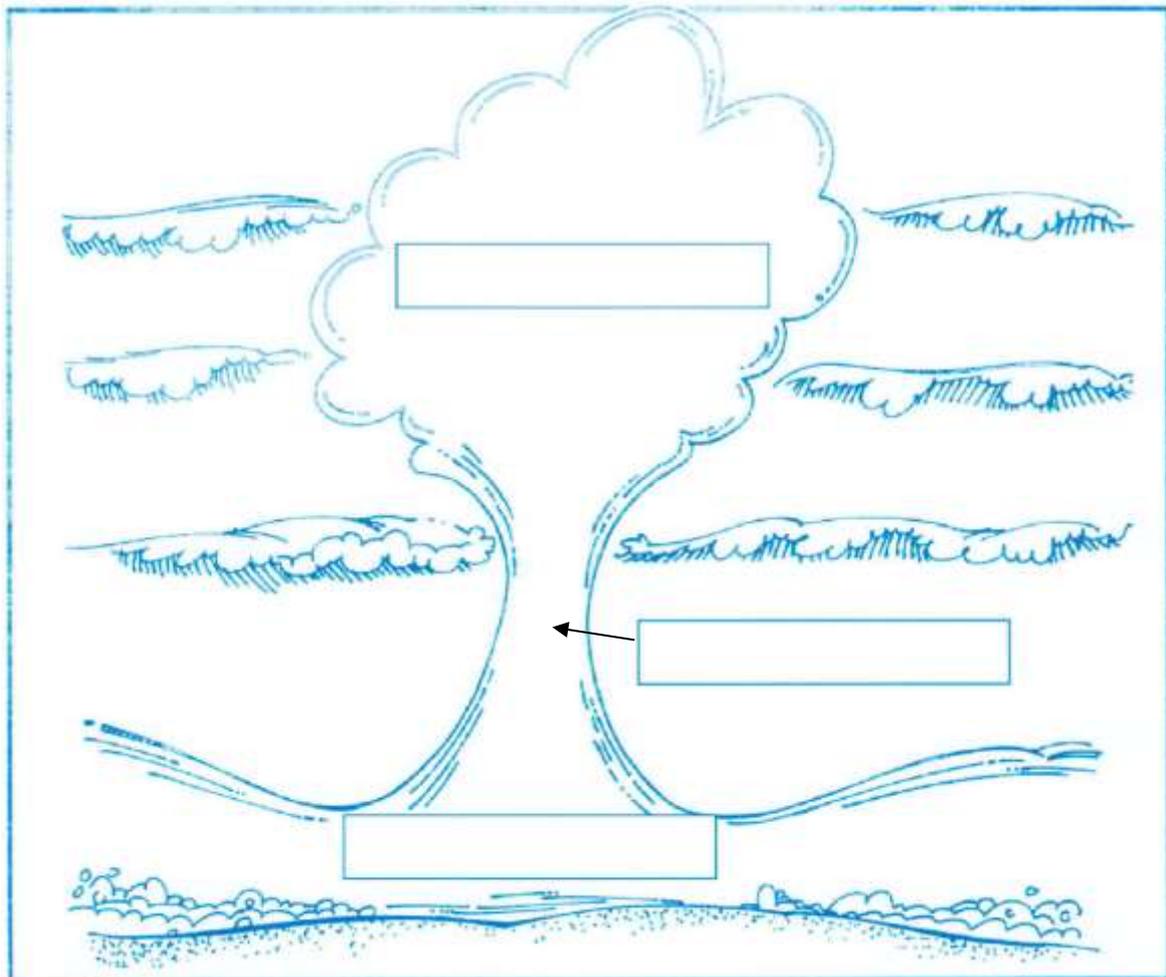
A classic rip current consists of 3 components:

- a **rip feeder** which carries water along the beach close to the shoreline;
- a **rip neck** which is a narrow and fast offshore flow formed by the meeting of two feeder currents; and
- a **rip head** which forms seaward of the breaking waves and often forms a plume of disturbed water or suspended sand as the rip current slows down.

While this is a common textbook definition, in reality rip currents take on different forms and types and longshore feeder channels, for example, are not always present.

### Rip Current Survival

Name the key features of the **Rip** in the spaces provided and then using arrows, show the correct path to take to escape the rip.



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 Safe 1- Lesson 6

## NOT A HAPPY MANIKAN

Write in the boxes provided, what each of the letters stand for.

### Resuscitation Chart

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

D



R



S



A



B



C



D



#### Continue CPR until:

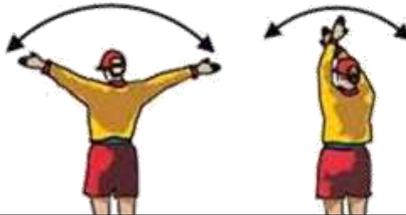
- The patient responds or begins breathing normally
- It is impossible to continue (e.g. exhaustion)
- A health care professional arrives and takes over CPR
- A health care professional directs that CPR be ceased

# Surf Safe 1- Lesson 7



## YOU WANT ME WHERE?

Write the action that applies to the signals below.



Draw the signal that applies to the action wanting to be communicated, below.

Remain Stationary

Message not clear, repeat

Message understood, all clear

# Surf Safe 1- Lesson 8



## BEHAVE!

What are some unsafe behaviours that someone can display at the beach?

---

---

### True or false

Circle true or false for each statement.

Someone swimming inside or the red and yellow flags will be the safest part of the beach.

True or False

A very young or very old person isn't at risk at the beach.

True or False

Jumping of piers and cliffs into the water is safe.

True or False

A person that has been drinking alcohol is unsafe.

True or False

Tourists at the beach are safer than people that go to that beach all the time.

True or False

Swim at night is unsafe.

True or False

