

# U11



# AGE GUIDE

## SURF SAFE 2

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

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LESSON NUMBER	ACTIVITY TOPIC	DATE COMPLETED
1	<b>Welcome to the Family</b> Introduction to Surf Life Saving	
2	<b>Persistence Pays</b> Personal Safety	
3	<b>Energy Conservation</b> Ecosurf	
4	<b>Risky Business</b> Surf Conditions and Hazards	
5	<b>Here to help</b> First Aid	
6	<b>The breath of life</b> Resuscitation	
7	<b>Breaking the barriers</b> Interpersonal Communication	
8	<b>Sign Language</b> Signs and Signals	
9	<b>Up and out</b> Board; Entering and Exiting the Surf	
10	<b>The easy way out</b> Board: Catching waves	
11	<b>Never board in a team</b> Board: Board Relay	
12	<b>I'm a fish</b> Swim: Negotiating the Surf	
13	<b>Up and at em'</b> Beach Sprint: Starts and Finishes	
14	<b>Round we go</b> Multidiscipline: Transitions	

## 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.



## U11 - SURF SAFE 2

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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 11 Age Group.

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

All children who are registered in Under 11 Age Group (Surf Safe 2) 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 50 metres freestyle and complete a survival float for two minutes.

### **Junior Surf Carnivals**

Children in the Under 11 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 288m, continuous freestyle, in open water within 12 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 2 award and participation Certificate, if they have completed the Surf Safe 2 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 2- 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.

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Name of Age Manager

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Name of Junior Coordinator

# Surf Safe 2- Lesson 2



## PERSISTENCE PAYS

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

### SAFE

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### UNSAFE

4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_

**What would you do:**

Billy has been bullied at the surf club and tries to talk to Bob but Bob doesn't want to listen. Billy decides to talk to Caitlin and Caitlin listens.

How would you find out more information from Billy?

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Joe has hurt his leg while running on the beach. Zoe notices that he is hurt and persists in finding out more information. What would you do?

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## Surf Safe 2- Lesson 3



# ENERGY CONSERVATION

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### What is renewable energy?

Renewable energy uses natural resources such as sunlight, wind, rain, tides and geothermal heat, which are found in nature and can always be found.

Non-renewable energy is energy taken from resources that will eventually run out, become too expensive or too environmentally damaging to get.

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

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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.

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

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# Surf Safe 2- Lesson 5



## 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.

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

## Surf Safe 2- Lesson 5



### HERE TO HELP



#### **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.

### **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.

### **First aid treatment for sunburn**

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

# Surf Safe 2- Lesson 6

## THE BREATH OF LIFE

Write in the box 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 2- Lesson 7

## BREAKING THE BARRIERS

Write the action that applies to the signals below.

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



# Surf Safe 2- Lesson 8

## SIGN LANGUAGE

Place the letter of the location you would find the particular type of signage.

- 1 Access Sign \_\_\_\_\_
- 2 Car Park Sign \_\_\_\_\_
- 3 Individual hazard \_\_\_\_\_
- 4 Road signs \_\_\_\_\_

