

U12



AGE GUIDE

SURF SMART 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 2nd Edition – Age Guide, Surf Life Saving Training Manual – 33rd and 34th 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 Requirement

LESSON NUMBER	ACTIVITY TOPIC	DATE COMPLETED
1	Welcome to the Family Introduction to Surf Life Saving	
2	Looking after you Personal Safety	
3	Gail force Ecosurf	
4	Sun effects Sun Safety	
5	Lifesmart Physical Health and Wellbeing and Personal Safety	
6	Rip it up Surf Conditions and Hazards	
7	Skin and bones The Human Body	
8	A helping hand First Aid	
9	Giving Hope Resuscitation	
10	Sign me up Signs and Signals	
11	On Patrol Patrols	
12	Off and Under Board: Negotiating the Surf	
13	Ride with me Board: Board Rescue	
14	The Big Stuff Swim: Negotiating the Surf	
15	Hard and Fast Beach Sprint: Technique	
16	Hustle and Bustle Beach Flags: Strategy	

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.



U12 - SURF SMART 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 12 Age Group.

Junior Skills Evaluation and Surf Education Requirements

All children who are registered in Under 12 Age Group (Surf Smart 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 100 metres freestyle and complete a survival float for two minutes.

Junior Surf Carnivals

Children in the Under 12 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 10 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 Smart 1 award and participation Certificate, if they have completed the Surf Smart 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 Life Saving Club

Surf Smart 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 Smart 1- Lesson 2



LOOKING AFTER YOU

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.

Surf Smart 1- Lesson 3

GAIL FORCE

Weather is the description of what's happening with the air, sun, rain and wind at any given time.

The Sun is probably the most important factor that encourages people to get to the beach. A hot day can draw a crowd of over 50,000 people to Australia's busiest beaches.

Waves are formed by the wind blowing across the surface of the ocean. Wave genesis usually occurs in intense, stormy low-pressure areas over the ocean.

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, even if the efforts expected from the international community to stabilize atmospheric greenhouse as concentrations eventuate. This may see an increased frequency of severe weather events, including those which help shape our coastline.

What is weather?

What type of weather do we get in this part of the country?

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

How can be prepared for different weather conditions?

Surf Smart 1- Lesson 4

SUN EFFECTS



Skin cancer is when cells become cancerous after exposure to ultraviolet (UV) radiation.

Melanoma is a form of skin cancer that starts from melanocytes skin cells. Melanoma is related to short intense episodes of sunburn in childhood as well as long term exposure over a number of years. Each time unprotected skin is exposed to UV it changes the structure of cells.

Melanoma is fast growing and if not treated can spread to the lower skin cells and then can be carried to other parts of the body. Melanoma can occur anywhere on the body, even between the toes.

Melanoma is more common in people with fair complexions, as their skin pigment offers less protection against UV radiation than those with darker skin. Melanoma is diagnosed most often in older adults, but it also occurs in younger adults and occasionally in teenagers.

Australia has the highest rate of skin cancer in the world. One in two Australian's will develop some form of skin cancer during their lifetime.

What is skin cancer?

What is melanoma?

What causes melanoma?

How common is melanoma?

Surf Smart 1- Lesson 5

LIFE SMART



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, and enhances your overall quality of life.

Not only is staying in shape necessary but a healthy diet is too. The major dietary consideration for surf lifesavers is common sense: you should try to maintain a sensible weight for your gender and age.

The amount of physical activity you undertake in your daily life determines how much energy you need from your diet. Energy is measured in kilojoules and comes from the composition of carbohydrates, fats and protein. Your diet also contains vitamins, minerals, fibre and water – all are important for a healthy.

Surf Smart 1- Lesson 6

RIP IT UP

When waves break on a beach, they push water towards the shoreline. Once that water reaches the shore, it has to find a way to get back out to sea, and it does this by flowing downwards into deeper channels in the surf zone. Once the water is in these deeper areas, it can flow back out to sea away from the shoreline. These deeper channels are called rip currents.

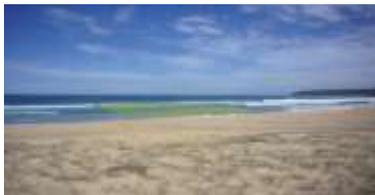
The key signs to look for spotting a rip current are:

- Deeper darker water
- Fewer breaking waves
- Sometimes sandy coloured water extending beyond the surf zone

Debris or seaweed

Sometimes it's easier to look for where the waves are breaking consistently, and then look to each side where they don't break consistently. That's the rip current!

The Different Types of Rip Currents



The most common types of rip currents are **FIXED RIPS** that are confined to deeper channels between sandbars and are often persistent in a location for periods of days, weeks and even months. The size and shape of the rip channel may change during this period of beach recovery but the location of the rip current does not.



wave conditions.

FLASH RIPS, which are also known “high-energy”, “erosional” or “transient” rip currents occur when wave conditions increase suddenly, or during storms, when the water level rises suddenly causing a temporary rip current. Flash rips can appear and re-appear at different locations along the beach, usually during high energy



TOPOGRAPHIC RIPS are also common and are usually semi-permanent in location as their occurrence is related to fixed features in the surf zone such as headlands and man-made structures such as groynes. These rip currents are often given names such as “Backpackers Express” on Sydney’s Bondi Beach due to their persistent location.



MEGA-RIPS are large rip current systems that develop during period of severe wave activity. They are the key driver of coastal erosion and can move vast quantities of sand offshore in a short amount of time.



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 Smart 1- Lesson 7

SKIN AND BONES

Use the bolded letters in the text to fill in the blank boxes in the diagram.

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:

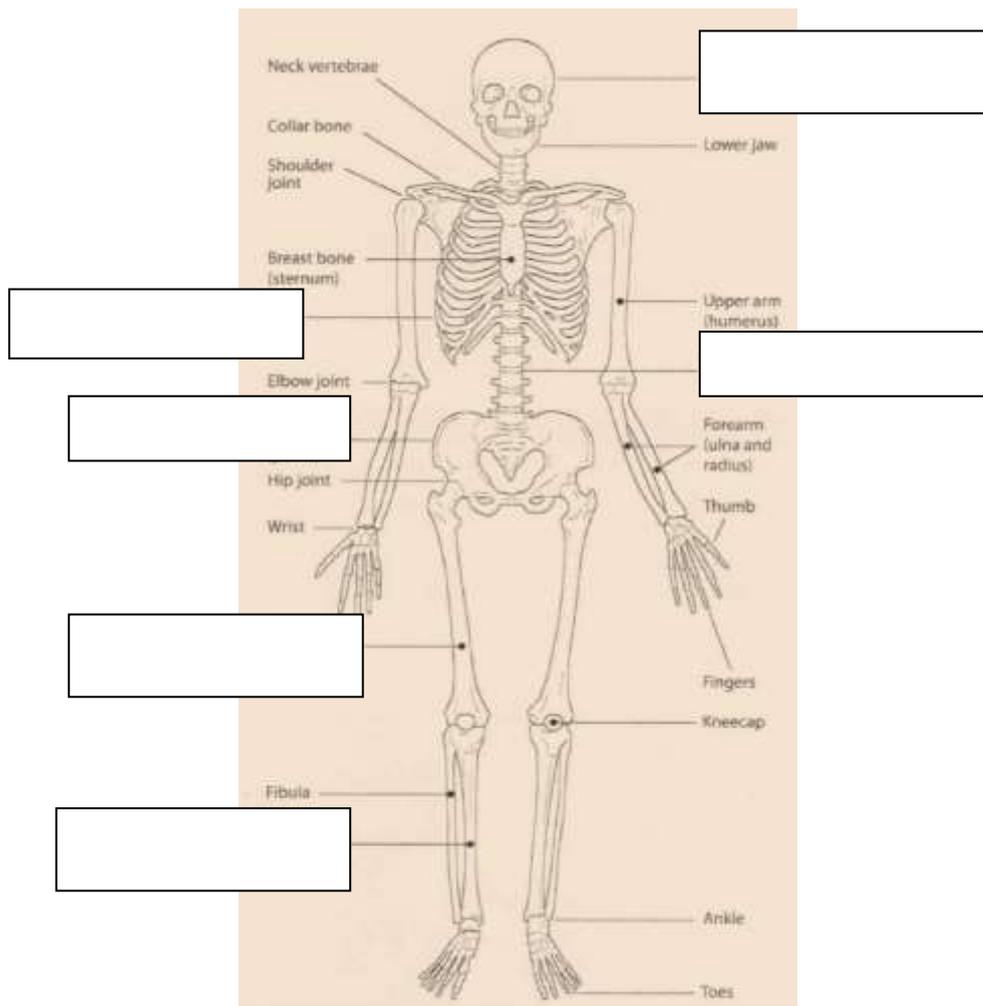
Skull-encloses and protects the brain. Incorporates the lower jaw.

Vertebral Column; encloses and protects the spinal cord.

Rib Cage; protects the lungs and heart

Upper Limb bones; **arms**

Pelvis and Lower limb bones; **Pelvis, Femur, Tibia.**



Surf Smart 1- Lesson 7



SKIN AND BONES

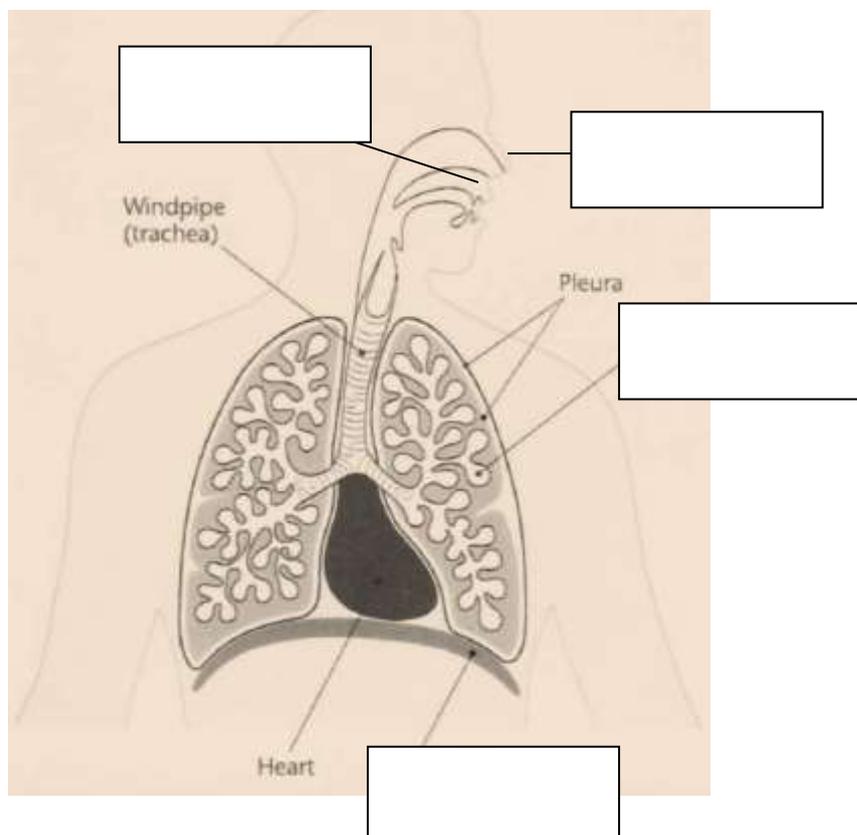
Use the bolded letters in the text to fill in the blank boxes in the diagram.

The Respiratory System consists of the airway and the lungs.

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 of the body's energy systems). When we breathe out (expire) the carbon dioxide is expelled.

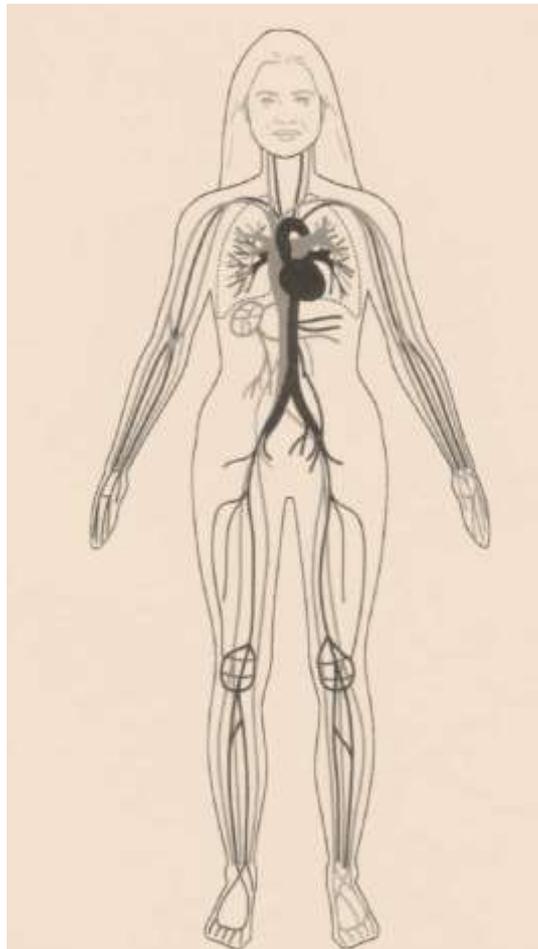


Surf Smart 1- Lesson 7



SKIN AND BONES

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 mechanical action of the heart. The heart is a muscular pump that has four chambers and is about the size of a clenched fist. The heart's primary function is to pump blood to the lungs, where oxygen is absorbed into the blood and carbon dioxide is released, and to the rest of the body.



Surf Smart 1- Lesson 7

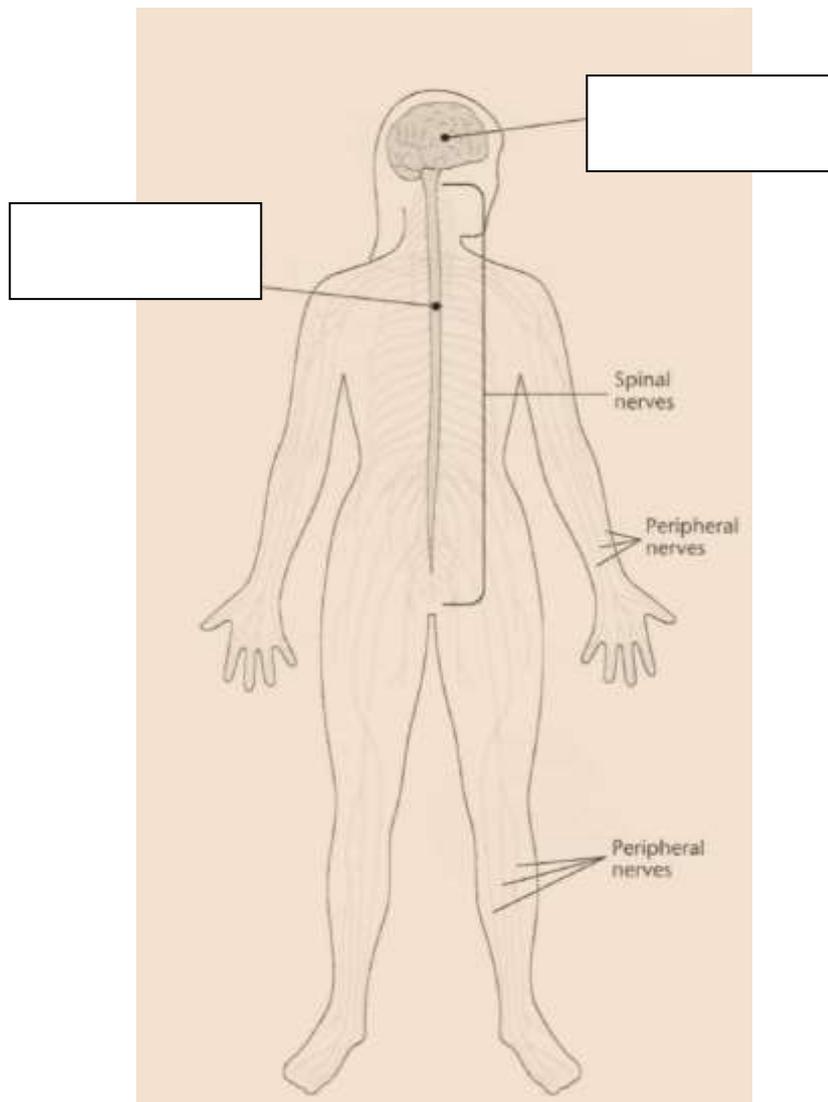


SKIN AND BONES

Use the bolded letters in the text to fill in the blank boxes in the diagram.

The Nervous System includes the **brain**, which 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 and they are irreversibly damaged if starved of oxygen for more than a few minutes.



Surf Smart 1- Lesson 8



A HELPING HAND

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.

First aid treatment for fainting

1. Lie the patient flat with a pillow. If the patient is unconscious, put them in the lateral position.
2. If unconscious, keep the patient's head level with the heart and raise the legs.



Surf Smart 1- Lesson 8

A HELPING HAND



CONT. First aid treatment for fainting

3. If



the patient does not lie down, there will be loss of consciousness, depression of breathing and perhaps a brief convulsion. A fall may cause injury.

4. If there is further delay and the patient is not placed horizontally, with the airway kept clear, their breathing and heart may stop,

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.

Surf Smart 1- Lesson 8



A HELPING HAND

First aid treatment for shock



1 If the patient is unconscious, turn them onto their side and care for the airway, breathing and circulation.

2 Stop any bleeding, if possible.

3 If possible, raise the patient's legs but keep their head level with their heart.

4 Seek medical assistance urgently.

5 Protect the patient from extremes of temperature.

6 Moisten the patient's lips but do not give drinks or food.

7 Given oxygen therapy if equipment and appropriately trained personnel are present.

Treatment for needle stick injuries

1. Wash the area thoroughly in warm soapy water.
2. Report the incident to the patrol captain and record it in the Incident Log Book.
3. Advise the patient to go to their doctor or local hospital for management and counselling
4. Dispose of needles in the sharps container.

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 Smart 1- Lesson 9



GIVING HOPE

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:

Surf Smart 1- Lesson 10

Write the action that applies to the signals below.



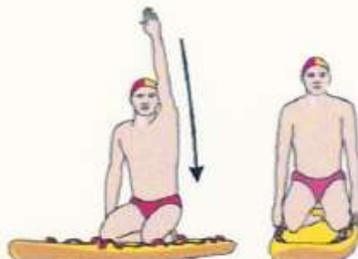
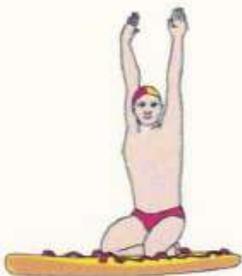
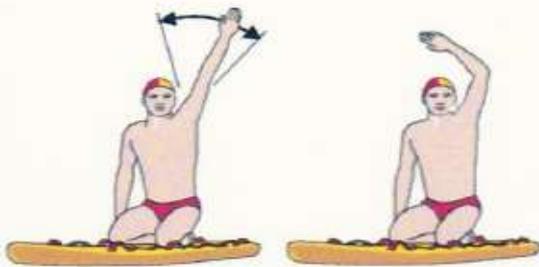
Surf Smart 1- Lesson 10

SIGN ME UP

Write the action that applies to the signal below.

Water to Beach Signals

(May be conducted from any craft or boat)



Surf Smart 1- Lesson 11

ON PATROL

Ask a patrol member, to ask these questions to

What are the roles of people on patrol?

When do patrols occur?

What happens before the patrol begins?

What equipment is used on a patrol and why?

What types of things happen on patrol?

What are the most fun parts of being on patrol and why?
