

# U13



# AGE GUIDE

# SURF SMART 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>

The purpose of Age Guide Booklets is to assist life saving clubs with their Nipper Program. 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>For a reason</b> Personal Safety	
3	<b>A changing planet</b> Ecosurf	
4	<b>Barriers to bugs</b> Physical Health and Wellbeing and Personal Safety	
5	<b>Count the tips</b> Surf Safety	
6	<b>Body works</b> The Human Body	
7	<b>Patched up</b> First Aid	
8	<b>Life is for living</b> Resuscitation	
9	<b>Make it known</b> Interpersonal Communication	
10	<b>All in this together</b> Patrols	
11	<b>Board: Event</b> Board race/ Board Rescue	
12	<b>Surf Race / Run-Swim-Run</b> Swim: Event	
13	<b>Rescue me</b> Swim: Tube Rescue	
14	<b>Beach Sprint/ Beach Relay</b> Beach Sprint: Event	
15	<b>Beach Flags</b> Beach Flags: Event	
16	<b>Iron person/ Cameron Relay</b> Multi Discipline: Event	

## Attendance Register

<b>Date</b>													
<b>Attended (Yes/No)</b>													

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.

## U13 - SURF SMART 2

Dear Parents/ Guardians,

Thank you for choosing to participate in Frankston LSC'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 13 Age Group.

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

All children who are registered in Under 13 Age Group (Surf Smart 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 150 metres freestyle and complete a survival float for three minutes.

### **Junior Surf Carnivals**

Children in the Under 13 Age Group can 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 9 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 2 award and participation Certificate, if they have completed the Surf Smart 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 the Director of Junior Development.

Thank you,

Junior Development Director  
Frankston Lifesaving Club Inc.

# Surf Smart 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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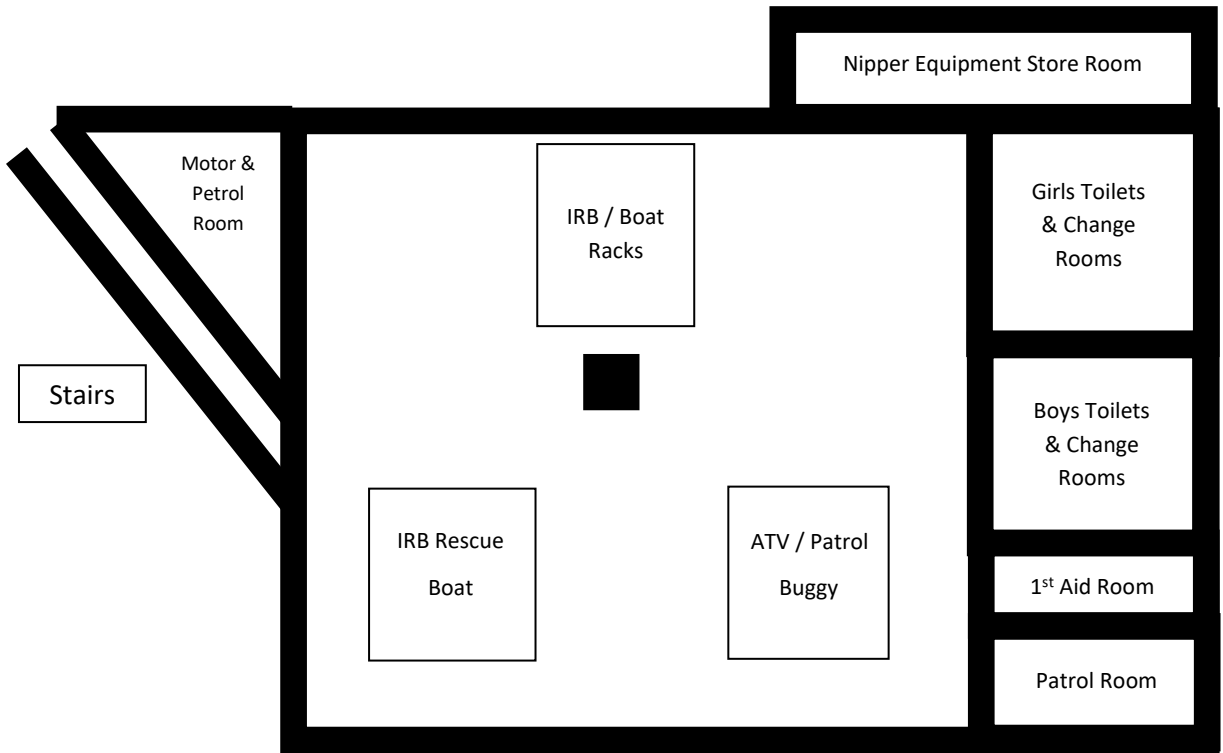
Name of Age Manager

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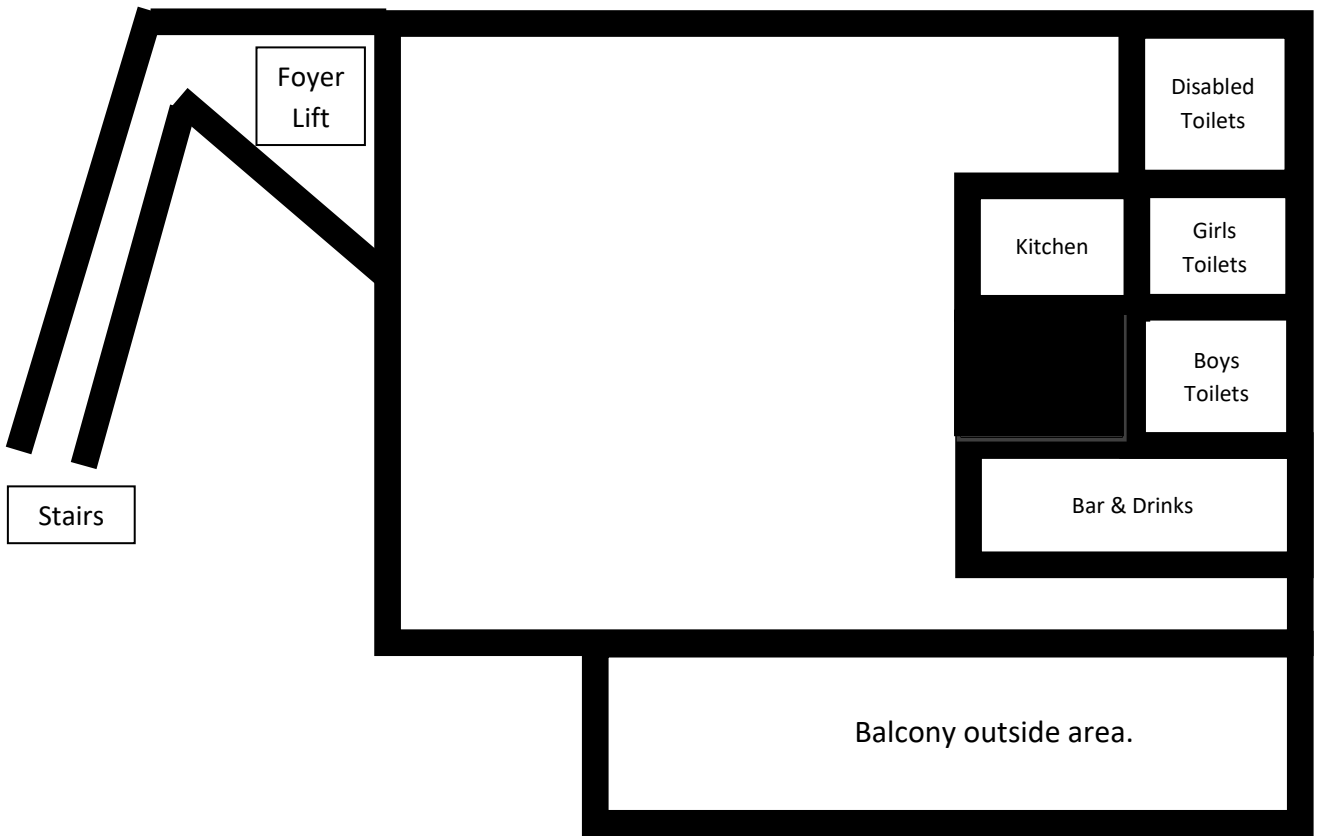
Name of Junior Coordinator

# Surf Smart 2- Lesson 1

Place a cross on the rooms you are not allowed to enter in your club and the equipment you are not allowed to play on or climb on.



**DOWNSTAIRS MAP OF PATROL ROOM**



**UPSTAIRS MAP OF CLUB ROOMS**

## Surf Smart 2- Lesson 2

### FOR A REASON

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.

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Keep yourself safe.

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Comply with all requirements of the SLSA Member Safety and Wellbeing Policy.

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Make yourself aware of the Policy and the standards of conduct within the policy.

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Cooperating to provide a safe, harassment/ discrimination /abuse free environment.

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Understand the possible consequences of breaching the policy.

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## Surf Smart 2- Lesson 3

# A CHANGING PLANET

Global Warming is an overall warming of the planet, based on average temperature over the entire surface. Effects include: rising sea levels, glacier retreating, arctic shrinkage.

Climate Change is a change in regional climate characteristics, including temperature, humidity, rainfall, wind and severe weather events.

Read this report on the Murray Darling River and answer the question below.

### **Murray on verge of last gasp**

*Stephanie Peatling – June 19, 2008*

SEVERAL sites along the Murray-Darling river system may be irrevocably damaged unless the drought breaks and unseasonably high rainfall is received in the next few months, the Federal Government has admitted.

A leaked scientific report has warned that so little water is being returned to the river system that the Coorong wetlands, lakes Albert and Alexandrina and the mouth of the Murray River will be virtually destroyed by October. The Minister for Climate Change and Water, Penny Wong, said she was treating the warning as urgent but admitted any measures taken by governments might be too late unless the record-breaking dry spell ended. "Governments need to return water to the river," Senator Wong

said. "Governments should purchase water in the way that we are doing, and the Government will do that. But obviously all of us hope for an end to the drought because that would benefit the Lower Lakes and the Coorong."

The report was compiled by the South Australian Murray Darling Basin Natural Resource Management Board and was presented to state and federal ministers at a meeting earlier this year.

Despite the urgency of the warnings, ministers have been accused of deferring decisions on action until a meeting in November. Senator Wong said she was prepared to bring forward the meeting to try to find a way of saving what are regarded as prime sites of the river systems. "We do need to act urgently, and we have been aware of the problem for some time. "The issue is that there is not an easy answer to a problem that results from years of over-allocation and from a historic drought. "The Australian Conservation Foundation wants an emergency program for the river to save the sites from being destroyed by drought.

This story was found at: <http://www.smh.com.au/articles/2008/06/18/1213770732843.html>

Q1. List some ways droughts affect our river systems?

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# **BARRIER TO BUGS**

What is an infectious disease?

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What are some infectious diseases you know of?

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Brainstorm below some ways to prevent the spread of infectious diseases?

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To minimise infection during Resuscitation Training;

\_\_ \_\_ \_\_ \_\_ in hot soapy water for \_\_ \_\_ \_\_ minutes.

\_\_ \_\_ \_\_ \_\_ in water to remove \_\_ \_\_ \_\_ \_\_.

\_\_ \_\_ \_\_ carefully.

Ensure you have your own \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ mask.

\_\_ \_\_ \_\_ \_\_ face masks in-between sessions.

\_\_ \_\_ \_\_ \_\_ your hands before, during and after training sessions.

## Surf Smart 2- Lesson 5

# COUNT THE TIPS

### Never Safety Tips.

• **Never** \_\_\_\_\_ as there is no guarantee someone is watching and can help you if you get into trouble.

• **Never** \_\_\_\_\_ because you cannot see any dangers that may be present, and no one will be able to see you if you get into trouble.

• **Never** \_\_\_\_\_ because you do not have the same level of coordination and can make stupid choices regarding safety.

• **Never** \_\_\_\_\_ because you don't know what is under the water that you might land on and you may also trip over and hurt yourself while running in.

• **Never** \_\_\_\_\_ because your body will be focusing its energy on trying to digest your food and you won't have the same energy levels to assist in the physical activity of swimming.

### F.L.A.G.S safety tips

**F** - \_\_\_\_\_ The red and yellow flags mark the safest place on the beach to swim.

**L** - \_\_\_\_\_ as they help to identify potential dangers and daily conditions on the beach.

**A** - \_\_\_\_\_ for some good advice before entering the water.

**G** - \_\_\_\_\_ so that you can look after each other.

**S** - \_\_\_\_\_ you get into trouble in the water, stay calm, raise your arm to signal for help. Float with a current or rip, don't try to swim against it.

# Surf Smart 2- Lesson 6

## BODY WORKS- 1

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:

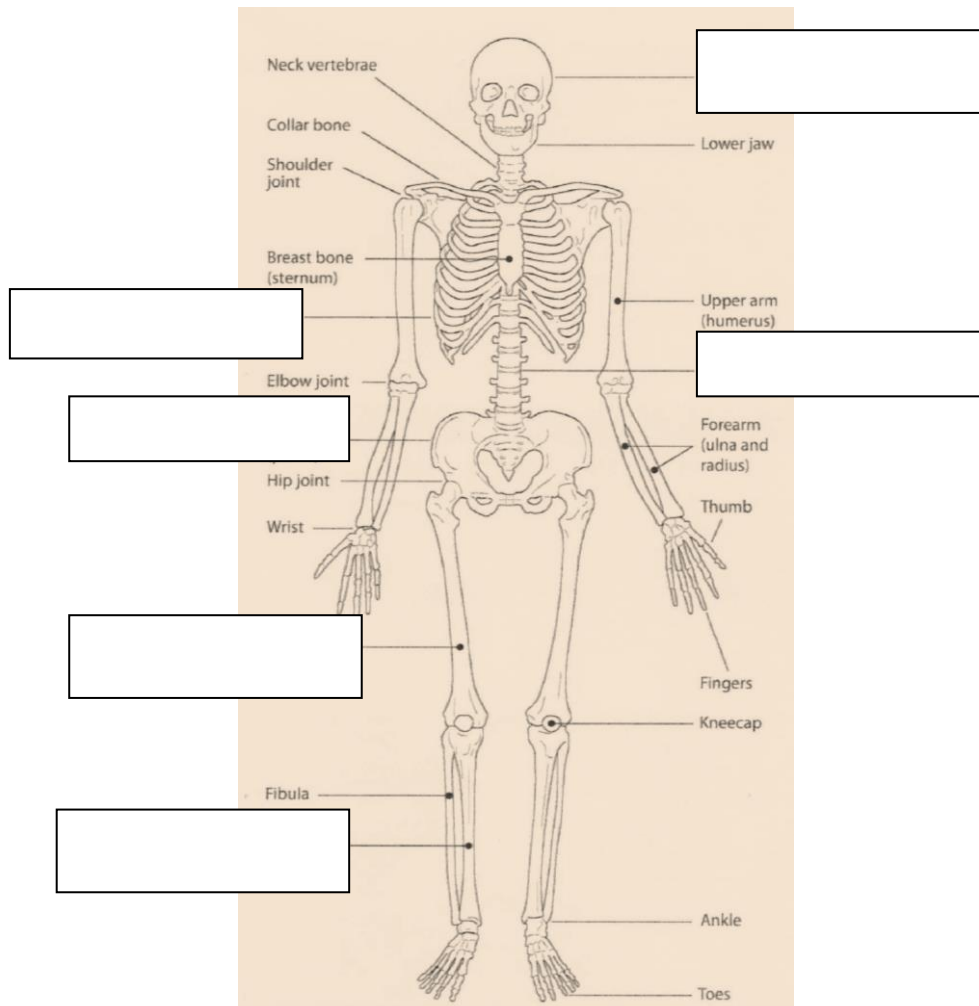
**Skull**-encloses and protects the brain. Incorporates the lower jaw.

**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 2- Lesson 6

## BODY WORKS- 2

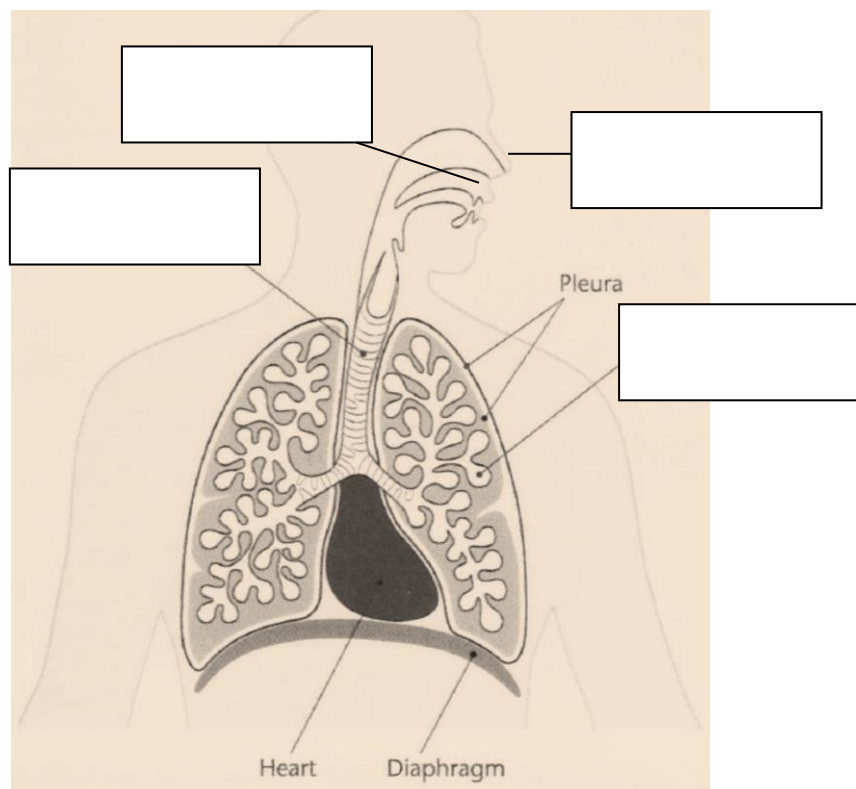
Use the bolded letters in the text to fill in the blank boxes in the diagram.

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.

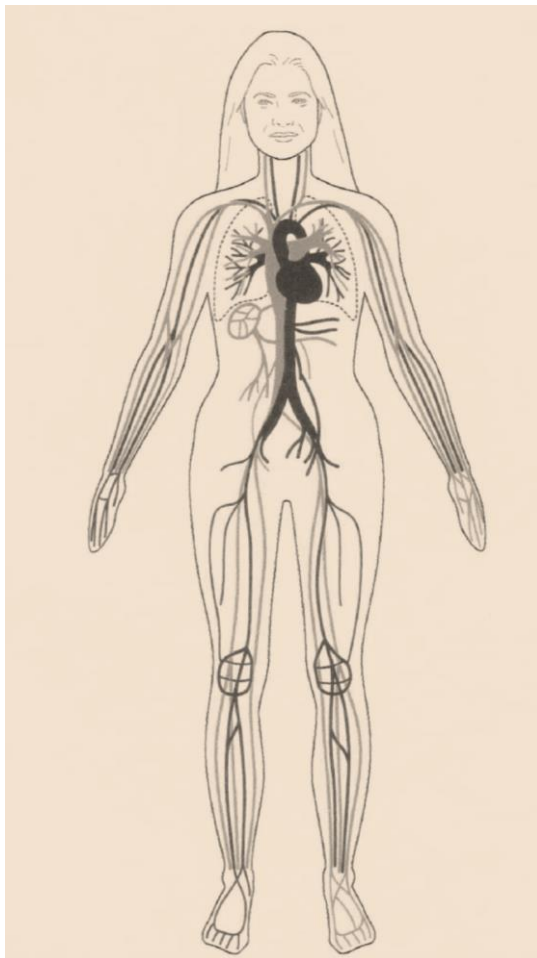
**Lungs**- The lower part of the respiratory system consists of two lungs, one on the right and one on the left of the body, which are joined to the upper airway by the windpipe (trachea). The lungs fill most of the chest cavity, which is separated from the abdomen by a large sheet of muscle known as 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.



# BODY WORKS- 3

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.

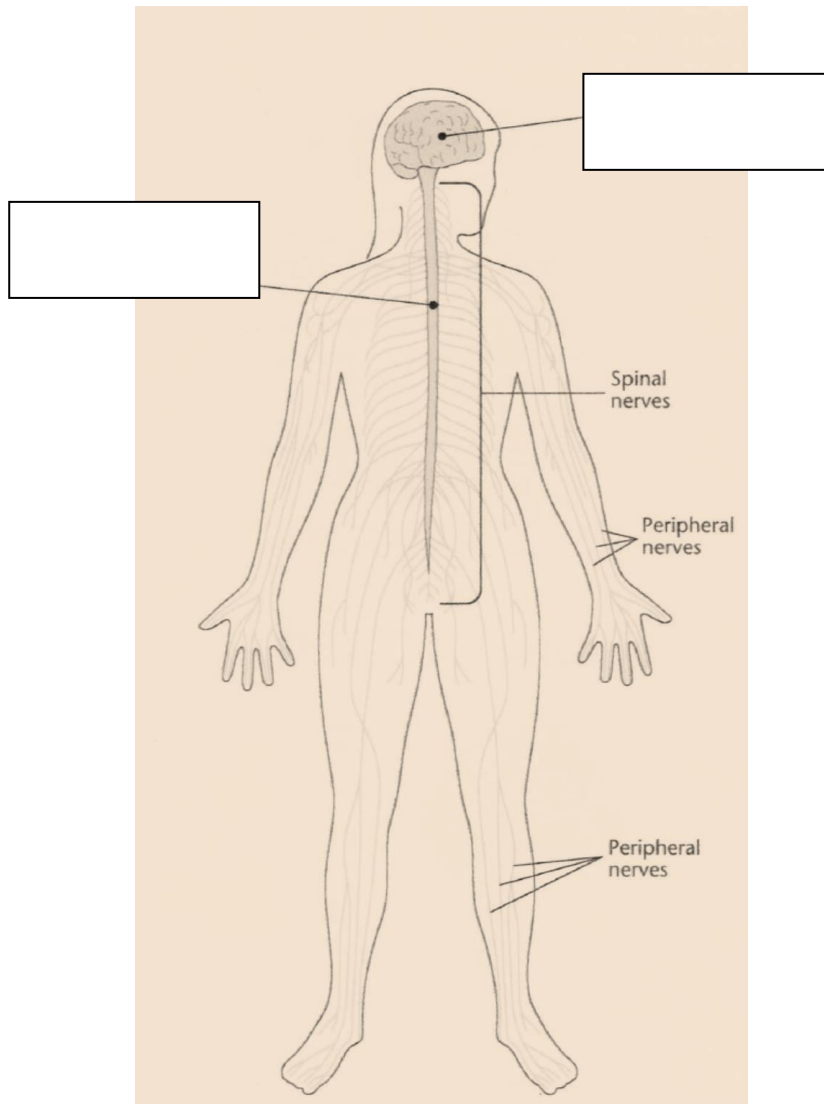


## BODY WORKS- 4

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.



## PATCHED UP

### 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 2- Lesson 7

### PATCHED UP

#### 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 2- Lesson 7

# PATCHED UP



### 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 sharp's 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 2- Lesson 8

## LIFE IS FOR LIVING

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



Check for **danger** to Yourself, the Patient and Bystanders.

R



Check for **responsiveness** by talk and touch.

S



If unresponsive, **shout** for help by calling Triple Zero (000).

A



If not, roll patient onto their side and clear the **airway**.

B



If patient is not breathing or **breathing** is not normal, commence CPR.

C



Give 30 Chest **compressions** followed by 2 rescue breaths.  
If unwilling or unable to perform rescue breaths continue chest compressions.  
\*For drowning, give 2 initial rescue breaths before starting compressions.

D



Attach an Automated External **Resuscitator** (AED) as soon as it is available and follow its prompts.

#### 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

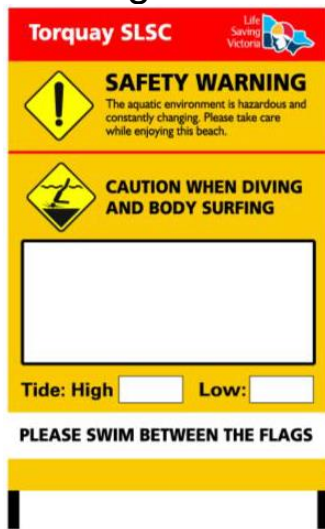
# Surf Smart 2- Lesson 9

## MAKE IT KNOWN

As an organization providing expert advice and service to the public, it is essential that surf lifesavers use effective communication to;

Inform, Educate, Provide Warnings, Offer assistance and Give advice.

To help lifesavers communicate with the public, they use signs and flags.



For lifesavers to communicate to other lifesavers they use signals.

Write what each of the signals mean

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


## Surf Smart 2- Lesson 10

# ALL IN THIS TOGETHER

Within Surf life Saving, Lifesavers use LSV Coms, IRB's, RWC's, Surf Rescue Vechiles, rescue Helicopter, and Professional Lifeguards.

Outside of Surf Life Saving, Lifesavers use the help of the police, ambulance, fire service, local councils (for dangerous dogs) and coastal patrolling groups.

It is important that you know who to call and when to call in an emergency.

What number do you dial if you want to call.....

**Ambulance**

**Police**

**Fire Brigade**

**Frankston City Council**