

U6



AGE GUIDE

SURF PLAY 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>

The purpose of the 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	My Beach Playground Introduction to Surf Life Saving	
2	If I need help Personal Safety	
3	Friend or Foe? Ecosurf	
4	Slip, Slop, Slap Sun safety	
5	Watching over you Surf safety	
6	I'm a lifesaver Patrols	
7	Beached Whales Water Confidence	
8	Swinging Legs Wading	
9	Beach Fairies Beach Flags	
10	Land Crabs Beach sprint	

Attendance Register

Date													
Attended (Yes/No)													

UNDER 6 - SURF PLAY 1

Dear Parents/ Guardians,

Thank you for choosing to participate in Frankston LSC 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 6 Age Group.

The Under 6 (Surf Play 1) program is about fun and participation. All water activities are conducted in shallow water.

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 Play 1 Certificate, if they have completed the Surf Play 1 requirements.

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

Thank you,

Junior Development Director
Frankston Life Saving Club Inc.

MY BEACH PLAYGROUND

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.

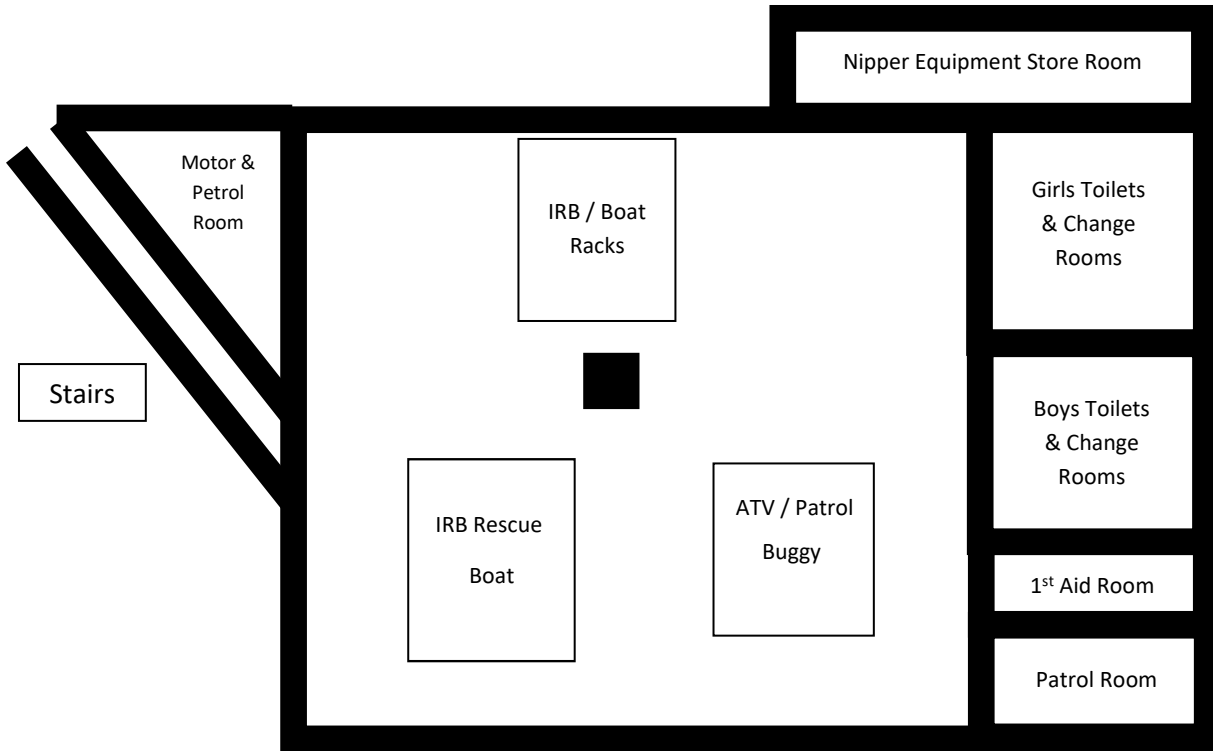
A tour of the club and beach environment will give you an idea of what equipment the club has and what it would be used for, where the toilet facilities and change rooms are situated and the safest part of the beach to swim. The tour may also include the introduction of committee members of your club.

Name of Age Manager

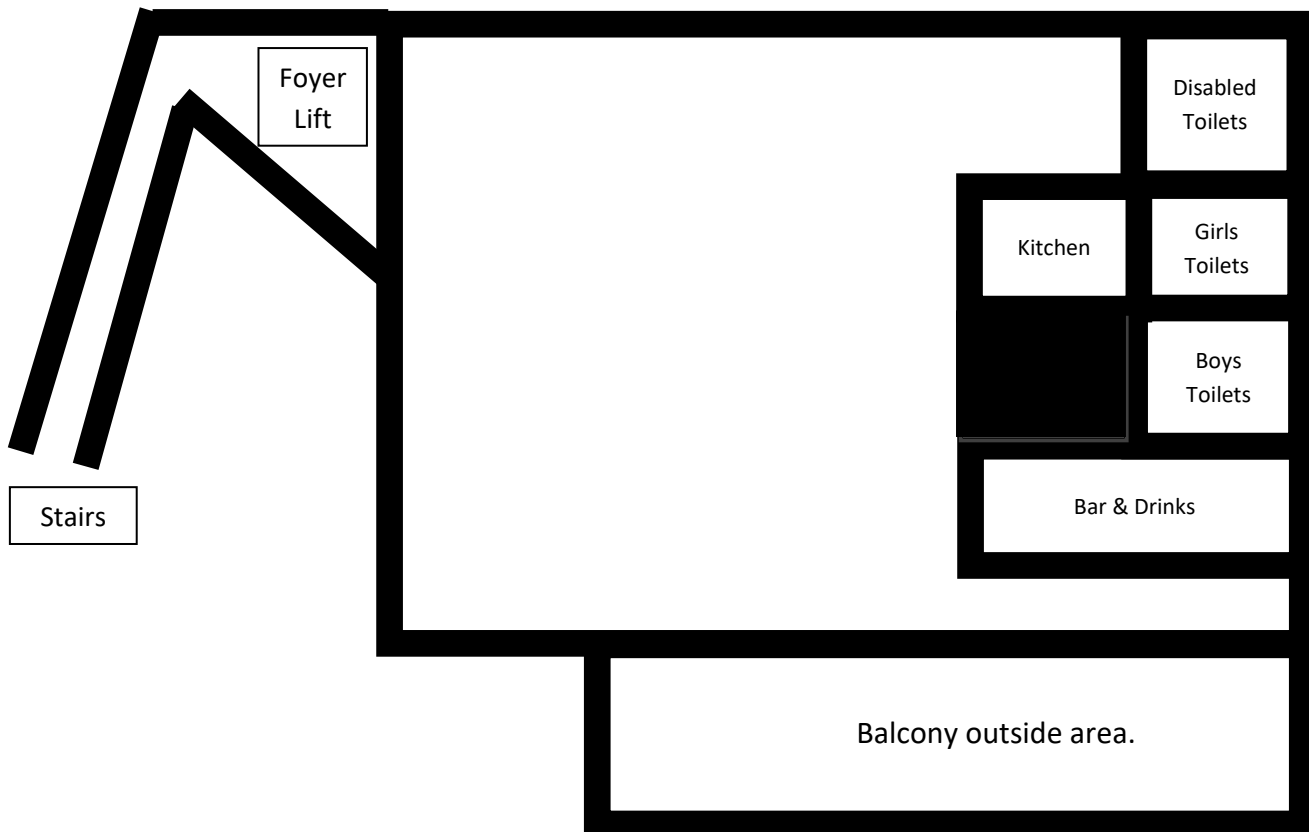
Name of Junior Coordinator

Surf Play 1- Lesson 1

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



DOWNSTAIRS MAP OF PATROL ROOM



UPSTAIRS MAP OF CLUB ROOMS

Surf Play 1- Lesson 2

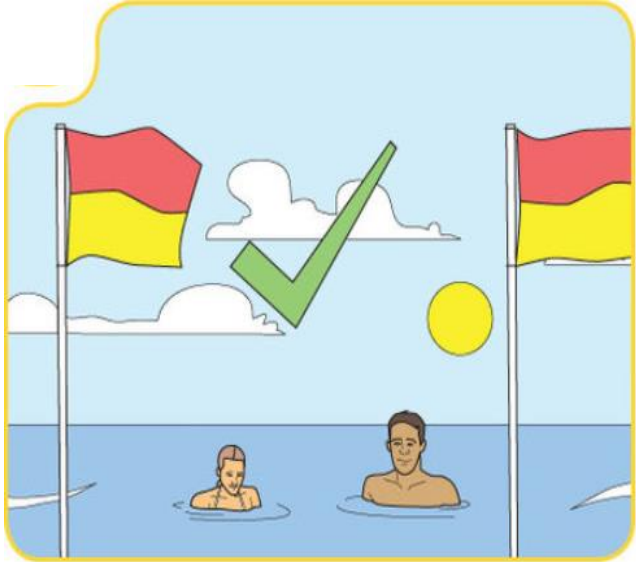
IF I NEED HELP

Draw a picture of you with your group at Nippers, in the blank box below.



If you get in trouble, signal for help by waving your hand in the air.

Never swim alone.



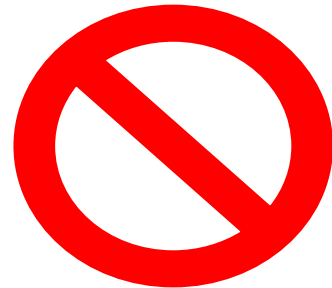
Always stay with your group and Age Manager.

Surf Play 1- Lesson 3

FRIEND OR FOE

Draw a line from the sea creature to the sign that shows us whether it is allowed or not allowed for us to touch the animal below.

Blue Ringed Octopus – poisonous, don't touch them



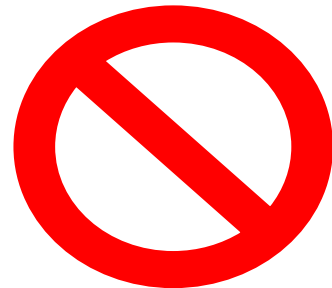
Stingray – Great to look after but don't touch



Jellyfish– can give you a sting, don't touch

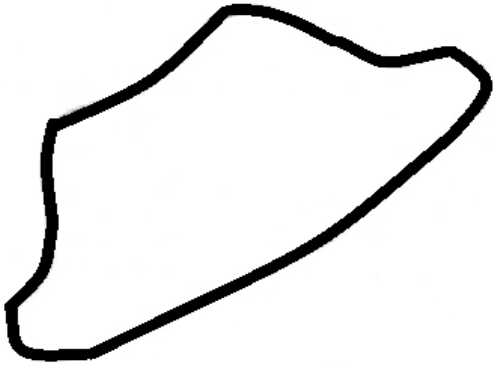
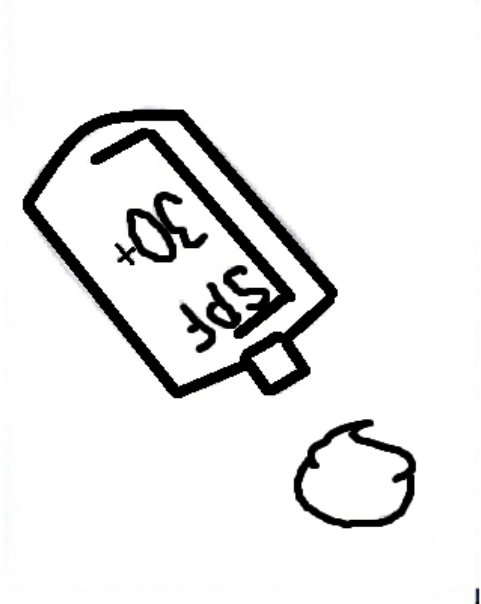
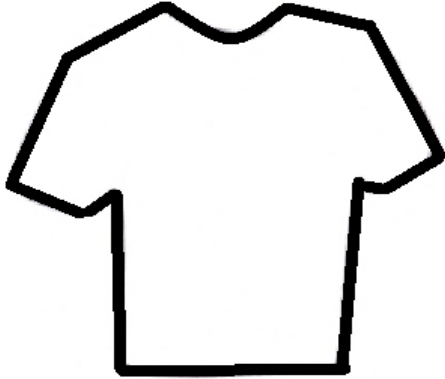
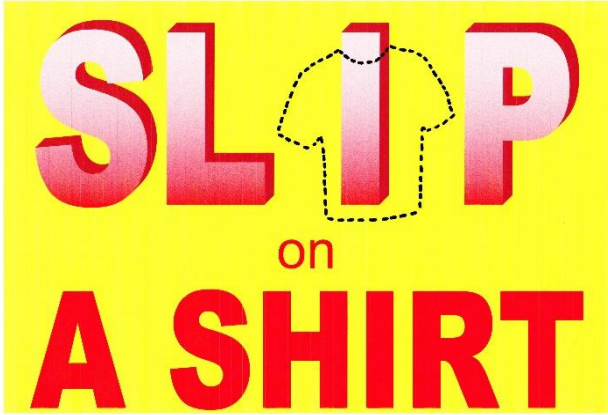


Starfish – not usually dangerous, but be careful



SLIP SLOP SLAP

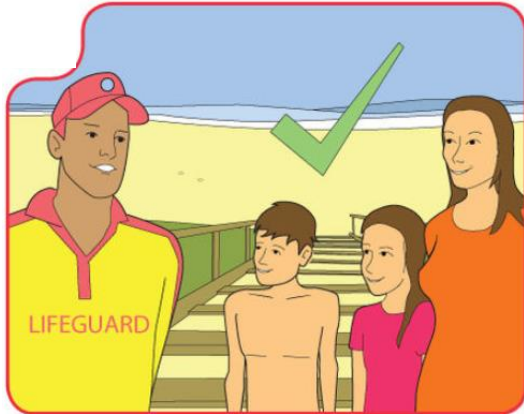
Draw a line to match the word with the right picture below.



Surf Play 1- Lesson 5

WATCHING OVER YOU

Draw a picture of an adult looking after you at the beach and an adult being within arm's reach of you in the water, in the matching blank boxes below.



An adult should go to the beach with you.

An Adult looks after you at the beach.

At the beach an adult should be within arm's reach of you in the water to keep you safe.

Surf Play 1- Lesson 6

I'M A LIFESAVER

Draw the lifesaving uniform, seen below onto the lifesaver.

