

U9



AGE GUIDE

SURF AWARE 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 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 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	Welcome to the Family Introduction to Surf Life Saving	
2	My High five Personal Safety	
3	Humans on the Coast Ecosurf	
4	Drink. Eat. Exercise. Physical Health, Wellbeing & Personal Safety	
5	An angry sea Surf Conditions and Hazards	
6	F.L.A.G.S. Surf conditions and Hazards	
7	Getting the right help First Aid	
8	Signs of the times Signs and Signals	
9	All a -board Board: Paddling Technique	
10	Stiff as a board Swim: Body surfing	
11	In a rush Beach Sprint: Technique	
12	Diving for the precious Flags: Diving for Baton	

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.

U9 - SURF AWARE 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 9 Age Group.

Junior Skills Evaluation and Surf Education Requirements

All children who are registered in Under 9 Age Group (Surf Aware 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 25 metres and complete a survival float for one minute.

Junior Surf Carnivals

Children in the Under 9 Age Group can 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 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 Aware 2 award and participation Certificate, if they have completed the Surf Aware 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 Aware 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.

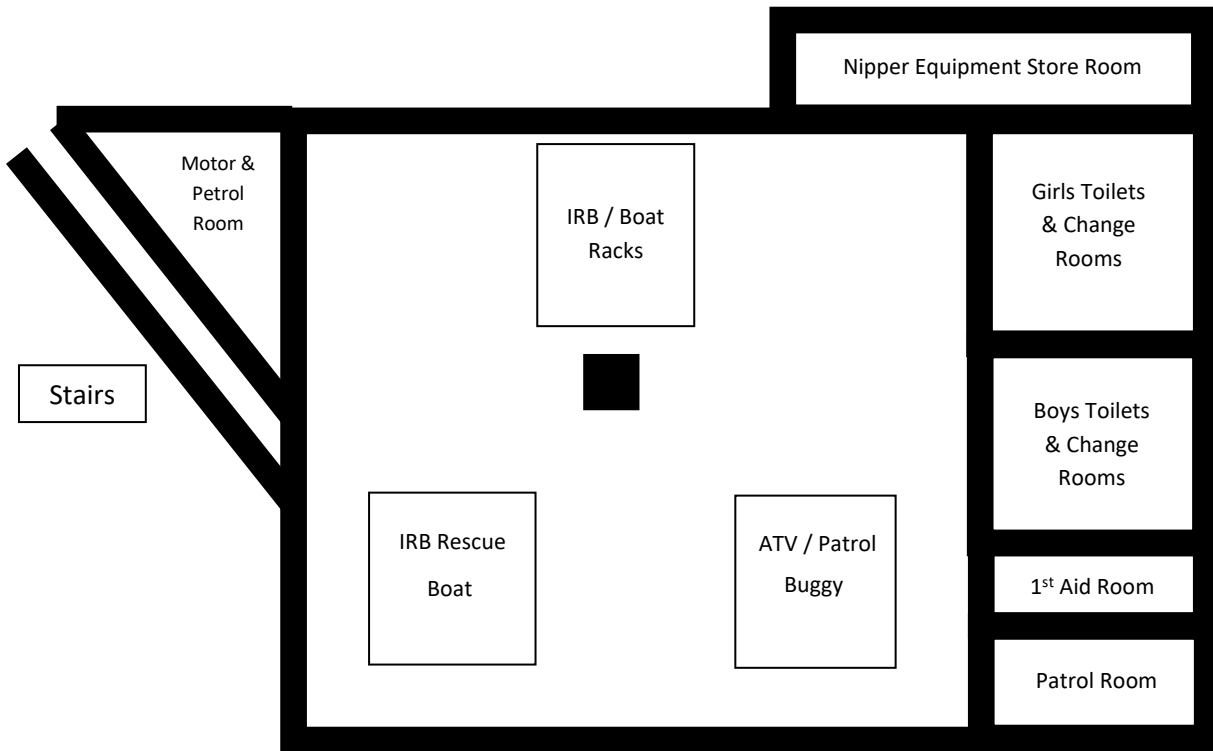
Life Saving clubs are a place to learn the skills required to be a lifesaver and to socialise. Nippers encourages our junior members to learn the new skills as they develop into young adults.

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.

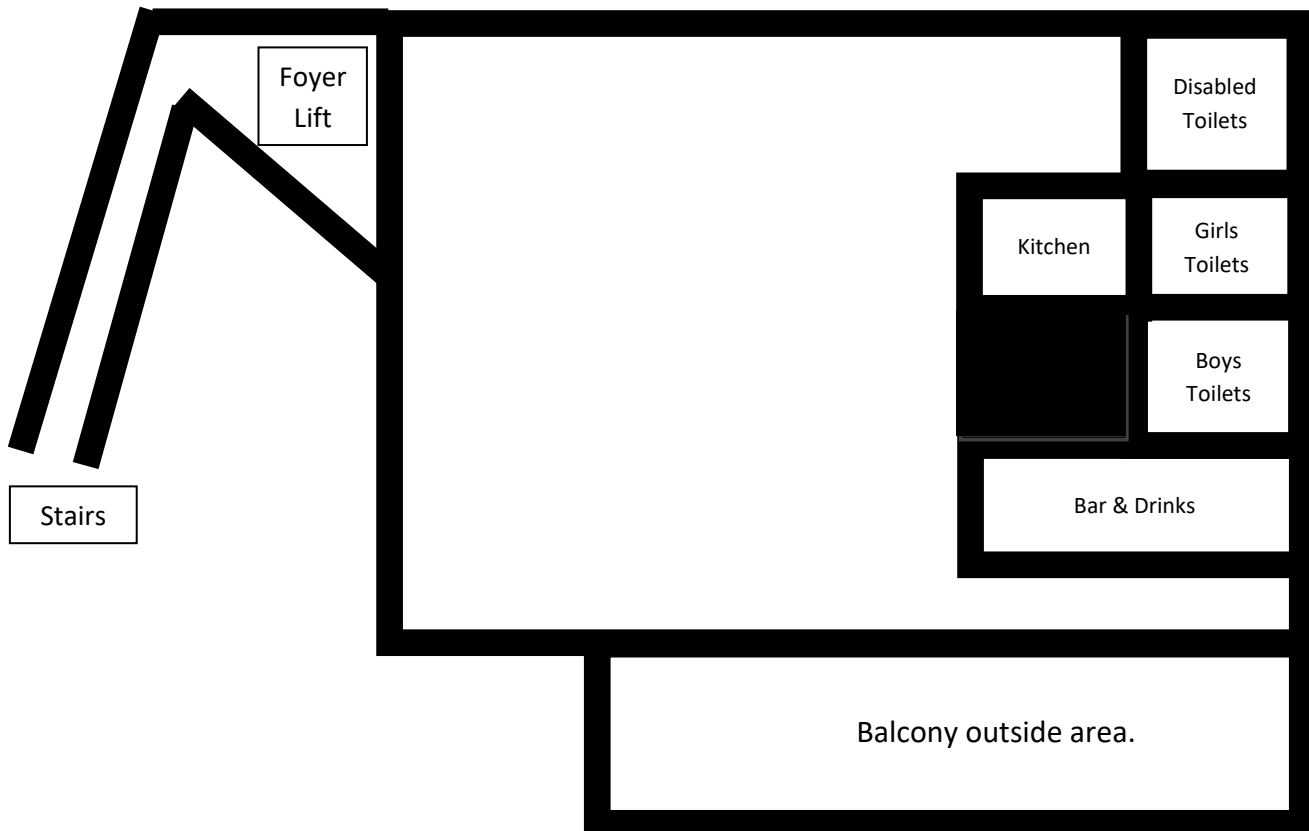
Name of Age Manager

Name of Junior Coordinator

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



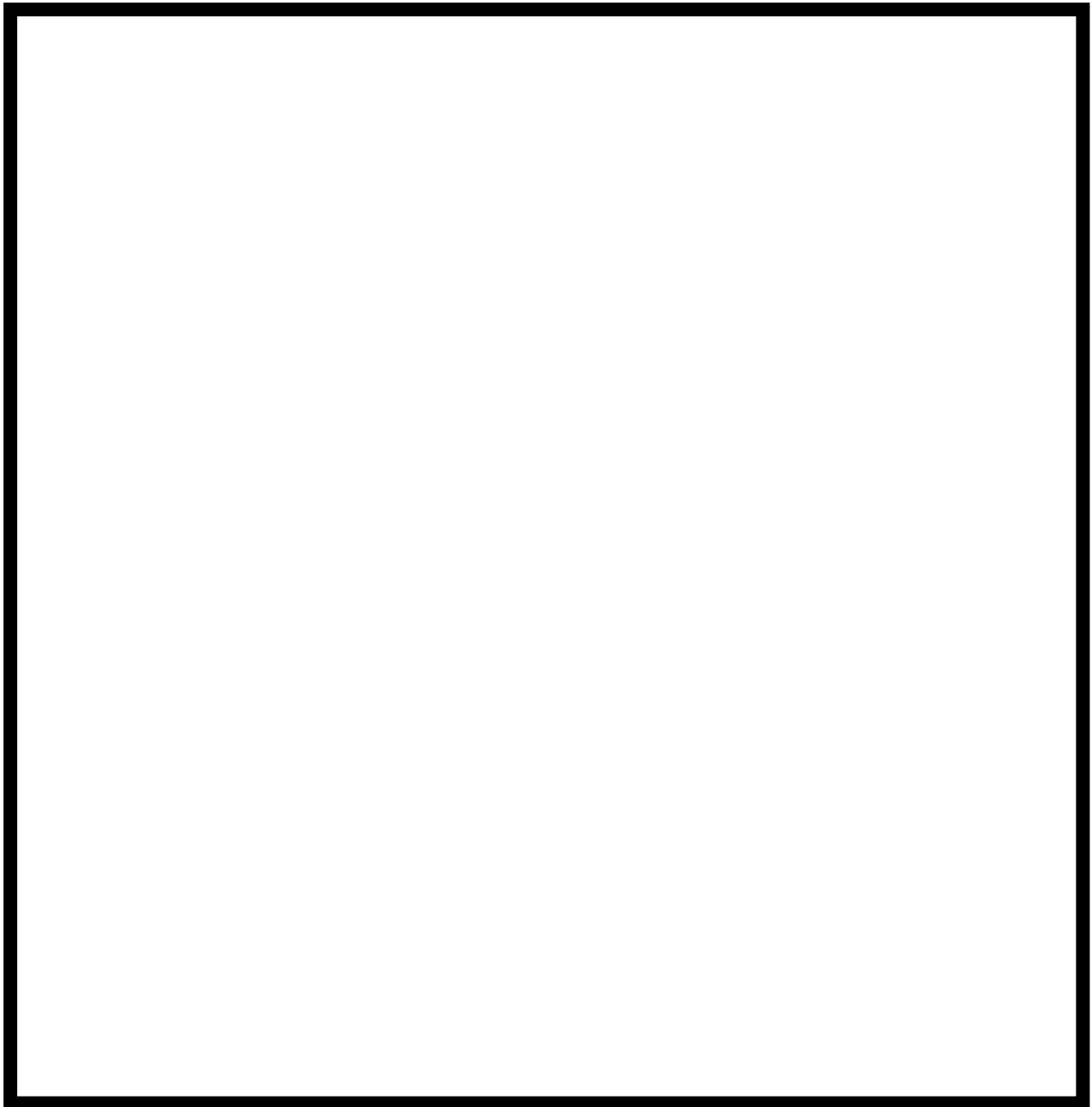
UPSTAIRS MAP OF CLUB ROOMS

Surf Aware 2- Lesson 2

MY HIGH FIVE

Place your hand on the page and trace around it.

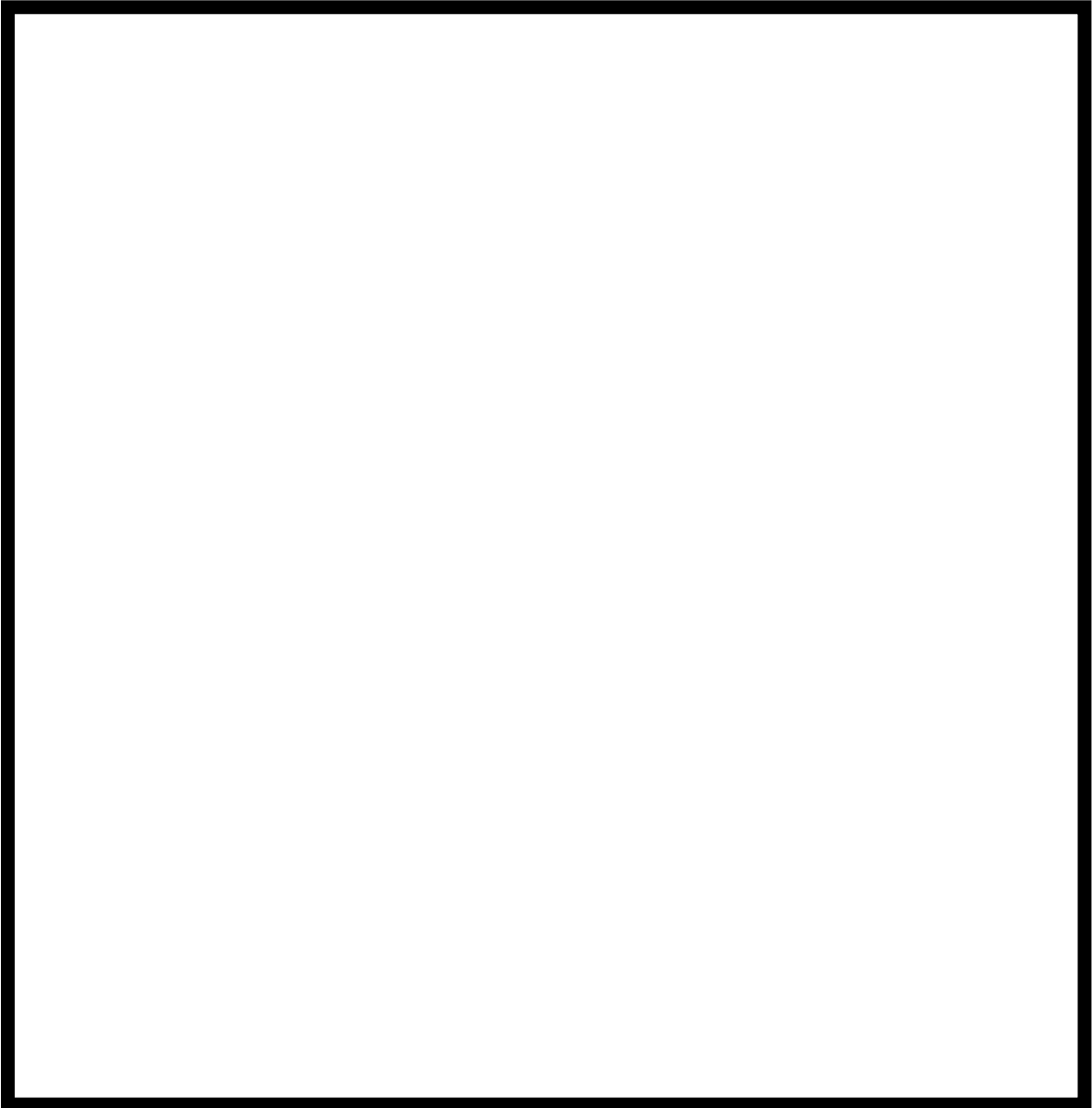
On each finger, write who the different people are at Nippers and what they do. These people help you with learning things. For example; Age Manager, Lifesaver or Coach.



Surf Aware 2- Lesson 3

HUMANS ON THE COAST

Our beach environment is shared by many different people and creatures. Draw a picture of the different things that you can sometimes find at the beach.



Surf Aware 2- Lesson 4

DRINK, EAT AND EXERCISE

Your body is made up of _ _ % of water.

How do you lose water from your body?

Why do we need to eat before exercising?

Why do we need to rest between eating and exercising?

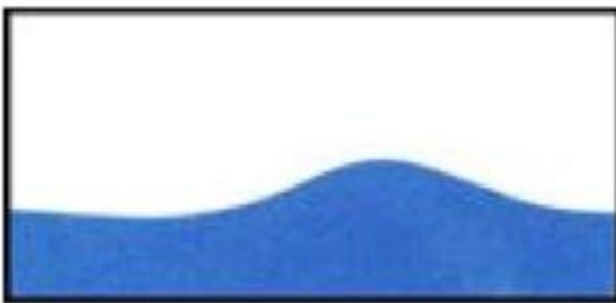
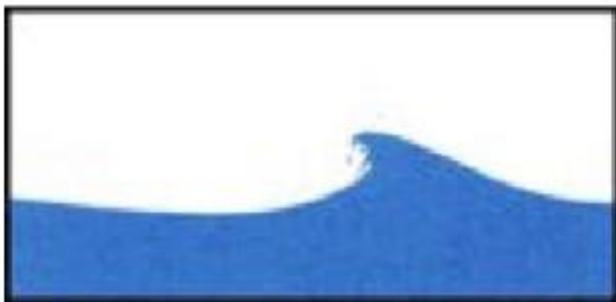
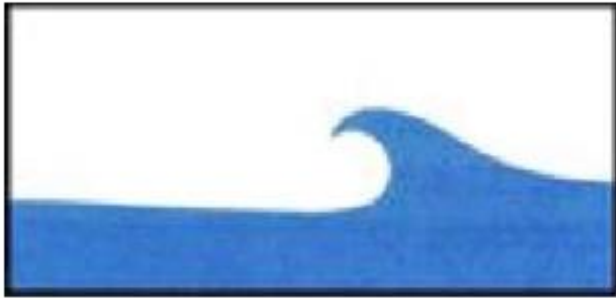


Surf Aware 2- Lesson 5

AN ANGRY SEA

There are three common waves on our shores; Surging, Spilling and Plunging Wave.

Correctly name the three waves, in the blank boxes below.



Surf Aware 2- Lesson 6

F.L.A.G.S WORKSHEET

Fill in the missing words.

F

Find the flags and swim _ _ _ _ _ **them.** It is the safest place to swim because it is patrolled by lifesavers.

L

Look for the _ _ _ _ _ **signs.** Safety signs will alert you of any important information needed to make your time at the beach safer and more fun.

A

Ask a lifesaver for some good _ _ _ _ _ . Approach a lifeguard on patrol and ask them if there are any dangers to look out for at the beach.

G

Get a parent to _ _ _ _ **with you.** Ask a parent to swim with you and look out for you during your time at the beach.

S

Stick your _ _ _ _ **up for help.** This is the best way to attract attention in the water.

Surf Aware 2- Lesson 7

GETTING THE RIGHT HELP

What number do you call if you want the police, ambulance or fire brigade.....

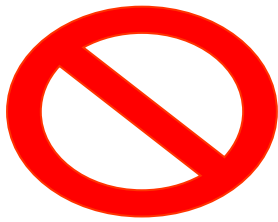


An emergency is a crisis that requires fast action. A crisis may be that a person is badly injured or has stopped breathing. In a crisis, you will need to call '000'. This will connect you straight to emergency services like the Police, Fire and Ambulance.

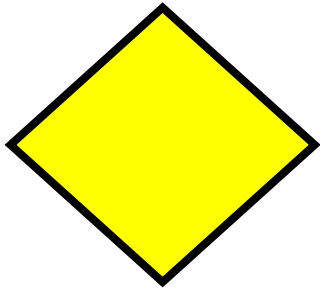
If you see an emergency, you must call '000' or tell an adult so that they can call. When you call '000' the operator will ask questions like; "Where are you" "Why are you calling and "Who are you"?"

Surf Aware 2- Lesson 8

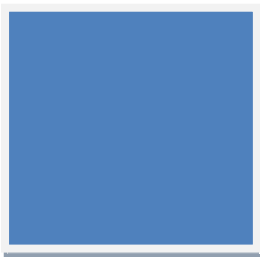
SIGNS OF THE TIME



A red circle with a cross through the middle indicates that you must not do something e.g. Swim, surf on a board, fish etc.



The yellow diamond with a black border indicates that there is a danger or hazard-e.g. crocodile, stingers etc.



A blue square gives you information e.g.- wheelchair access, where to surf on boards etc.

On each sign below, draw an object that may be displayed on each of the signs.

Examples can be found in the description above.

