

# U8



# AGE GUIDE

# SURF AWARE 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 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 lifesaving 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>Feeling safe at the beach</b> Personal Safety	
3	<b>Our beach environment</b> Ecosurf	
4	<b>Being sunsmart</b> Sun safety	
5	<b>Hazard watch</b> Surf conditions and Hazards	
6	<b>Stick your hand up</b> Surf Safety	
7	<b>It's an emergency</b> First Aid	
8	<b>It's all red and yellow</b> Signs and Signals	
9	<b>Small board big fun</b> Board: Paddling Technique	
10	<b>I'm a dolphin</b> Swimming: Entering the Surf	
11	<b>Ready. Set. Go!</b> Beach sprint: Starts	
12	<b>Get off the ground</b> Flags: Starts and Turns	

## 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.

# UNDER 8 - SURF AWARE 1

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 8 Age Group.

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

All children who are registered in Under 8 Age Group (Surf Aware 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 complete a 25 meter swim and a survival float for one minute.

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 1 award and participation Certificate, if they have completed the Surf Aware 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,

Junior Development Director  
Frankston Lifesaving Club Inc.

# Surf Aware 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.

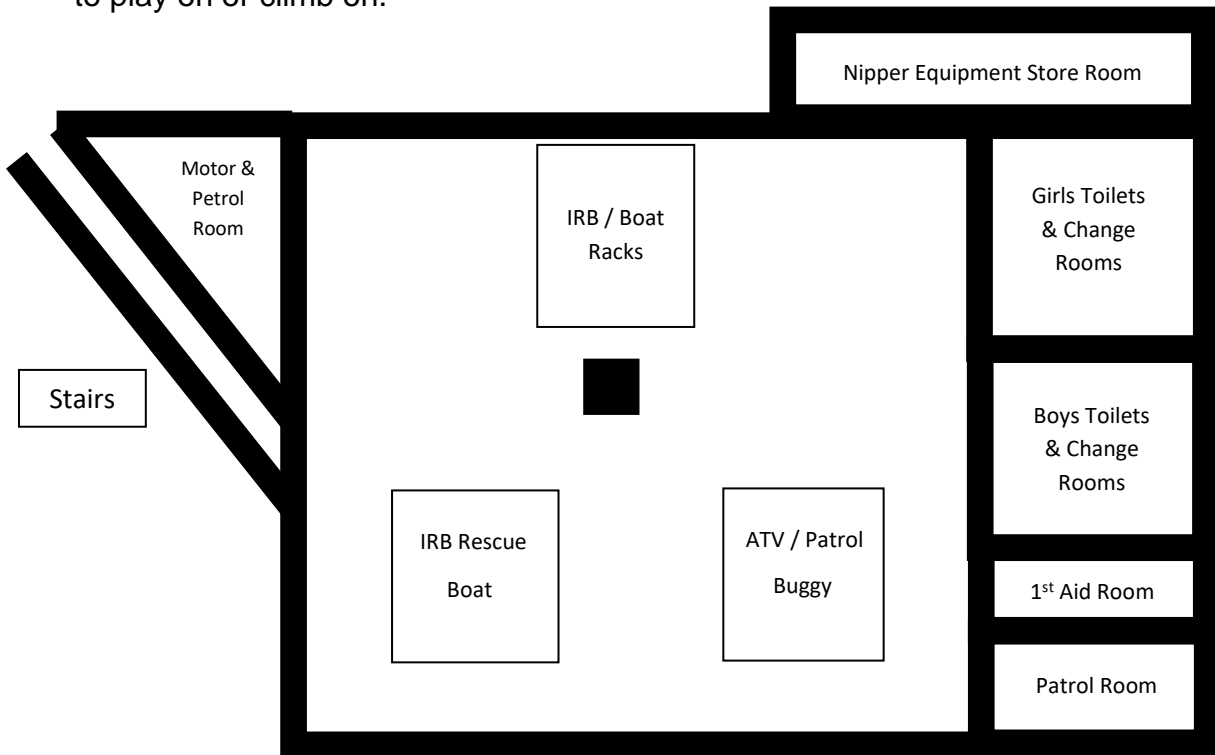
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Name of Age Manager

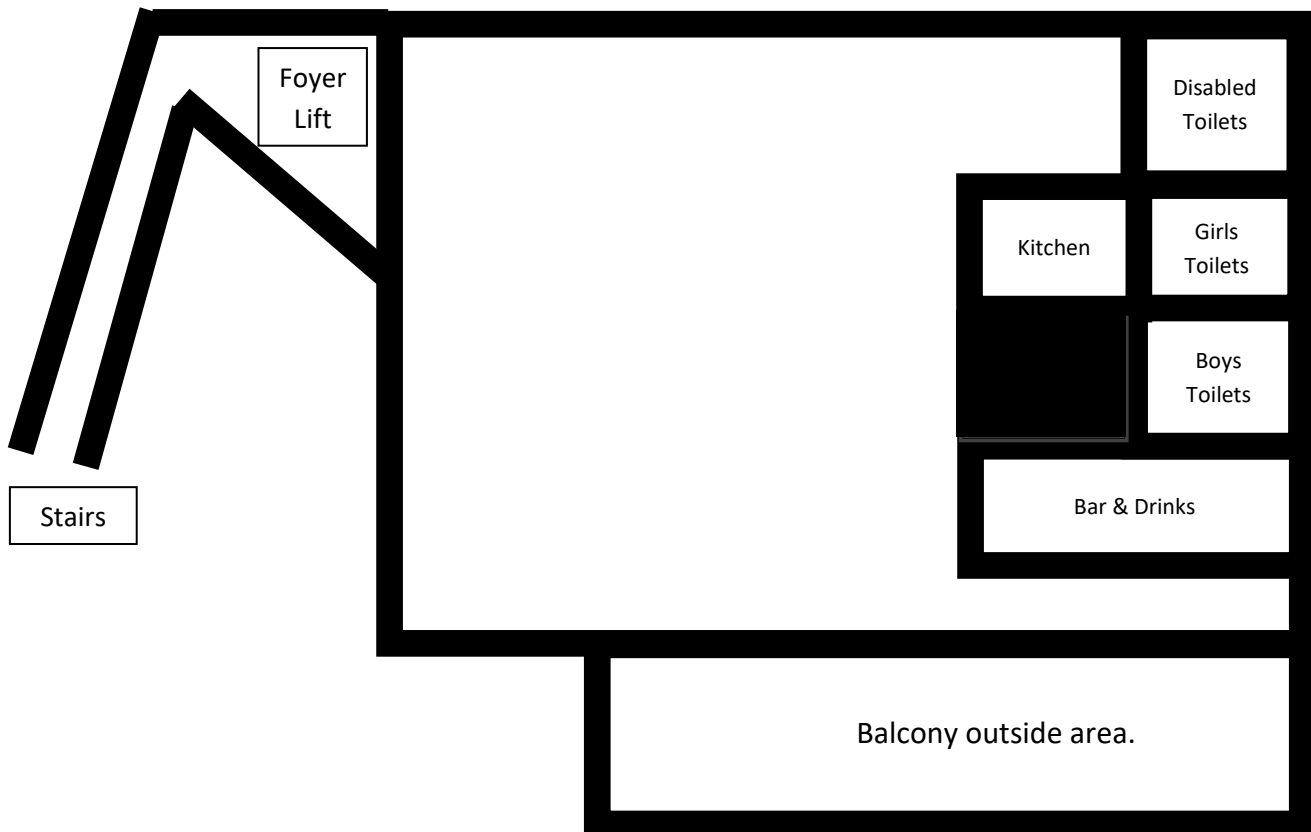
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Name of Junior Coordinator

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



### DOWNSTAIRS MAP OF PATROL ROOM



### UPSTAIRS MAP OF CLUB ROOMS

# Surf Aware 1- Lesson 2

## FEELING SAFE

Describe the feelings you see on the people's faces.



# Surf Aware 1- Lesson 3

## OUR BEACH ENVIROMENT

What sort of things do we find at the beach? -

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Who uses the beach?

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What type of animals can you find at the beach?-

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What do the sea/beach animals use the beach for?

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How can our actions endanger the animals at the beach?

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Why is it important that we share the beach with the sea/beach animals?

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What will happen if we don't look after the sea/beach animals?

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# BEING SUNSMART

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

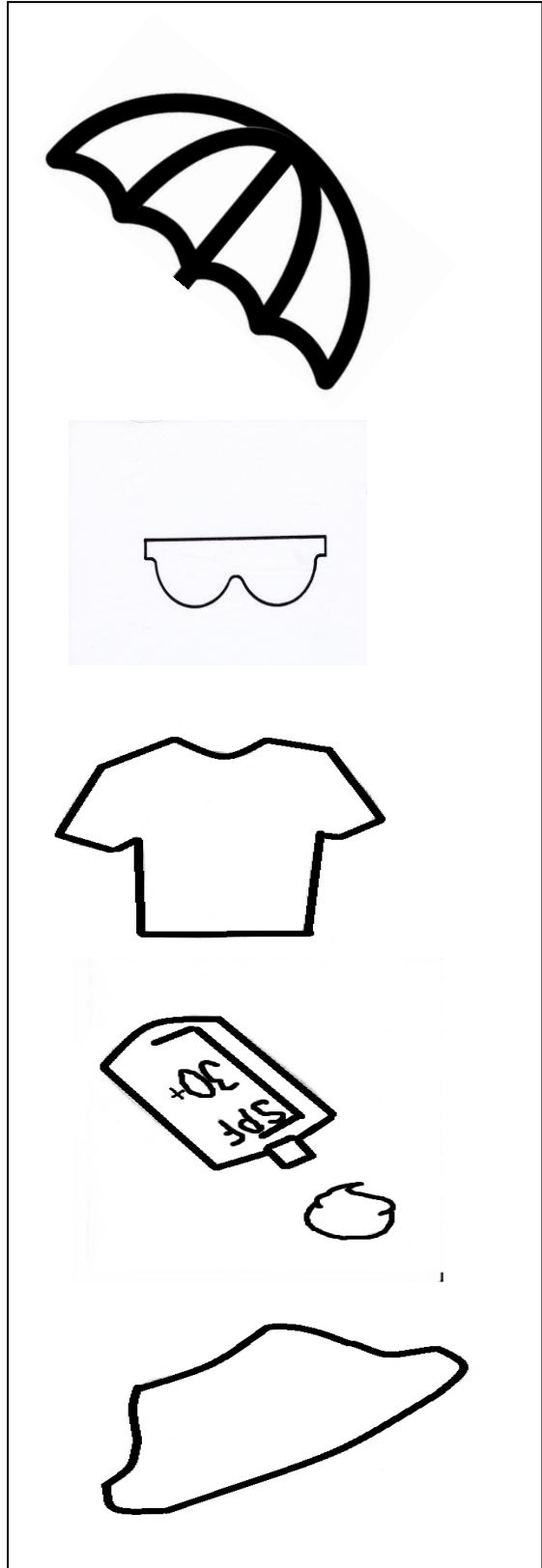
**SLIP**  
on  
**A SHIRT**

**SLOP**  
on  
**SUNSCREEN**

**SLAP**  
on  
**A HAT**

**SEEK**  
out  
**SHADE**

**SLIDE**  
on  
**SUNGLASSES**



# Surf Aware 1- Lesson 5

## DANGER WATCH

List some dangers you can face when at the beach?

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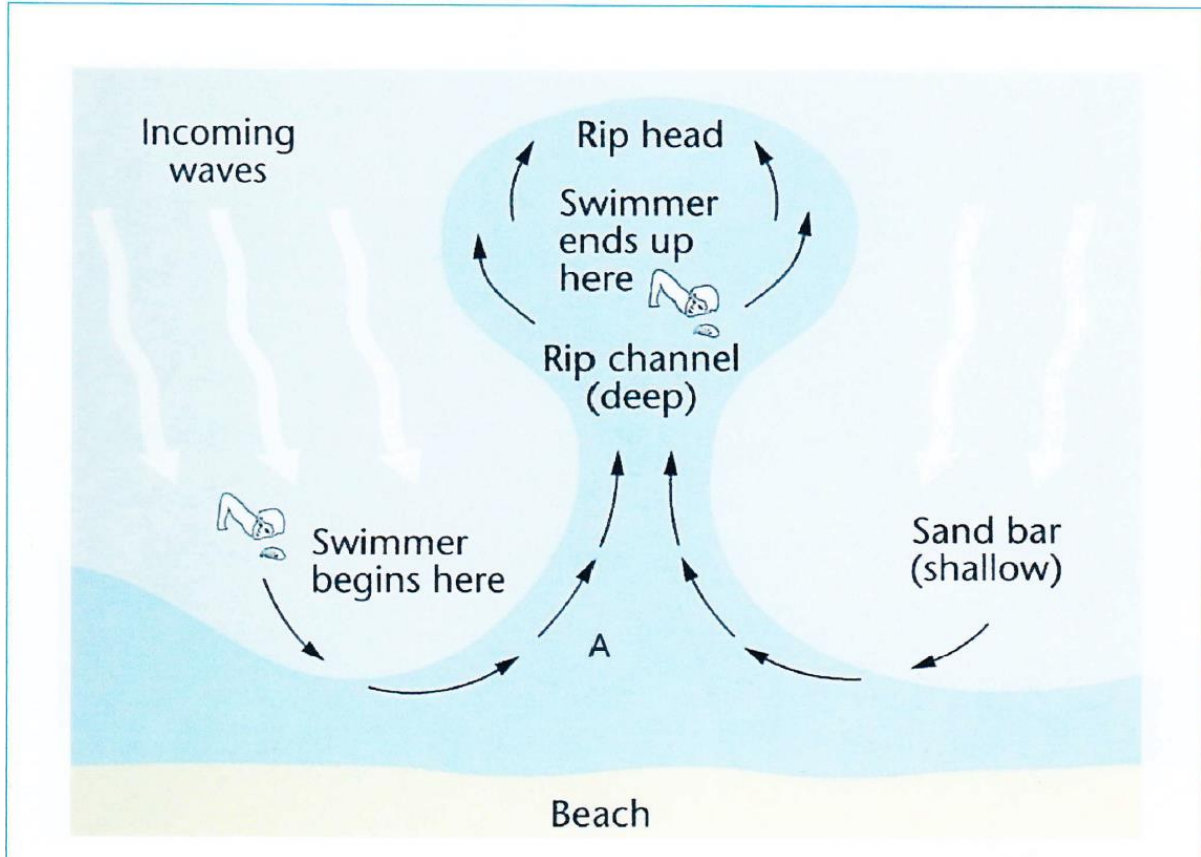
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A classic rip current consists of 3 components:

- a rip feeder which carries water along the beach close to the shoreline;
- a rip neck which is a narrow and fast offshore flow formed by the meeting of two feeder currents; and
- a rip head which forms seaward of the breaking waves and often forms a plume of disturbed water or suspended sand as the rip current slows down.

While this is a common textbook definition, in reality rip currents take on different forms and types and longshore feeder channels, for example, are not always present.



### 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 Aware 1- Lesson 6

## STICK YOUR HAND UP

List some ways you can get into trouble when swimming?

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What should you do if you get into trouble in the water?

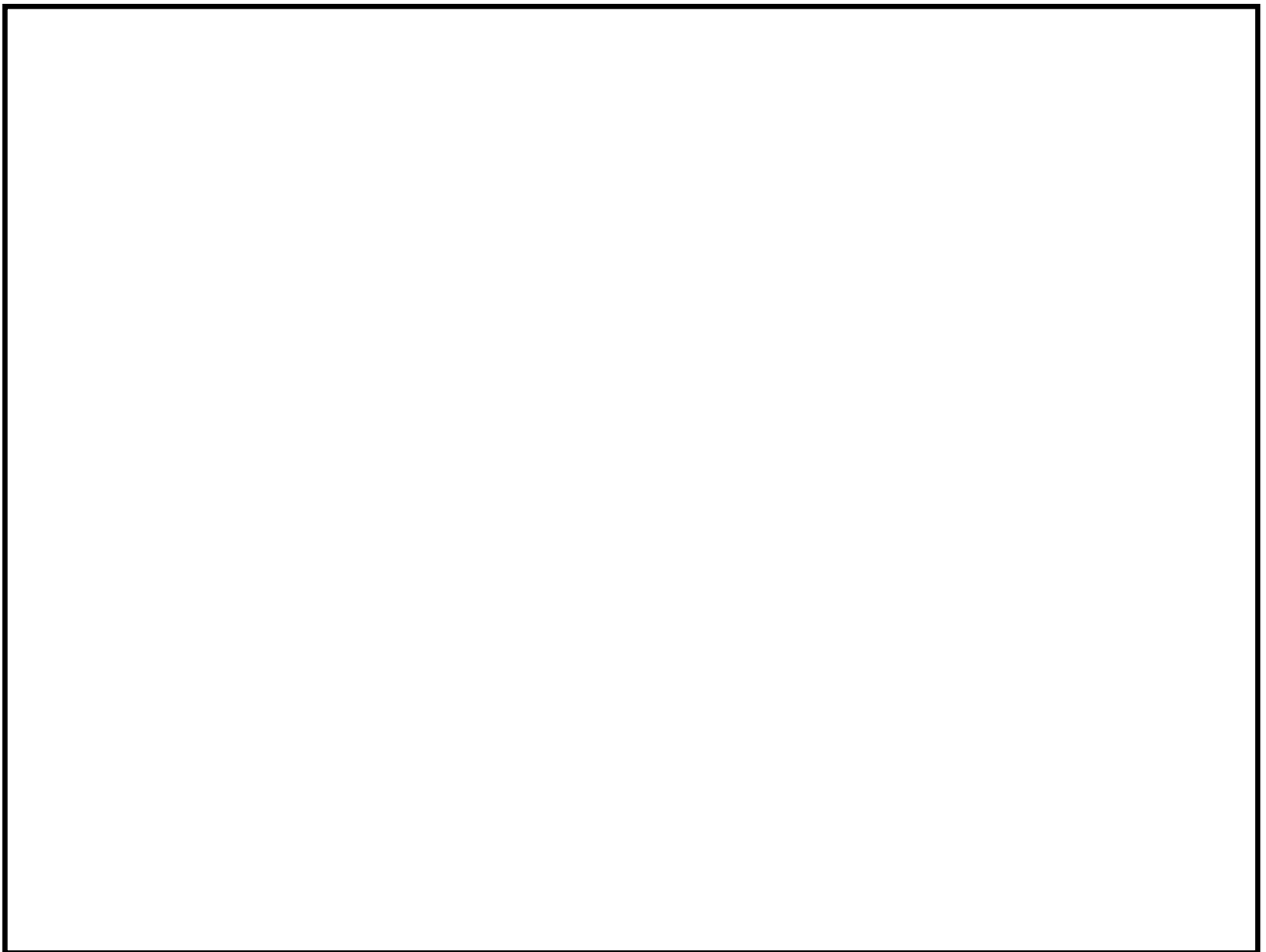
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Draw yourself in trouble and with your hand up waving for help, in the box below.



## Surf Aware 1- Lesson 7

# IT'S AN EMERGENCY

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



Swimmers in trouble at the beach in the water may be calling for help. On the beach a person may have an injury where blood is visible or may be unconscious.

When we come across an emergency, we or an adult will need to call '000'.

# Surf Aware 1- Lesson 8

## IT'S ALL RED AND YELLOW

Why is it important to swim between the red and yellow flags?

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Colour the flags in red and yellow, below.

