



Junior Preliminary Skills Evaluation

Swim Distance: 50m (freestyle) **Survival Float:** 2 minutes

Topic	Learning Outcomes
<p>Introduction to Surf Life Saving Lesson: Welcome to the family!</p>	<p>Develop and understanding of surf life saving in Australia Identify the surf club as a welcoming place</p>
<p>Personal Safety Lesson: Persistence pays</p>	<p>Identify the actions they can take when feeling frightened, lost, upset or bullied Recognise the importance of persisting when needing help</p>
<p>Ecosurf Lesson: Energy Conservation</p>	<p>Recognise the difference between renewable and non-renewable energy generation Identify ways in which electricity usage can be reduced in the surf club</p>
<p>Surf Conditions and Hazards Lesson: Risky business</p>	<p>Recognise 'at risk' people in a beach environment Identify actions that can be taken to help 'at risk' people avoid dangerous situations</p>
<p>First Aid Lesson: Here to help</p>	<p>Identify the principles of DRABCD Recognise and manage patients suffering from cuts and abrasions, bleeding from the nose, sprained muscle ligaments and sunburn.</p>
<p>Resuscitation[^] Lesson: The breath of life</p>	<p>Perform cardiopulmonary resuscitation (CPR) techniques</p>
<p>Signs and Signals Lesson: Sign language</p>	<p>Recognise the importance of beach safety signage Identify and understand safety signage on their beach</p>
<p>Board: Entering and Exiting the Surf Lesson: Up and out</p>	<p>Attempt or perform a dismount from a nipper board</p>
<p>Board: Catching Waves Lesson: The easy way in</p>	<p>Attempt or perform catching a wave on a nipper board</p>
<p>Board: Board Relay Lesson: Never board in a team</p>	<p>Attempt or perform a board relay race</p>
<p>Swim: Negotiating the Surf Lesson: I'm a fish!</p>	<p>Understand the techniques of surf swimming Demonstrate an ability to swim through surf, parallel to surf and back to shore</p>
<p>Beach Sprint: Starts and Finishes Lesson: Up and at em'</p>	<p>Attempt or perform a crouching beach sprint start Attempt or perform a beach sprint finish</p>
<p>Multi Discipline: Transitions Lesson: Round we go</p>	<p>Attempt or perform an ironman/woman race transitions Attempt or perform cameron relay race transitions</p>

[^] A Resuscitation Certificate is available for Resuscitation if delivered by a qualified trainer and participant meets qualification assessment standards.