



### Junior Preliminary Skills Evaluation

**Swim Distance:** 100m (freestyle) **Survival Float:** 2 minutes

| Topic   | Learning Outcomes   |
|---|---|
| <p><b>Introduction to Surf Life Saving</b><br/>Lesson: Welcome to the family!</p>       | <p>Develop and understanding of surf life saving in Australia<br/>Identify the surf club as a welcoming place</p>   |
| <p><b>Personal Safety</b><br/>Lesson: Looking after you</p>                             | <p>Understand rights and responsibilities as a member of Surf Life Saving Australia</p>   |
| <p><b>Ecosurf</b><br/>Lesson: Gail force</p>  | <p>Understand how weather can effect both the beach environment and beach users<br/>Identify natural and man-made causes of erosion and their impact of the beach environment</p>               |
| <p><b>Sun Safety</b><br/>Lesson: Sun effects</p>  | <p>Identify the consequences of not being sunsmart<br/>Identify what skin cancer is and what causes it</p>  |
| <p><b>Physical Health &amp; Wellbeing and Personal Safety</b><br/>Lesson: Lifesmart</p> | <p>Recognise that staying fit and healthy is important as a lifesaver<br/>Identify ways to stay fit and healthy during junior activities</p>  |
| <p><b>Surf Conditions and Hazards</b><br/>Lesson: Rip it up</p>                         | <p>Identify the four different types of rip currents<br/>Identify how to manage rips in a beach environment<br/>Identify how to use rip currents to assist in surf swimming and rescues</p>     |
| <p><b>The Human Body*</b><br/>Lesson: Skin and bones</p>                                | <p>Identify the role of the body's circular system, skeletal system, respiratory system and nervous system.<br/>Understand how the body's major organ systems relate to First Aid scenarios</p> |
| <p><b>First Aid*</b><br/>Lesson: A helping hand</p>                                     | <p>Identify the principles of DRABCD<br/>Recognise and manages patients suffering from cramping, fainting and shock.<br/><br/>Perform cardiopulmonary resuscitation (CPR) techniques</p>        |
| <p><b>Resuscitation*^</b><br/>Lesson: Giving hope</p>                                   | <p>Demonstrate the following signals: message understood; attract attention; message not clear, repeat; pick up swimmers</p>  |
| <p><b>Signs and Signals</b><br/>Lesson: Sign me up</p>                                  | <p>Identify the role of a beach patrol<br/>Identify the role of lifesavers during a patrol</p>  |
| <p><b>Patrols</b><br/>Lesson: On patrol</p>   | <p>Attempt or perform rolling under a wave on a board</p>   |
| <p><b>Board: Negotiating the Surf</b><br/>Lesson: Off and under</p>                     | <p>Recognise how a board can be used to secure and support a conscious patient<br/>Demonstrate the skills required to secure and support a conscious patient</p>                                |
| <p><b>Board: Board Rescue</b><br/>Lesson: Ride with me</p>                              | <p>Attempt or perform diving under waves</p>  |
| <p><b>Swim: Negotiating the Surf</b><br/>Lesson: The big stuff</p>                      | <p>Develop a beach sprint arm and leg drive technique</p>   |
| <p><b>Beach Sprint: Technique</b><br/>Lesson: Hard and fast</p>                         | <p>Identify different beach flags race strategies</p>   |
| <p><b>Beach Flags: Strategy</b><br/>Lesson: Hustle and Bustle</p>                       |   |

\* A Basic Emergency Care Certificate is available for the combination of these topics if delivered by a qualified trainer and participant meets qualification assessment standards.

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