





### AGE GUIDE

For detailed lesson plans that deliver the learning outcomes for each topic required for this award see the relevant Age Guide. The Age Guide is designed to be a 'one stop shop' for an Age Manager to deliver the requirements for the specific junior age group award.

### PRELIMINARY EVALUATION

Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities at the discretion of the club.

Note: To compete in water based competition events a participant must complete the relevant Competition Evaluation for their age group.

### PARTICIPATION CRITERIA

Learning outcomes are used to identify the topic content a participant should be exposed to during their lesson. The total learning outcomes for an age group make up the award. Strict assessment of these learning outcomes is not necessary – lessons should have a participatory focus rather than a competence focus.

### How do I know when I can tick off a participant?

If you have delivered a lesson that satisfies the learning outcomes and the participant has been actively involved in the lesson then you can tick them off.

### LEARNING OUTCOMES

The following learning outcomes will need to be delivered for this award for each of the topics. Lesson delivery content is also supplied.

### Introduction to Surf Life Saving

Lesson #1: Welcome to the family!

Develop an understanding of surf life saving in Australia

- Welcome to the Junior Program
- SLSA and Surf Club History

Identify the surf club as a welcoming place

- Surf Club Tour

### Personal Safety

Lesson #2: You can talk

*IMPORTANT: If you are not confident discussing the personal safety topics in this lesson, identify and bring in somebody who can help, i.e. teacher, club captain, club president, police officer etc.*

Identify times when they might feel unsafe and can ask for help

- Times you feel unsafe at the beach
- Why its important to feel safe

Identify adults at their surf club that can help them

- Why it's important to have people you can trust
- Who are the people that can keep us safe

### Ecosurf

Lesson #3: Water Conservation

Understand the natural water cycle and water collection methods

- How is water used in a surf club environment
- How can we limit use of water

Identify ways in which water usage can be reduced/recycled at the surf club

- Short showers, not leaving the hose running, using a broom not a hose to clean outside, water flow restrictors etc

### Sun Safety

Lesson #4: That's sunsmart

Identify and demonstrate the sunsmart guidelines

- Slip, Slop, Slap, Wrap, Slide

Understand the consequences of skin damage caused by sunburn

- Effects on skin, i.e. burning, painful
- Skin cancer/melanoma

### Surf Conditions and Hazards

Lesson #5: You little ripper

Identify how rips are formed and what they look like

- Description and identifying features

Understand how to escape a rip

- Stay calm, float with the rip and signal for 'assistance required' by raising one arm above their head and moving it slowly side to side

### Resuscitation

Lesson #6: Not a happy manikin

*IMPORTANT: If you are not confident with the principles of resuscitation bring in a qualified trainer or lifesaver to help deliver the lesson.*

Understand the basic principles of resuscitation

- DRABCD overview
- Minimising the risk of infection

### Signs and Signals

Lesson #7: You want me where?

Demonstrate the following signals: return to shore, proceed further out to sea, go left, go right and remain stationary

- DRABCD overview
- Minimising the risk of infection

### Rescue Techniques

Lesson #8: Behave!

Recognise unsafe behaviours at the beach

- What are unsafe behaviours at the beach

Identify the actions of a beach user in an unsafe situation

- What signs do we look for in a person who needs help

Develop an understanding of preventative actions

- What are preventative actions and why do we do them

### Board: Entering and Exiting the Surf\*

Lesson #9: Hop-a-long

Attempt or perform carrying and dragging a nipper board into the water

- Keep head up and look towards water entry point
- If carrying board under arm: Hold outer rail of board or use recess grip, Keep parallel to sand

- If dragging board: Hold front top handle, Keep fin out of sand

Attempt or perform bunnyhopping a nipper board into the water

- Place your hands a little in front of your body
- Have your outside leg in front of your inside leg
- Push the board forward as you hop with your legs
- Both feet should leave and enter the water at the same time

### Board: Negotiating the Surf\*

Lesson #10: Getting through it

Attempt or perform sitting over a wave on a nipper board

**Just before wave hits**

- Go to a sitting position about 2/3 of the way back on board
- Place one leg over each side and hold the back handles with both hands
- Lean back and pull on the handles to raise the nose of the board

**As the wave hits**

- Lean forward with your left arm outstretched and grab the left handle
- Push the front of the board down with your chest and left hand
- Start paddling again as soon as possible so you don't get dragged backwards

Attempt or perform paddling through a wave on a nipper board

- Paddle straight into the wave

- Increase paddling speed
- Arch your back up before the broken wave reaches the board
- Continue paddling over the broken wave with one arm
- Resume normal paddling

### Board: Board Rescue\*

Lesson #11: Serious fun

Recognise how body boards can be used to assist a distressed swimmer

- When might you use a body board to assist a swimmer

Demonstrate skills required to assist a distressed swimmer

- What to do if distressed swimmer grabs you
- Rescue technique

### Swim: Tube Rescue\*

Lesson #12: Baywatch style

Recognise a rescue tube and what it is used for

- Parts of a rescue tube
- How do lifesavers use it

### Beach Sprint: Beach Relay\*

Lesson #13: Your turn

Attempt or perform a beach relay baton change

- Incoming runner holds baton up early
- Outgoing runner forms a 'V' with hands and looks through 'V' at the baton
- Focus only the baton, not on other teams or runners
- Take baton as close to the changeover line as possible

*\* IMPORTANT: If you are not confident coaching the skills in these surf skills based lessons bring in a surf sports athlete or coach to help deliver the lesson. Discuss the surf conditions and safety considerations before entering the water. All water based activities should be supervised by Water Safety Personnel at a ratio of 1:5.*