

Activity Workbook

Surf Aware One



Name:



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Acknowledgements:

Surf Life Saving Australia
Surf Life Saving Western Australia

Surf Aware One

Dear parents/guardians,

Thank you for choosing to participate in Surf Life Saving's Junior Activities program. This resource has been designed to deliver a positive learning experience for all involved. We hope you enjoy using this resource and the skills and knowledge that are part of the education program for children registered in the Under 8 age group.

Age Group Requirements

All children registered in the Under 8 age group are required to partake in a Pool Evaluation so that the Age Manager can record the swimming ability of each child. Each child is encouraged to complete a swim and a survival float in a pool.

Once this is completed each child is to then complete a Competency Beach Evaluation which consists of a Run-Wade-Run. This evaluation must be completed before participating in junior water activities, competition and prior to receiving their age award.

For distances for the above evaluations please liaise with your relevant Branch.

Each child is encouraged to work through this activity book with their Age Manager or at home. Each child who participates in the activities associated with the Surf Aware One program will receive a special certificate at the end of the season.





Welcome To The Family

Surf Life Saving has been providing a service to the community for over 100 years. During this time thousands of people have been rescued from the ocean or needed some form of first aid assistance.

Surf Life Saving Clubs are a place for members to learn the skills required to be a surf lifesaver and to socialise. The Junior Activities program encourages our junior members to learn new skills as they develop into young surf lifesavers.

A tour of the Surf Club and beach environment will give you an idea of what equipment the Club has and what it is used for, where the bathroom and change room facilities are 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 Club Captain

Name of Club President

Name of Surf Life Saving Club



Feeling Safe At The Beach

Sometimes we feel uncertain about our surroundings and the people we meet. It is important to feel safe and comfortable all the time. If you feel unsafe and uncomfortable about a situation you need to go and tell an adult. You could tell mum or dad, your age manager, a friend, a police officer, a surf lifesaver, or someone else you know and trust.

Draw a picture of someone feeling happy and someone feeling sad.

Feeling Happy

Feeling Sad



Our Beach Environment

The beach environment is shared by many people. You may go to the beach to play and have fun, but the beach is also a place where some creatures live. Sometimes you will see fish, crabs, dolphins, birds and shellfish at the beach.

Draw a picture of your favourite beach creature.

Sun Smart

Match the Sun Smart words to the picture by drawing a line from one to the other. Then colour in the pictures.



SLIP

SLOP

SLAP

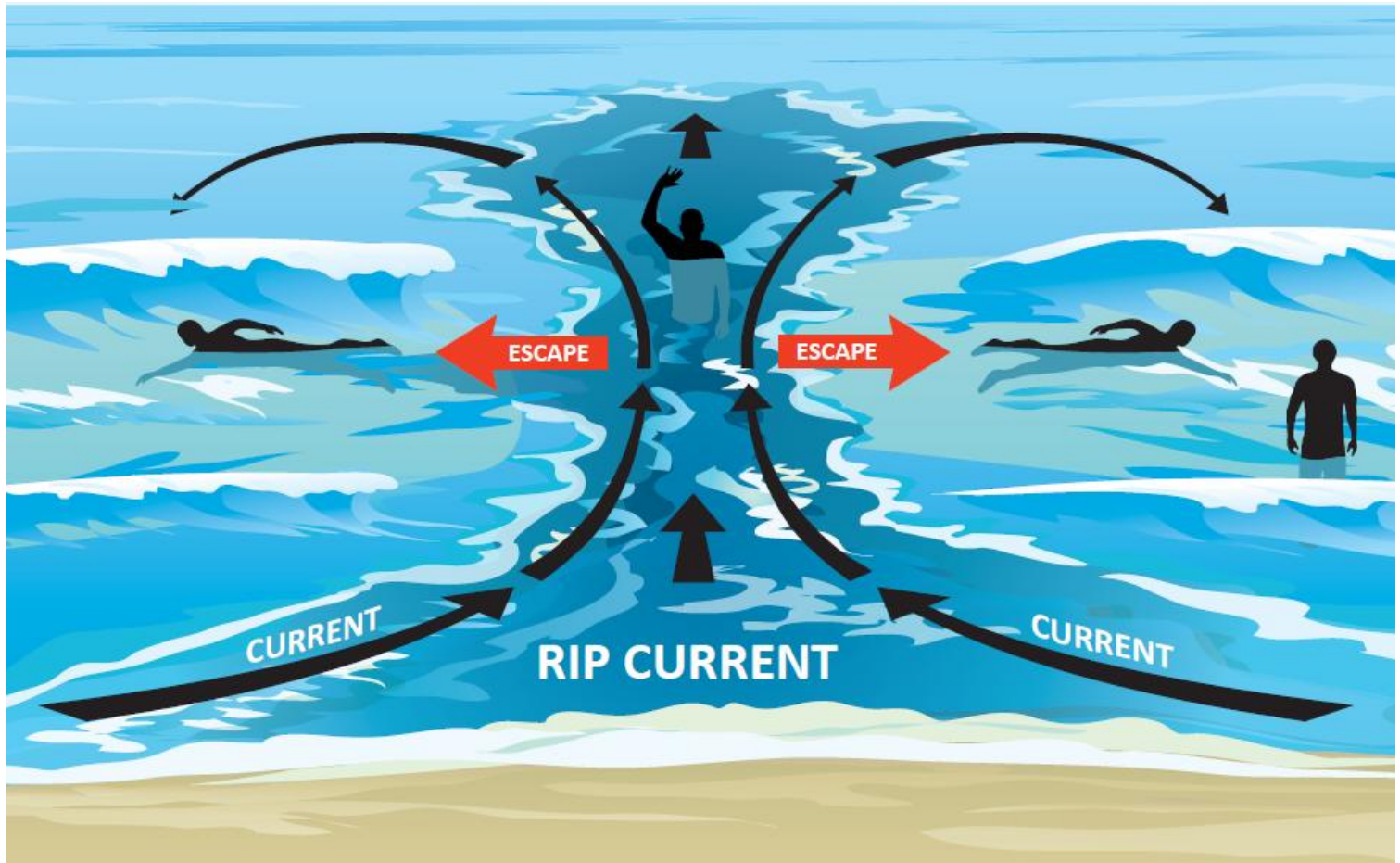
SLIDE

SEEK

SLURP

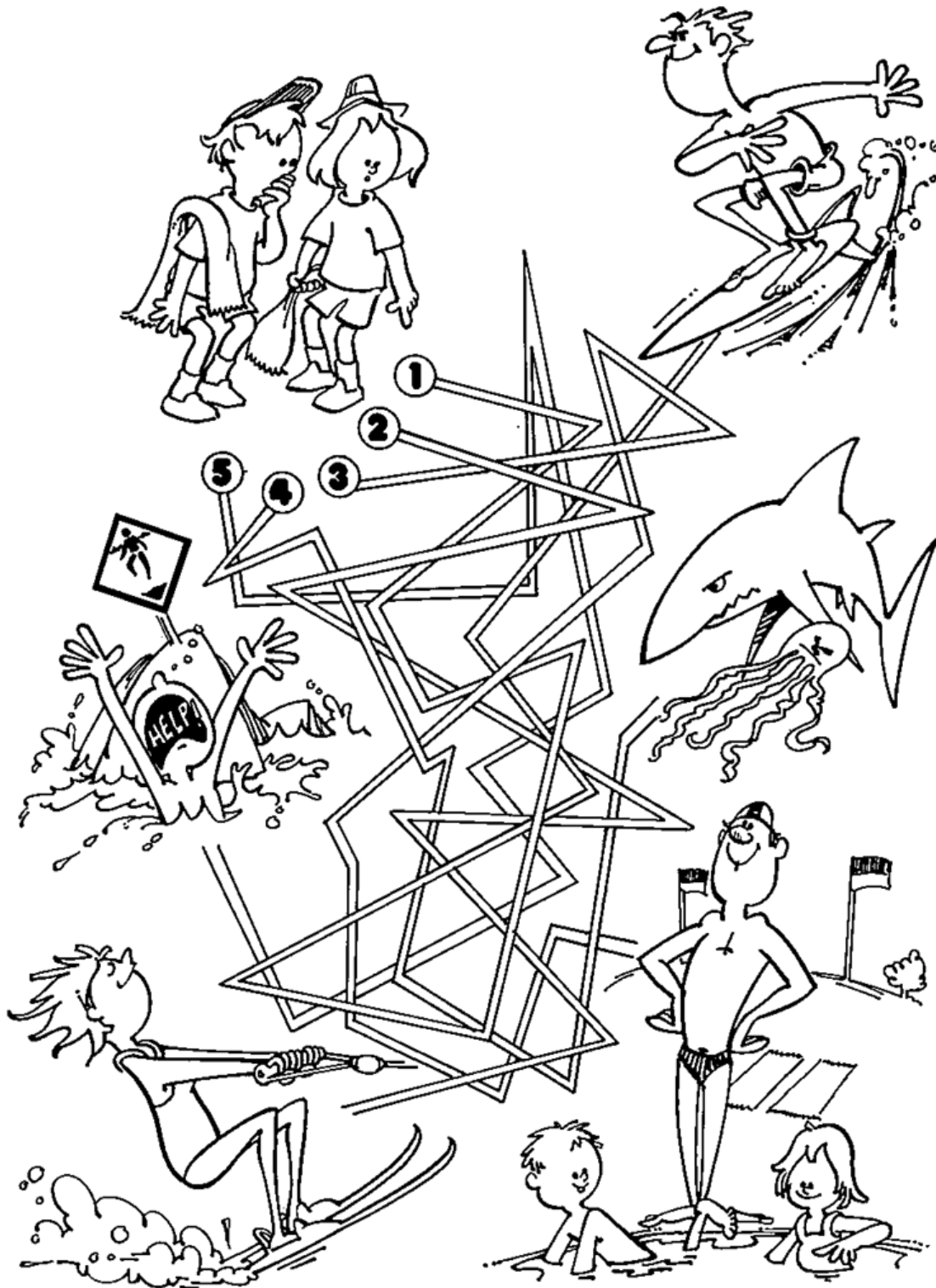
Hazard Watch

There can be lots of dangers at the beach. One of these dangers is a rip. Can you spot a rip? Draw arrows on the picture below of a rip showing how you would escape out of it.



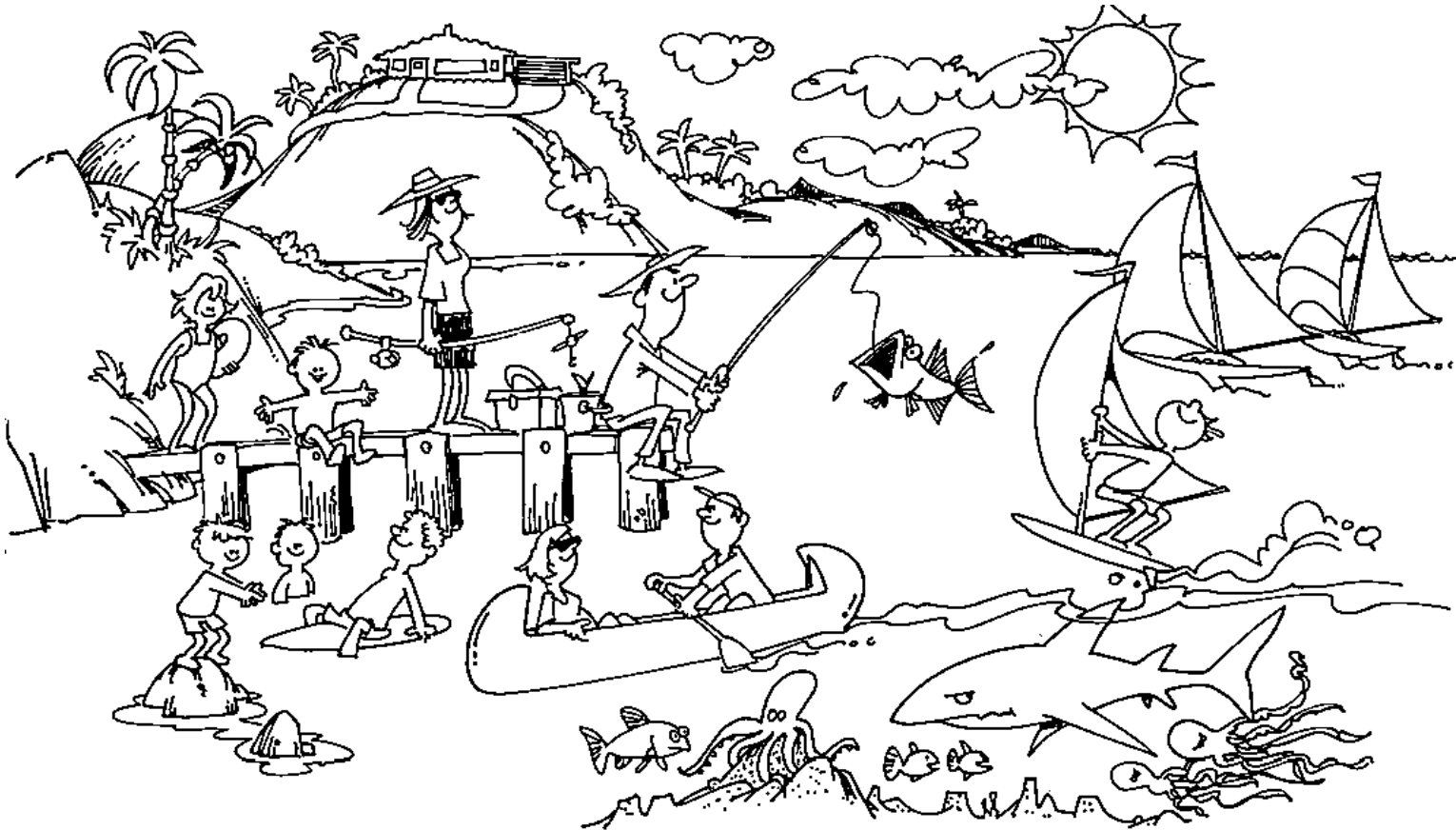
Safest Place

Can you follow the path that leads to the safest swimming spot?





Cut out the safety signs on page 21
and glue them onto the pictures
where you think they belong



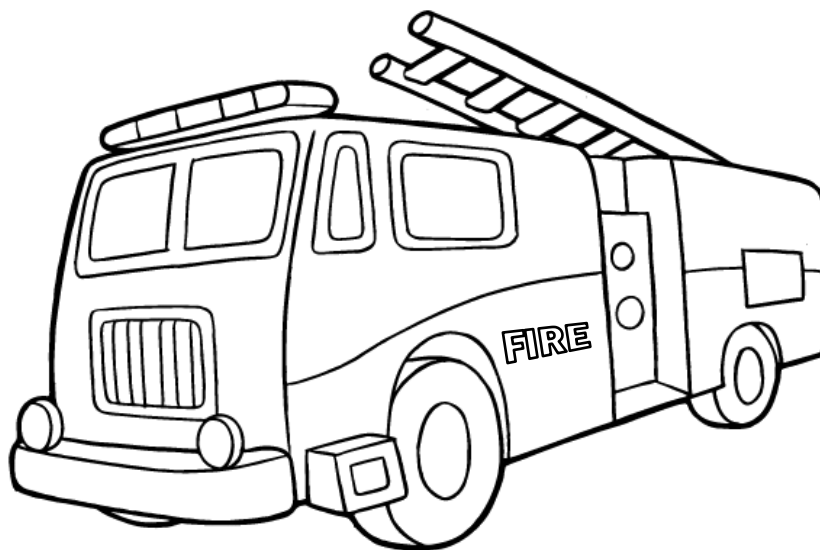
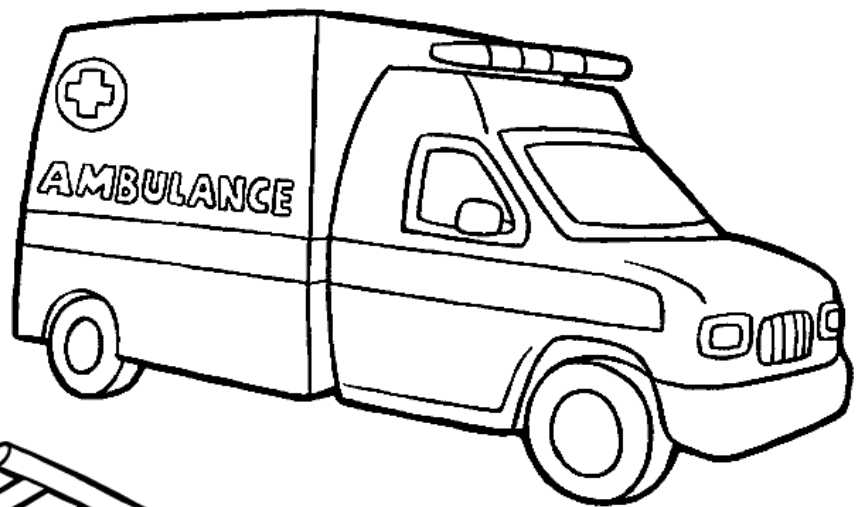
Stick Your Hand Up

Sometimes we need help when we are in the water. If you feel you need someone to help you get out of the water, you will need to get the surf lifesavers or lifeguards attention. The best way to get the surf lifesaver to help you is to raise your arm above your head with your hand closed. You need to stay calm and lay on your back until help arrives.



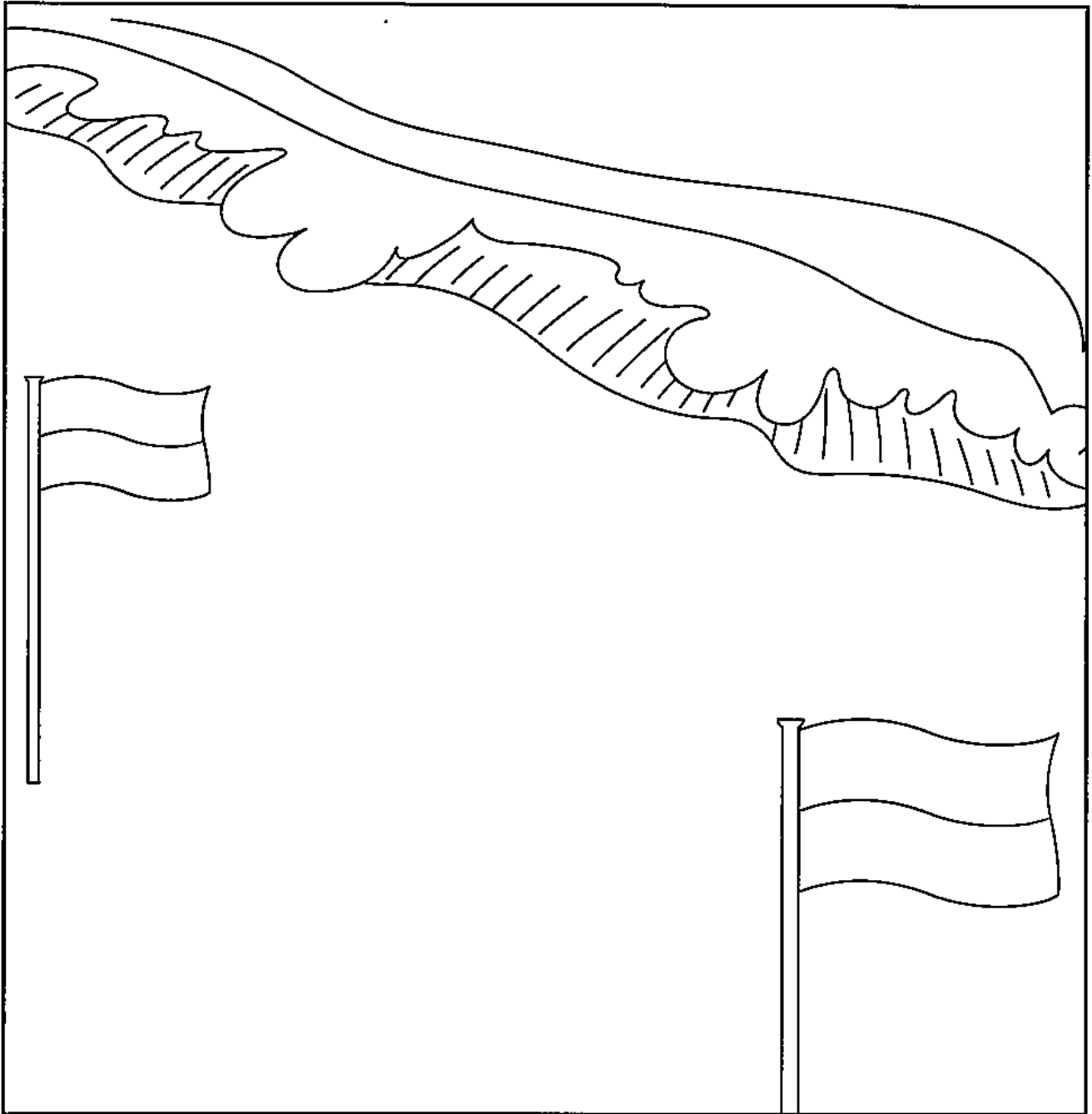
It's An Emergency

An emergency is when we need to quickly to help someone who is badly hurt. Emergencies happen in all types of environments including at home and at the beach. When we come across an emergency we need to call '000'. When you call '000' you will be connected to the emergency services which are the police, fire and ambulance.



It's All Red & Yellow

Do you know what colour the flags are that you have to swim between at the beach? Colour in the flags below.



10 Surf Safety Tips

1. Always swim or surf at places patrolled by surf lifesavers or lifeguards
2. Swim between the red and yellow flags. They mark the safest place to swim
3. Always swim under supervision by an adult
4. Read and obey the safety signs
5. Don't swim directly after a meal
6. If you are unsure of the surf conditions, ask a surf lifesaver or lifeguard
7. Never run and dive into the water.
8. If you get in trouble in the water, don't panic. Raise your arm for help, float and wait for assistance
9. If you are caught in a rip do not panic, float with the current or swim parallel to the beach
10. Always SLIP, SLOP, SLAP, SLIDE, SEEK!



Small Board, Big Fun

Body Board Positioning

Catching a wave on a body board can be a lot of fun.



1. Lie on the centre of the board with both hands at the front



2. Just before a wave hits you dive forward onto the board and kick hard



3. Once on the wave, keep the nose of the board out if the water so you don't nose dive

I'm A Dolphin

Wading and dolphin diving helps you get through the waves more quickly, and will stop you getting hit by big waves.

Wading



1. Lift your legs up high and out away from your body



2. Your arms should be out wide for balance and your feet should clear the water
3. Move your shoulders to the opposite side for balance

Dolphin Diving

This is a great technique when the water is too deep for wading.



1. Dive under the water with your hands out in front



2. Dive to the bottom and dig your hands into the sand



3. Bring one foot forward and push upwards off the sand to the surface

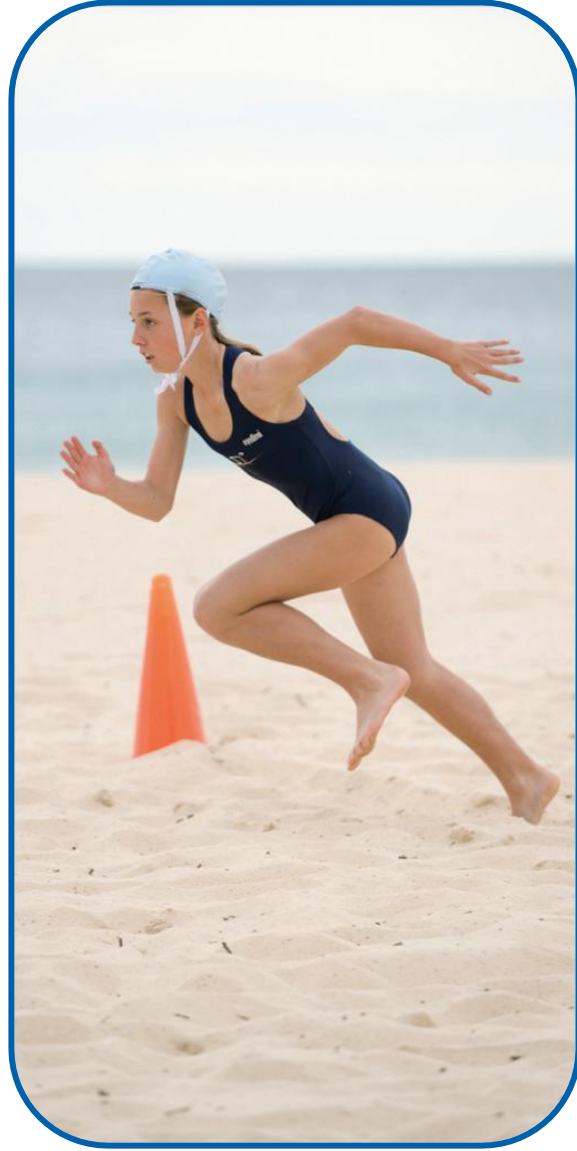
Ready, Set, Go

Standing beach sprint start

When we participate in running races we need to learn how to start correctly.



1. Start with one foot forward, toes dug into the sand, and your opposite arm forward with your knees slightly bent



2. On 'GO' push forward with your front foot and RUN!

Get Off The Ground

Basic flags starting position

Beach flags can be a lot of fun. Do you know how to start in beach flags?



1. On 'GO' turn your foot on the start line whilst pushing your body upwards



2. Keep your head and shoulders low and turn your body



3. Once facing the flag, push forward off your front foot



4. Run as fast as you can towards the flag. Use fast and hard arm and leg action



Find-A-Word

Can you find the hidden words below? Make sure you look across, down and diagonally. Circle the words you find.

B	E	A	C	H	P	G	U	D	Y	G
F	S	Z	R	H	L	B	W	Q	N	F
R	L	S	A	V	U	K	F	I	J	T
C	D	A	B	G	N	I	L	O	S	I
U	P	V	G	T	G	L	O	Z	U	D
R	W	E	R	S	I	D	A	N	R	E
R	S	U	E	P	N	U	T	Q	G	M
E	B	K	S	W	G	J	O	R	I	P
N	Z	E	C	F	P	L	G	W	N	C
T	H	X	U	R	O	C	K	S	G	D
W	A	V	E	Y	N	D	S	U	R	F

Beach

Tide

Rescue

Surf

Rip

Flags

Spilling

Current

Float

Save

Wave

Plunging

Surging

Rocks

Crab



Cut-Outs

Cut out the safety signs below and stick them on the pictures where you think they should go on pages 10 and 11. Once you have done this colour in your favourite beach scene.





Notes...

