



Activity Workbook

Surf Safe One



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Acknowledgements:

Surf Life Saving Australia
Surf Life Saving Western Australia

Surf Safe 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 10 age group.

Age Group Requirements

All children registered in the Under 10 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-Swim-Run. This evaluation must be completed before participating in junior water activities, competition and prior to receiving their age award.

All children who wish to compete must complete the competition evaluation. For distances for the evaluations please liaise with your Age Manager.

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 Safe 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



You Can Talk

Use the table below to create your personal safety network.

Write the names of five people that you trust, who they are and the things that you feel comfortable speaking to them about in order to feel safe.

Name	Relationship	Can discuss...
<i>Example:</i> Peter Citizen	Coach	Bullying, being scared of the surf sometimes



Water Conservation

We use water for many different reasons and it is a very precious resource. We need to be careful about how much water we use.

Use the box below to draw pictures of the different ways that you use water. For example - drinking water, having a shower, watering the garden, washing clothes. I am sure you can think of many more.

That's 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

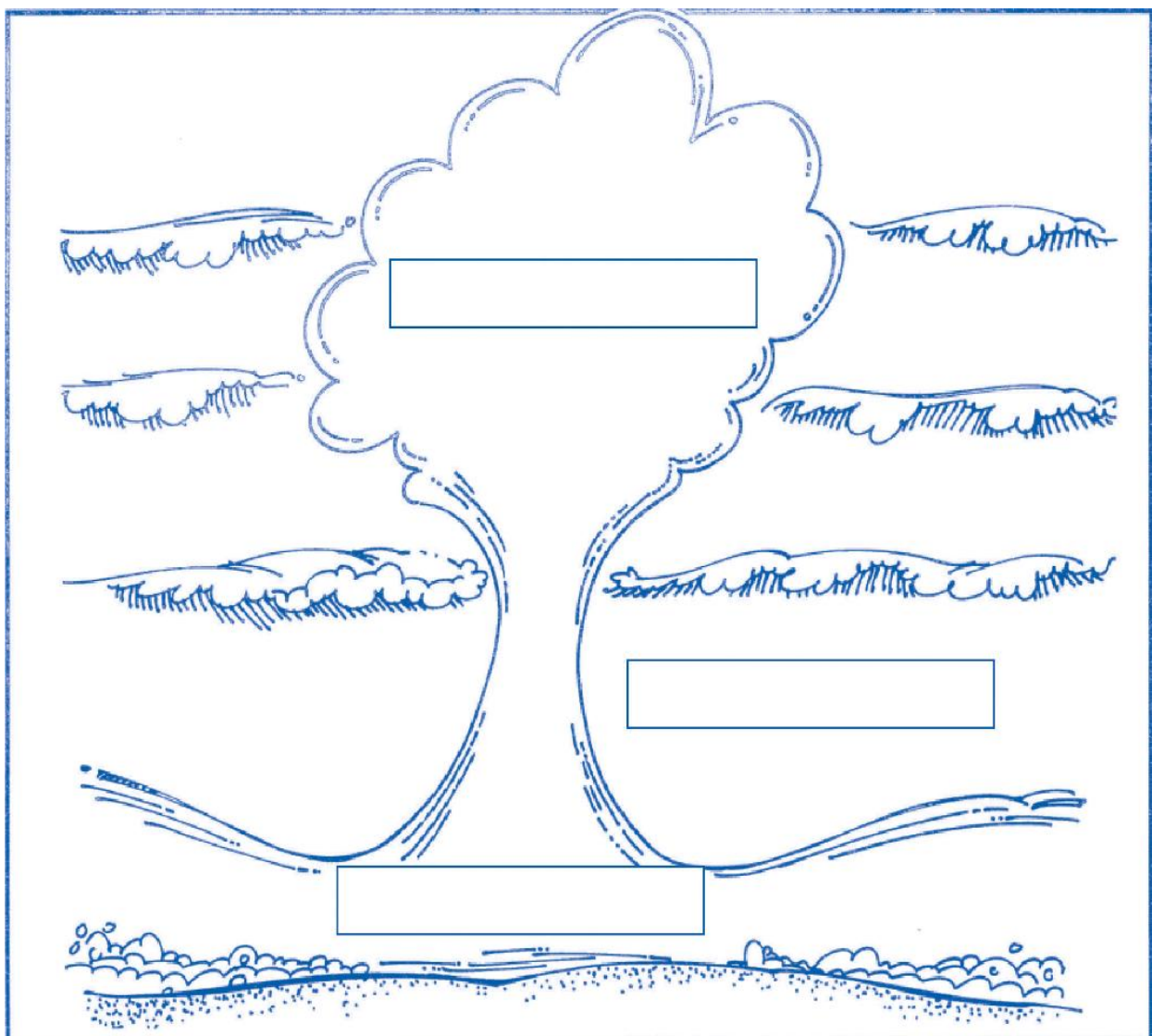
SEEK

SLURP

You Little Ripper

Sometimes there are dangerous things at the beach. One of these things can be a rip. Do you know what a rip is?

On the picture below name the different parts of a rip and locate with arrows how you would escape a rip.



Not A Happy Manikin

It's important that in an emergency situation which a person becomes unconscious that someone knows resuscitation.

D.R.S.A.B.C.D.



D



Danger

Check for Danger to Yourself, the Patient and Bystanders.

R



Response

Check for Response by talk and touch.

S



Send



If unresponsive, Send for help by calling Triple Zero (000).

A



Airway

Open Airway and ensure it is clear.
If not, roll patient onto their side and clear the airway.

B



Breathing

Check Breathing.
If patient is not breathing or breathing is not normal, commence CPR.

C



CPR (30:2)*

Start CPR*
Give 30 Chest Compressions followed by 2 rescue breaths.
If unwilling or unable to perform rescue breaths continue chest compressions.
*For drowning, give 2 initial rescue breaths before starting compressions.

D



Defibrillation

Attach an Automated External Defibrillator (AED) as soon as it is available and follow its prompts.

Continue CPR until:

- The patient responds or begins breathing normally
- It is impossible to continue (e.g. exhaustion)
- A health care professional arrives and takes over CPR
- A health care professional directs that CPR be ceased



EMERGENCY!

If you ever have to phone for help in an emergency, dial '000', then tell the operator:

- **Who** you are;
- **Where** the emergency is and where you are calling from;
- **Why** you are calling;
- **What** happened and what is being done;
- Then **wait** for advice.

Below are some scenarios of different emergencies. Discuss what you would do if you were a bystander in any of the scenarios below. Then divide into groups, choose a rescuer, victim and bystanders and act out your role.

Scenario 1

Lucy has been swimming at the beach with her brother Steve, when suddenly she feels pain on her arm. Looking down she can see red marks all over her upper arm. Not knowing why her arm hurts so badly, she is very scared. She

Scenario 2

Peter and Dave were walking along the edge of the river when Dave slipped down the deep bank. As he hit the bottom he gave a sharp cry of pain. When Peter looked over the edge of the bank he could see Dave below. Dave's leg

Scenario 3

Katie and Mai Ling were playing on a hot day. Mai Ling was having too much fun to stop swimming and have a drink when Katie did. Suddenly Mai Ling felt very tired and dizzy – then everything went black for her and she couldn't see.



What Did You Do?

After role playing the situations on page 10, answer the questions below:

Which situation did you act out? _____

What role did you play? _____

Why was the victim in trouble? _____

What did the rescuer do to help? _____

Did bystanders help? _____

Did anyone panic? _____

What effect did that have on the victim? _____

How could the situation be prevented from happening again? _____

If you have to call '000' in an emergency, what are the four things you should tell the operators? _____

You Want Me Where?

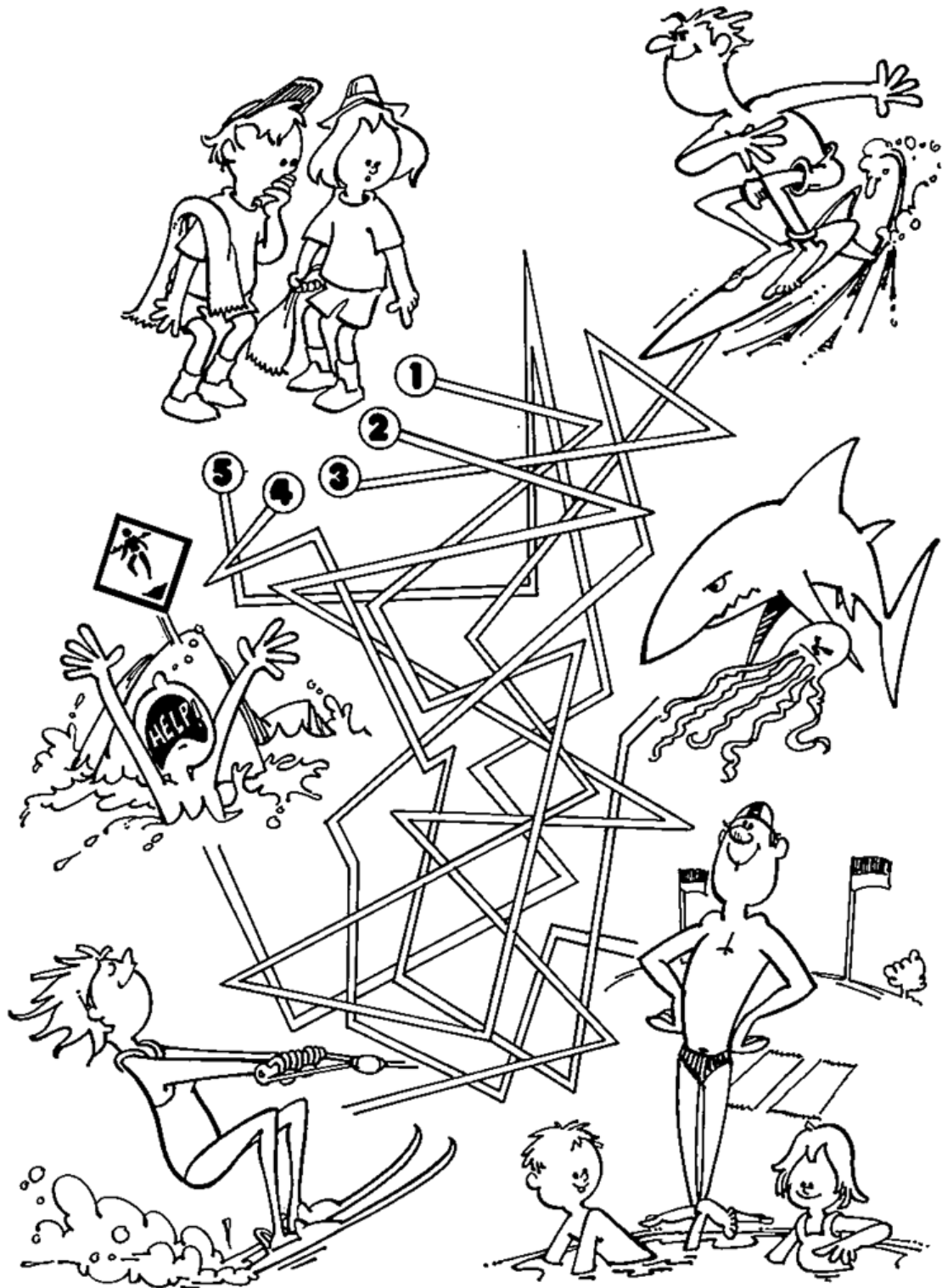
There are lots of signals that surf lifesavers use in rescues and on patrol.

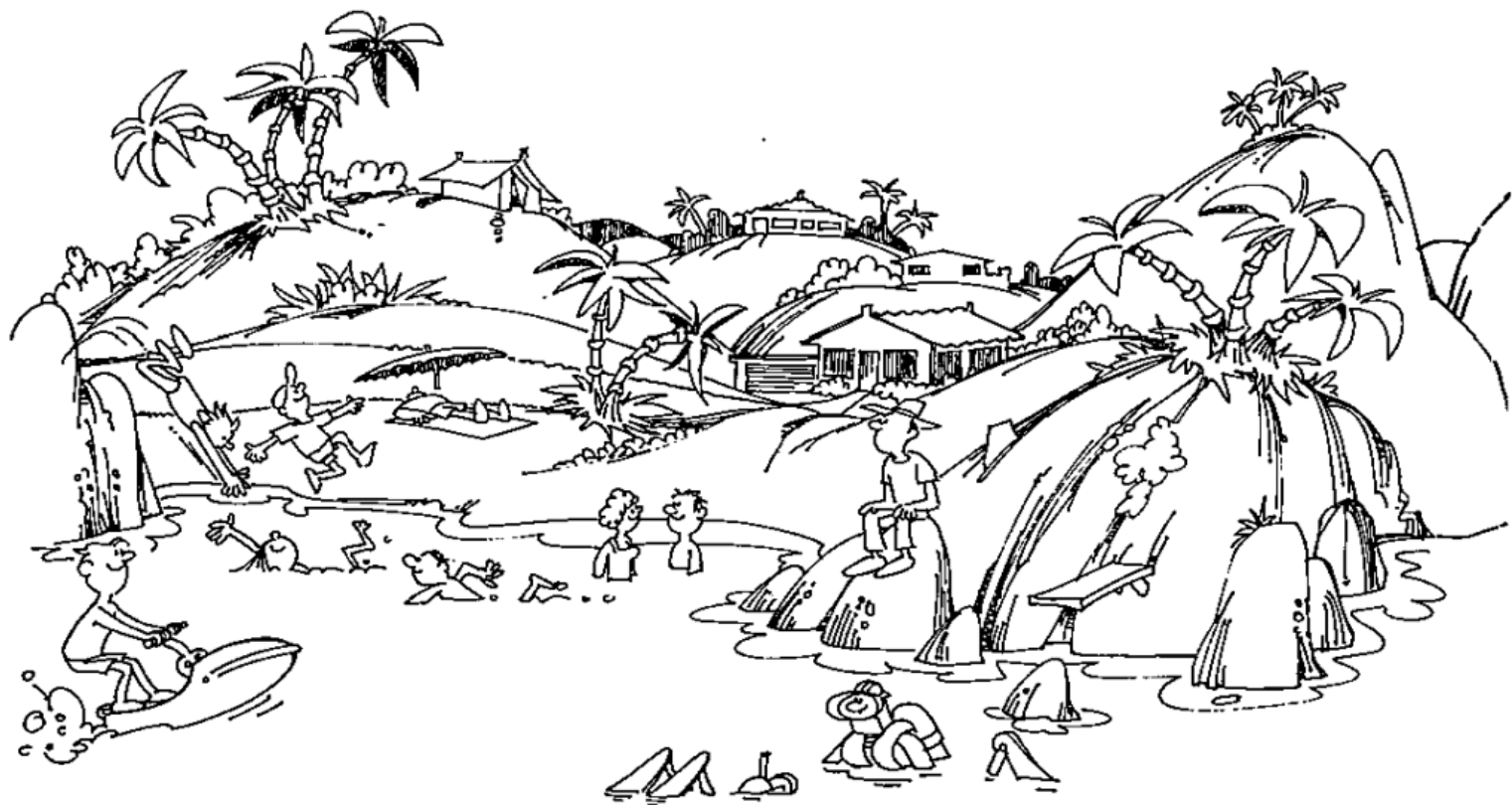
Do you know what the signals below mean?



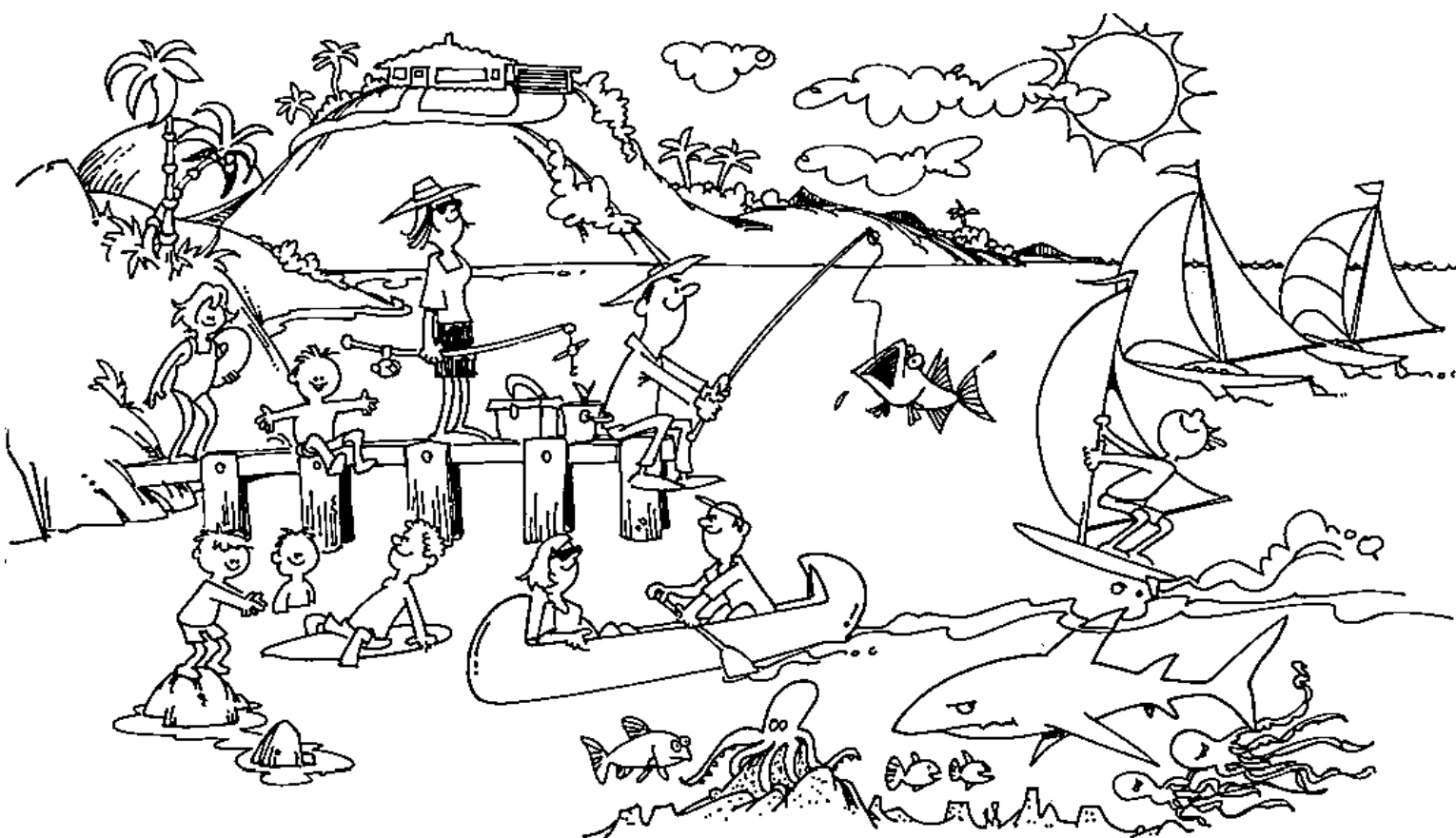
BEHAVE!

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





Cut out the safety signs on page 25
and glue them onto the pictures
where you think they belong





Survive The Surf

To avoid the dangers at the beach like the ones on page 13 simply follow the 10 Surf Safety Hints below and they should help you out.

10 Surf Safety Hints

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 and SEEK!

Hop-A-Long

Bunny Hopping

Do you know how to hop through the shallow water in the surf with a nipper board?



1. Whilst running, hold your board on your side parallel to the sand



2. At knee depth water:
 - Place the board on the water
 - Hold the rails on both sides
 - Place your closest hand forward and your outside leg in front of your inside leg
 - Push the board forward and hop with your legs



3. When hopping, both feet should exit and enter the water at the same time



4. When it is too deep to continue hopping, dive onto the board

Getting Through It

Sitting over a wave

Sometimes it can be tricky getting through the waves whilst on a board. Follow these instructions and you will be past the waves in no time!



1. Sit on the back of the board, holding both handles and lean back, so that the nose is raised



2. Just before the wave hits start to move one hand to the top handle



3. As the wave hits the board, push the nose of the board down with your chest and hands



4. Once over the wave start paddling as soon as possible

Serious Fun

Body Board Rescue

Body boards are extremely fun to play with in the surf. Did you know that they can be used as a piece of rescue equipment as well? Below are some instructions that will teach you how to rescue someone using a body board.



1. Carefully approach the swimmer and let them know what you are going to do



2. Slide off the board and pass it to the swimmer



3. When the swimmer has hold of the board, signal for 'assistance required'

Baywatch Style

There are lots of different types of equipment that surf lifesavers use to rescue people who need help at the beach.

Below are some types of rescue equipment. Can you label and describe each one?







Your Turn

Beach Relay Baton Change

Relay racing and baton changing help promote teamwork, coordination and rapid movement - all vital skills in lifesaving situations.

Beach relays involve the same skills as beach sprinting, but you also need to learn how to make smooth baton passes. Always keep your eyes on the baton.

1. To receive the baton from the runner form a V with your hands and look at the baton through the V



2. Take the baton with your hands as close to the change over line as possible



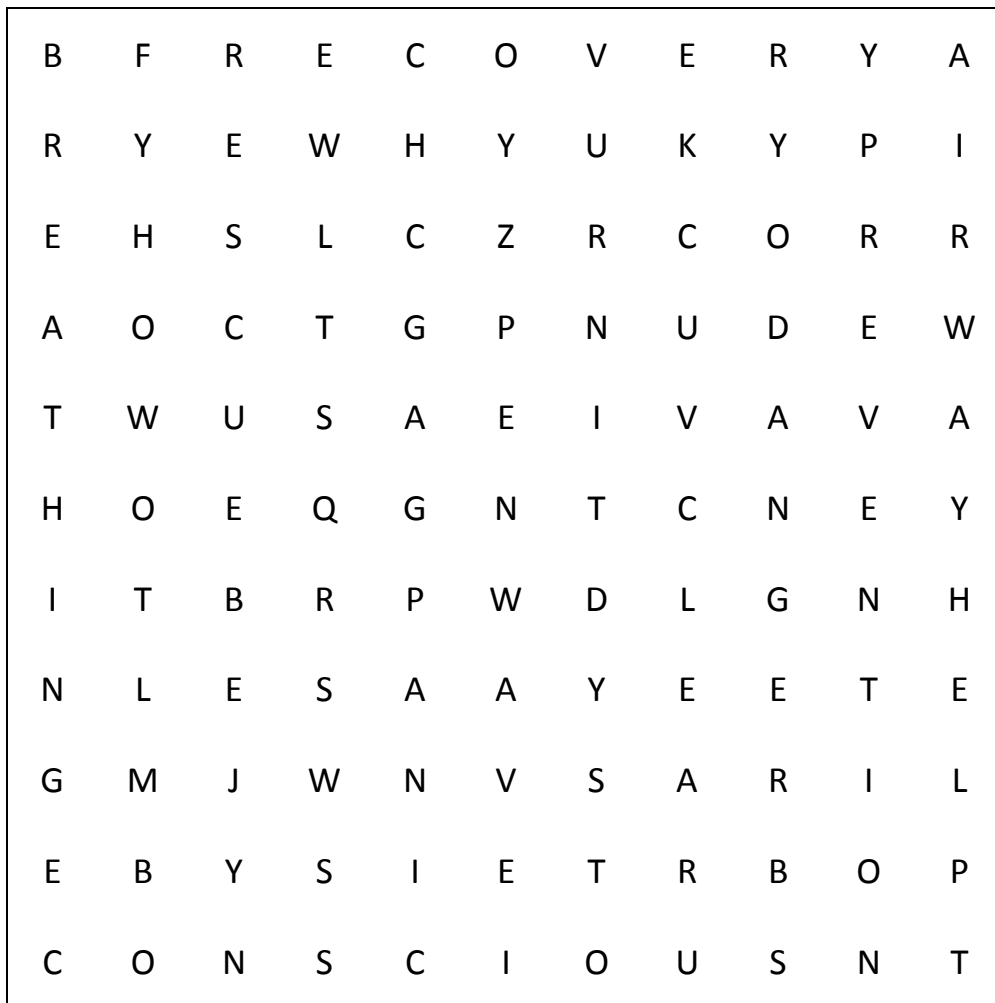
3. Do not start to run until you have the baton firmly in your hands





Find-A-Word

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



Bystander

Danger

Prevention

Conscious

Emergency

Airway

Rescue

Breathing

Wave

Recovery

Help

Why

Clear

Panic

How



Missing Words

Can you finish the points below? Fill in the missing words using the word list provided.

Always swim under

Attract attention by one arm straight up, and.....

Don't if you get into trouble in the surf.

..... the signs.

..... the lifesaver about the surf.

..... a while after before you swim.

Always swim between the and flags.

Only swim at beaches.

..... water conditions before you swim.



Eating

Read

Red

Ask

Raising

Check

Yellow

Supervision

Panic

Patrolled

Wave

Wait

Spot The Difference

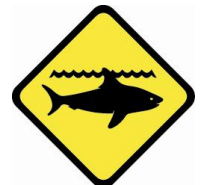
Can you find 10 different things between these two pictures?



Make sure you look super carefully at these pictures!

CUT-OUTS

Cut out the safety signs below and stick them on the pictures where you think they should go on pages 14 and 15. Once you have done this colour in your favourite beach scene.





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