



Activity Workbook

Surf Safe Two



Name:



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Acknowledgements:

Surf Life Saving Australia
Surf Life Saving Western Australia

Surf Safe Two

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 11 age group.

Age Group Requirements

All children registered in the Under 11 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 Two 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



Persistence Pays

List three situations that may be safe and unsafe when you go to the beach.

Safe

1. _____
2. _____
3. _____

Unsafe

1. _____
2. _____
3. _____

What Would You Do?

Billy has been bullied at the Surf Club and tries to talk to Bob, but Bob doesn't want to listen. Billy decides to talk to Caitlin who listens. How would you find out more information from Billy?

Joe has hurt his leg while running on the beach. Zoe notices that he is hurt and persists in finding out more information. What would you do?



Energy Conservation

What is renewable energy?

Renewable energy is found around us in nature. Renewable energy comes in the form of sunlight, wind, rain, tides and geothermal heat. Using these natural resources we can produce energy in the form of solar power, wind power, hydroelectricity and bio-fuels for transportation.

Non-renewable energy is taken from the environment and will eventually run out. They can be damaging to the environment and are very expensive to produce and use. Non-renewable energy comes in the forms of coal, petroleum, diesel fuel, gasoline, natural gas and uranium ore (nuclear).

Make a list of all the appliances in the Club or around the house that use electricity.

Most of these appliances are used for short amounts of time but may be connected to the electricity source permanently. Make a list of the appliances that could be turned off when not being used to save electricity.

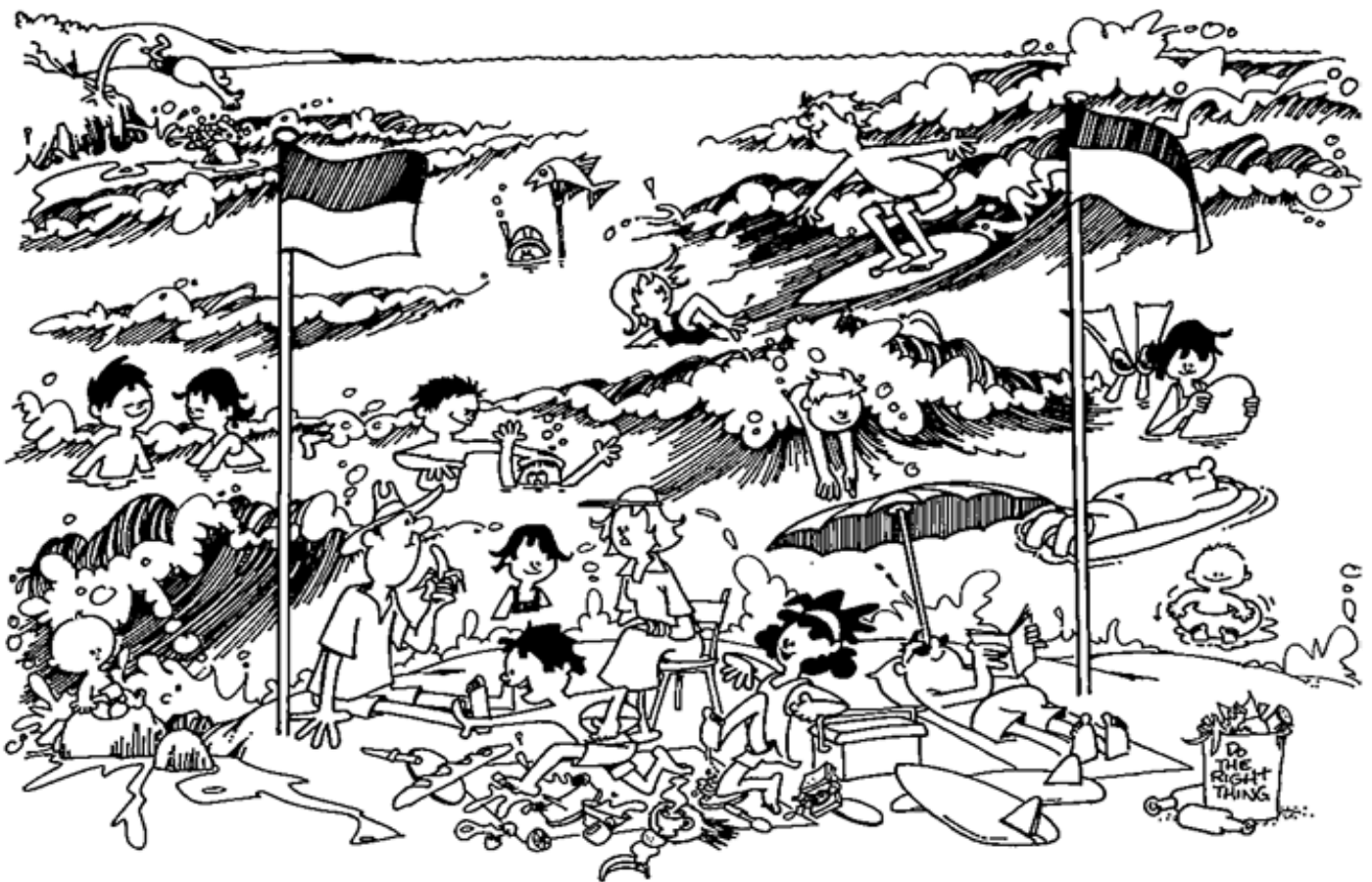
Risky Business

The beach can be very dangerous and can sometimes put people at risk. The beach is used by many different people:

- Young and very old people should always be observed carefully;
- Young children approaching the water without adult supervision;
- Overweight people are often in poor physical condition;
- Tourists who don't understand the dangers of the beach;
- Unstable people could have a lack of coordination.

As you develop your skills of observation you will be able to identify and recognise people at risk at the beach.

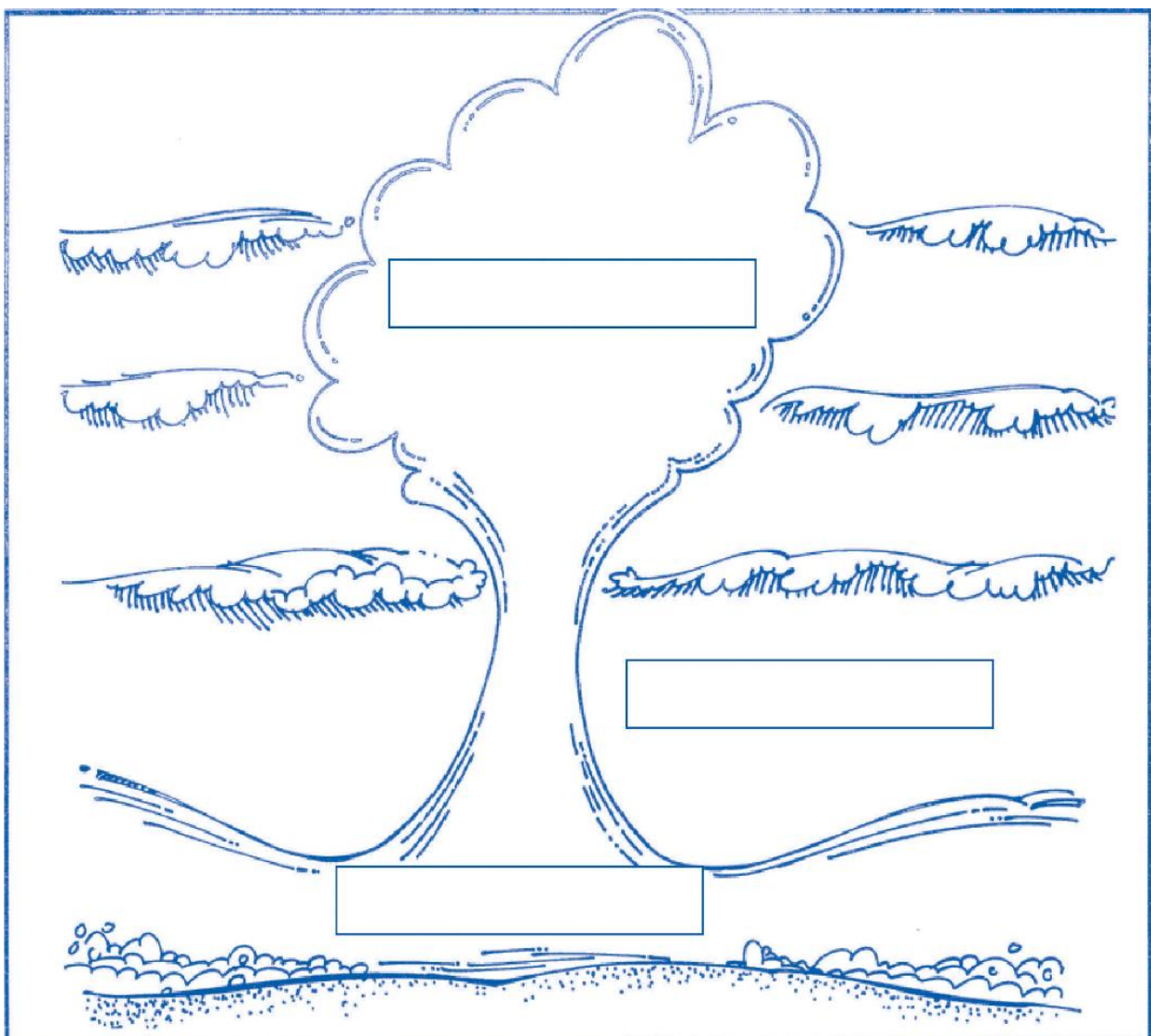
The scene below contains many dangerous situations. Can you **spot the dangers**? Circle the dangers you find.



Danger, Rip

Now that you have identified some different types of dangers at the beach can you identify the rip below?

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



Here To Help

First Aid Treatments for Cuts and Abrasions



Always protect yourself from cross contamination by:

- Wearing protective gloves;
- Clean with soapy water;
- Control the bleeding with pressure if required;
- Cover wound with non stick dressing to protect from further infection.



DO NOT remove
embedded objects – by
leaving it in place blood
loss is minimised!

First Aid Treatments for Nose Bleeds



- Seat the patient with their head bent forward and the soft part of the nostrils squeezed between the thumb and forefinger for up to ten minutes;
- If bleeding does not stop within ten minutes, or starts up again after the initial bleeding stops, get medical help.

First Aid Treatments for Sprains and Strains

RICER is the basic treatment for acute muscle, ligament and bone injuries:



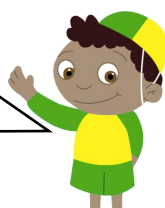
- **Rest:** Sit or lie the injured person down and don't allow anything which puts strain on the affected area;
- **Ice:** use ice or cold packs to cool the affected area. A bag filled with ice pieces is ideal. This should then be wrapped in a damp cloth;
- **Compression:** wrap a compression bandage around the injured limb to support it and restrict movement and local swelling at the site of the injury;
- **Elevation:** the injured limb should be supported so that it is above the level of the heart;
- **Refer:** to a doctor if required.

First Aid Treatments for Sunburn

- Rest in a cool place
- Cool with water for up to 20 minutes
- Give patient fluids
- Do not pick blisters



The hottest part of the day is 10am till 3pm. Between these times always wear a hat, shirt and drink plenty of water.



THE BREATH OF LIFE

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 runs out of the water crying.

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 looked crooked.

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.

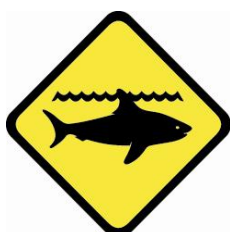
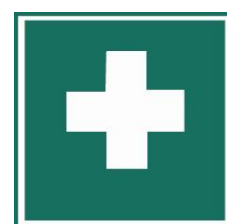


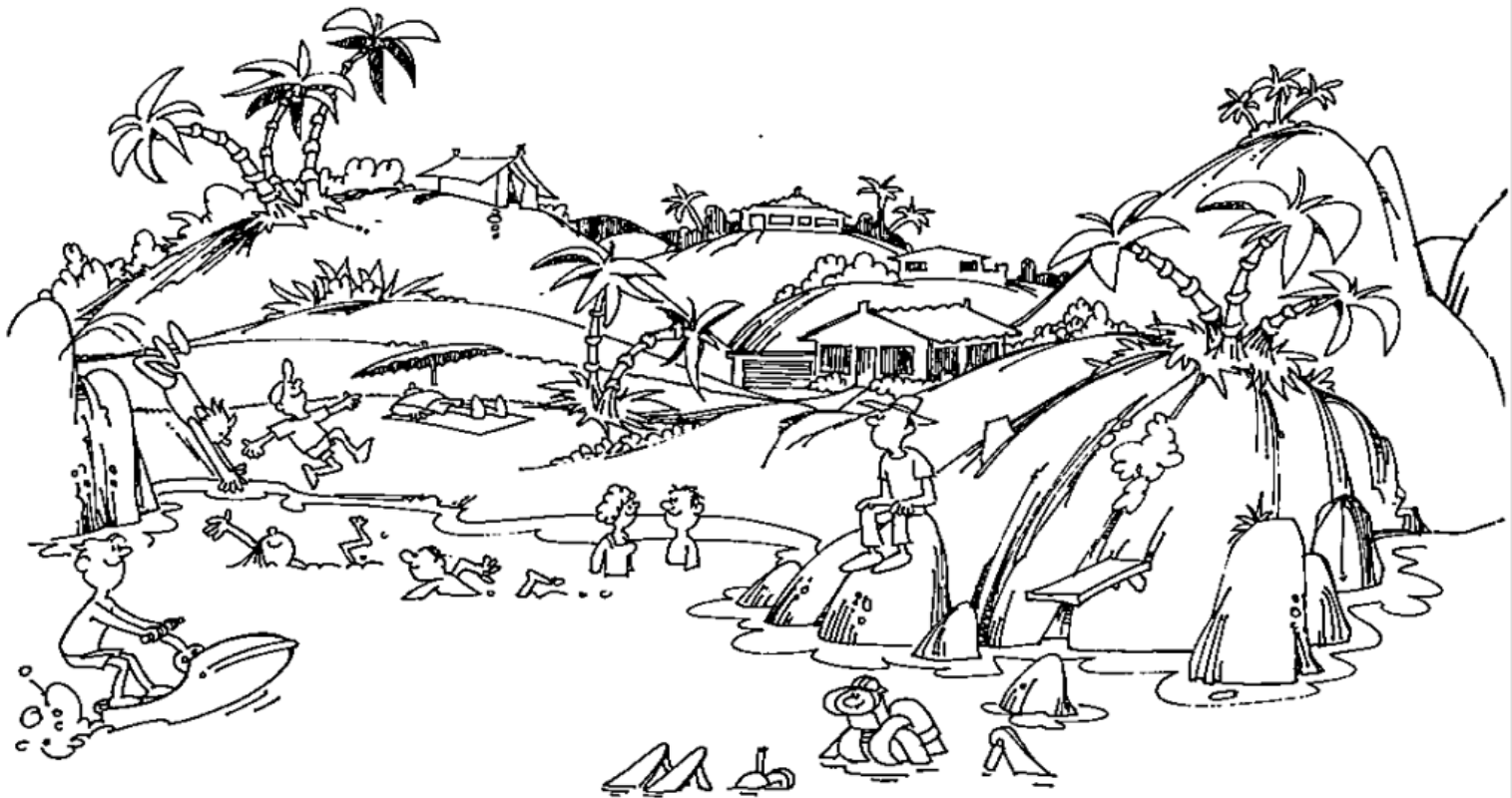
Sign Language

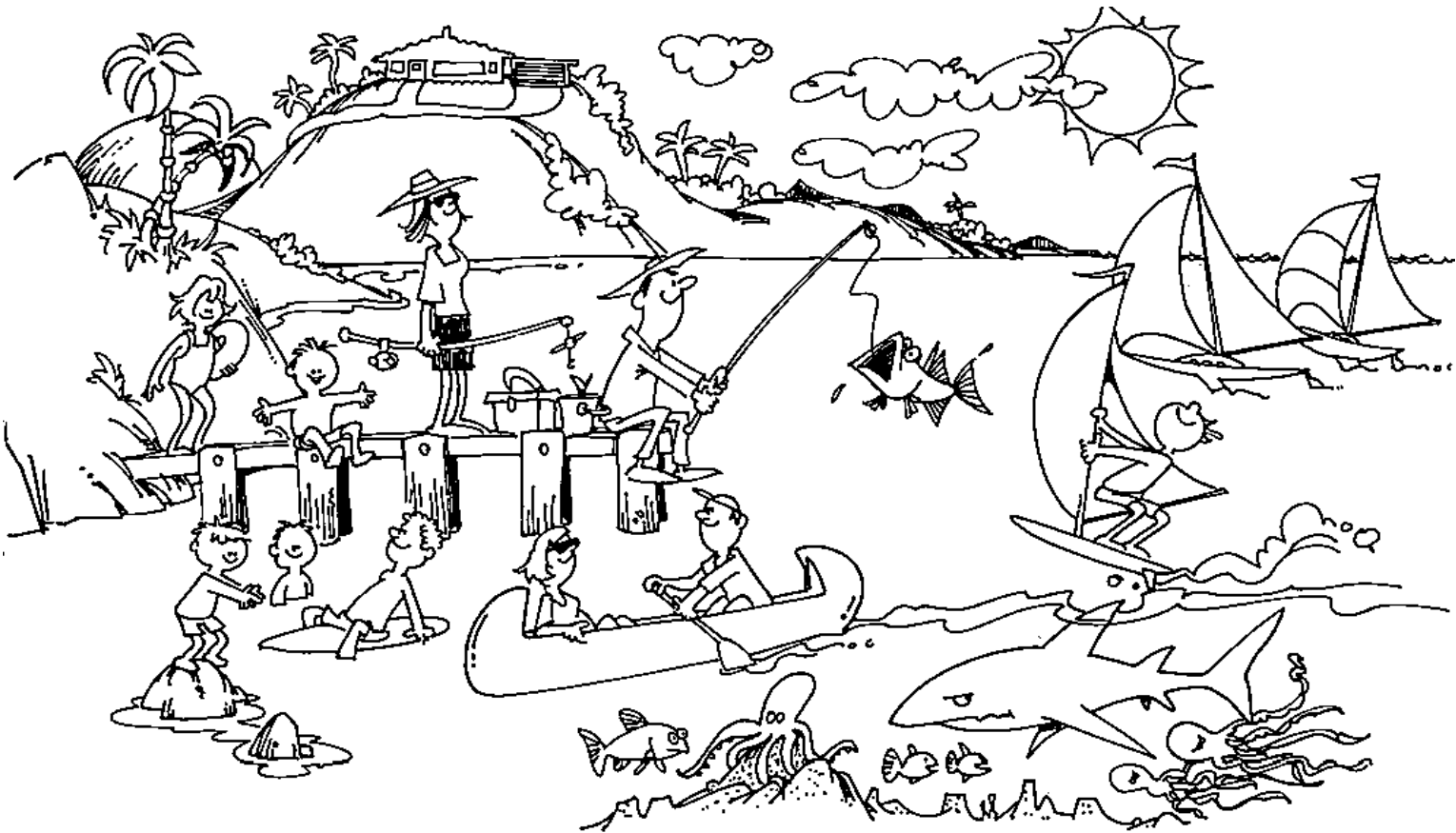
Below are a bunch of different signs that you might see at the beach. Can you name each sign and describe what they are used for?











Up And Out

Racing Dismount - Finish

Do you know how to jump off a nipper board quickly and run up the beach from the surf? Below are some helpful hints on how to do it successfully.



1. Place both hands down on the board in line with your chest



2. Push yourself away from the board and into the running position



3. Once off the board, grab the front handle closest to you with your hand



4. Run to the finish line dragging your board beside you

The Easiest Way In

Do you know how to catch a wave using a nipper board? By following these simple steps you will be mastering wave catching in seconds!



1. Once you paddle onto the wave, grab hold of the back handles



2. Slide your body to the back of the board with your feet apart



3. Pull the nose of the board up and out of the water to prevent nose diving



4. Once the wave has broken, slide your body forward

Never Board In A Team

Board Relay Race

Now that you have mastered paddling and wave catching on a nipper board let's try a board relay race. Follow the instructions below.



1. The next paddler should stand on the line, in the starting position, looking forward
2. The previous paddler should tag the next paddler above the waist, firm and obvious
3. The next paddler should not start to run until they have been tagged

I'm A Fish!

Swimming Techniques in the Surf

To swim in the surf there are a few skills that you will need to learn. Have a look at the instructions below and have a go.



1. **Swimming into the surf** – Raise your head and look forward to see oncoming waves



2. **Swimming parallel to beach** – Breathe facing out so you can see oncoming waves



3. **Returning to shore** – Keep your eye on the beach when swimming back in. Look for a reference point to swim to when you're on top of a swell

Up And At 'Em'

Crouching Beach Sprint Starts

Beach sprinting can be a lot of fun. It's important that you know the correct technique so that you can perform at your best. The instructions below will help you out.



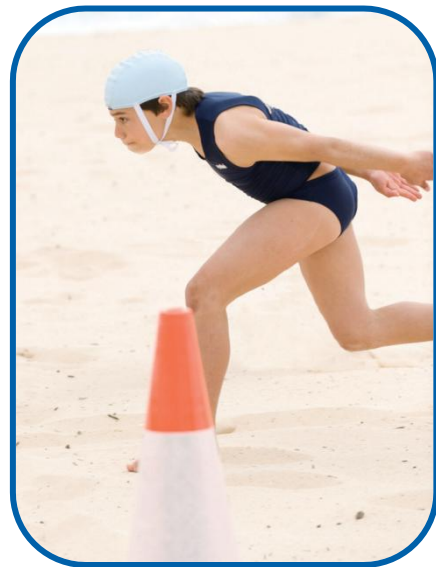
1. Crouch down, place your hands on the line in line with your shoulders, and raise your body on 'SET'



2. On 'GO' push off with your front foot keeping your head low for about 10m



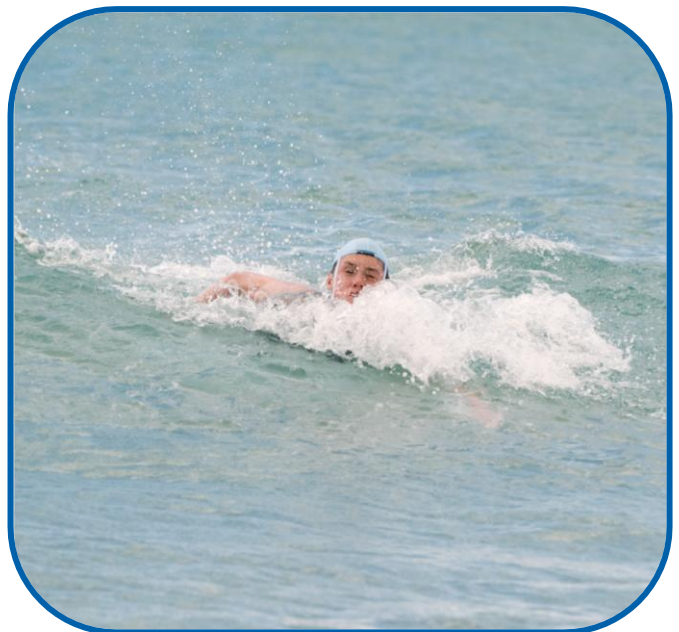
3. Once at full speed, form an upright position



4. At the finish line lean your body forward at the hip so your chest crosses the line first

Round We Go

Now that you have been taught all the different types of skills for swimming, board paddling and running try and put them altogether and complete an ironman/woman race.

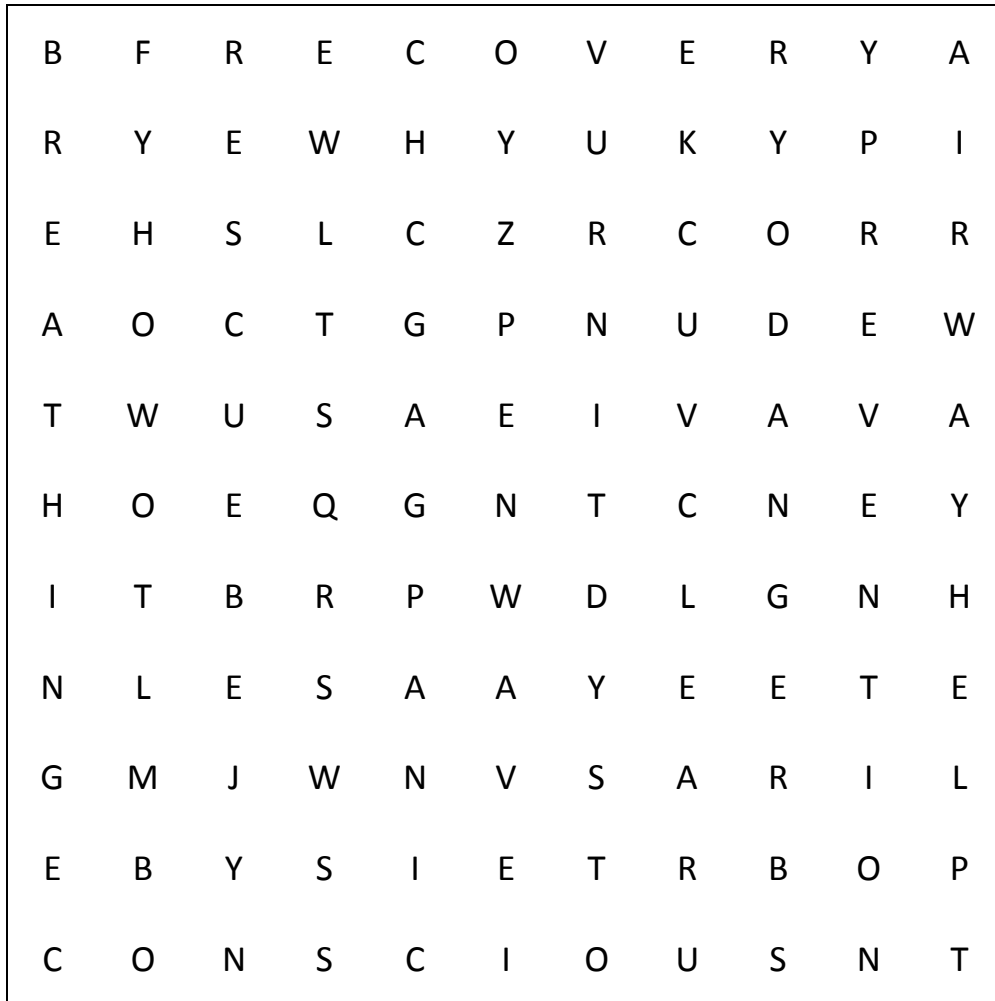


Can you follow the path that leads to the safest swimming spot?



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.

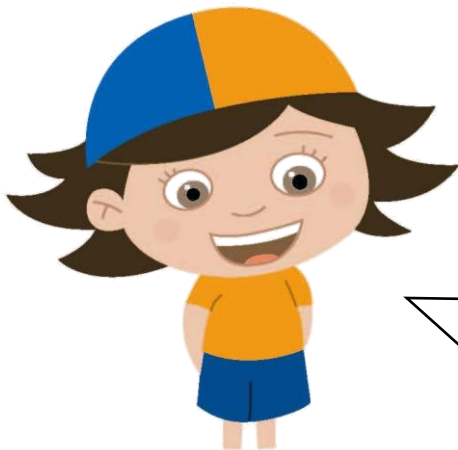
..... the lifesaver about the surf.

..... 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

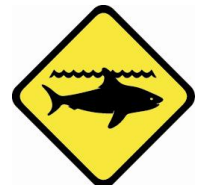
Patrolled

Wave

Wait

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.





NOTES.....

