

# 2022/23



## Community Water Safety Sessions

...in and around the water...

**SURF LIFE SAVING SOUTH AUSTRALIA (SLSSA) IS SOUTH AUSTRALIA'S MAJOR COSTAL WATER SAFETY, DROWNING PREVENTION AND RESCUE AUTHORITY. WE ARE A UNIQUE NOT-FOR-PROFIT CHARITY AND TRUSTED COMMUNITY SERVICE, ENSURING THE SAFETY OF THE COMMUNITY THROUGH PATROLS, TRAINING PROGRAMS AND EDUCATION SINCE 1925.**

SLSSA educates South Australians of all ages and abilities through the provision of both accredited and non-accredited education, training, and assessment. Through fun and engaging activities, we provide participants with the necessary skills to be safe in and around the water.

We are fiercely focused on working with you to create an experience that suits your community and participants needs. Our qualified trainers and instructors can also provide specialised programs and support for participants with disability as well as those from a multicultural and indigenous background.

**Below is an overview of the sessions offered, however, we are happy to tailor these to suit your group's needs.**

BEACH SAFETY PROGRAMS	WATER SAFETY PRESENTATIONS
<p>Beach Safety programs aim to educate participants on life saving techniques and water safety messages.</p> <p>The program offers practical sessions to familiarising participants to beach environments through enjoyable educational activities which include:</p> <ul style="list-style-type: none"> <li>- Wading</li> <li>- Running</li> <li>- Ocean swimming</li> <li>- Board paddling</li> <li>- Lifesaving skills</li> </ul> <p>Our qualified Instructors will modify all activities based on the age and ability of participants to ensure they are getting the most out of the experience.</p>	<p>A multimedia presentation that develops basic understanding and awareness of aquatic safety issues at a variety of venues including beaches, rivers, lakes, dams, and pools.</p> <p>Learn about:</p> <ul style="list-style-type: none"> <li>- Signage</li> <li>- Being Sun Smart</li> <li>- Seeking help</li> <li>- Rips and currents</li> <li>- Dangerous activities around the water</li> <li>- Dangerous animals (advance groups)</li> </ul> <p>These talks can be conducted in person or virtually.</p> <p>*Within the presentation, videos used can be translated into multiple languages</p>
FIRST AID	CPR
<p>A fun and interactive workshop to introduce participants to emergency situations including:</p> <ul style="list-style-type: none"> <li>- Who to call in an emergency?</li> <li>- DRS ABCD</li> <li>- Basic awareness &amp; Danger</li> <li>- Bandaging wounds</li> <li>- Bites &amp; Stings (advance groups)</li> </ul>	<p>Delivered in conjunction with the first aid session or as a standalone, the CPR session introduces participants on how to deal with an unconscious person who is not breathing.</p> <p>Participants will use mannequins in the session.</p> <p>*Maximum 2-hour session</p>

**For more information contact:**

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