

# RECORDSHEET

Surf Safe 2 - Under 11



Age Manager:

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Club:

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Date:	Preliminary Evaluation		Topics/ Lessons														Completed (C) - Did Not Complete (DNC)
/ /	50m Swim (freestyle)																
/ /	2 Minute survival float																
/ /	<b>Introduction to Surf Life Saving*</b> Lesson #1: Welcome to the family!																
/ /	<b>Personal Safety</b> Lesson #2: Persistence pays																
/ /	<b>Ecosurf</b> Lesson #3: Energy Conservation																
/ /	<b>Surf Conditions and Hazards*</b> Lesson #4: Risky business																
/ /	<b>First Aid*</b> Lesson #5: Here to help																
/ /	<b>Resuscitation*</b> Lesson #6: The breath of life																
/ /	<b>Interpersonal Communication*</b> Lesson #7: Breaking the barriers																
/ /	<b>Sign and Signals*</b> Lesson #8: Sign language																
/ /	<b>Board: Entering and Exiting the Surf</b> Lesson #9: Up and out																
/ /	<b>Board: Catching Waves</b> Lesson #10: The easy way in																
/ /	<b>Board: Board Relay</b> Lesson #11: Never board in a team																
/ /	<b>Swim: Negotiating the Surf</b> Lesson #12: I'm a fish!																
/ /	<b>Beach Sprint: Sarts and Finishes</b> Lesson #13: Up and at em!																
/ /	<b>Multi Discipline: Transitions</b> Lesson #14: Round we go																

Participant Name


I confirm the participants on this worksheet have participated in the lessons for which I have accredited them.

Signature:

Date:

\* Compulsory

# Participation Criteria

## Surf Safe 2 - Under 11



### 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: Persistence pays

*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 the actions they can take when feeling frightened, lost, upset or bullied  
Recognise the importance of persisting when needing help

### Ecosurf

Lesson #3: Energy Conservation

Recognise the difference between renewable and non-renewable energy generation

- What is the difference between renewable and non-renewable energy
- What are renewable and non-renewable energy sources
- Identify ways in which electricity usage can be reduced in the surf club

### Surf Conditions and Hazards

Lesson #4: Risky business

Recognise 'at risk' people in a beach environment

- Who are 'at risk' people
- Risk factors that may cause harm
- Identify actions that can be taken to help 'at risk' people avoid dangerous situations

### First Aid

Lesson #5: Here to help

*IMPORTANT: If you are not confident instructing the first aid skills in this lesson bring in a qualified trainer or lifesaver to help deliver the lesson.*

Identify the principles of DRABCD

- Minimising the risk of infection
- Recognise and manage patients suffering from cuts and abrasions, bleeding from the nose, sprained muscle ligaments and sunburn.

### Resuscitation

Lesson #6: The breath of life

*IMPORTANT: If you are not confident with the principles of resuscitation bring in a qualified trainer or lifesaver to help deliver the lesson from the SLSA Training Manual. Resuscitation Certificate available, see lesson plan for more information.*

Perform cardiopulmonary resuscitation (CPR) techniques

### Interpersonal Communication

Lesson #7: Breaking the barriers

Recognise the different types of interpersonal communication used in a beach environment

- Spoken, written, signs, signals etc
- Identify why interpersonal communication is an important skill for a lifesaver

### Signs and Signals

Lesson #8: Sign language

Recognise the importance of beach safety signage

- Why signage is used at a beach
- Identify and understand safety signage on their beach
- Particular safety signage on your beach

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

Lesson #9: Up and out

Attempt or perform a dismount from a nipper board

- Controlled Dismount (board rescue technique)**
- Stay on board until knee depth water or when your hand can just touch the sand to indicate shallow depth
- When shallow enough swing one foot over each side of the board and use them as brakes to help you come to a stop
- Step off board and grab front handle to drag board out of water.
- Racing Dismount**
- Keep eyes on strap/handle
- Grab front handle, stand and run to finish dragging the board

### Board: Catching Wave\*s

Lesson #10: The easy way in

Attempt or perform catching a wave on a nipper board

- Look behind to watch for waves
- Increase your speed as wave approaches
- When on the wave paddle for at least two more strokes
- Grab hold of the back handle and slide your body back enough to prevent nose diving, keep feet apart for balance

### Board: Board Relay\*

Lesson #11: Never board in a team

Attempt or perform a board relay race

- One board-paddler completes the course at a time
- When returning to the beach the board-paddler must drag or carry the board up the beach towards the next board-paddler.
- The next board-paddler is waiting with their board
- When the first board-paddler tags the next they can enter the water
- This is repeated for the next transition.

### Swim: Negotiating the Surf\*

Lesson #12: I'm a fish!

Understand the techniques of surf swimming

- Heading out through surf
- Swimming parallel to the surf
- Returning to shore (not including bodysurfing)
- Demonstrate an ability to swim through surf, parallel to surf and back to shore

### Beach Sprint: Starts and Finishes\*

Lesson #13: Up and at em'

Attempt or perform a crouching beach sprint start

- Hand positions slightly more than shoulder width apart
- Front foot approx 30cm back from start line
- On 'set' lift hips, rotate shoulder forward and ensure weight is on the hands with eyes looking 20-30cm down track for 'ready' position
- On 'Go' push off front foot and keep low with head down for up to 10m
- Attempt or perform a beach sprint finish
- Keep head back looking past the finish line
- Lean forward from hip so chest crosses the line first

### Multi Discipline: Transitions\*

Lesson #14: Round we go

Attempt or perform an ironman/woman race transitions

- Set up the board on a sand mound with front handle pointing high
- When you get to your board bend down and grab the front handle
- Drive off the sand and prepare for the entry to the water
- Attempt or perform cameron relay race transitions
- Tag is made with hand (like giving a '5' to someone)
- The receiving team mate must be behind their line

*\* 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.*