

# RECORDSHEET

Surf Smart 1 - Under 12



Age Manager:

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Club:

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Date:	Preliminary Evaluation		Topics/ Lessons														Completed (C) - Did Not Complete (DNC)				
			100m 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: Looking after you	<b>Ecosurf</b> Lesson #3: Gail force	<b>Sun Safety*</b> Lesson #4: Sun effects	<b>Physical Health, Wellbeing &amp; Personal Safety*</b> Lesson #5: Lifesmart	<b>Surf Conditions and Hazards*</b> Lesson #6: Rip it up	<b>Human Body*</b> Lesson #7: Skin and bones	<b>First Aid*</b> Lesson #8: A helping hand	<b>Resuscitation*</b> Lesson #9: Giving hope	<b>Signs and Signals*</b> Lesson #10: Sign me up	<b>Patrols*</b> Lesson #11: On patrol	<b>Board: Negotiating the Surf</b> Lesson #12: Off and under		<b>Board: Board Rescue</b> Lesson #13: Ride with me	<b>Swim: Negotiating the Surf*</b> Lesson #14: The big stuff	<b>Beach Sprint: Technique</b> Lesson #15: Hard and fast	<b>Beach Flags: Strategy</b> Lesson #16: Hustle and Bustle
/ /																					

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 Smart 1 - Under 12



### 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: Looking after you

*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.*

Understand rights and responsibilities as a member of Surf Life Saving Australia  
- Codes of conduct, rights and responsibilities, Equality, discrimination & anti harassment

### Ecosurf

Lesson #3: Gail force

Understand how weather can effect both the beach environment and beach users

- How does weather effect the lifesaver and beach user
- Identify natural and man-made causes of erosion and their impact of the beach environment
- How different types of waves and humans effect the beach/dune environment

### Sun Safety

Lesson #4: Sun effects

Identify the consequences of not being sunsmart  
- Sunburnt/Skin cancer/melanoma  
Identify what skin cancer is and what causes it

### Physical Health, Wellbeing & Personal Safety

Lesson #5: Lifesmart

Recognise that staying fit and healthy is important as a lifesaver  
Identify ways to stay fit and healthy during junior activities  
- Nutrition, Warm-up/down and stretching, regular exercise

### Surf Conditions and Hazards

Lesson #6: Rip it up

Identify the four different types of rip currents  
- Permanent/fixed/flash/travelling  
Identify how to manage rips in a beach environment  
- Locating, communicating, signage, education  
Identify how to use rip currents to assist in surf swimming and rescues

### The Human Body

Lesson #7: Skin and Bones

*Basic Emergency Care Certificate available, see lesson plan for more information.*

Identify the role of the body's circular system, skeletal system, respiratory system and nervous system.

Understand how the body's major organ systems relate to First Aid scenarios

### First Aid

Lesson #8: A helping hand

*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. Basic Emergency Care Certificate available, see lesson plan for more information.*

Identify the principles of DRABCD

- Minimising the risk of infection
- Recognise and manages patients suffering from cramping, fainting and shock.

### Resuscitation

Lesson #9: Giving hope

*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 and Basic Emergency Care Certificate available, see lesson plan for more information.*

Perform cardiopulmonary resuscitation (CPR) techniques

### Signs and Signals

Lesson #10: Sign me up

Demonstrate the following signals: message understood; attract attention; message not clear, repeat; pick up swimmers

### Patrols

Lesson #11: On patrol

Identify the role of a beach patrol

Identify the role of lifesavers during a patrol

### Board: Negotiating the Surf\*

Lesson #12: Off and under

Attempt or perform rolling under a wave on a board

- As wave approaches move forward and grab front handles while lying along the board
- Just before the wave hits roll the board over and hold on tight
- While under water keep your body parallel to the board and pull board forward and down as the foam hits
- After wave has passed turn the board back over, get on and start paddling

### Board: Board Rescue\*

Lesson #13: Ride with me

Recognise how a board can be used to secure and support a conscious patient

- Aim to keep the board on the shoreward side of the patient
- Straddle the board slightly towards the back
- Tell the patient to reach across and take hold of the handgrips
- Grab the patient's nearest leg to pull the patient onto the craft
- Take a paddling position between the patient's legs, turn the craft around and paddle towards the shore
- Make sure on your return to shore that the rescuer does not catch any unbroken waves as there is a risk of loosing their patient.
- When you reach the shore, signal for assistance required if necessary.

Demonstrate the skills required to secure and support a conscious patient

### Swim: Negotiating the Surf\*

Lesson #14: The big stuff

Attempt or perform diving under waves

- Dive deep under waves
- If you can reach the bottom grab hold of sand with hands
- Wait for the wave to pass and then push or kick to the surface (off the bottom if possible)
- When you reach the surface, check ahead to locate the next wave and continue swimming out to sea

### Beach Sprint: Technique\*

Lesson #15: Hard and fast

Develop a beach sprint arm and leg drive technique

- Point feet straight ahead and place them in a straight line
- Maintain high knee lift, bend elbows at 90 degrees
- Hold hands slightly clenched, Swing hands to eye level on forward swing
- Lean body slightly forward and relax arms, body, shoulders and head
- Hold head steady in normal position looking 20–40m down the track

### Beach Flags: Strategy \*

Lesson #16: Hustle and Bustle

Identify different beach flags race strategies

- Quick decisions need to be made on which flag you will go for
- Quickly move in front of a competitor if possible
- Keep a low body position in relation to your opponent

*\* 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.*