

RECORDSHEET

Surf AWARE 1 - Under 8



Age Manager:

Club:

Date:	Preliminary Evaluation		Topics/ Lessons											Completed (C) - Did Not Complete (DNC)			
	25m Swim (any stroke)	1 Minute survival float	Introduction to Surf Life Saving Lesson #1: Welcome to the family!	Personal Safety Lesson #2: Feeling safe at the beach	Ecosurf Lesson #3: Our beach environment	Sun Safety Lesson #4: Being Sunsmart	Surf Conditions and Hazards Lesson #5: Hazard Watch	Surf Safety Lesson #6: Stick your hand up	First Aid Lesson #7: It's an emergency	Signs and Signals Lesson #8: It's all red and yellow	Board: Paddling Technique Lesson #9: Small board big fun	Swimming: Entering the Surf Lesson #10: I'm a dolphin	Beach Sprint: Starts Lesson #11: Ready. Set. Go!		Flags: Starts and Turns Lesson #12: Get off the ground		
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Participant Name

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

Signature:

Date:

Participation Criteria

Surf AWARE 1 - Under 8



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

This assessment must be completed satisfactorily by each participant before beginning any junior activity training or competition.

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: Feeling safe at the beach

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 what it means to feel safe

- Feelings that people experience
- What makes the beach safe

Identify people to talk to if feeling unsafe at the beach

- Who you can talk to

Ecosurf

Lesson #3: Our beach environment

Recognise the diverse human and marine communities that make up a beach ecosystem

- Beach exploration walk
- People/animals we share the beach with
- Importance of looking after all beach users (people/animals)

Sun Safety

Lesson #4: Being Sunsmart

Understand and demonstrate the sunsmart guidelines

- Slip, Slop, Slap, Wrap
- Understand what happens when they're not sunsmart
- Consequences of not being sunsmart

Surf Conditions and Hazards

Lesson #5: Hazard Watch

Identify dangers at the beach

- What are dangers at the beach

Surf Safety

Lesson #6: Stick your hand up

Recognise the signs that they are in trouble in the water

- The types of trouble you can get into
- Demonstrate the signal for 'assistance required'
- Practice the 'assistance required' signal

First Aid

Lesson #7: It's an emergency

Recognise what an emergency situation is

- What are emergencies in and out of water
- Describe when and how to dial '000' if an emergency situation is identified
- Tell an adult/lifesaver who then calls '000'

Signs and Signals

Lesson #8: It's all red and yellow

Recognise the Red and Yellow flags

- Look at a real set of Red and Yellow flags
- Understand what the Red and Yellow flags mean
- What they are used for

Board: Paddling Technique*

Lesson #9: Small board big fun

Attempt or perform catching a wave on a body board

- You need to be lying in the centre of the board
- Hold on to the bodyboard with both hands either over the front of the board or on the side near the front. Stand up holding the board on the sides near the top in two hands
- Look behind you for an oncoming wave
- Just before the wave hits you launch yourself forward and kick hard
- Keep the front of the board out of the water to prevent nose-diving

Swimming: Entering the Surf*

Lesson #10: I'm a dolphin

Attempt or perform wading

- Swing legs out and away from midline of body
- Maintain a high knees/thighs action to clear water
- Arms swing wide for balance and to drive legs
- Stance should be upright, not leaning forward
- Attempt or perform dolphin-diving
- Commence when water is too deep to wade
- Dive forward and into the water with arms together and out-stretched
- Angle your dive 45 degrees towards the bottom and dig hands into sand to prevent being dragged backwards by wave
- Bring legs/feet forward to where hands are and drive/spring 45 degrees forward and upwards with hands/arms out stretched ready to repeat dolphin dive

Beach Sprint: Starts*

Lesson #11: Ready. Set. Go!

Attempt or perform a standing beach sprint start

- Toes on line
- Body position leaning forward, weight on front foot
- Knees slightly bent
- On 'go' drive forward off front foot

Flags: Starts and Turns*

Lesson #12: Get off the ground

Attempt or perform beach flags starts

- On 'go' keep turning foot on start line
- Keep head and shoulders low throughout turn
- Push backwards and upwards towards the flag
- Use vigorous arm and leg action

** 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.*