

RECORDSHEET

Surf AWARE 2 - Under 9



Age Manager:

Club:

Date:	Preliminary Evaluation		Topics/ Lessons												
	/ /	25m Swim (any stroke)	1 Minute survival float	Introduction to Surf Life Saving Lesson #1: Welcome to the family!	Personal Safety Lesson #2: My High Five	Ecosurf Lesson #3: Humans on the coast	Physical Health, Wellbeing & Personal Safety Lesson #4: Drink. Eat. Exercise.	Surf Conditions and Hazards Lesson #5: An angry sea	Surf Safety Lesson #6: F.L.A.G.S.	First Aid Lesson #7: Getting the right help	Signs and Signals Lesson #8: Signs of the times	Board: Paddling Technique Lesson #9: All a-board	Swim: Body Surfing Lesson #10: Stiff as a board	Beach Sprint: Technique Lesson #11: In a rush	Flags: Diving for Baton Lesson #12: Diving for the precious

Participant Name

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

Signature:

Date:

Participation Criteria

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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: My High Five

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 people in their own Personal Safety Network that they can ask for help

- What it feels like to be in an unsafe situation
- Importance of having people you can trust to talk to

Ecosurf

Lesson #3: Humans on the coast

Identify natural and man made objects in the beach environment

- Where do beach items come from
- Where do they belong

Recognise the environmental impact they can have on the beach

- How man made 'rubbish' pollutes the beach and animals

Physical Health, Wellbeing & Personal Safety

Lesson #4: Drink. Eat. Exercise.

Recognise the importance of Hydration, Nutrition and

Exercise as part of their participation in the junior program

- Stay hydrated and eat well for maximum energy
- Exercise/stretching is important to stay fit and reduce injury

Surf Conditions and Hazards

Lesson #5: An angry sea

Identify a surging, spilling and plunging wave

- What is the difference
- Which are safe and which are unsafe

Recognise the dangers swimmers can be exposed to with a changing tide.

- Associated dangers, i.e. exposed rocks, sandbars

Surf Safety

Lesson #6: F.L.A.G.S.

Identify the 5 beach safety tips using the F.L.A.G.S. acronym

- (F) Find the flags and swim between them
- (L) Look for safety signs
- (A) Ask a lifesaver for some good advice
- (G) Get a friend to swim with you
- (S) Stick your hand up for help

First Aid

Lesson #7: Getting the right help

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'
- Describe the steps associated with calling '000'
- What happens when you dial '000'
- What an operator will ask you

Signs and Signals

Lesson #8: Signs of the times

Identify different safety signs on their beach and their meaning

- What they are and why they are used
- Understand the three different sign shapes and colours
- Red circle with line crossed through centre – Instruction

- Yellow diamond with black border – Warning
- Blue square – Information

Board: Paddling Technique*

Lesson #9: All a-board

Attempt or perform positioning on a nipper board

- Lying in the centre of the board
- Chin slightly raised

- Feet in water (act as training wheels)

Attempt or perform paddling on a nipper board

- Paddle in a slow freestyle action
- Reach out past the nose of the board
- Pull through along the board and exit hand when it is level with the hip

Swim: Body Surfing*

Lesson #10: Stiff as a board

Attempt or perform body surfing on a wave

- Keep body stiff with hands out in front
- Keep head down
- Face the shore
- Watch behind you for an approaching wave
- Just before the wave hits you take a deep breath
- Jump forward or swim hard to match the speed of the wave
- Keep your body stiff and kick fast

Beach Sprint: Technique*

Lesson #11: In a rush

Attempt or perform basic running technique on sand

- 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

Flags: Diving for Baton*

Lesson #12: Diving for the precious

Attempt or perform diving for a beach flag

- Keep eyes on flag
- Have both hands extended
- Dive low for the flag
- Grasp flag firmly and bring to body

** 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.*