



# Surf Lifesaving

Early Adolescence

Surf Lifesaving is a program in which students gain knowledge of safe practises at the beach. Students learn about sun safety, rips, currents and formal communication strategies whilst at the beach. Students also practise and demonstrate surf skills including flag racing, beach running and how to use surf equipment (rescue tubes and boards) in rescue situations. This program can be tailored to meet the specific requirements of the class.

**Available at:** Ern Halliday and Woodman Point.

**Challenge considerations:** Students are challenged both individually and in small groups in a water based environment. Students are required to swim without the aid of floatation devices, which at times can be physically demanding. *Please discuss swimming ability with Camp Program Coordinator.*

**Duration of program:** 90 minutes.

**Items required:** Bathers, towel, hat, sunscreen, and water bottle. Rash vests are recommended and footwear must be worn to the beach.

**Focused core shared value:**

- Social and civic responsibility.

Students are encouraged to show a commitment to promoting common good within the community. Interpersonal cooperation and social responsibility are encouraged.

**Program links:**

Surf Lifesaving allows students to practise and demonstrate the skills listed below. Students may be assessed, however it is important that these skills have been covered thoroughly prior to the program.



Outcome	Skill	Elaboration
Interpersonal Skills	Communicating	Students learn and demonstrate the non-verbal signals that are used on the beach for safety and rescue situations.
	Cooperating and collaborating in groups	Students will need to work effectively with each other to perform various group tasks that contribute to learning rescue skills within the Surf Lifesaving program.
Self-management Skills	Reviewing the situation	The various elements that may make recreating at the beach or a surf rescue risky are learnt (e.g. rips, currents and swell) by looking for environmental signs or weather conditions at the beach.
	Planning before deciding	After students learn which factors make a surf rescue risky, they learn to consider that there are a number of safe options that can be employed by themselves and peers.
	Deciding and acting	Students learn how to make positive decisions on the beach for their own and others' personal safety.
Skills for Physical Activity	Skills for recreating in the outdoors	Students learn how to employ safe practices within a beach environment to successfully recreate at the beach. Students also learn the various techniques in Surf Lifesaving including tube and board rescues, as well as understanding and reasoning of specialist equipment used by surf life guards.
Knowledge and Understandings	Ways to keep healthier and safer	Students learn how to identify and deal with potentially harmful or risky situations that occur at the beach. These include sun safety, safe beach practises (rips and currents), communication in a risky situation and the people who can help when on the beach.

Surf Lifesaving encourages the development of the following Overarching Learning Outcomes:

- 1 2 3 4 5 6 7 8 9 10 11 12 13