



### Junior Preliminary Skills Evaluation

**Swim Distance:** 25m (any stroke) **Survival Float:** 1 minute

Topic	Learning Outcomes
<p><b>Introduction to Surf Life Saving</b> Lesson: Welcome to the family!</p>	<p>Develops and understanding of surf life saving in Australia Identifies the surf club as a welcoming place</p>
<p><b>Personal Safety</b> Lesson: My High Five</p>	<p>Identify people in their own Personal Safety Network that they can ask for help</p>
<p><b>Ecosurf</b> Lesson: Humans on the coast</p>	<p>Identify natural and man made objects in the beach environment Recognise the environmental impact they can have on the beach</p>
<p><b>Physical Health &amp; Wellbeing and Personal Safety</b> Lesson: Drink. Eat. Exercise.</p>	<p>Recognise the importance of Hydration, Nutrition and Exercise as part of their participation in the junior program</p>
<p><b>Surf Conditions and Hazards</b> Lesson: An angry sea</p>	<p>Identify a surging, spilling and plunging wave Recognise the dangers swimmers can be exposed to with a changing tide.</p>
<p><b>Surf Safety</b> Lesson: F.L.A.G.S.</p>	<p>Identify the 5 beach safety tips using the F.L.A.G.S. acronym</p>
<p><b>First Aid</b> Lesson: Getting the right help</p>	<p>Recognise what an emergency situation is Describe when and how to dial '000' if an emergency situation is identified Describe the steps associated with calling '000'</p>
<p><b>Signs and Signals</b> Lesson: Signs of the times</p>	<p>Identify different safety signs on their beach and their meaning Understand the three different sign shapes and colours</p>
<p><b>Board: Paddling Technique</b> Lesson: All a-board</p>	<p>Attempt or perform positioning on a nipper board Attempt or perform paddling on a nipper board</p>
<p><b>Swim: Body Surfing</b> Lesson: Stiff as a board</p>	<p>Attempt or perform body surfing on a wave</p>
<p><b>Beach Sprint: Technique</b> Lesson: In a rush</p>	<p>Attempt or perform basic running technique on sand</p>
<p><b>Flags: Diving for Baton</b> Lesson: Diving for the precious</p>	<p>Attempt or perform diving for a beach flag</p>