



### Junior Preliminary Skills Evaluation

**Swim Distance:** 50m (freestyle)    **Survival Float:** 2 minutes

| Topic   | Learning Outcomes  |
|---|--|
| <p><b>Introduction to Surf Life Saving</b><br/>Lesson: Welcome to the family!</p> | <p>Develop and understanding of surf life saving in Australia<br/>Identify the surf club as a welcoming place</p>  |
| <p><b>Personal Safety</b><br/>Lesson: Persistence pays</p>                        | <p>Identify the actions they can take when feeling frightened, lost, upset or bullied<br/>Recognise the importance of persisting when needing help</p>                       |
| <p><b>Ecosurf</b><br/>Lesson: Energy Conservation</p>                             | <p>Recognise the difference between renewable and non-renewable energy generation<br/>Identify ways in which electricity usage can be reduced in the surf club</p>           |
| <p><b>Surf Conditions and Hazards</b><br/>Lesson: Risky business</p>              | <p>Recognise 'at risk' people in a beach environment<br/>Identify actions that can be taken to help 'at risk' people avoid dangerous situations</p>                          |
| <p><b>First Aid</b><br/>Lesson: Here to help</p>                                  | <p>Identify the principles of DRABCD<br/>Recognise and manage patients suffering from cuts and abrasions, bleeding from the nose, sprained muscle ligaments and sunburn.</p> |
| <p><b>Resuscitation<sup>^</sup></b><br/>Lesson: The breath of life</p>            | <p>Perform cardiopulmonary resuscitation (CPR) techniques</p>  |
| <p><b>Signs and Signals</b><br/>Lesson: Sign language</p>                         | <p>Recognise the importance of beach safety signage<br/>Identify and understand safety signage on their beach</p>  |
| <p><b>Board: Entering and Exiting the Surf</b><br/>Lesson: Up and out</p>         | <p>Attempt or perform a dismount from a nipper board</p>   |
| <p><b>Board: Catching Waves</b><br/>Lesson: The easy way in</p>                   | <p>Attempt or perform catching a wave on a nipper board</p>  |
| <p><b>Board: Board Relay</b><br/>Lesson: Never board in a team</p>                | <p>Attempt or perform a board relay race</p>   |
| <p><b>Swim: Negotiating the Surf</b><br/>Lesson: I'm a fish!</p>                  | <p>Understand the techniques of surf swimming<br/>Demonstrate an ability to swim through surf, parallel to surf and back to shore</p>  |
| <p><b>Beach Sprint: Starts and Finishes</b><br/>Lesson: Up and at em'</p>         | <p>Attempt or perform a crouching beach sprint start<br/>Attempt or perform a beach sprint finish</p>  |
| <p><b>Multi Discipline: Transitions</b><br/>Lesson: Round we go</p>               | <p>Attempt or perform an ironman/woman race transitions<br/>Attempt or perform cameron relay race transitions</p>  |

<sup>^</sup> A Resuscitation Certificate is available for Resuscitation if delivered by a qualified trainer and participant meets qualification assessment standards.