



Junior Preliminary Skills Evaluation

Swim Distance: 150m (freestyle) **Survival Float:** 3 minute

Topic	Learning Outcomes
<p>Introduction to Surf Life Saving Lesson: Welcome to the family!</p>	<p>Develop and understanding of surf life saving in Australia Identify the surf club as a welcoming place</p>
<p>Personal Safety Lesson: For a reason</p>	<p>Understand the basic principles of the SLSA Membership and Wellbeing Policy</p>
<p>Ecosurf Lesson: A changing planet</p>	<p>Understand Global Warming and Climate Change Identify the impacts that Global Warming and Climate Change have on surf life saving</p>
<p>Physical Health & Wellbeing and Personal Safety Lesson: Barriers to bugs</p>	<p>Identify how to minimise the risk of cross infection when delivering first aid and resuscitation</p>
<p>Surf Safety Lesson: Count the tips</p>	<p>Identify and understand the 10 SLSA beach safety tips</p>
<p>The Human Body* Lesson: Body works</p>	<p>Identify the role of the body's circular system, skeletal system, respiratory system and nervous system. Understand how the body's major organ systems relate to First Aid scenarios</p>
<p>First Aid* Lesson: Patched up</p>	<p>Identify the principles of DRABCD Recognise and manage basic patient management techniques</p>
<p>Resuscitation** Lesson: Life is for living</p>	<p>Perform cardiopulmonary resuscitation (CPR) techniques</p>
<p>Interpersonal Communication Lesson: Make it known</p>	<p>Recognise the importance of communicating with beach users Identify ways to communicate with beach users</p>
<p>Patrols Lesson: All in this together</p>	<p>Identify volunteer and professional emergency services in the local area</p>
<p>Board: Event Lesson: Board race / Board rescue</p>	<p>Demonstrate board skills in a board race event Demonstrate board rescue skills in a board rescue event</p>
<p>Swim: Event Lesson: Surf Race / Run-Swim-Run</p>	<p>Demonstrate surf swimming skills in a surf race event Demonstrate surf swimming and beach running skills in a run-swim-run event</p>
<p>Swim: Tube Rescue Lesson: Rescue me</p>	<p>Attempt or perform swimming in surf with a rescue tube Attempt or perform a tube rescue for a swimmer in distress</p>
<p>Beach Sprint: Event Lesson: Beach Sprint / Beach Relay</p>	<p>Demonstrate beach sprinting skills in a beach sprint event Demonstrate beach sprinting skills in a beach relay event</p>
<p>Beach Flags: Event Lesson: Beach Flags</p>	<p>Demonstrate beach flags skills in a beach flags event</p>
<p>Multi Discipline: Event Lesson: Ironperson / Cameron Relay</p>	<p>Demonstrate beach running, surf swimming and board skills in an Ironman/Ironwoman event Demonstrate beach running or surf swimming or board skills in a cameron relay event</p>

* A Basic Emergency Care Certificate is available for the combination of these topics if delivered by a qualified trainer and participant meets qualification assessment standards.

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