



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

This assessment must be completed satisfactorily by each participant before beginning any junior activity training or competition.

Note: To compete in water based competition events a participant must complete the relevant Competition Evaluation for their age group. See the 'Junior Preliminary Skills Assessment' guideline at www.slsa.com.au

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: For a reason

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.

Understand the basic principles of the SLSA Membership and Wellbeing Policy

- What it is and what it means to participants/parents/surf club
- What constitutes a breach and consequences for breaching

Ecosurf

Lesson #3: A changing planet

Understand Global Warming and Climate Change

- What it is and what cause it
Identify the impacts that Global Warming and Climate Change have on surf life saving

Physical Health, Wellbeing & Personal Safety

Lesson #4: Barriers to bugs

Identify how to minimise the risk of cross infection when delivering first aid and resuscitation

- What are infectious diseases and how do they spread
- Minimising infection during resuscitation training

Surf Safety

Lesson #5: Count the tips

Identify and understand the 10 SLSA beach safety tips
- Five F.L.A.G.S tips + five 'Never' tips

The Human Body

Lesson #6: Body works

Basic Emergency Care Certificate available, see lesson plan for more information.

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

First Aid

Lesson #7: Patched up

IMPORTANT: If you are not confident instructing the first aid skills in this lesson bring in a qualified trainer or lifesaver to help deliver the lesson. Basic Emergency Care Certificate available, see lesson plan for more information.

Identify the principles of DRABCD

Recognise and manage basic patient management techniques
- Cuts and abrasions, bleeding from the nose, sprained muscle ligaments, sunburn, cramping, fainting, shock, needle-stick injuries, treatments of bleeding: arterial and venous

Resuscitation

Lesson #8: Life is for living

IMPORTANT: If you are not confident with the principles of resuscitation bring in a qualified trainer or lifesaver to help deliver the lesson from the SLSA Training Manual. Resuscitation Certificate and Basic Emergency Care Certificate available, see lesson plan for more information.

Perform cardiopulmonary resuscitation (CPR) techniques

Interpersonal Communication

Lesson #9: Make it known

Recognise the importance of communicating with beach users
- Inform, educate, provide warnings, offer assistance, give advice
- Kind of messages lifesavers communicate
Identify ways to communicate with beach users

Patrols

Lesson #10: On patrol

Identify volunteer and professional emergency services in the local area

Board: Event**

Lesson #11: Board race / Board rescue

Demonstrate board skills in a board race event
Demonstrate board rescue skills in a board rescue event

Swim: Event**

Lesson #12: Surf Race / Run-Swim-Run

Demonstrate surf swimming skills in a surf race event
Demonstrate surf swimming and beach running skills in a run-swim-run event

Swim: Tube Rescue*

Lesson #13: Rescue me

Attempt or perform swimming in surf with a rescue tube
Attempt or perform a tube rescue for a swimmer in distress
- Enter the water holding the tube under your arm and swim fins in the other hand
- Run and wade to knee depth before throwing the tube to the side and putting your fins on
- Observe your patient continually as you swim to you're within 2m of the patient then tell them what you are going to do
- Push the tube towards the patient while reassuring them
- Clip the patient into the tube and begin to swim back to the beach towing the patient, be mindful of waves when entering the surf zone
- Anticipate waves and secure patient if possible, assist from the water.

Beach Sprint: Event**

Lesson #14: Beach Sprint / Beach Relay

Demonstrate beach sprinting skills in a beach sprint event
Demonstrate beach sprinting skills in a beach relay event

Beach Flags: Event**

Lesson #15: Beach Flags

Demonstrate beach flags skills in a beach flags event

Multi Discipline: Event**

Lesson #16: Ironperson / Cameron Relay

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

** 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.*

^ EVENTS: Follow this simple program to run a participation event: Setup - Have a race course set up as per the layout specifications, see Junior Events section in the back of the Age Guide. Discuss - Using the Junior Surf Sports - Events section in the back of the Age Guide, discuss with the participants the starting procedure, method, rules and judging of the event. Activity - Organise the participants into manageable heats, conduct heats as per the event specifications.