



Safety in Schools Week June 8th to 12th 2009

AGENCY ACTIVITY

Agency

Surf Life Saving WA

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Activity Title Beach Safety

Activity Outcomes

Learning Area	Link to K-10 Syllabus	Outcome
Health and Physical Education	<u>Early Childhood (K-3)</u> Context: SAFETY Topic: Keeping safe <ul style="list-style-type: none"> • Protection of others • Responding to unsafe situations • People who can help 	Knowledge and Understanding <ul style="list-style-type: none"> • The meaning and dimensions of health • Ways to keep healthier and safer Interpersonal Skills <ul style="list-style-type: none"> • Communicating • Co-operating and collaborating in groups Self-management Skills <ul style="list-style-type: none"> • Understanding emotions • Reviewing the situation
	Topic: Safe play in the sun <ul style="list-style-type: none"> • Rules • Looking after yourself 	
	Topic: Safety at home/school/community <ul style="list-style-type: none"> • Water safety 	
	<u>Middle Childhood (4-7)</u> Topic: Personal safety – making good choices <ul style="list-style-type: none"> • Influences on safety choices • Eliminating and reducing risks • Identifying support networks • People who can help 	

Phases of Development

Early Childhood (K-3)
 Middle Childhood (4-7)



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Resources Required

Available from Surf Life Saving WA:

- 10 Surf Safety Hints
- Posters
- SLS Patrol Uniforms
- SLSWA Brochures

Approximate Time Required

Flexible

Procedure

Small interactive presentation showing students how to recognise dangers at the beach and how to recognise a lifesaver. This includes a discussion regarding Surf Safety and being SunSmart, and 10 Surf Safety Hints. Selected students will have the opportunity to dress up in surf life saving uniform and perform a mock rescue.

Community Links

How could the school involve the local community in Safety in Schools Week?

Students to browse the SLSWA Surf Safety Display and take home brochures and information.

How could the school involve parents and seniors in Safety in School Week?

Parents and seniors could do resuscitation and first aid training.

Policy and Procedures

Are you aware of the School's written Health and Safety Policy? If not: -

- Check with administration
- Refer to the Department of Education and Training's Risk Management Policy and Occupational Safety and Health Policy

Do you have safety structures and procedures in place?

Insert additional safety structures and procedures that link to your activity

- Does the school have a first aid person? (Structure)
- Is there a plan of how to access the first aid person? (Procedure)

Other Resources Available

SLSWA offers interactive SunSmart, Beach Activities and First Aid Programs for all ages
Surf Life Saving Training Manual 32nd Edition

Surf Life Saving's 10 Surf Safety Hints

1. Always swim or surf at places patrolled by lifesavers or lifeguards
2. Swim between the red and yellow flags. They mark the safer area for swimming
3. Always swim under supervision
4. Read and obey the signs
5. If you are unsure of surf conditions, ask a lifesaver or lifeguard
6. Don't swim directly after a meal
7. Don't swim under the influence of alcohol or drugs
8. Never run or dive in the water, even if you have checked before. Water conditions can change very quickly
9. If you get into trouble in the water, stay calm, signal for help, float and wave for assistance
10. Float with a current or undertow. Stay calm, don't try to swim against it, signal for help and wait for assistance