



Safety in Schools Week May 17th to 21st 2004

Surf Life Saving Activity

Agency
Surf Life
Saving
Western
Australia

Contact person: Nic Cuthbert
Phone: 08) 9244 1222
Fax: 08) 9244 1225
Email: ncuthbert@mybeach.com.au
Address: PO Box 1048, Osborne Park BC 6916
Website: www.mybeach.com.au



Activity Title

Surf Safety



Curriculum Framework Activity Outcomes

Learning Area	Learning Outcome	Specific Learning
<ul style="list-style-type: none"> Health and Physical Education 	<ul style="list-style-type: none"> Knowledge and Understanding Self Management Skills Interpersonal Skills 	<ol style="list-style-type: none"> Injury Prevention Safe Physical Activity Promoting a healthy, active lifestyle
<ul style="list-style-type: none"> Society and Environment 	<ul style="list-style-type: none"> Investigation, Communication and Participation Active Citizenship 	<ol style="list-style-type: none"> Interaction with a safe, clean environment Awareness of community involvement of Surf Lifesaving.
<ul style="list-style-type: none"> LOTE 	<ul style="list-style-type: none"> Listening and Responding and Speaking Cultural Understandings 	<ol style="list-style-type: none"> Students participate in a discussion, which allows questions to be asked during the session. Students begin to gain understanding of the cultural importance of beach safety.

Phases of development

Early Childhood (typically kindergarten to year 3)
Middle Childhood (typically years 3-7)

Activity resources required

- Ten Surf Safety Hints activity sheet
- Beach Scene colouring sheet
- Pens, coloured pencils and paper
- Other resources available from Surf Life Saving Western Australia.

Procedure

- 📄 Lead discussion about Surf Safety and being Sunsmart.
- 📄 Students to identify SLSWA's 10 Surf Safety hints.
- 📄 Students to be able to identify the role of surf lifesavers.
Colour in the beach scene for display in classroom or create own beach scene.

Community Links

- 📄 How could the school involve the local community in Safety in Schools Week?
 - 📄 Example: SLSWA Surf Safety Display
- 📄 How could the school involve parents and seniors in Safety in School Week?
 - 📄 Example: Conduct first aid and resuscitation training.

Policy and Procedures

Are you aware of the schools written Health and Safety Policy? If not: -

- Check with administration
- Refer to the Department of Education Risk Management Policy,
- Visit the Safety Rules OK! website for guidelines www.safetyrules.health.wa.gov.au

Do you have safety structures and procedures in place?

- Surf Life Saving Australia has developed an extensive range of policies that include:
 - Sun Safety
 - [Limiting & Permanent Disability Policy](#)
 - [Equity, Discrimination and Harassment Free Organisation](#)
- Does the school have a first aid person?
- How to access the first aid person?
- Is there a designated quiet play area?

Other resources available

- 📄 SLSWA website www.mybeach.com.au
- 📄 Contact SLSWA about getting students involved in an interactive SunSmart Beach Activities Program.
- 📄 "Rip Current" poster.
- 📄 Surf Awareness, Surf Safety and Surf Smart children's activity books.
- 📄 Surf Life Saving Training Manual 32nd Edition.
- 📄 SunSmart Stickers



SURF LIFE SAVING'S TEN 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.
9. If you get into trouble in the water, stay calm. Signal for help, float and wait 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.