



Safety in Schools Week June 12th to 16th 2006

Agency

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The life of the beach.

Activity Title

SURF SAFETY

Curriculum Framework Activity Outcomes

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

Phases of Development

Early Childhood
 Middle Childhood

Activity Resources Required

- Ten Surf Safety Hints activity sheet
- Beach scene colouring sheets
- Posters
- Surf Life Saving uniforms
- Sunsmart chart
- Brochures

Procedure

- Small interactive presentation showing students how to recognise dangers at the beach and how to recognise a Life Saver.
- Allow students to dress up as Life Saver using uniform.
- Lead discussion about Surf Safety and being Sunsmart.
- Students to identify SLSWA'S 10 Surf Safety hints.

Community Links

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

- Students could browse the SLSWA Surf Safety display

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

- Parents and seniors could do training in first aid and resuscitation

Policy and Procedures

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

- Check with administration
- Refer to the Education Department's Risk Management Policy
- Visit the Kidsafe WA Website for guidelines www.kidsafewa.com.au

Do you have safety structures and procedures in place?

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

Other Resources Available

- Surf Life Saving 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 activity books
- Surf Lifesaving Training manual 32nd Edition



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 very quickly.
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.