

# U7



# AGE GUIDE

# SURF PLAY 2

Name: \_\_\_\_\_

Season: \_\_\_\_\_



These booklets were created by Alexandra Madeley, a current member of Edithvale Life Saving Club 2015, whilst an U15 Cadet member of Chelsea Longbeach Surf Life Saving Club 2014, using information and pictures taken from the Junior Development Resource 2<sup>nd</sup> Edition – Age Guide, Surf Life Saving Training Manual – 33<sup>rd</sup> and 34<sup>th</sup> Edition and SLSA Beach safe website - <http://beachsafe.org.au/surf-ed/lifeguards-top-tips>

The purpose of Age Guide Booklets is to assist life saving clubs with their Nipper Program. Content in these Booklets covers the Surf Education Requirements and can be used supplementary to Surf Life Saving Australia's (SLSA) Junior Development Resource Kit.

## Surf Education Requirements

LESSON NUMBER	ACTIVITY TOPIC	DATE COMPLETED
1	<b>My Beach Playground</b> Introduction to Surf Life Saving	
2	<b>If I need help</b> Personal Safety	
3	<b>An interesting mix</b> Ecosurf	
4	<b>Slip, Slop, Slap and Slide</b> Sun safety	
5	<b>Danger Danger</b> Surf conditions and Hazards	
6	<b>At arm's length</b> Surf Safety	
7	<b>Beach Patrol</b> Patrols	
8	<b>Walking over water</b> Wading	
9	<b>In and Out</b> Wading	
10	<b>It's mine</b> Beach Flags	
11	<b>In it together</b> Beach sprint	

## Attendance Register

Date													
Attended (Yes/No)													

## UNDER 7 - SURF PLAY 2

Dear Parents/ Guardians,

Thank you for choosing to participate in Frankston LSC's Nippers Program.

This Booklet has been designed to deliver a positive and productive learning experience for all involved. We hope you find it a valuable addition, to assist developing the new skills and knowledge that are a part of the Surf Education Program, for children registered in the Under 7 Age Group.

The under 7 (Surf Play 2) program is about fun and participation. All water activities are conducted in shallow water.

Each Nipper can work through this activity book during the season with their Age Manager.

At the end of the season each Nipper is eligible to receive a Surf Play 2 award and participation Certificate, if they have completed the Surf Play 2 requirements and have attended at least 75% of the Program.

Should you have any questions throughout the Program, please don't hesitate to contact the Director of Junior Development.

Thank you,

Director- Junior Development  
Frankston Lifesaving Club Inc.

# Surf Play 2- Lesson 1

## MY BEACH PLAYGROUND

Lifesaving has been providing a service to the community for over 100 years. During that time thousands of people have been rescued from the ocean or needed some form of first aid assistance.

Life Saving clubs are a place to learn the skills required to be a lifesaver and to socialise. Nippers encourages our junior members to learn the new skills as they develop into young adults.

A tour of the club and beach environment will give you an idea of what equipment the club has and what it would be used for, where the toilet facilities and change rooms are situated and the safest part of the beach to swim. The tour may also include the introduction of committee members of your club.

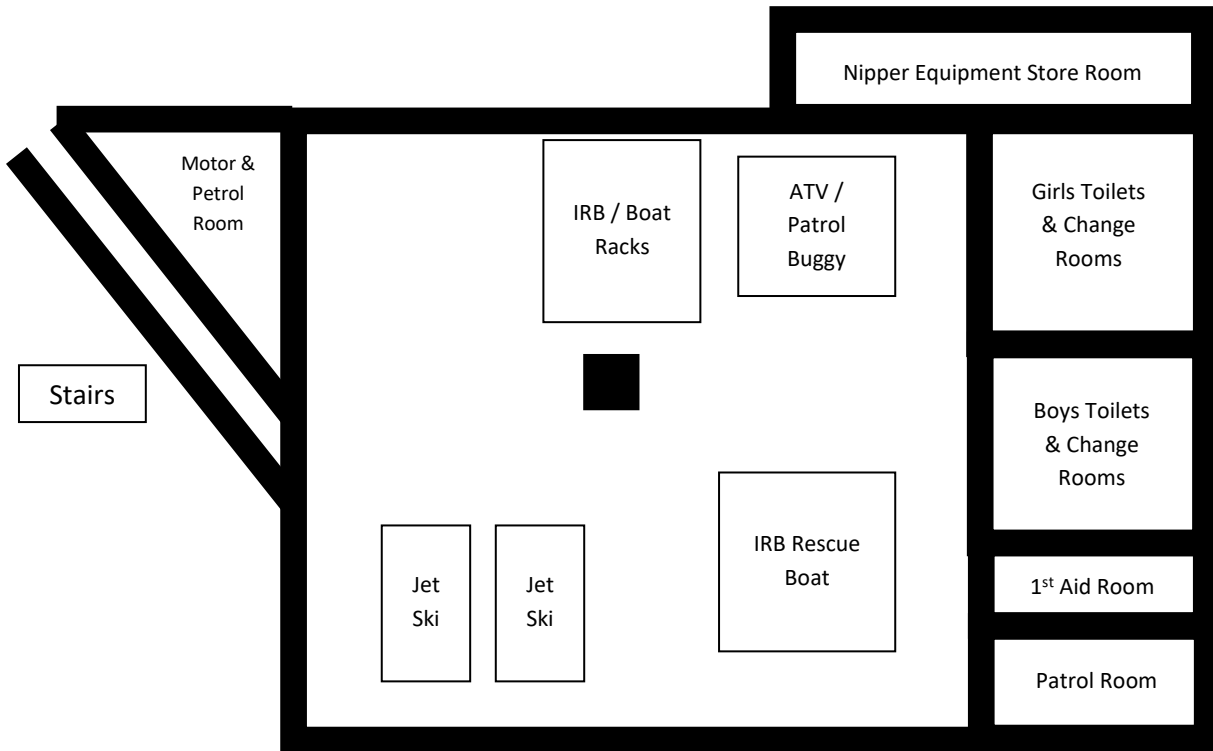
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Name of Age Manager

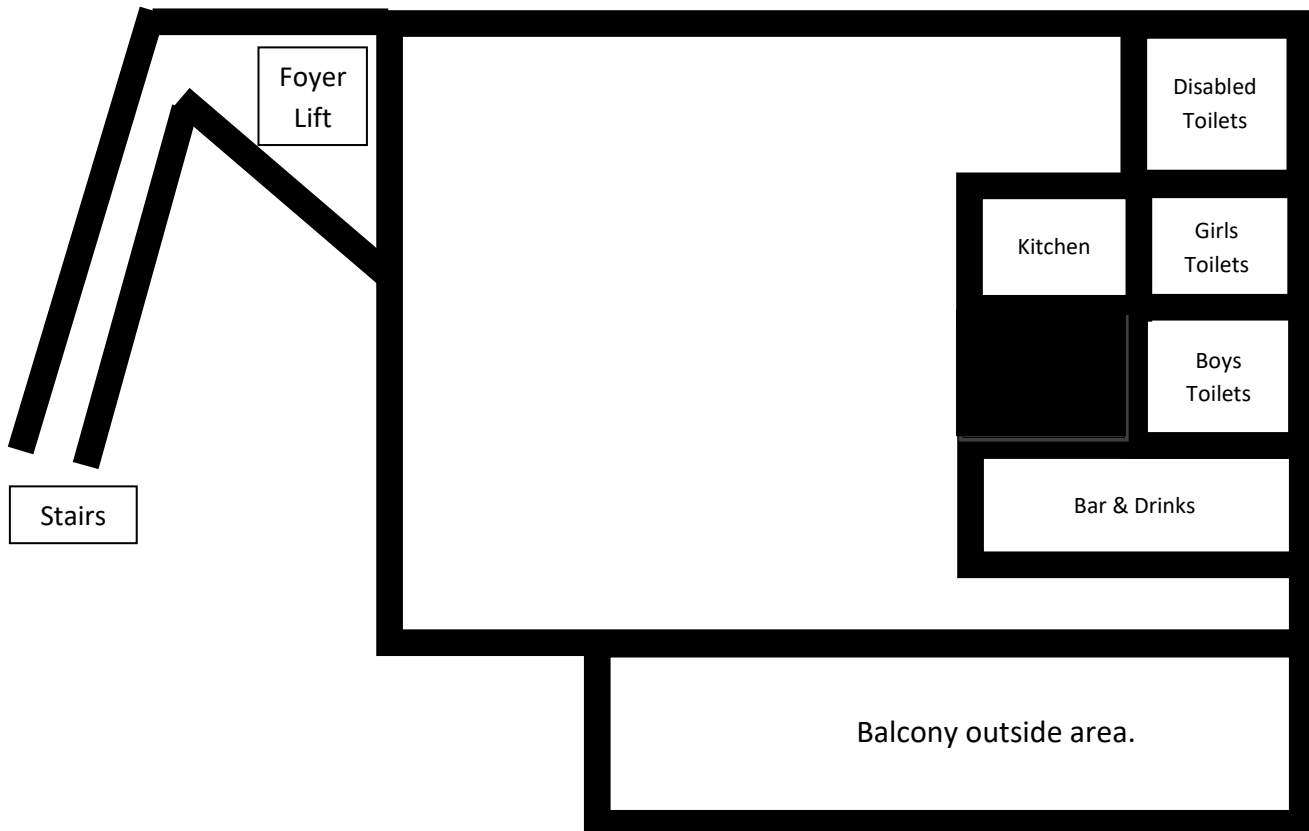
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Name of Junior Coordinator

Place a cross on the rooms you are not allowed to enter in your club and the equipment you are not allowed to climb on or play on.



### DOWNSTAIRS MAP OF PATROL ROOM



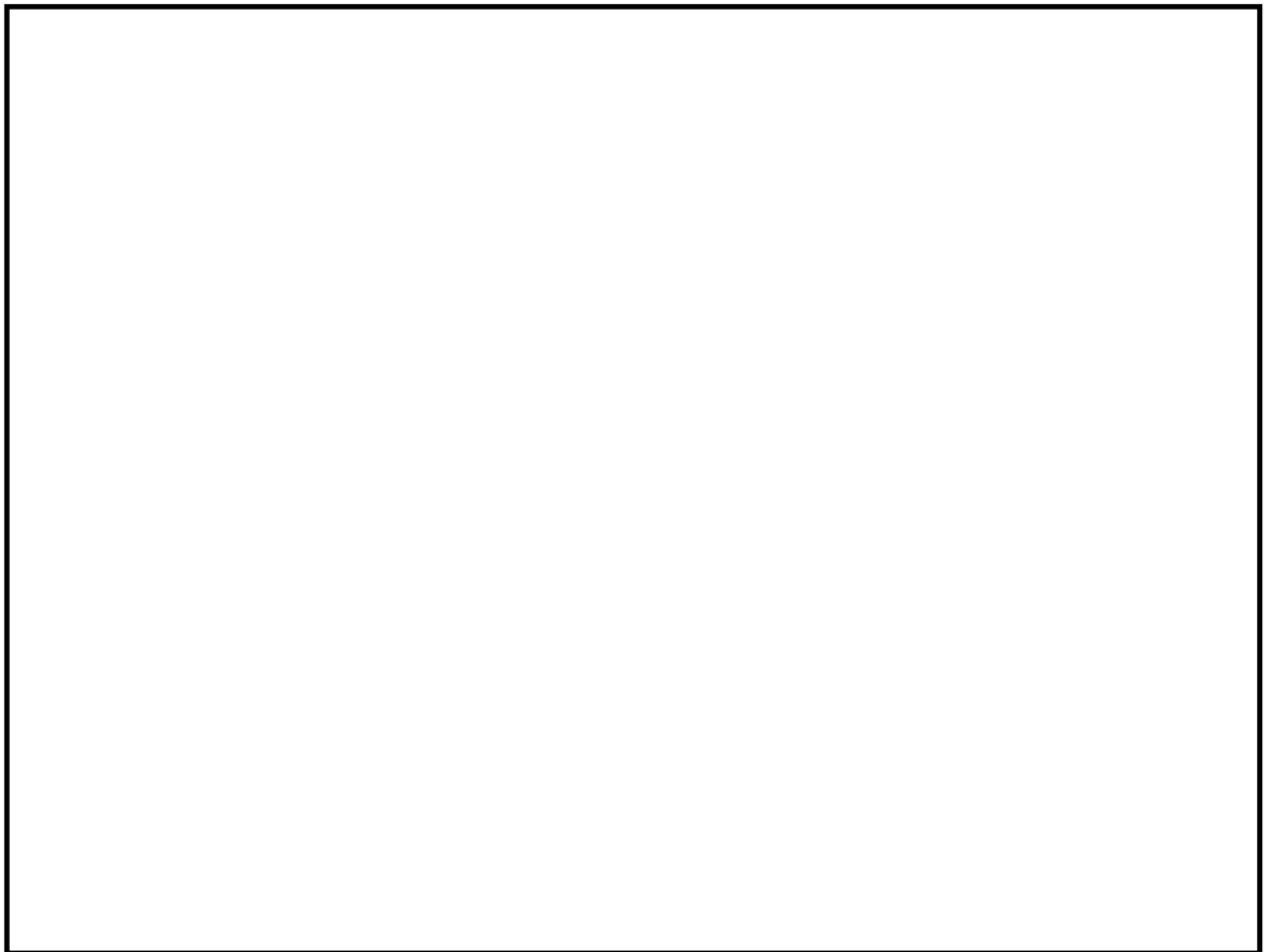
### UPSTAIRS MAP OF CLUB ROOMS

# Surf Play 2- Lesson 2

## IF I NEED HELP

Sometimes we may need some help when we are playing in the water. If you feel that you need some help, you will need to signal for assistance. To signal assistance raise one hand above your head and with your hand move it slowly side to side. Try to stay calm and float on your back until help arrives.

Draw yourself in trouble and with your hand up waving for help, in the blank box below.



# Surf Play 2- Lesson 3

## AN INTERESTING MIX



What is it?

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Should I touch it?

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Does it belong at the beach?

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Where should it be?

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What is it?

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Should I touch it?

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Does it belong at the beach?

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Where should it be?

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Surf Play 2- Lesson 4

# SLIP SLOP SLAP SEEK

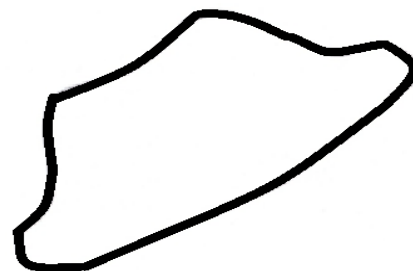
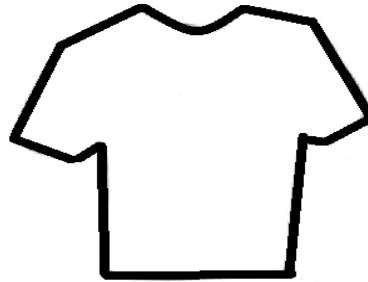
Draw a line to match the word with the right picture below.

**SLIP**  
on  
**A SHIRT**

**SLOP**  
on  
**SUNSCREEN**

**SLAP**  
on  
**A HAT**

**SEEK**  
out  
**SHADE**



# Surf Play 2- Lesson 5

## DANGER, DANGER

Place a tick on each animal, if it is alright or a cross, if it is not alright to touch, on the pictures below. Then draw a Jellyfish on the yellow warning/safety sign.

**Blue Ringed Octopus –**



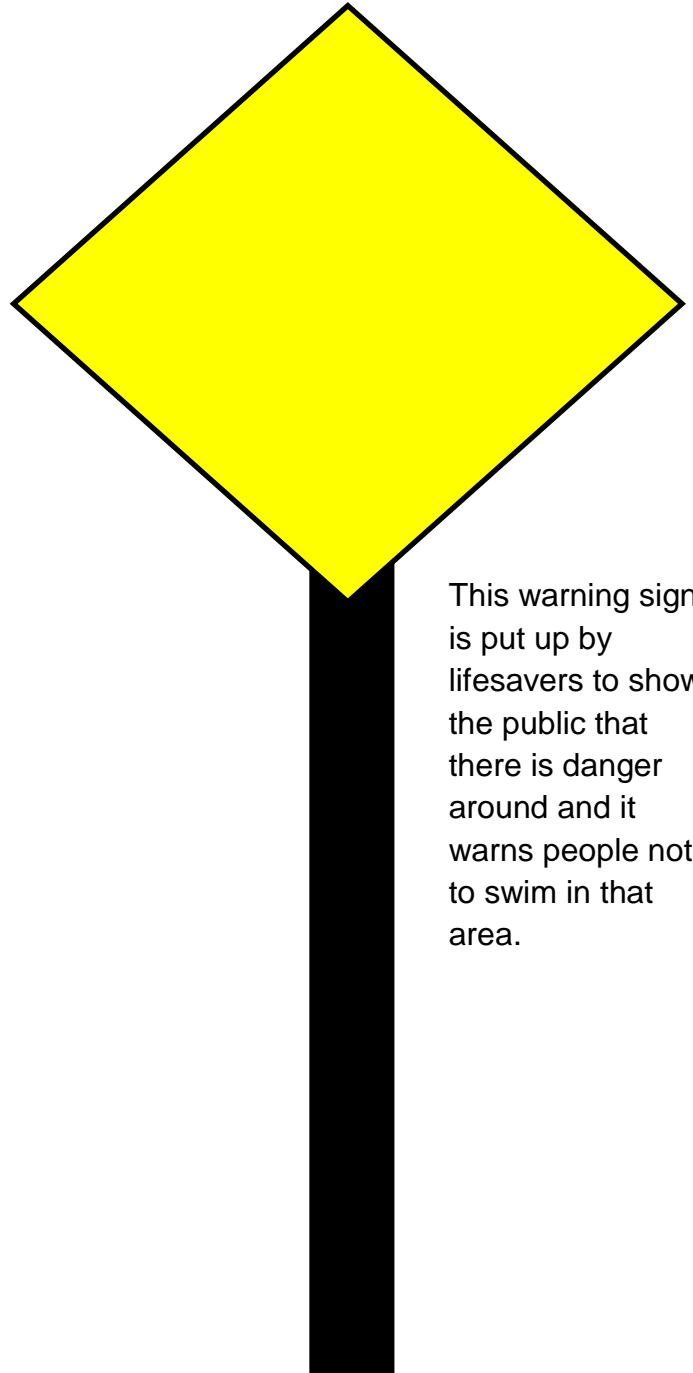
**Stingray –**



**Jellyfish –**



**Starfish –**

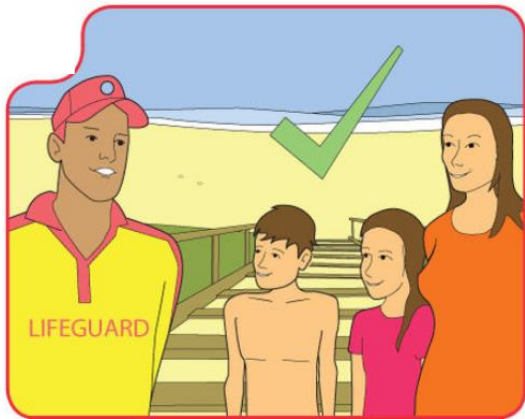


This warning sign is put up by lifesavers to show the public that there is danger around and it warns people not to swim in that area.

# Surf Play 2- Lesson 6

## AN ARM'S LENGTH

Draw a picture of an adult looking after to you at the beach and an adult being with you in the water, in the matching blank boxes below.



An adult should go to the beach with you. Mum, Dad or big brother & sister

An Adult looks after you at the beach. Mum Dad or big brother or sister

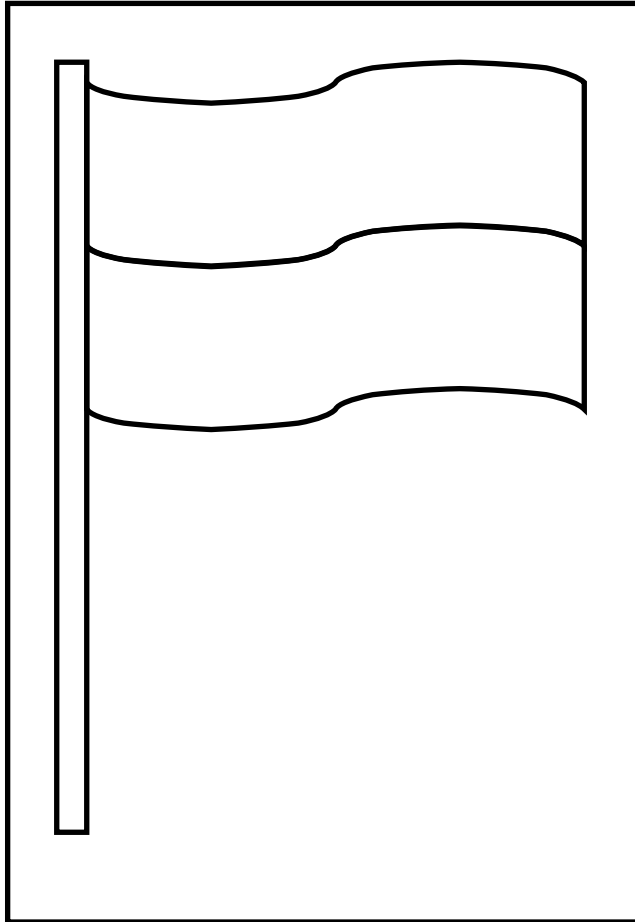


At the beach an adult should be in the water with you making sure you are safe. Mum, Dad or big brother or sister

# Surf Play 2- Lesson 7

## BEACH PATROL

Colour in the flag red and yellow and answer the questions.



What is a lifesaver?

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How do we know what a lifesaver looks like?

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Where is the safest place to swim at the beach?

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What does a lifesaver do?

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