



Topic	Learning Outcomes
<p><b>Introduction to Surf Life Saving</b> Lesson: My Beach Playground</p>	<p>Know their way around their surf club and beach Identify the junior activities boundaries</p>
<p><b>Personal Safety</b> Lesson: If I need help</p>	<p>Understand basic safety practices: how to signal for help, importance of having an adult present when in the water, and staying with the group at all times.</p>
<p><b>Ecosurf</b> Lesson: Friend or foe?</p>	<p>Understand the types of animals that we share the beach with Identify dangerous animals at the beach</p>
<p><b>Sun Safety</b> Lesson: Slip, Slop, Slap</p>	<p>Understand the meaning of slip, slop, slap</p>
<p><b>Surf Safety</b> Lesson: Watching over you</p>	<p>Understand the role of an adult at the beach</p>
<p><b>Patrols</b> Lesson: I'm a lifesaver</p>	<p>Identify what a lifesaver looks like Identify the safest place to swim at the beach</p>
<p><b>Water Confidence</b> Lesson: Beached Whales</p>	<p>Enjoy playing in the surf Develop confidence in the water</p>
<p><b>Wading</b> Lesson: Swinging legs</p>	<p>Enjoy wading in and out of the water Develop confidence in the water</p>
<p><b>Beach Flags</b> Lesson: Beach fairies</p>	<p>Enjoy playing beach flags</p>
<p><b>Beach Sprints</b> Lesson: Land crabs</p>	<p>Enjoy beach sprinting and participating in beach relays</p>



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<p><b>Introduction to Surf Life Saving</b> Lesson: My Beach Playground</p>	<p>Know their way around their surf club and beach Identify the junior activities boundaries</p>
<p><b>Personal Safety</b> Lesson: If I need help</p>	<p>Understand basic safety practices: how to signal for help, importance of having an adult present when in the water, and staying with the group at all times.</p>
<p><b>Ecosurf</b> Lesson: An interesting mix</p>	<p>Identify the variety of items that can be found on the beach Recognise the difference between natural items and rubbish on the beach</p>
<p><b>Sun Safety</b> Lesson: Slip, Slop, Slap and Slide</p>	<p>Understand the meaning of slip, slop, slap, slide</p>
<p><b>Surf Conditions and Hazards</b> Lesson: Danger Danger</p>	<p>Identify dangers at their beach</p>
<p><b>Surf Safety</b> Lesson: At arms length</p>	<p>Identify the role of an adult while at the beach</p>
<p><b>Patrols</b> Lesson: Beach patrol</p>	<p>Identify what a lifesaver does Identify the Red and Yellow flags and what they mean Demonstrate the 'assistance required' signal</p>
<p><b>Wading</b> Lesson: Walking over water</p>	<p>Enjoy wading in and out of the water Develop confidence in the water</p>
<p><b>Wading</b> Lesson: In and out</p>	<p>Enjoy participating in a run-wade-run Develop confidence in the water</p>
<p><b>Beach Flags</b> Lesson: It's mine!</p>	<p>Enjoy playing beach flags</p>
<p><b>Beach Sprint</b> Lesson: In it together</p>	<p>Enjoy beach sprinting and participating in beach relays</p>



### Junior Preliminary Skills Evaluation

**Swim Distance:** 25m (any stroke) **Survival Float:** 1 minute

Topic	Learning Outcomes
<p><b>Introduction to Surf Life Saving</b> Lesson: Welcome to the family!</p>	<p>Develop and understanding of surf life saving in Australia Identify the surf club as a welcoming place</p>
<p><b>Personal Safety</b> Lesson: Feeling safe at the beach</p>	<p>Identify what it means to feel safe Identify people to talk to if feeling unsafe at the beach</p>
<p><b>Ecosurf</b> Lesson: Our beach environment</p>	<p>Recognise the diverse human and marine communities that make up a beach ecosystem</p>
<p><b>Sun Safety</b> Lesson: Being Sunsmart</p>	<p>Understand and demonstrate the sunsmart guidelines Understand what happens when they're not sunsmart</p>
<p><b>Surf Conditions and Hazards</b> Lesson: Hazard Watch</p>	<p>Identify dangers at the beach</p>
<p><b>Surf Safety</b> Lesson: Stick your hand up</p>	<p>Recognise the signs that they are in trouble in the water Demonstrate the signal for 'assistance required'</p>
<p><b>First Aid</b> Lesson: It's an emergency</p>	<p>Recognise what an emergency situation is Describe when and how to dial '000' if an emergency situation is identified</p>
<p><b>Signs and Signals</b> Lesson: It's all red and yellow</p>	<p>Recognise the Red and Yellow flags Understand what the Red and Yellow flags mean</p>
<p><b>Board: Paddling Technique</b> Lesson: Small board big fun</p>	<p>Attempt or perform catching a wave on a body board</p>
<p><b>Swimming: Entering the Surf</b> Lesson: I'm a dolphin</p>	<p>Attempt or perform wading Attempt or perform dolphin-diving</p>
<p><b>Beach Sprint: Starts</b> Lesson: Ready. Set. Go!</p>	<p>Attempt or perform a standing beach sprint start</p>
<p><b>Flags: Starts and Turns</b> Lesson: Get off the ground</p>	<p>Attempt or perform beach flags starts</p>



### Junior Preliminary Skills Evaluation

**Swim Distance:** 25m (any stroke) **Survival Float:** 1 minute

Topic	Learning Outcomes
<p><b>Introduction to Surf Life Saving</b> Lesson: Welcome to the family!</p>	<p>Develops and understanding of surf life saving in Australia Identifies the surf club as a welcoming place</p>
<p><b>Personal Safety</b> Lesson: My High Five</p>	<p>Identify people in their own Personal Safety Network that they can ask for help</p>
<p><b>Ecosurf</b> Lesson: Humans on the coast</p>	<p>Identify natural and man made objects in the beach environment Recognise the environmental impact they can have on the beach</p>
<p><b>Physical Health &amp; Wellbeing and Personal Safety</b> Lesson: Drink. Eat. Exercise.</p>	<p>Recognise the importance of Hydration, Nutrition and Exercise as part of their participation in the junior program</p>
<p><b>Surf Conditions and Hazards</b> Lesson: An angry sea</p>	<p>Identify a surging, spilling and plunging wave Recognise the dangers swimmers can be exposed to with a changing tide.</p>
<p><b>Surf Safety</b> Lesson: F.L.A.G.S.</p>	<p>Identify the 5 beach safety tips using the F.L.A.G.S. acronym</p>
<p><b>First Aid</b> Lesson: Getting the right help</p>	<p>Recognise what an emergency situation is Describe when and how to dial '000' if an emergency situation is identified Describe the steps associated with calling '000'</p>
<p><b>Signs and Signals</b> Lesson: Signs of the times</p>	<p>Identify different safety signs on their beach and their meaning Understand the three different sign shapes and colours</p>
<p><b>Board: Paddling Technique</b> Lesson: All a-board</p>	<p>Attempt or perform positioning on a nipper board Attempt or perform paddling on a nipper board</p>
<p><b>Swim: Body Surfing</b> Lesson: Stiff as a board</p>	<p>Attempt or perform body surfing on a wave</p>
<p><b>Beach Sprint: Technique</b> Lesson: In a rush</p>	<p>Attempt or perform basic running technique on sand</p>
<p><b>Flags: Diving for Baton</b> Lesson: Diving for the precious</p>	<p>Attempt or perform diving for a beach flag</p>



### Junior Preliminary Skills Evaluation

**Swim Distance:** 25m (freestyle)    **Survival Float:** 1<sup>1/2</sup> minutes

Topic	Learning Outcomes
<p><b>Introduction to Surf Life Saving</b> Lesson: Welcome to the family!</p>	<p>Develop and understanding of surf life saving in Australia Identify the surf club as a welcoming place</p>
<p><b>Personal Safety</b> Lesson: You can talk</p>	<p>Identify times when they might feel unsafe and can ask for help Identify adults at their surf club that can help them</p>
<p><b>Ecosurf</b> Lesson: Water Conservation</p>	<p>Understand the natural water cycle and water collection methods Identify ways in which water usage can be reduced/recycled at the surf club</p>
<p><b>Sun Safety</b> Lesson: That's sunsmart</p>	<p>Identify and demonstrate the sunsmart guidelines Understand the consequences of skin damage caused by sunburn</p>
<p><b>Surf Conditions and Hazards</b> Lesson: You little ripper</p>	<p>Identify how rips are formed and what they look like Understand how to escape a rip</p>
<p><b>Resuscitation</b> Lesson: Not a happy manikin</p>	<p>Understand the basic principles of resuscitation</p>
<p><b>Signs and Signals</b> Lesson: You want me where?</p>	<p>Demonstrate the following signals: return to shore, proceed further out to sea, go left, go right and remain stationary</p>
<p><b>Rescue Techniques</b> Lesson: Behave!</p>	<p>Recognise unsafe behaviours at the beach Identify the actions of a beach user in an unsafe situation Develop an understanding of preventative actions</p>
<p><b>Board: Entering and Exiting the Surf</b> Lesson: Hop-a-long</p>	<p>Attempt or perform carrying and dragging a nipper board into the water Attempt or perform bunnyhopping a nipper board into the water</p>
<p><b>Board: Negotiating the Surf</b> Lesson: Getting through it</p>	<p>Attempt or perform sitting over a wave on a nipper board Attempt or perform paddling through a wave on a nipper board</p>
<p><b>Board: Board Rescue</b> Lesson: Serious fun</p>	<p>Recognise how body boards can be used to assist a distressed swimmer Demonstrate skills required to assist a distressed swimmer</p>
<p><b>Swim: Tube Rescue</b> Lesson: Baywatch style</p>	<p>Recognise a rescue tube and what it is used for</p>
<p><b>Beach Sprint: Beach Relay</b> Lesson: Your turn</p>	<p>Attempt or perform a beach relay baton change</p>



### Junior Preliminary Skills Evaluation

**Swim Distance:** 50m (freestyle)    **Survival Float:** 2 minutes

Topic	Learning Outcomes
<p><b>Introduction to Surf Life Saving</b> Lesson: Welcome to the family!</p>	<p>Develop and understanding of surf life saving in Australia Identify the surf club as a welcoming place</p>
<p><b>Personal Safety</b> Lesson: Persistence pays</p>	<p>Identify the actions they can take when feeling frightened, lost, upset or bullied Recognise the importance of persisting when needing help</p>
<p><b>Ecosurf</b> Lesson: Energy Conservation</p>	<p>Recognise the difference between renewable and non-renewable energy generation Identify ways in which electricity usage can be reduced in the surf club</p>
<p><b>Surf Conditions and Hazards</b> Lesson: Risky business</p>	<p>Recognise 'at risk' people in a beach environment Identify actions that can be taken to help 'at risk' people avoid dangerous situations</p>
<p><b>First Aid</b> Lesson: Here to help</p>	<p>Identify the principles of DRSABCD Recognise and manage patients suffering from cuts and abrasions, bleeding from the nose, sprained muscle ligaments and sunburn.</p>
<p><b>Resuscitation<sup>^</sup></b> Lesson: The breath of life</p>	<p>Perform cardiopulmonary resuscitation (CPR) techniques</p>
<p><b>Signs and Signals</b> Lesson: Sign language</p>	<p>Recognise the importance of beach safety signage Identify and understand safety signage on their beach</p>
<p><b>Board: Entering and Exiting the Surf</b> Lesson: Up and out</p>	<p>Attempt or perform a dismount from a nipper board</p>
<p><b>Board: Catching Waves</b> Lesson: The easy way in</p>	<p>Attempt or perform catching a wave on a nipper board</p>
<p><b>Board: Board Relay</b> Lesson: Never board in a team</p>	<p>Attempt or perform a board relay race</p>
<p><b>Swim: Negotiating the Surf</b> Lesson: I'm a fish!</p>	<p>Understand the techniques of surf swimming Demonstrate an ability to swim through surf, parallel to surf and back to shore</p>
<p><b>Beach Sprint: Starts and Finishes</b> Lesson: Up and at em'</p>	<p>Attempt or perform a crouching beach sprint start Attempt or perform a beach sprint finish</p>
<p><b>Multi Discipline: Transitions</b> Lesson: Round we go</p>	<p>Attempt or perform an ironman/woman race transitions Attempt or perform cameron relay race transitions</p>

<sup>^</sup> A Resuscitation Certificate is available for Resuscitation if delivered by a qualified trainer and participant meets qualification assessment standards.



### Junior Preliminary Skills Evaluation

**Swim Distance:** 100m (freestyle) **Survival Float:** 2 minutes

Topic	Learning Outcomes
<p><b>Introduction to Surf Life Saving</b> Lesson: Welcome to the family!</p>	<p>Develop and understanding of surf life saving in Australia Identify the surf club as a welcoming place</p>
<p><b>Personal Safety</b> Lesson: Looking after you</p>	<p>Understand rights and responsibilities as a member of Surf Life Saving Australia</p>
<p><b>Ecosurf</b> Lesson: Gail force</p>	<p>Understand how weather can effect both the beach environment and beach users Identify natural and man-made causes of erosion and their impact of the beach environment</p>
<p><b>Sun Safety</b> Lesson: Sun effects</p>	<p>Identify the consequences of not being sunsmart Identify what skin cancer is and what causes it</p>
<p><b>Physical Health &amp; Wellbeing and Personal Safety</b> Lesson: Lifesmart</p>	<p>Recognise that staying fit and healthy is important as a lifesaver Identify ways to stay fit and healthy during junior activities</p>
<p><b>Surf Conditions and Hazards</b> Lesson: Rip it up</p>	<p>Identify the four different types of rip currents Identify how to manage rips in a beach environment Identify how to use rip currents to assist in surf swimming and rescues</p>
<p><b>The Human Body*</b> Lesson: Skin and bones</p>	<p>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</p>
<p><b>First Aid*</b> Lesson: A helping hand</p>	<p>Identify the principles of DRSABCD Recognise and manages patients suffering from cramping, fainting and shock.</p>
<p><b>Resuscitation*^</b> Lesson: Giving hope</p>	<p>Perform cardiopulmonary resuscitation (CPR) techniques</p>
<p><b>Signs and Signals</b> Lesson: Sign me up</p>	<p>Demonstrate the following signals: message understood; attract attention; message not clear, repeat; pick up swimmers</p>
<p><b>Patrols</b> Lesson: On patrol</p>	<p>Identify the role of a beach patrol Identify the role of lifesavers during a patrol</p>
<p><b>Board: Negotiating the Surf</b> Lesson: Off and under</p>	<p>Attempt or perform rolling under a wave on a board</p>
<p><b>Board: Board Rescue</b> Lesson: Ride with me</p>	<p>Recognise how a board can be used to secure and support a conscious patient Demonstrate the skills required to secure and support a conscious patient</p>
<p><b>Swim: Negotiating the Surf</b> Lesson: The big stuff</p>	<p>Attempt or perform diving under waves</p>
<p><b>Beach Sprint: Technique</b> Lesson: Hard and fast</p>	<p>Develop a beach sprint arm and leg drive technique</p>
<p><b>Beach Flags: Strategy</b> Lesson: Hustle and Bustle</p>	<p>Identify different beach flags race strategies</p>

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### Junior Preliminary Skills Evaluation

**Swim Distance:** 150m (freestyle) **Survival Float:** 3 minute

Topic	Learning Outcomes
<p><b>Introduction to Surf Life Saving</b> Lesson: Welcome to the family!</p>	<p>Develop and understanding of surf life saving in Australia Identify the surf club as a welcoming place</p>
<p><b>Personal Safety</b> Lesson: For a reason</p>	<p>Understand the basic principles of the SLSA Membership and Wellbeing Policy</p>
<p><b>Ecosurf</b> Lesson: A changing planet</p>	<p>Understand Global Warming and Climate Change Identify the impacts that Global Warming and Climate Change have on surf life saving</p>
<p><b>Physical Health &amp; Wellbeing and Personal Safety</b> Lesson: Barriers to bugs</p>	<p>Identify how to minimise the risk of cross infection when delivering first aid and resuscitation</p>
<p><b>Surf Safety</b> Lesson: Count the tips</p>	<p>Identify and understand the 10 SLSA beach safety tips</p>
<p><b>The Human Body*</b> Lesson: Body works</p>	<p>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</p>
<p><b>First Aid*</b> Lesson: Patched up</p>	<p>Identify the principles of DRSABCD Recognise and manage basic patient management techniques</p>
<p><b>Resuscitation**</b> Lesson: Life is for living</p>	<p>Perform cardiopulmonary resuscitation (CPR) techniques</p>
<p><b>Interpersonal Communication</b> Lesson: Make it known</p>	<p>Recognise the importance of communicating with beach users Identify ways to communicate with beach users</p>
<p><b>Patrols</b> Lesson: All in this together</p>	<p>Identify volunteer and professional emergency services in the local area</p>
<p><b>Board: Event</b> Lesson: Board race / Board rescue</p>	<p>Demonstrate board skills in a board race event Demonstrate board rescue skills in a board rescue event</p>
<p><b>Swim: Event</b> Lesson: Surf Race / Run-Swim-Run</p>	<p>Demonstrate surf swimming skills in a surf race event Demonstrate surf swimming and beach running skills in a run-swim-run event</p>
<p><b>Swim: Tube Rescue</b> Lesson: Rescue me</p>	<p>Attempt or perform swimming in surf with a rescue tube Attempt or perform a tube rescue for a swimmer in distress</p>
<p><b>Beach Sprint: Event</b> Lesson: Beach Sprint / Beach Relay</p>	<p>Demonstrate beach sprinting skills in a beach sprint event Demonstrate beach sprinting skills in a beach relay event</p>
<p><b>Beach Flags: Event</b> Lesson: Beach Flags</p>	<p>Demonstrate beach flags skills in a beach flags event</p>
<p><b>Multi Discipline: Event</b> Lesson: Ironperson / Cameron Relay</p>	<p>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</p>

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