

U8

AGE GUIDE

Surf Aware 1



SURF AWARE 1

Dear Parents

Thank you for choosing to participate in Surf Life Saving activities. This resource has been designed to deliver a positive learning experience for all involved. We hope you enjoy using this resource and the new skills and knowledge that are a part of the education program for children registered in the under 8 age group.

Age group requirements

All children who are registered in under 8 (Surf Aware 1) are required to take part in a swimming evaluation so that their Age Manager can record the swimming ability of each child. Each child is encouraged to swim 25 metres in any stroke and complete a survival float for one minute.

There is no competition for this age group in Western Australia.

Each child can work through this activity book during the season with the Age Manager or at home with the family.

Each child is eligible to receive a Surf Aware 1 participation certificate at the end of the season if they have completed the above requirements and have attended at least 75% of the season.



WELCOME TO THE FAMILY

Surf Life Saving 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.

Surf Life Saving clubs are a place for members to learn the skills required to be a lifesaver and to socialize. The junior program will encourage our junior members to learn new skills as they develop into young adults.

A tour of the surf club will give you an idea of what equipment the club has and what it is 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.

Name of Age Manager

Name of Club President

Club website address



FEELING SAFE

Sometimes we feel uncertain about our surroundings and the people we meet. It is important to feel safe and comfortable all the time. If you feel unsafe or uncomfortable about a situation you need to go and tell someone. You could tell mum or dad, your age manager, a parent of a friend, a police officer, a lifesaver or someone else that you trust.

Draw a picture of someone feeling happy and someone feeling sad.

FEELING HAPPY

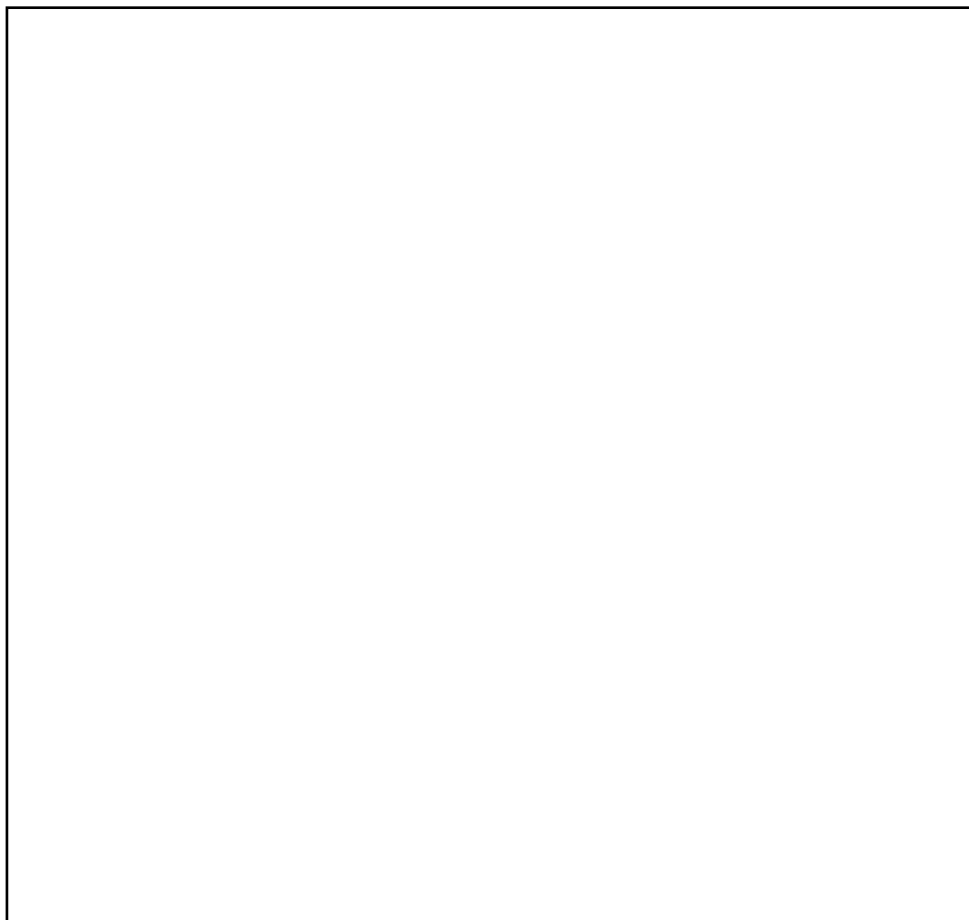
FEELING SAD



OUR BEACH ENVIRONMENT

The beach environment is shared by many communities. You may go to the beach to play and have fun but the beach is also a place where some creatures live. Sometimes you will see fish, crabs, dolphins, birds and shellfish at the beach.

Draw a picture of your favorite beach creature



BEING SUNSMART

Match the SunSmart words to the picture by drawing a line from one to the other.



SLIP



SLIDE



SLOP



SEEK

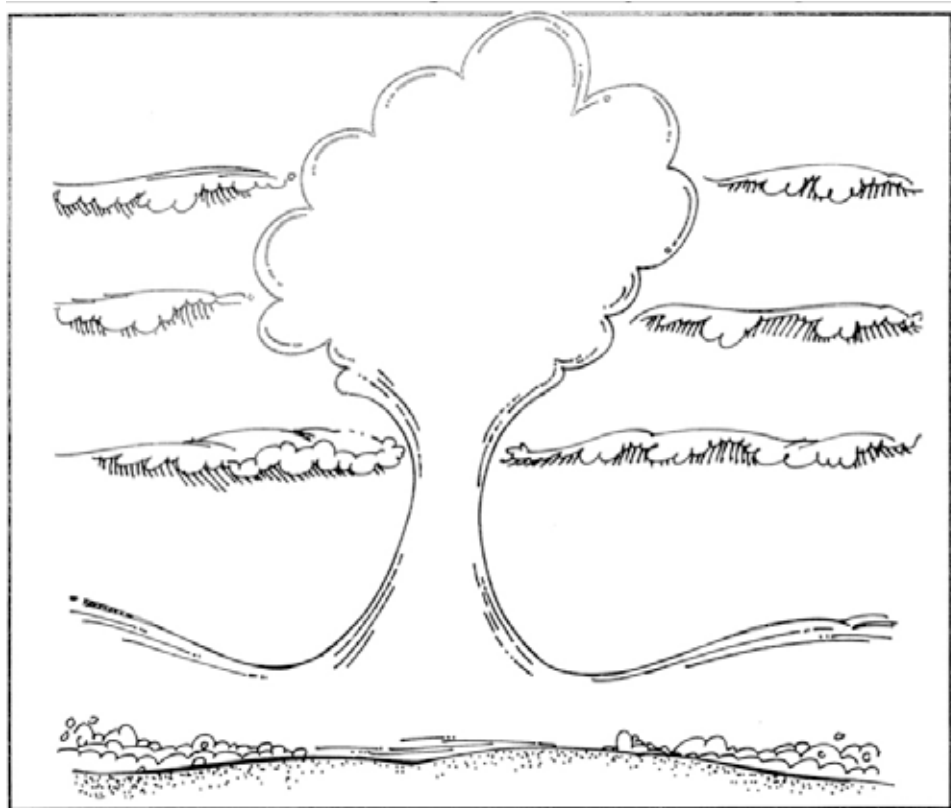


SLAP



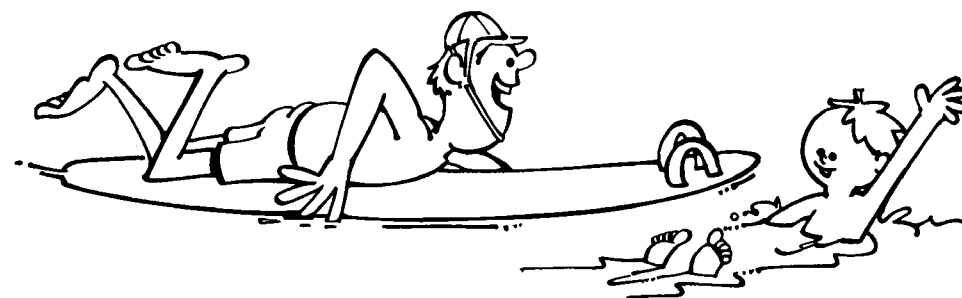
DANGER WATCH

Choose a different colour marker and draw arrows on the picture of the rip showing how you should escape from a rip.



STICK YOUR HAND UP

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. Wave your arm above your head with a nice straight arm. Try to stay calm and float on your back until help arrives.



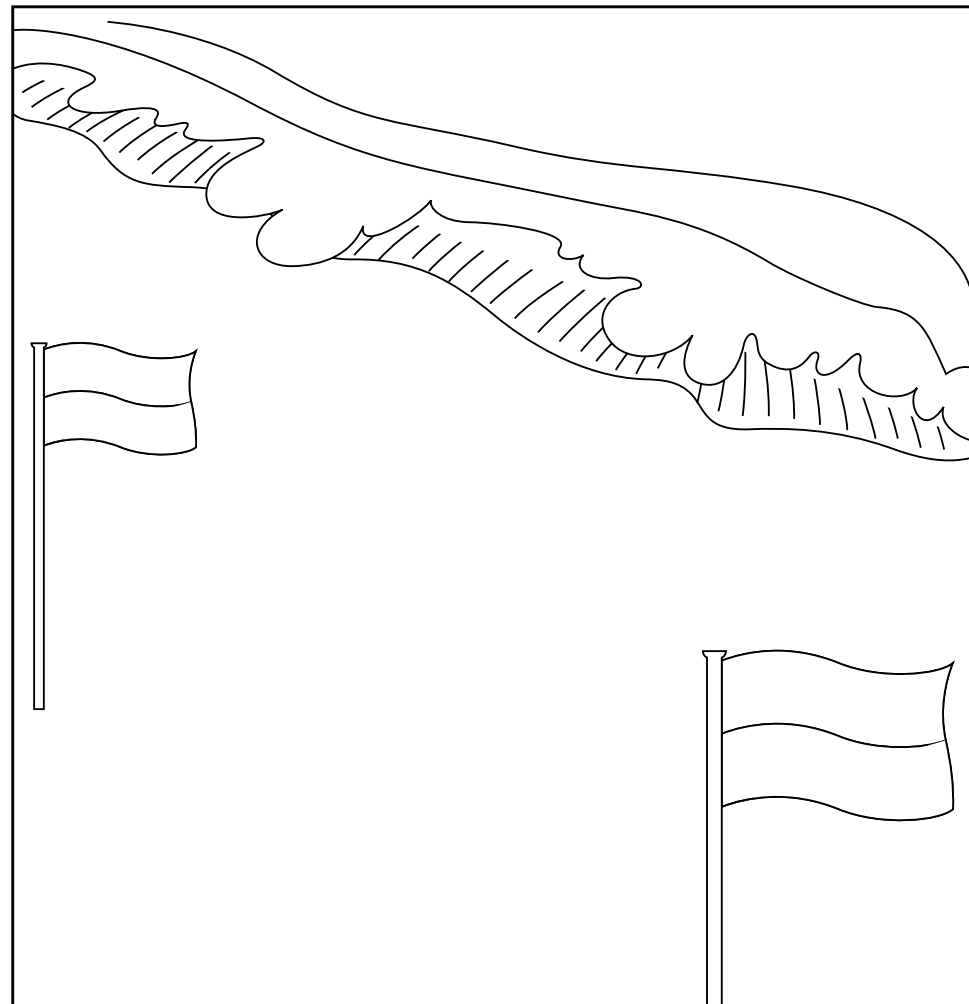
IT'S AN EMERGENCY

An emergency is when we need to act quickly to help a person who is badly injured or has stopped breathing. Emergencies happen in all types of environments including at home and at the beach. When we come across an emergency, we need to call '000'. When you call '000' you will be connected directly to the emergency services which are the Fire, Police and Ambulance.



IT'S ALL RED AND YELLOW

Colour the flags in red and yellow.

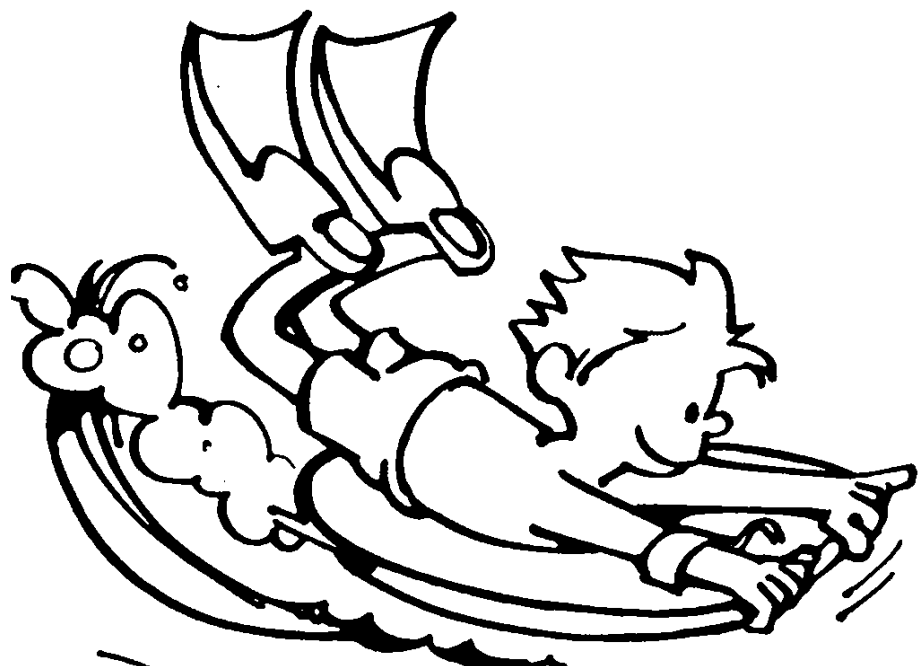


SMALL BOARD BIG FUN

Catching a wave using a body board can be a lot of fun.

Hold the body board out in front of you with both hands and just before the wave hits, launch yourself forward and kick hard.

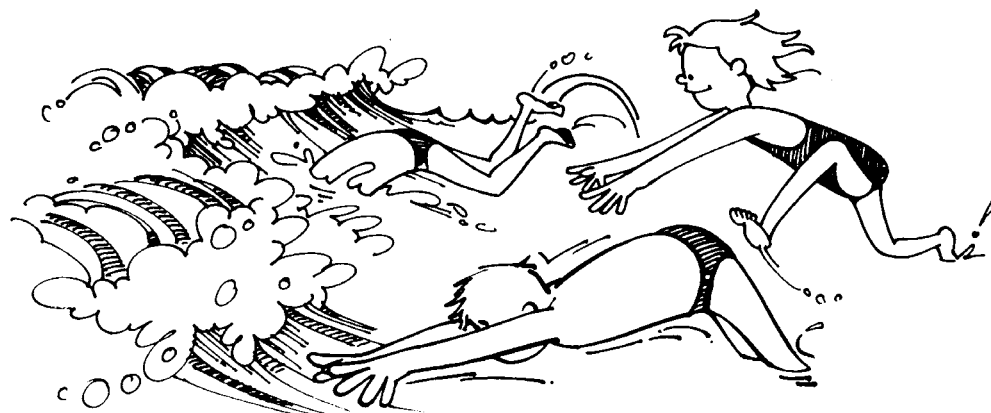
Keep the nose of the body board out of the water to prevent nose diving.



I'M A DOLPHIN

Dolphining helps you get through the surf more quickly, and will stop you getting dumped by big waves.

Bend over, stretch your arms out over your head, dive under an incoming wave, hold onto sand and then push with your feet up to the surface.



READY SET GO

When we participate in running races we need to learn how to start.

To start a running race in the standing position, place one foot on the line and the other foot behind.

Dig the toes of your front foot into the sand for a better grip. Place the opposite arm forward to the leg that is in the front position and have your knees slightly bent.

When the command for 'go' has been given, drive forward off the front foot.

GET OFF THE GROUND

Beach flags can be a lot of fun. The start for a beach flag race is quite different to a beach sprint race. Participants start lying down on their stomachs, with their toes on the start line, hands under chin. On the command 'go' participants need to turn around quickly and sprint towards the flags.

