

Recommended Age Group: All Ages

Activity Description:

Coastlife's signature camp activity is the Surf Safety Program. This three hour activity is delivered at a local surf lifesaving club by qualified surf life savers. The students are introduced to the features of a club house, the rescue equipment and are provided with a first-hand insight into how a beach patrol works. Participants are taught how to identify ocean dangers and how to look after themselves and others at the beach. The surf safety program aims to reduce the risks in the aquatic environment and extend each participant's knowledge and understanding of surf survival skills. The program begins with a short interactive presentation in the surf lifesaving club. This is followed by a tour of the club house facilities and rescue equipment. The students will then head down onto the sand for an energetic game of beach flags, shallow water wading races and body boarding relays in the waves.

Safety Considerations:

- Road and vehicles
 - Inform group and teachers about the roads and parking areas that they need to be careful around.
 - Surf conditions:
 - Is it safe to enter the water? Have the conditions changed during the session?
 - Other beach users
 - Who are the other beach users and how will your program impact them?
 - What can be done to ensure the safety and enjoyment of all parties?
 - Objects on beach and in play area
 - Do a walking sweep of your intended play area. Check for; sticks, rocks, glass and other sharp objects, fire (remains under sand), lost property belonging to other parties
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Activity Structure

1. Meet the group as they arrive and welcome them to the SLSC with enthusiasm.
 2. Ask everyone to remove their shoes as they enter the building.
 3. Explain the importance of respecting the building and the equipment. Point out that the SLSC is a working clubhouse.
 4. Present the slideshow – encourage discussion and questions
 5. Introduce the First Aid Scenario Activity
 6. Lead the group on a club house tour to the equipment area, first aid room, tower/beach patrol room. If it is a large group, split them into two smaller groups and each leader will take a group each to different locations then swap over. This will stop congestion in small spaces.
 7. Everyone will then get changed ready for the beach activities.
 8. Start with the dry activities and then progress to the water activities.
 9. Finish with shower time and changing.
 10. Farewell the group and send them off with a final message about staying safe at the beach.
 11. Wave the bus goodbye with enthusiasm.
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Scenario Buckets Activity

Aim: To present a range of common beach scenarios to students, enabling them to all be engaged in a fun activity and learn appropriate treatments.

Set Up:

Students are selected as 'actors'. They are given a bucket with props and a scenario. They will act out the scenario for their group. The group will be given another bucket with items/props they may choose to use. Groups can complete their scenario and then feedback to the whole group their response. Instructor to give positive feedback and if required, correct some ideas.

NOTE: Can do this as a single 'event' ie each group only completes one scenario, or where groups move from one scenario to another and complete 2 or three. Then go through scenarios and ask students to explain what they did.

Remind students of key things to consider when providing first aid:

Do no harm - to yourself or patient

If in doubt, DON'T

Always seek professional assistance

Always seek permission to give first aid if the person is conscious

Be aware of your limitations

Bucket 1a: Blue Bottle Sting

Props- red lipstick to mark bluebottle sting

Scenario: You are swimming in shallow water at the beach when you feel a painful sting on your leg. You look down and see about 5 bluebottles floating away. You grab your leg (it's REALLY sore now) and call for help.

Bucket 1b: Blue Bottle sting

Toothpaste

Vinegar

Container labelled 'dog wee'

Container labelled 'Warm water'

Ice pack

Bucket 2a: Sprained Ankle

Props: Boogie board

Scenario: You are body boarding when a big wave wipes you out. You land badly on your ankle and twist it. There is instant pain and when you try to stand on it, you cannot. You crawl to the beach and call for help, holding your ankle.

Bucket 2b: Sprained Ankle

Ice pack

Bandage

Pain killer packet (Panadol)

Teddy bear

Bucket 3a: Difficulty swimming

Props: Jug of water

Scenario: You are out swimming in deep water when you notice you are moving further out to sea. You begin to swim back towards the shore but after a while you realise you are still going further out. You are also very tired and begin to call for help. You are struggling to keep your head above the water.

Bucket 3b: Difficulty swimming

Towel

Noodle

Life saver cap

Whistle

2 litre orange juice container- empty

Bucket 4a: Foot laceration

Props: Fake blood

Scenario: You are walking along the beach when you feel a sharp pain under your left foot. You look down and realise you are badly bleeding. You sit down and hold your foot, calling for help.

Bucket 4b: Foot laceration

Packet pain killer (Panadol)

Cold drink can

Towel

T-shirt

Pair of glasses

Tissues

Bucket 5a: Spinal Injury

Scenario: You are out surfing when you go to catch a large wave. You are not sure what happened but you end up right on the water's edge. You go to get up and notice a strange feeling in your legs. You call for some help. When the people arrive, explain what has happened.

Props: Boogie Board and Rash vest

Bucket 5b: Spinal Injury

Phone

Towel

Painkiller tablets

If time, you can set up a multiple injury scenario- eg: unconscious person, person screaming with a sprained/broken leg, person with a knock to the head. Have three students 'attend' the scene and walk them through what the priorities should be.

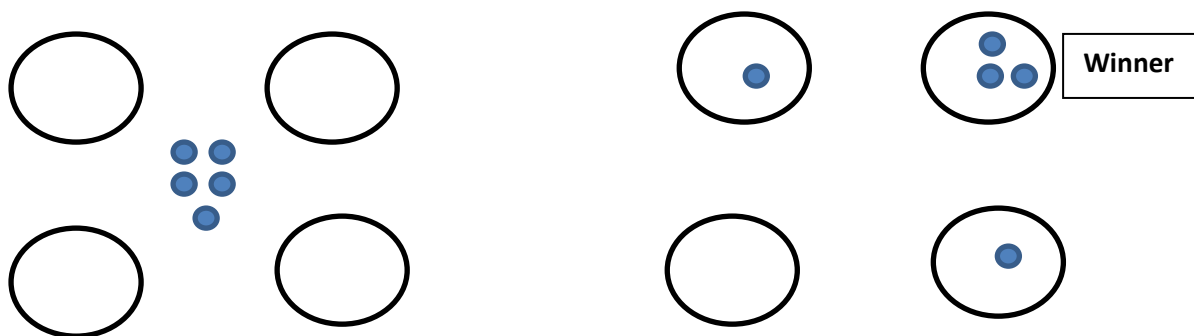
Beach Activities:

Rob the Nest

- Set up a square course with 15-20m sides
- On each corner of the square place a hoop or ring
- Place six tennis balls in the centre of the square
- Divide the athletes into 4 evenly numbered and evenly talented teams, and position 1 team on each of the corners of the square
- The aim of the game is to get 3 tennis balls into your hoop

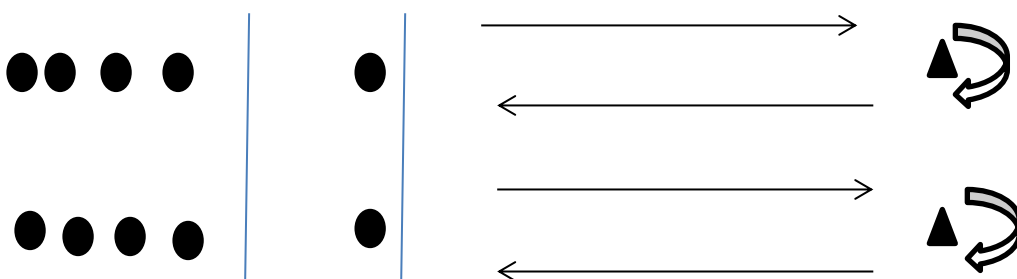
- Athletes can obtain balls from the middle of the square and from the other team's hoops
- Once an athlete has obtained a ball, they go to the end of the team line and the next team member obtains a ball and so on.

The winning team is the team who obtains 3 balls in their hoop at the one time.



Beach Flag Relays

- Divide the athletes into evenly numbered and evenly talented teams
- Set a course up that has the teams in separate and parallel lines beside each other about 5-10m apart, all athletes facing forward. Draw a line in the sand for the team to line up behind. Draw a starting line about 5m forward of the team line. Place a turning marker in the sand approx. 20m forward of the starting line
- The first relay runner gets into the flags start position on the starting line and faces away from the turning marker
- The start command is the same as per normal competition.
- The first runner completes a flags start and runs around the turning marker and back to the start line. While the first runner is running, the second runner gets into the flags start position on the start line
- The first runner tags the second runner on the head or shoulder and then sits down at the end of the team line.
- The second runner then completes the course and tags the third runner and so on. The winning team is the first team to have all runners sitting down on the team line

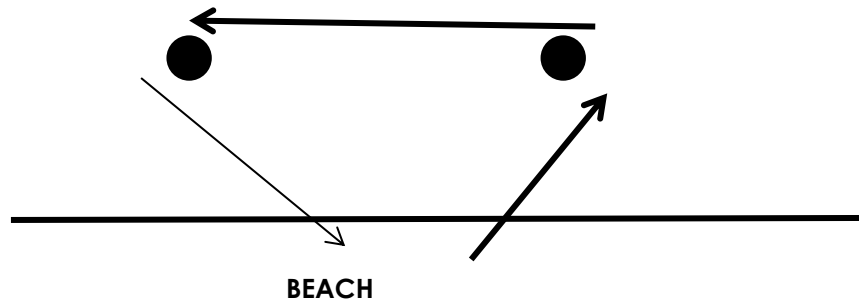


Water Activities:

Wading Race

Teaching: Careful running into water (uneven/holes). Show hurdling technique, Dolphin dives under waves, swimming across if able. Catching waves back in to beach.

With two instructors, form a rectangle out in the surf zone. Students run a relay out and around the first instructor, then across and around the second instructor, then back to the beach. Tagging the next person in their team. First team sitting down wins.



Boogie Board Relay

One boogie board per team - first goes around marker (instructor) and catches a wave in. First person then hands over to next team member.

Surf board Rescue – Only during calm conditions/older students

Surfboard per team. First two students decide- one to be rescued, one to be rescuer.

Rescued swims out to marker and signals for help. When signal raised, rescuer paddles out on the board and performs board rescue, taking patient back to beach, next two in relay team follow.

Adaptation - this completed using a tube for tube rescue.

For older students include a **Run/Swim/Run**

Finish with free time in the water before showering and saying a genuine farewell to the group.