



### 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>