



### 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.