



Junior Preliminary Skills Evaluation

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

Topic	Learning Outcomes
<p>Introduction to Surf Life Saving 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>Personal Safety Lesson: Looking after you</p>	<p>Understand rights and responsibilities as a member of Surf Life Saving Australia</p>
<p>Ecosurf 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>Sun Safety Lesson: Sun effects</p>	<p>Identify the consequences of not being sunsmart Identify what skin cancer is and what causes it</p>
<p>Physical Health & Wellbeing and Personal Safety 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>Surf Conditions and Hazards 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>The Human Body* 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>First Aid* Lesson: A helping hand</p>	<p>Identify the principles of DRSABCD Recognise and manages patients suffering from cramping, fainting and shock.</p>
<p>Resuscitation*^ Lesson: Giving hope</p>	<p>Perform cardiopulmonary resuscitation (CPR) techniques</p>
<p>Signs and Signals Lesson: Sign me up</p>	<p>Demonstrate the following signals: message understood; attract attention; message not clear, repeat; pick up swimmers</p>
<p>Patrols Lesson: On patrol</p>	<p>Identify the role of a beach patrol Identify the role of lifesavers during a patrol</p>
<p>Board: Negotiating the Surf Lesson: Off and under</p>	<p>Attempt or perform rolling under a wave on a board</p>
<p>Board: Board Rescue 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>Swim: Negotiating the Surf Lesson: The big stuff</p>	<p>Attempt or perform diving under waves</p>
<p>Beach Sprint: Technique Lesson: Hard and fast</p>	<p>Develop a beach sprint arm and leg drive technique</p>
<p>Beach Flags: Strategy Lesson: Hustle and Bustle</p>	<p>Identify different beach flags race strategies</p>

* A Basic Emergency Care Certificate is available for the combination of these topics if delivered by a qualified trainer and participant meets qualification assessment standards.

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