



### Junior Preliminary Skills Evaluation

**Swim Distance:** 150m (freestyle) **Survival Float:** 3 minute

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: For a reason</p>	<p>Understand the basic principles of the SLSA Membership and Wellbeing Policy</p>
<p><b>Ecosurf</b> Lesson: A changing planet</p>	<p>Understand Global Warming and Climate Change Identify the impacts that Global Warming and Climate Change have on surf life saving</p>
<p><b>Physical Health &amp; Wellbeing and Personal Safety</b> Lesson: Barriers to bugs</p>	<p>Identify how to minimise the risk of cross infection when delivering first aid and resuscitation</p>
<p><b>Surf Safety</b> Lesson: Count the tips</p>	<p>Identify and understand the 10 SLSA beach safety tips</p>
<p><b>The Human Body*</b> Lesson: Body works</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><b>First Aid*</b> Lesson: Patched up</p>	<p>Identify the principles of DRSABCD Recognise and manage basic patient management techniques</p>
<p><b>Resuscitation**</b> Lesson: Life is for living</p>	<p>Perform cardiopulmonary resuscitation (CPR) techniques</p>
<p><b>Interpersonal Communication</b> Lesson: Make it known</p>	<p>Recognise the importance of communicating with beach users Identify ways to communicate with beach users</p>
<p><b>Patrols</b> Lesson: All in this together</p>	<p>Identify volunteer and professional emergency services in the local area</p>
<p><b>Board: Event</b> Lesson: Board race / Board rescue</p>	<p>Demonstrate board skills in a board race event Demonstrate board rescue skills in a board rescue event</p>
<p><b>Swim: Event</b> Lesson: Surf Race / Run-Swim-Run</p>	<p>Demonstrate surf swimming skills in a surf race event Demonstrate surf swimming and beach running skills in a run-swim-run event</p>
<p><b>Swim: Tube Rescue</b> Lesson: Rescue me</p>	<p>Attempt or perform swimming in surf with a rescue tube Attempt or perform a tube rescue for a swimmer in distress</p>
<p><b>Beach Sprint: Event</b> Lesson: Beach Sprint / Beach Relay</p>	<p>Demonstrate beach sprinting skills in a beach sprint event Demonstrate beach sprinting skills in a beach relay event</p>
<p><b>Beach Flags: Event</b> Lesson: Beach Flags</p>	<p>Demonstrate beach flags skills in a beach flags event</p>
<p><b>Multi Discipline: Event</b> Lesson: Ironperson / Cameron Relay</p>	<p>Demonstrate beach running, surf swimming and board skills in an Ironman/Ironwoman event Demonstrate beach running or surf swimming or board skills in a cameron relay event</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.