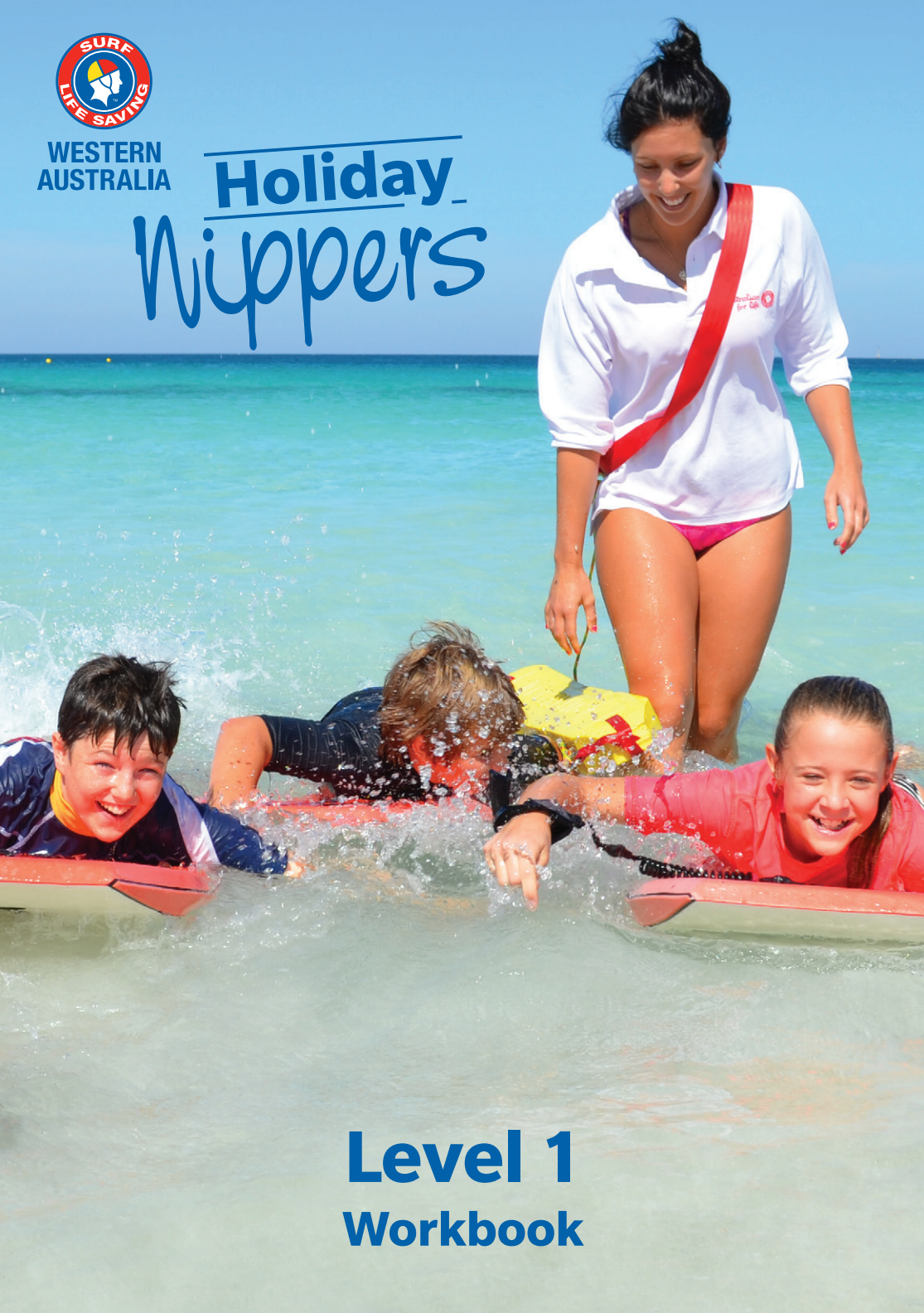




WESTERN
AUSTRALIA

Holiday Nippers



Level 1
Workbook

Holiday Nippers

Thank you for choosing to participate in Surf Life Saving activities. This resource has been designed to deliver a positive learning experience for all involved.

The Holiday Nippers program has been designed to improve students' knowledge of the beach environment and competence in the ocean and develop their surf lifesaving skills.

Each student can work through this activity book during class or at home with their parents. We hope you enjoy using this resource and the new skills and knowledge that are part of the Holiday Nippers program.

Are you sun safe?

Listed below are five simple sun protection steps to help you reduce your risk of skin cancer.



Use the surrounding pictures to help you complete the steps.



Slip _____

Slop _____

Slap _____

Seek _____

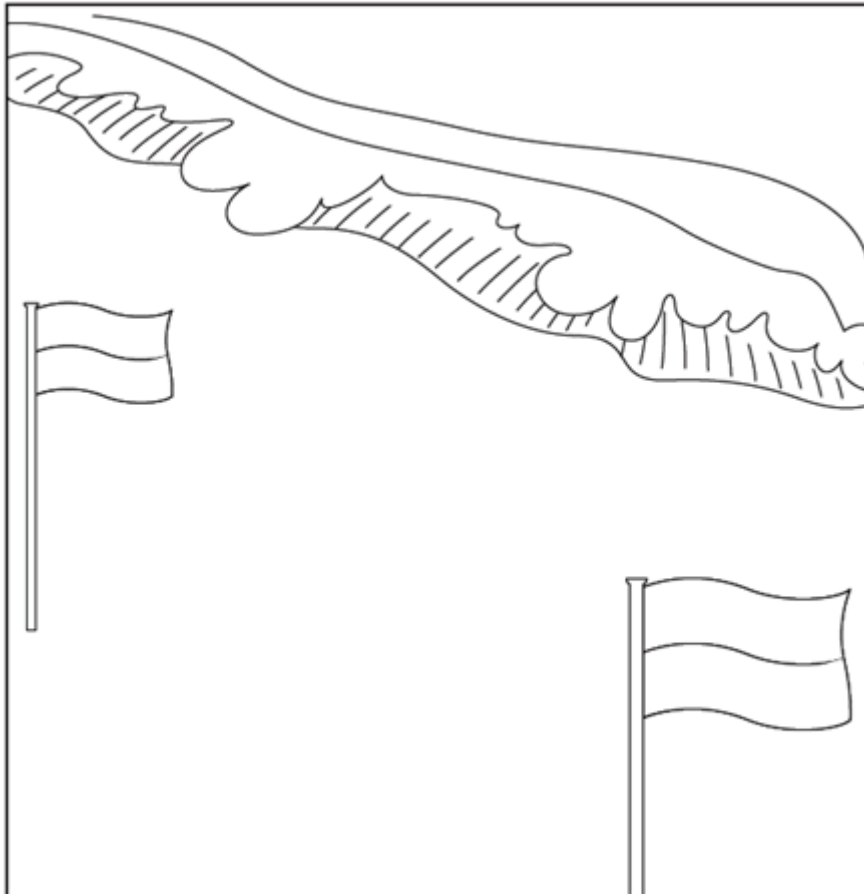
Slide _____



Lifesaving Flags

The most important flags on the beach are the red and yellow flags. These show the supervised area of the beach and that a lifesaving service is operating.

Colour the flags red and yellow on the picture below.



Mark on the picture above where you should swim.

You want me where?

Signals are used by lifesavers to direct swimmers to safer locations or direct them out of danger.

Match each of the descriptions below with the correct signal.

(go further out to sea, move to the right, remain stationery, move to the left)



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It's an emergency

An emergency is when we need to act quickly to help a person who is badly injured or has stopped breathing. Emergencies happen in all types of environments including at home and at the beach. When we come across an emergency, we need to call '000'. When you call '000' you will be connected directly to the emergency services which are the Fire, Police and Ambulance.



In an emergency situation at the beach who would you go to for help?

Danger watch

Label these pictures of dangers you may find at the beach.



An angry sea

There are 3 different types of waves at beaches, surging, spilling and plunging.

Surging waves don't actually break but push over areas where the water goes from very deep, to very shallow, very quickly. These areas include rock platforms and shorelines of very steep beaches where they are also called shore dumps. Surging waves break with a huge amount of power and can easily knock people over.

Spilling waves are the safest type of wave for playing. When spilling waves break, the white water falls down the sloping face of the wave.

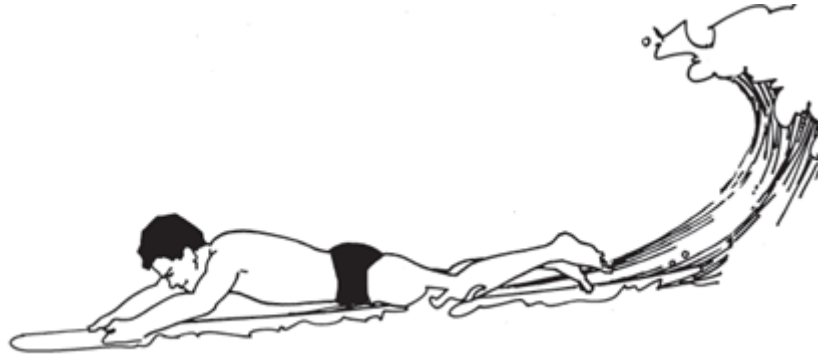
Plunging waves are very powerful waves that usually break in very shallow water and are otherwise known as 'dumping waves'. Because they break with a lot of force, they can be very dangerous and push you underwater and into the sand. Sometimes they throw the water through the air making a hollow cylinder called the barrel by surfers.

See if you can match these wave types to the pictures below.



The easiest way in

Paddle in front of a wave until you can feel it carry you along. As your board goes over the face of the wave, move your weight back – otherwise you will nose dive.



I'm a fish

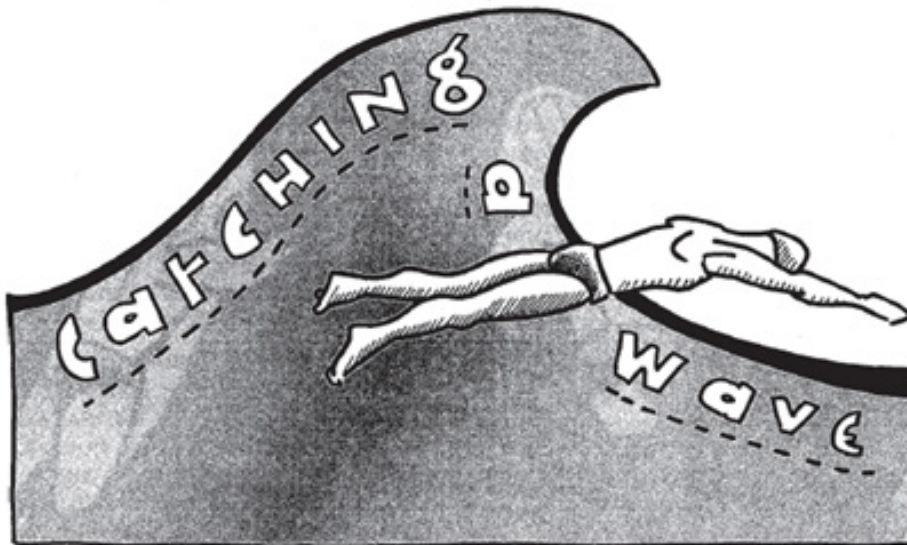
To swim in the surf you need to keep your head down and your mouth shut. Look up on your breathing stroke to check you're on track, and lift your arms and elbows well out of the water.



Name the safest wave type for surfing and body surfing?

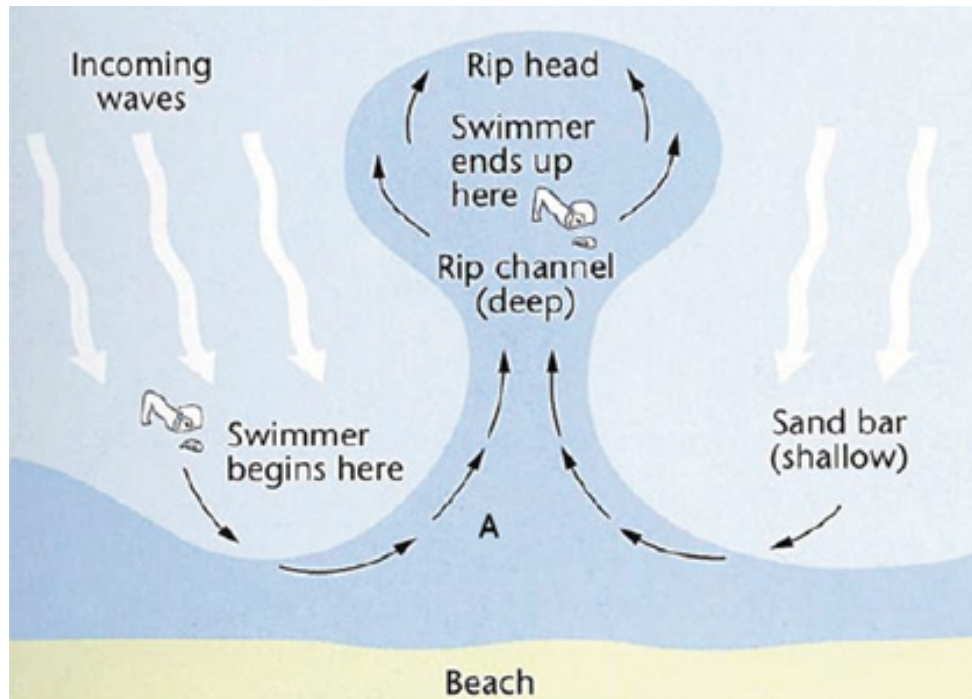
Stiff as a board

To body surf a wave you need to keep your body nice and stiff with your arm outstretched and head down. To catch a wave, keep watching behind you for the approaching wave. Just before the wave hits you take a deep breath. Jump forward or swim hard to match the speed of the wave. Keep your body stiff, head down and kick fast.



You little ripper

A rip is a strong current that can carry you out into deeper water. Rips can be dangerous. Remember – don't panic, float on your back and signal for help.



Can you spot the rip in this picture?



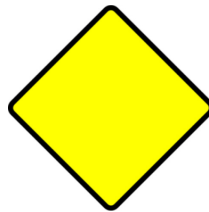
Signs of the time

Most beaches have signs to inform you of the hazards and risks that are at that beach. Signs can be permanent or put in place each day by lifesavers to show you hazards present on that day in a specific location such as rips which can move place to place on different days.

A red circle with a cross through the middle indicates that you must not do something e.g. swim, use a surfboard, fish etc.



The yellow diamond with a black border indicates that there is a danger or hazard e.g. submerged rocks, steep drop off or stingers.



Look at the sign below and list the activities that you are not allowed to do at this beach.



1. _____
2. _____
3. _____
4. _____
5. _____

Quiz questions

Complete the following quiz questions at home or in class and hand back to your teacher.

Use the information in this workbook or visit www.slswa.com.au to search for the answers.

1. Where is the safest spot to swim at the beach?

2. What is the safest wave type for body surfing?

3. Name 2 hazards you may find at the beach.

4. What should you do if you get stuck in a rip?

5. What are 3 tips you should remember when body surfing?

6. How can you identify surf life savers at the beach?

7. Name 3 pieces of equipment you may find in a Surf Life Saving Club?

8. Name 1 beach near you which is patrolled by lifesavers

RESUSCITATION CHART

D



Danger

Check for **Danger** to Yourself, the Patient and Bystanders.

R



Response

Check for **Response** by talk and touch.

S



Send

If unresponsive, **Send** for help by calling **Triple Zero (000)**.

A



Airway

Open **Airway** and ensure it is clear. If not, roll patient onto their side and clear the airway.

B



Breathing

Check **Breathing**. If patient is not breathing or breathing is not normal commence CPR.

C



CPR^{(30:2)*}

Start CPR* Give 30 chest compressions followed by 2 rescue breaths. If unwilling or unable to perform rescue breaths continue chest compressions. **For drowning** give 2 initial breaths before starting compressions.

D



Defibrillation

Attach an Automated External Defibrillator (AED) as soon as it is available and follow its prompts.

This information is not a substitute for first aid training. Surf Life Saving recommends that everyone be trained in first aid.

To get involved and learn to save a life, enrol at RealLifesavers.com.au or call 1300 766 257



SURF LIFE SAVING
WESTERN AUSTRALIA



BeachSAFE

Coastal Aquatic Safety Initiative



To find your nearest patrolled beach and to check the daily conditions and hazards download our free Beachsafe App!