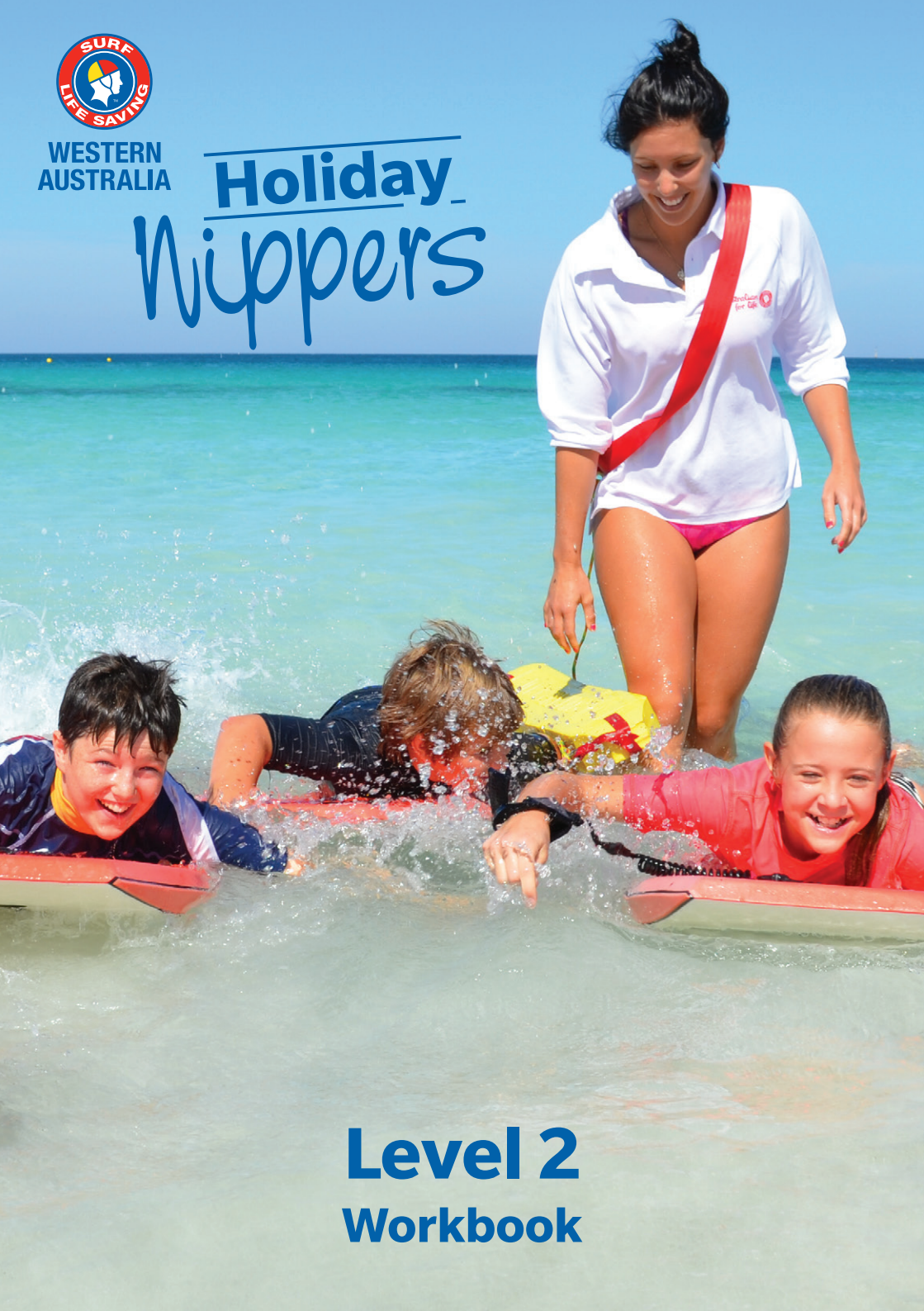




WESTERN
AUSTRALIA

Holiday Nippers



Level 2
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.

Sun effects

Skin cancer is an uncontrolled growth of damaged skin cells due to overexposure to ultraviolet (UV) radiation from the sun. Australia has the highest rate of skin cancer in the world. Every year over 38,000 Australians are treated for skin cancer and over 1,600 will die from the disease. Western Australia has one of the highest rates of skin cancer in the country.

Over exposure to the sun can cause carcinomas (spots and sores that can become ulcerated, bleed and fail to heal), melanomas (spots that change in colour and size), eye damage and sun spots.

It is extremely important to wear protective clothing and apply sun creams continually when in the sun. Prevention is always better than cure so wearing a hat, sunglasses, long sleeved shirts and sun cream that is broad spectrum and water resistant will go a long way to prevent skin damage. Seeking shade as often as possible to decrease the time spent out in direct sunlight will also be beneficial.

What are the five SunSmart messages?

S _____

S _____

S _____

S _____

S _____

F.L.A.G.S

Safety tips when swimming

- Find the flags and swim between them.
The red and yellow flags mark the safest place on the beach to swim.
- Look at the safety signs as they help to identify potential dangers and daily conditions on the beach
- Ask a surf lifesaver for some good advice before entering the water
- Get a friend to swim with you so that you can look after each other.
- Stick your hand up for help if you get into trouble in the water, stay calm, raise your arm to signal for help. Float with a current or rip, don't try to swim against it.

Remember to always swim at a patrolled beach as a lifeguard can't save you if they can't see you.



You want me where?

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

Write in each box below the picture what the signal means.



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Check the conditions

The conditions of the weather can have an impact on the environment. The sun, rain and wind changes minute by minute and is different all over the world. The weather also has an impact on how many people use the beach during different seasons of the year.

The beach conditions will change due to the impact of the waves at our beaches. When we have large dumping waves at our beaches, we will find that the sand on the beach will be sucked back into the ocean and the sand area will decrease, leaving steep and dangerous embankments near the water's edge. When we have the softer spilling waves, the sand is taken back to the shore and the sand area on our beaches increases.

Name 2 places you can check the conditions of the beach

(Think weather conditions and local hazards)?

Rip it up

There are 3 different types of rip currents:

- Topographic - remains in the same spot for many years due to permanent fixtures such as rocks, groynes, drains or reefs.
- Fixed- generated by semi-permanent hole or gully on the ocean floor. Lasts from a few hours to many months.
- Flash- temporary, may be due to large surf build up in a short amount of time

Rips are dangerous to the unsuspecting swimmer as they can drag a swimmer out to deep water fairly quickly.

Rips can be identified by seeing debris floating on the surface of the water, the water may be discoloured due to the amount of sand that has been churned up by the volume of water and the surface is generally smoother (less waves).

Lifesavers can use a rip to perform a fast rescue and surf board riders will often use a rip to get back out to deeper water after catching a wave to shore.

What should you do if you become stuck in a rip?

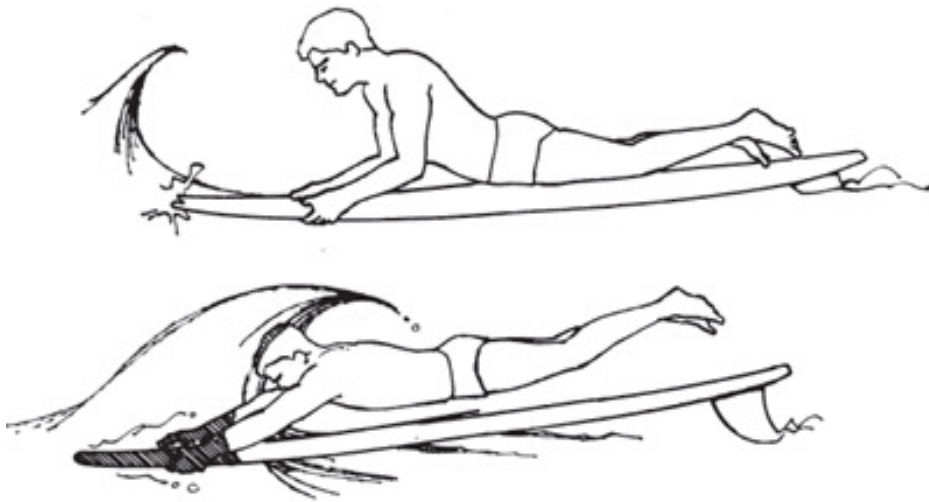
Can you identify the rip in the picture below?



Getting through it

Always warm up before you do any rigorous exercise, otherwise you may hurt yourself. Stretching your arms, legs and back muscles jogging on the spot will increase blood and oxygen flow.

Holding the board firmly, sink the nose of your board as though you were doing a push up. Duck your head towards the middle of the board. Then move towards the nose of the board as you come back to the surface.



Risky business

The beach environment is one that is used by many different people. It is important to understand the types of people who frequent your beach.

There are several groups of people who fall into the category of being “at risk beach users”:

- Very young and very old people should always be observed carefully
- Young children approaching the water without adult supervision
- Overweight people are often in poor physical conditions
- Migrants and tourists who don’t understand the dangers of the beach environment
- Unstable or intoxicated people could have a lack of coordination
- People who are dressed inappropriately could be inhibited by clothing that is unsuitable

As our young lifesavers develop their skills of observation they will be able to identify and recognise people at risk in a beach environment.

Recommended actions to help avoid people getting into dangerous situations may include:

- Using signage
- Talking to people
- Preventative education

What should you do if you get into trouble in the water?

What should you do if you see someone else in trouble in the water?

What's What?

Label the Surf Life Saving equipment shown below.



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Tube rescue

The rescue tube is a simple flotation device which can be dragged behind the lifesavers as they swim towards the patient.

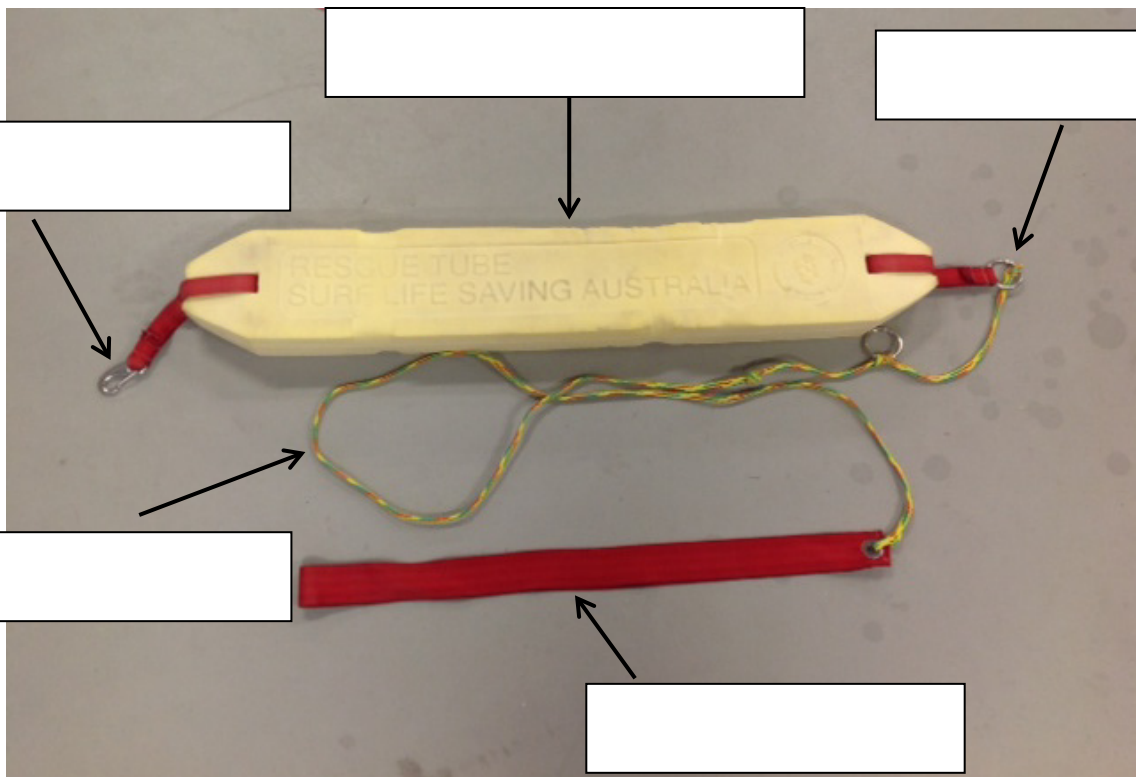
One end is a clip and the on the other end is a ring. To secure a patient, you wrap the tube around the waist of the patient and secure the ring into the clip. There is also a long rope and strap that secures the tube to the rescuer as they swim towards the patient.

The rescue tube will provide additional buoyancy to the patient who can then be dragged back to shore, or assisted by a rescue board or rescue boat.

Can you label the parts of the rescue tube below?

Choose from the following names:

Clip Ring Rope Tube Sash



A Helping Hand

First aid treatment for cuts and abrasions



- Always protect yourself from cross contamination by wearing protective gloves.
- Clean with soapy water.
- Control the bleeding with pressure if required.
- Cover wound with non stick dressing to protect from further infection.

First aid treatment for nose bleeds



- Seat the patient with their head bent forward and the soft part of the nostrils squeezed between the thumb and forefinger for up to ten minutes.
- If bleeding does not stop within ten minutes, or starts up again after the initial bleeding stops, get medical help.

First aid treatment for cramps



- Continue to stretch the cramped muscle.
- Drink plenty of fluids to rehydrate the body.

A Helping Hand

First aid treatment for sprains and strains



- **RICER** is the basic treatment for acute muscle, ligament and bone injuries.
- **Rest:** Sit or lie the injured person down and don't allow anything which puts strain on the affected area.
- **Ice:** use ice or cold packs to cool the affected area. A bag filled with ice pieces is ideal. This should then be wrapped in a damp cloth.
- **Compression:** wrap a compression bandage around the injured limb to support it and restrict movement and local swelling at the site of the injury.
- **Elevation:** the injured limb should be supported so that it is above the level of the heart.
- **Refer:** to a doctor if required.

First aid treatment for sunburn



- Rest in a cool place.
- Cool with water for up to 20 minutes.
- Give patient fluids.
- Do not prick blister.

First aid treatment for fainting



- Lay the patient flat, without a pillow.
- Keep head level with heart and raise legs
- Place unconscious patients in lateral position.

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 or beachsafe.org.au to find the answers.

1. Write down 3 important coastal safety tips? (hint: check slswa.com.au)

2. Name 3 ways you can spot a rip?

3. Name one hazard and one regulation at a beach near you (Hint: check beachsafe.org)

4. Name 2 things you should do to protect your spine when body surfing?

5. Name 2 ways you can help protect the dunes and the environment at the beach?

6. What should you do in an emergency situation at the beach?

7. When performing first aid what's the first thing you should remember?

8. Name 2 common first aid cases you may encounter at the beach?

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!