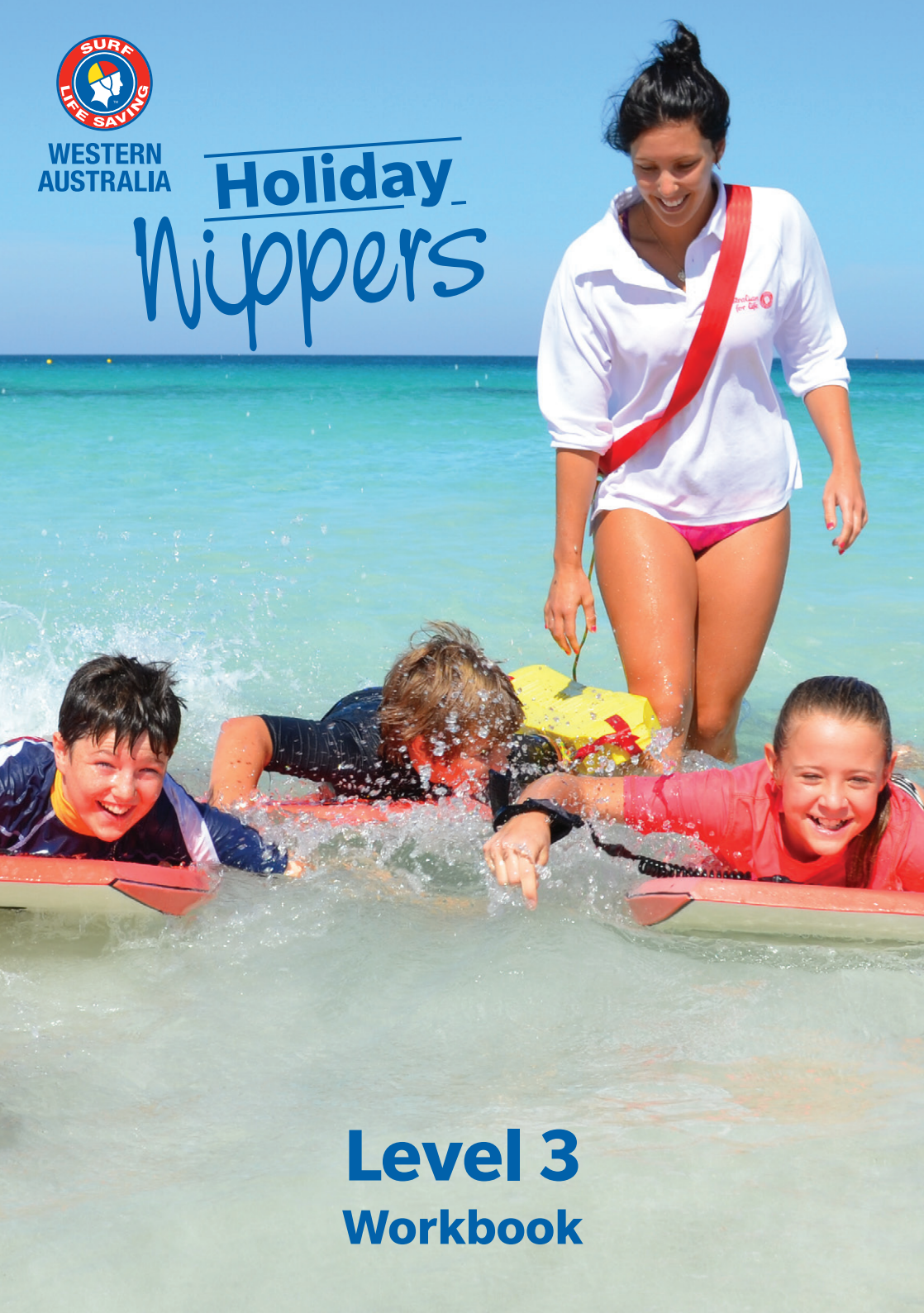




WESTERN
AUSTRALIA

Holiday Nippers



Level 3
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.

Count the Tips

- Never swim at unpatrolled beaches as there is no guarantee someone is watching and can help you if you get into trouble.
- Never swim at night because you cannot see any dangers that may be present and no one will be able to see you if you get into trouble.
- Never swim under the influence of alcohol because you do not have the same level of coordination and can make stupid choices regarding safety.
- Never run and dive into the water because you don't know what is under the water that you might land on and you may also trip over and hurt yourself while running in.
- Never swim after a meal because your body will be focusing its energy on trying to digest your food and you won't have the same energy levels to assist in the physical activity of swimming.

F.L.A.G.S Safety Tips

F – Find the flags and swim between them. The red and yellow flags mark the safest place on the beach to swim.

L – Look at the safety signs as they help to identify potential dangers and daily conditions on the beach

A – Ask a surf lifesaver for some good advice before entering the water

G – Get a friend to swim with you so that you can look after each other

S – Stick your hand up for help if you get into trouble in the water, stay calm and raise your arm to signal for help. Float with a current or rip, don't try to swim against it.

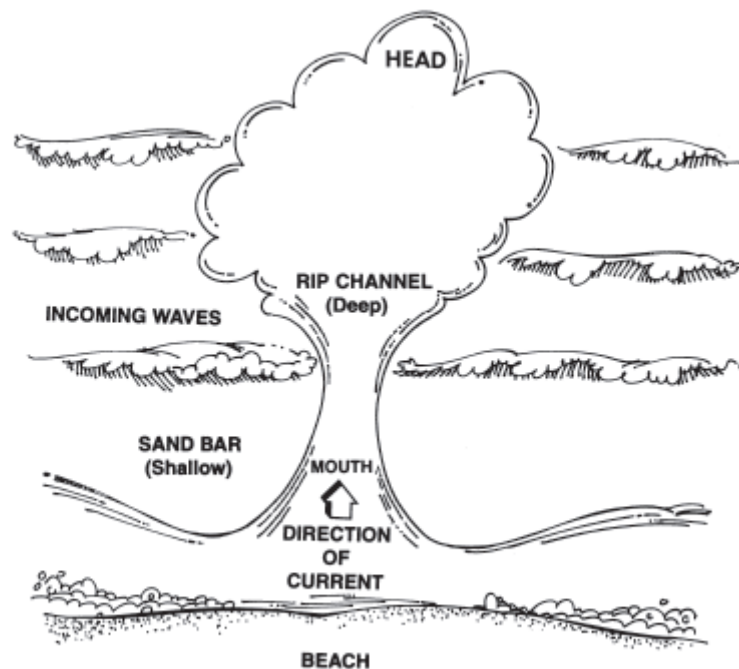


Rip it up

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.

Rips can be useful for experienced swimmers because they can be used to get out to the deeper water quickly. Life savers can use a rip to get back out to deeper water after catching a wave to shore.



Match up the following rip types with the correct description:

- | | |
|-------------------|--|
| Permanent | Often due to large surf build up in a short amount of time |
| Fixed | Moves along the beach |
| Flash | Remains in the same spot for many years |
| Travelling | Long established hole/gully, lasts for months |

You want me where?

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

Draw how each signal would look.

Move Right	Move Left
Return to shore	Remain stationary

DRABCD

Basic emergency care management can be remembered as DRSABCD. What does each letter stand for?

D

R

S

A

B

C

D

Patched up

Match up the following injuries with the best treatment:

Sunburn	Sprains & strains	Nose bleeds
Shock	Cramps	Fainting

A. Stretch and drink plenty of fluids	B. Rest in a cool place, cool with water for up to 20 minutes and give patient fluids.	C. Lay the patient flat without a pillow, keep head level with heart and raise legs. If unconscious place in lateral position
D. Seat patient with head bent forward with soft part of nostrils squeezed between thumb and forefinger for up to 10mins	E. Assess patient for DRABCD, stop any bleeding and raise legs if possible, protect patient from extremes of temperature, do not give drinks or food, give oxygen therapy if required	F. RICER (Rest, Ice, Compression, Elevation, Refer)

Barrier to bugs

When training in first aid or administering first aid it is important to protect yourself from cross infection. Coming into contact with blood or saliva from another person can give germs an opportunity to spread to the first aider via cuts and via mouth to mouth resuscitation.

When using any equipment for training purposes, it is important to clean the equipment before you use it. Manikins and masks should be scrubbed in warm soapy water after or before each training session. You should also wash your hands before, during and after training sessions.

When administering first aid you should wear gloves and use a face mask during resuscitation to reduce the risk of any cross infection from the patient.

It is also important to dispose of gloves and any disposable contaminated items properly.

State two personal protective items that you should carry in your first aid kit:

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

2. What types of injuries would you treat with RICER?

3. Name one important technique to remember when body surfing waves?

4. Name the 4 different kinds of rip currents?

5. Identify 2 things you should check before entering the water?

6. Name one place where you can get up to date beach and weather information?

7. If someone on the beach is signalling to you with both hands in the air what should you do?

8. What are the rates of CPR for an adult?

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!