



## **JUNIOR DEVELOPMENT RESOURCE KIT (JDR)**

- The Age Managers Learner Guide
- Age guides
- Award summary
- Lesson plans
- Work sheets
- Record sheets
- Surf education passport
- Additional resources



## AGE MANAGERS LEARNER GUIDE

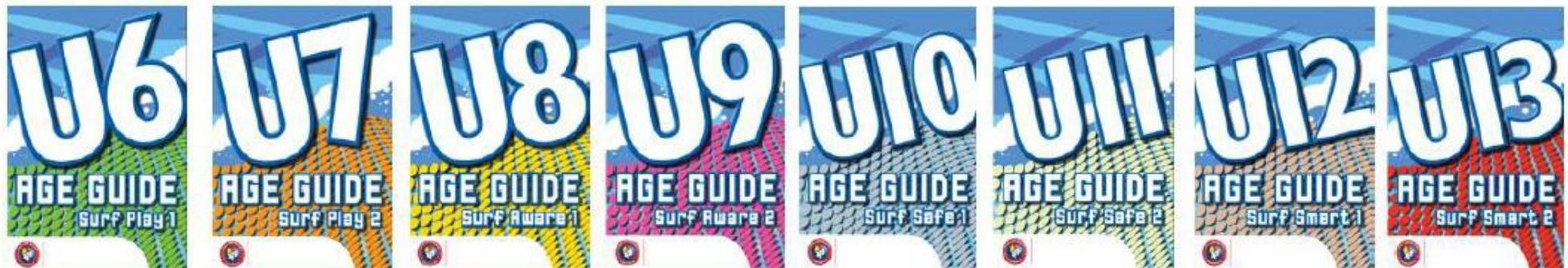
- A guide through the knowledge expectations and requirements of being an age manager
- Covers all topics included in this course
- Contains templates to assist age managers



## AGE GUIDES

The four (4) main parts to an age guide are:

1. Award summary
2. Lesson plans
3. Nipper surf sports – coaching points
4. Nipper surf sports – events.





# AWARD SUMMARY

A one (1) page summary of the specific age group award.

- Overview of each award's learning outcomes
- Shows parents what their child will learn
- Guide for creating your own lesson plans

## Award Summary

Surf Aware 1, U8



### Junior Preliminary Skills Evaluation

Swim Distance: 25m (any stroke) Survival Float: 1 minute

Topic	Learning Outcomes
<b>Introduction to Surf Life Saving</b> Lesson: Welcome to the family!	Develop an understanding of surf life saving in Australia Identify the surf club as a welcoming place
<b>Personal Safety</b> Lesson: Feeling safe at the beach	Identify what it means to feel safe Identify people to talk to if feeling unsafe at the beach
<b>Ecosurf</b> Lesson: Our beach environment	Recognise the diverse human and marine communities that make up a beach ecosystem
<b>Sun Safety</b> Lesson: Being Sunsmart	Understand and demonstrate the sunsmart guidelines Understand what happens when they're not sunsmart
<b>Surf Conditions and Hazards</b> Lesson: Hazard Watch	Identify dangers at the beach
<b>Surf Safety</b> Lesson: Stick your hand up	Recognise the signs that they are in trouble in the water Demonstrate the signal for 'assistance required'
<b>First Aid</b> Lesson: It's an emergency	Recognise what an emergency situation is Describe when and how to dial '000' if an emergency situation is identified
<b>Signs and Signals</b> Lesson: It's all red and yellow	Recognise the Red and Yellow flags Understand what the Red and Yellow flags mean
<b>Board: Paddling Technique</b> Lesson: Small board big fun	Attempt or perform catching a wave on a body board
<b>Swimming: Entering the Surf</b> Lesson: I'm a dolphin	Attempt or perform wading Attempt or perform dolphin-diving
<b>Beach Sprint: Starts</b> Lesson: Ready, Set, Go!	Attempt or perform a standing beach sprint start
<b>Flags: Starts and Turns</b> Lesson: Get off the ground	Attempt or perform beach flags starts



## LESSON PLANS

### Step 1

Read the lesson plan to prepare and plan

### Step 2

Decide who is best to deliver that lesson

### Step 3

Check references to further knowledge resources

Lesson plans help you deliver a lesson:

- that satisfies the learning outcomes
- if you have little or no surf lifesaving knowledge
- without you having to prepare your own
- if you have been asked to step in at the last minute to replace a sick age manager.



# LESSON PLAN SECTIONS

Lesson Name

All a-board

SURF Rescue 2 LESSON #9

Lesson Number

Estimated Lesson Time and relevant Lesson Location symbols found here



### LEARNING OUTCOMES

Attempt or perform positioning on a ripper board

Attempt or perform paddling on a ripper board

Award Name

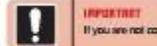
### PREPARATION

Ripper Boards

Water Safety Personnel (15)

Lesson Outcomes (always first)

Preparation (always second)



### IMPORTANT

If you are not confident coaching the skills in this lesson bring in a surf sports athlete or coach to help deliver the lesson.



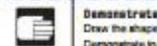
### Coaching Points

**POSITIONING ON A BOARD**  
Lying in the centre of the board. Chin slightly raised. Feet in water (act as training wheels)

### PADDLING A BOARD

Paddle in a slow breaststroke action. Reach out past the nose of the board. Pull through along the board and exit hand when it is level with the hip.

Example of info Box or Coaching Points box

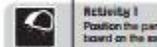


### Demonstrate

Draw the shape of a board in the sand or lay a board on the sand (digging a hole where the fin is so the board lies flat)

Demonstrate to the participants the correct body positioning on a the board

Demonstrate and discuss what will happen if too far forward or too far back on a board (too far forward you will nose dive, too far back and you will find it hard to catch waves)

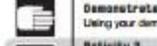


### Activity 1

Position the participants in a semi circle and ask them to draw the shape of a board in the sand each with a board or lay a board on the sand (digging a hole where the fin is so the board lies flat)

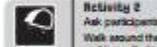
Ask participants to correctly position themselves on their board.

Walk around the semi circle and check to see all participants are in the correct position, making adjustments as necessary.



### Demonstrate

Using your demonstration 'board' demonstrate to the participants the correct paddling technique on a the board



### Activity 2

Ask participants to practice the correct paddling technique on their 'boards'

Walk around the semi circle and check to see all participants are demonstrating the correct paddling technique, making adjustments as necessary.



### Activity 3

Make your way down to knee depth water with participants and water safety personnel

Ask the participants to get onto their board in the correct position.

Walk around the group and check the position of each of the participants.

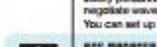
Play some games such as:

Who can balance on their board without falling off in 1 minute

Have one participant lying on a board and a partner (or water safety personnel) holding the back of the board trying to shake them off.

Finish by getting the participants to practice their paddling in knee to hip depth water in an area determined by water safety personnel (at this level it is best to keep participants close to shore as they won't have the total skills needed to negotiate waves etc)

You can set up a course using the water safety personnel that the participants have to paddle around.



### AGE MANAGER TIPS

If you do not have enough boards get the participants to partner up.

If you have parent helpers or additional water safety personnel ask them to assist by keeping participants balanced on the boards whilst in the water.

Age Managers Tips

Further Reference: Look here for where to go for further information

Further References: SLSA Training Manual

Page number

# LESSON PLAN SYMBOLS

SYMBOL	DESCRIPTION
	Stop Watch – Estimated time the lesson will take
	Surf Club – Lesson will be conducted inside the Surf Club
	Beach – Lesson will be conducted on the Beach
	Water – Lesson will be conducted in the Water
	Learning Outcomes – Participants should achieve these outcomes by the end of the lesson
	Preparation – What you will need to organise before the lesson to deliver the lesson effectively
	Discuss – Group discussion led by the Age Manager (learning by listening)
	Activity – An opportunity for participants to learn or practice while participating in an activity (learning by doing)
	Demonstrate – Demonstrate the skill to the participants (learning by seeing)
	Info Box– Helpful information to help you with the delivering the lesson
	Coaching Points – Helpful coaching points for teaching correct skill technique
	Important – Ensure you read this before beginning the lesson
	Age Manager Tips – Handy tips to help you during the lesson
	Assumed Skills – The lesson assumes participants have acquired previous skills from earlier lessons



## LESSON PLAN DELIVERY OPTIONS

### Option 1

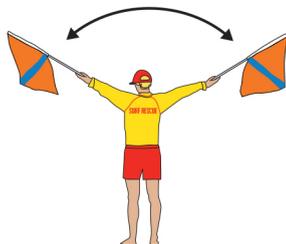
Deliver a basic single lesson plan on a topic.

### Option 2

Deliver this lesson as part of guiding Nippers through a Surf Rescue Certificate and/or Provide first aid certificate over the season.

# SIGNALS

## PUBLIC SAFETY & AQUATIC RESCUE



1a. ATTRACT ATTENTION



1b. ATTRACT ATTENTION



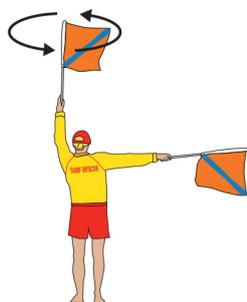
2a. GO TO THE LEFT



2b. GO TO THE RIGHT



3. REMAIN STATIONARY



4. PICK UP SWIMMERS



5. RETURN TO SHORE



6. PROCEED FURTHER OUT TO SEA



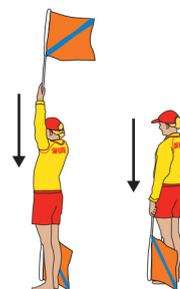
7. PICK UP AND ADJUST BUOYS



8. INVESTIGATE SUBMERGED OBJECT



9. MESSAGE NOT CLEAR



10. MESSAGE UNDERSTOOD



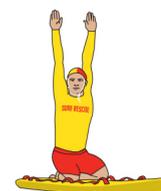
11. ASSISTANCE REQUIRED



12. SHORE SIGNAL RECEIVED & UNDERSTOOD



13. EMERGENCY EVACUATION ALARM



14. SEARCH COMPLETED



15. BOAT WISHES TO RETURN TO SHORE



16. CODE 'X' - SUBMERGED PATIENT IS MISSING



17. ALL CLEAR/OK