



SLS Sydney - Junior Development

Life Saving Exhibition Day

Outline and Activities

August 2017





A NEW Challenge to all SLS Sydney Nipper Clubs for 2017-2018

**“Nippers” is the Junior Surf Life Saving Division
of a Surf Life Saving Club ...**

**We are actually a Junior Division of a specific group within
the Club....Life Saving.**

**Once we complete the Surf Ed Part of the Season, prior to Dec 31st, the
focus of many CLUBS is that we are now preparing for Branch and State ...
but we ask the question why? - what about the rest of the Nippers.. the
other 85% .. what is now their GOAL for the Season..**

**This Event is not for when State is on, its for ALL the Junior Lifesavers at
end of Season ..to celebrate and exhibit the lifesaving skills learnt.**

LIFESAVING CHALLENGE FOR 2017 - 2018

That each Nipper Club at end of Season, last or second last day, deliver a Lifesaving Exhibition Day on the beach from the U9's up..

This Exhibition includes Tube and Board Rescues, Rescue Relays, CPR and Basic First Aid response, and is delivered within a Patrol perspective, presenting Leadership, Teamwork and Communications.

This should also include the Lifesavers of the Club working with the Nippers - so lots of Red and Yellow on the beach - and Invite the Exec..

The Parents, siblings aunts, uncles and grandparents will see their children saving lives and being a "hero".

Invite your Sponsors so they can see where their investment is going .

Invite Local Community leaders and local media to the day to show them what you are doing as a Surf Life Saving Club..be proud of your young lifesavers in training.

There will also be a Branch Award for each club for best Lifesaving Team

The aim of this Lifesaving Event is to end your Season with a major outcome, achieved by the entire Nipper team.

To show the Club and the community what you have achieved in this season, and show how your “young lifesavers in training” respond to these situations.

This will impact in you Season Calendar, as you will need to train the following skills across six age groups throughout the season to ensure a good skill level.

Tube rescue & Board rescue (Conscious and Unconscious) - CPR 1 and 2 person - Signals - Role of Patrol - Communications, Response, Leadership.

Break your Age Groups into Mini patrols for the Lifesaving Training, and appoint a PC and a VC, and rotate these positions.

You should be engaging with your Club to how the above can be achieved, using the best people possible to train the young lifesavers in the above.

Minimum Bronze Medal Proficient.

LIFESAVING EXHIBITION EVENT

Contains the following elements

Distances are not prescribed - these should be achievable by the participants as this is an Exhibition Event for all the Junior Lifesavers... can be in the white zone if need be for tube rescue.

Break Junior Lifesavers into Patrols with one Junior as the PC

Conditions suitable for the skills of the age group

Water Safety in place prior to the Event

Club Adult Lifesavers, PC's and VC's in Patrol Uniform are used on the day to assist, encourage, provide commentary and assess if required.

Ensure all equipment is checked prior

Ensure your prior training has focussed on rescue techniques and communications and leadership

LIFESAVING EXHIBITION EVENT

Single Rescues:

Tube rescues - Single - then reverse the teams

Board rescues (further out) Single - then reverse the teams

Both Conscious and Unconscious rescues can be done if so desired

Lifesaver Relay

1 x Runner to the patient - Patient swims out to WS

Raises hand - tube rescuer swims out

gets to patient attaches the tube and signals - and holds

Board rescue enters the water

Paddles to patient - tube off

Board Rescue patient

Paddles patient in

2 person walk up the patient to Dry Sand (Conscious walk up)

Apply 2 person CPR. (Unconscious)

Then done again, swapping roles between water and CPR

CPR and First Aid

Break into Patrol Groups

1 and 2 person CPR and swap roles to ensure everyone gets a go

All covering DRSABC and D for U13's & 14's

U14's will use Radios in their role plays

Focus on technique, efficient and communications.

FA Suggestions:

Sprained ankle

Bleeding arm

Blue bottle sting (patient not well)

Blue ring octopus

No lifts and carries as these are not part of SRC

At Conclusion:

Once the above is completed in their Age Groups you can then bring 1 x Patrol together from say the U11s or 12's , 13' and U14's

These patrols can then have a Relay against each other in the Lifesaver Relay

Water Distances different for the teams, as its aimed to bring them all back to the beach at the same time.

You can also include a Water Safety Team or two in this same event ..this works well as the Nippers see the adults doing the same

**Final Team can be awarded the Branch Lifesaver Team for the Season
This would be based on an assessment of technique, efficiency, communications, leadership and effectiveness of the team perspective in the Rescue..**

This is an event where the whole cub can come together and share they skills

You have the opportunity to present to the wider community

People will be active within a team environment, not just individuals

Swap skills out, not just best swimmer for tube rescue

Include the WS team as much as able.

Invite PC's and VC's so they can see the skills you are teaching and see how well they are being learned .

***Any questions re this document please contact
Doug Hawkins- Director of Juniors Activities Sydney Branch
nippers@surflifesavingsydney.com.au.***