

Bethells Surf Life Saving Rookie program

ROOKIE COORDINATOR- PAIGE ATKINS



Content

1. Risk management
2. Roles and responsibilities
3. Surf environment
4. Communication
5. Scanning technique and patient identification
6. CPR
7. First aid
8. Sun smart
9. Rescues and releases
10. Extra components



Risk management

What are the seven steps in effective risk management that lifeguards carry out every patrol?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



Risk management

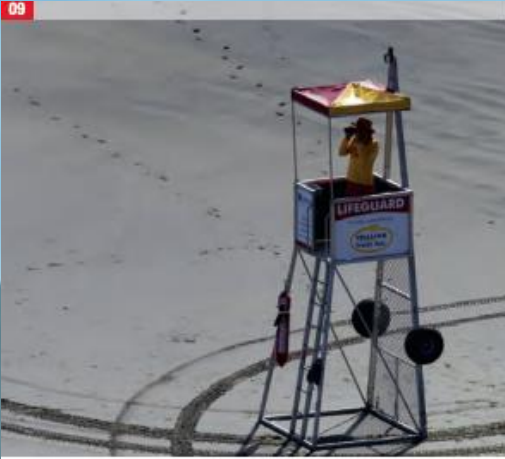
Name three ways a lifeguard can protect themselves on the beach?

- 1.
- 2.
- 3.

Name two ways you can help to reduce injuries to members or visitors of the surf club?

- 1.
- 2.

09



10



11



Roles and responsibilities

Give three examples of when you should not be wearing your patrol uniform

- 1.
- 2.
- 3.

What is a preventative action?

Why is a good public perception of Surf Lifeguards import for Surf life Saving?



1. What does the NSOP describe?

2. Why is the NSOP important?


3. What does the CSOP

4. Why is CSOP important

5. Who in the club is responsible for updating the CSOP



SLSNZ Patrol Captains Report Form



SURF LIFE SAVING

Patrol & Team Details				Type of Service (Tick one box)			
Club / service				Voluntary			
Patrol team (if allocated)				Regional guard			
Patrol captain				Callout			
Date of patrol		/ / S M T W T F S		Event safety			
Patrol location				Other			
Patrol description / notes / hazards / additional information:							

Patrol Information				Patrol Conditions		Start of patrol		Comments	
Patrol start time				See codes	Weather				
Patrol finish time					Wave height				
High tide time					Surf conditions				
Peak headcount					Wind strength				
Total hours worked					Wind direction				

Patrol Members (contact)											
	First name	Last name	SLSNZ number	Role	Start	Finish	Hours	Head counts	On beach	In water	Total
					Use 15 minute time units			06.00			
1								07.00			
2								08.00			
3								09.00			
4								10.00			
5								11.00			
6								12.00			
7								13.00			
8								14.00			
9								15.00			
10								16.00			
11								17.00			
12								18.00			
13								19.00			
14								20.00			
15								21.00			
16								22.00			
17								Peak			
18								Notes:			
19											
20											
21											
22											

Resources		Actions		Number	# forms complete
Number of patrol members		Number of people rescued			
Number of patrolled areas		Number of people assisted to safety			
Number of IRBs / RWC		Number of people needing major first aid			
Number of radios		Number of minor first aid incidents			
Number of ATVs		Number of people searched for			
Other equipment: (list below)		Number of preventative actions			
		Est. No. of public involved in preventative actions			

Signed:

(patrol captain)

1. What is this document?

2. When would you use this?



[illegible]

1. What is this document?

2. When would you use this?



2. When would you use this?

Role of a lifeguard

Discuss the duties of each patrol member and allotted tasks while on duty. E.g. Patrol Captain, IRB Driver, Radio Operator etc.

Patrol captain-

IRB driver-

Radio operator-

Discuss the types of hazards commonly found at the beach or aquatic environments and how lifeguards protect themselves and the public from the following:

- Biological hazards
- Natural hazards
- Environmental hazards
- Personal hazards



Surf environment

What is a wave and how is it formed?

What factors can affect the size of waves?

What is a tide?



Identify the wave and explain the characteristics



Wave type-
Characteristic



Wave type-
Characteristic



Wave type-
Characteristic

RIPS

What is a RIP current?

Name four ways of identifying a RIP

1.

2.

3.

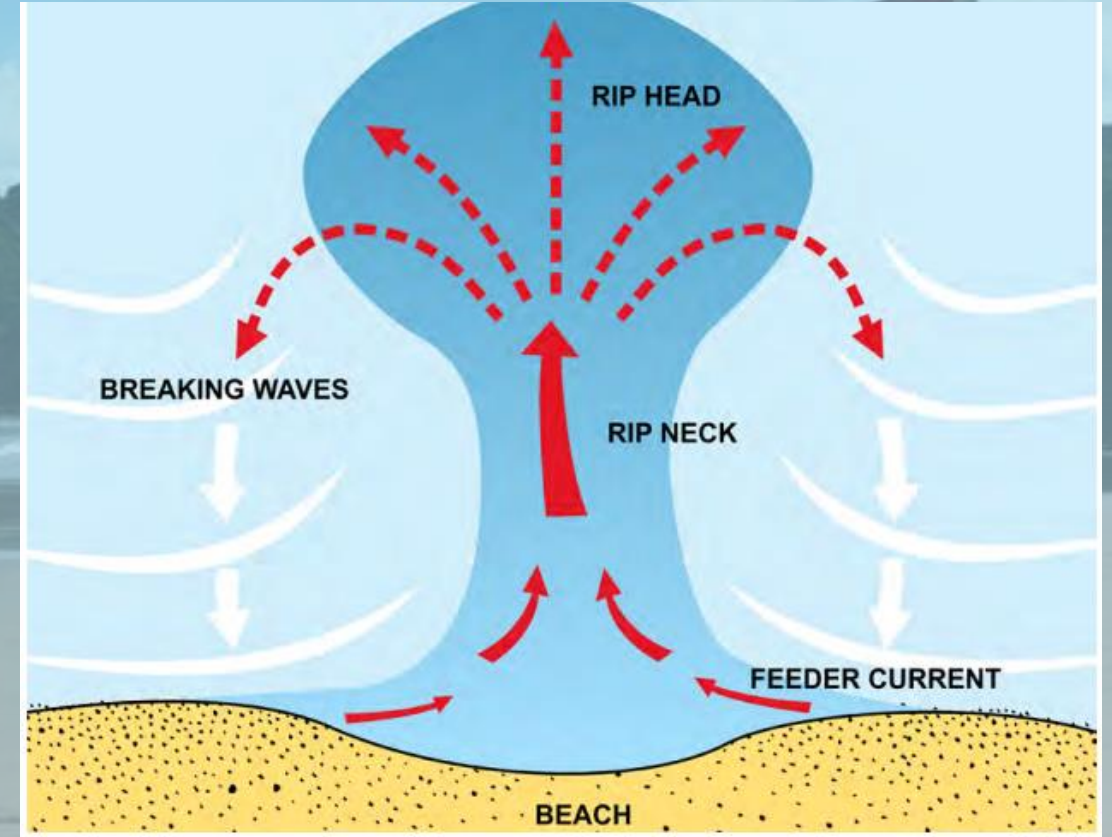
4.

If you need to escape the rip current
what is the 3 R'S

1.

2.

3.



Lifeguard communication

What are the five skills that lifeguards need to understand and master to be an effective communicator?

- 1.
- 2.
- 3.
- 4.
- 5.

Describe why we use radios on patrol



Verbal and Non Verbal communication

Verbal communication examples

Non Verbal communication examples

What communication barriers exist in the Surf Life Saving Environment?



Two way radios



If a boat is in trouble what channel would you communicate with them on?

What should you say into the radio in an emergency?

What does out mean?

Discussion components- via zoom

1. Describe why we use radios on patrol.
2. Describe the types of radio used (base set, hand held, digital)
3. Discuss the radio network system used in your area.
4. Discuss the use of correct language on the radio i.e. over, out and call signs.
5. Discuss the role the radio network operator plays in your area.
6. Discuss the Radio Channels specific to your clubs' area and region
7. Discuss the maintenance and care of radios, including immersion of a radio in water.
8. Discuss the use of a Radio in an Emergency and the 4 P's. Position, Problem, People, Progress



Hand signals

Signalling From Land to Sea



To Attract Attention between Boat and Shore
Two rescue tubes waved to and fro, crossing above the head.



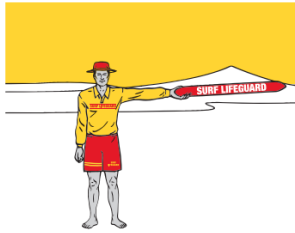
Return to Shore
One rescue tube held above the head.



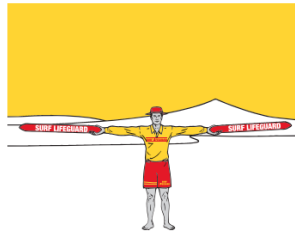
Proceed Further out to Sea
Two rescue tubes held above the head.



Message Understood-Clear.
One rescue tube held stationary above the head and cut away quickly.



Proceed in the direction indicated
One rescue tube held at arm's length parallel to the ground and pointed in the required direction.



Remain stationary
Two rescue tubes held at arms length parallel to the ground.



Pick up Swimmers.
One rescue tube waved in a circular manner around and above the head and a second held parallel to the water's edge and horizontal to the ground. After signal is acknowledged by craft, direct to swimmers as required.



Shore Signal Received and Understood
One arm held vertically, then cut away sharply.



All Clear
Both arms held in the horizontal position.

Signalling From Sea to Land

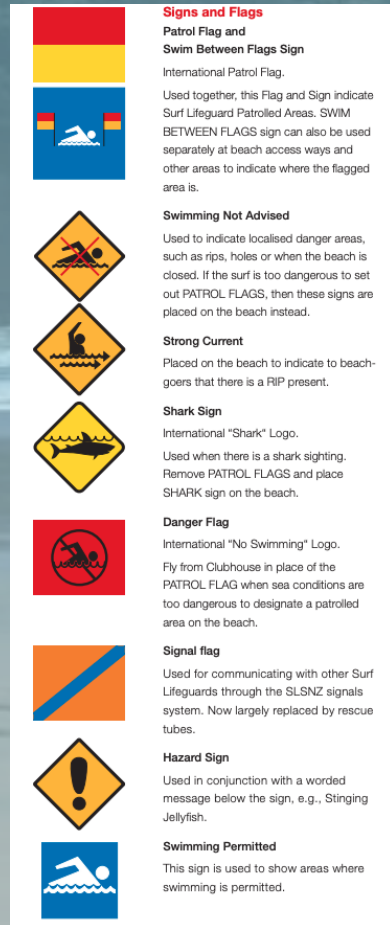


Ok Signal
Internationally recognised diver's signal. One arm is curled round the top of the head to form an "O".



Assistance Required
One arm waved to and fro above the head.

Scanning technique and patient identification



Name three things that may affect scanning requirements and techniques

- 1.
- 2.
- 3.

Identify the five key points that important when learning how to scan and describe what each entails

- 1.
- 2.
- 3.
- 4.
- 5.

Scanning technique and patient identification

What are the principles of the five minute scanning approach

Identify five signs of a swimmer in trouble?

- 1.
- 2.
- 3.
- 4.
- 5.

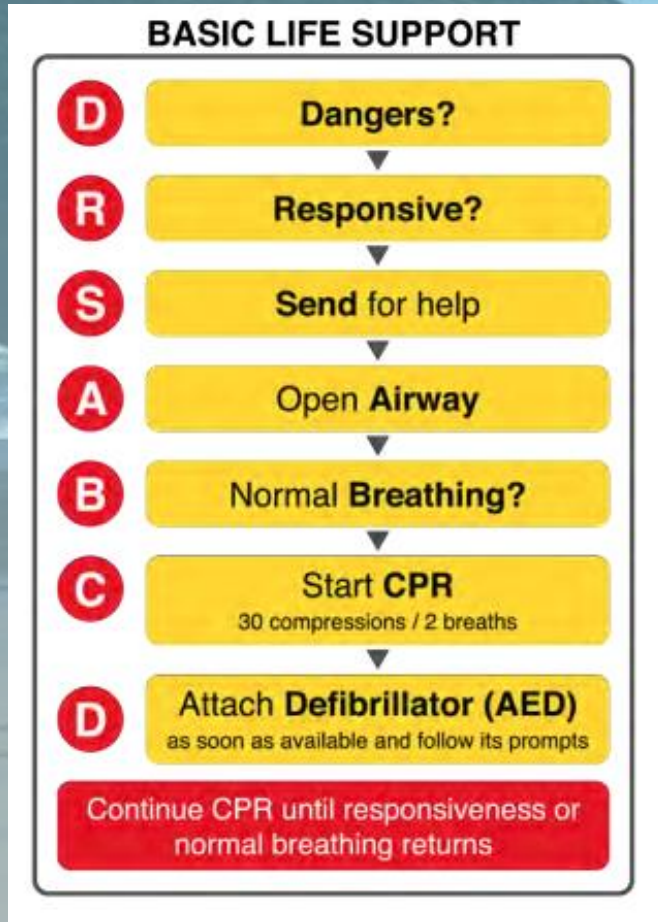
Name five types of scanning patterns

- 1.
- 2.
- 3.
- 4.
- 5.

CPR

If you were alone with an adult who is unresponsive and not breathing what should you do?

What is the compression rate for CPR?





First Aid

Name three ways burns can be caused?

- 1.
- 2.
- 3.

What is the difference between heat exhaustion and heat stroke?

What is hypothermia?

Signs and symptoms of Hypothermia?



First Aid

How should you treat a jellyfish sting?

Name three things you should do to manage a head injury?

What are symptoms of a major head injury?

- 1.
- 2.
- 3.



First aid

What is signs and symptoms of internal bleeding?

What is the signs and symptoms of shock?

What is shock?

How should you treat shock?



Discussion Components- First Aid via zoom

1. Discuss the first aid incidents that are likely to occur at the beach and how to treat them.
2. Discuss the importance of self-safety first; i.e. site survey and wearing gloves etc.
3. Discuss basic signs, symptoms and management of the following: Elements of the RICED principle of treatment, bleeding, asthma, hypothermia, heat exhaustion, shock and management of stings and sprains.



Sun Smart

Us as lifeguards spend long durations in the sun, how do we keep ourselves safe?



S-



S-



S-

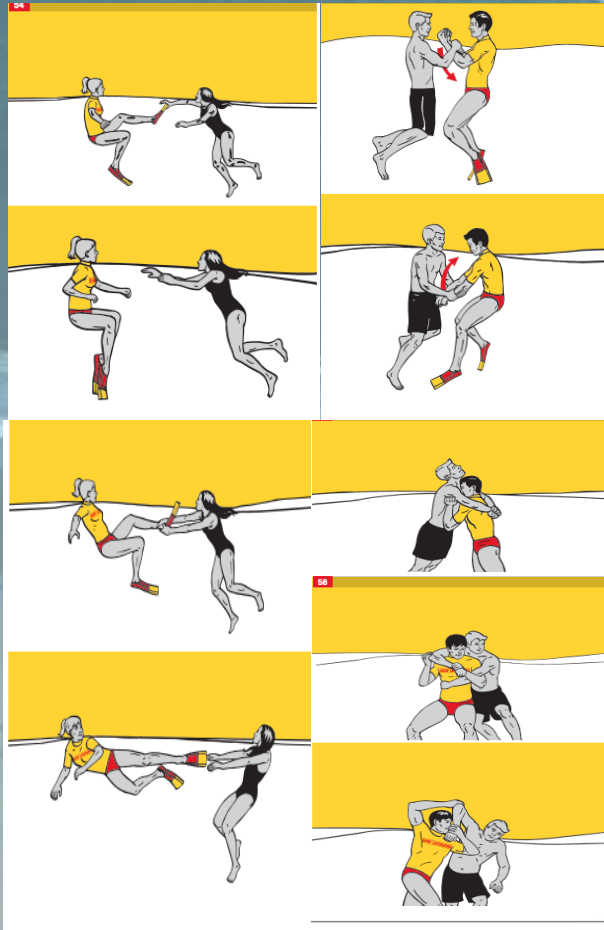


W-



S-

Rescues and releases



Discussion Components: via zoom

1. Discuss the importance of self preservation and risk vs. gain in a rescue situation.
2. Discuss the methods and equipment used for performing rescues.
3. Discuss the tube rescue in detail, including putting on the tube and fins, entering the water, approaching the victim and returning to shore.
4. Discuss the purpose and techniques used for the blocking and escaping from victims.
5. Discuss the Board Rescue in detail, including negotiating surf, approaching patient, retrieving patient and returning to shore
6. Discuss what to do during a mass rescue.
7. Discuss how to support a patient when being hit by a wave.
8. Discuss the single person drag.



Extra components

CHECK THIS OFF WITH YOUR PC ON PATROL

MODULES THERE ARE EXTRA COMPONENTS THAT I WANT YOU TO COMPLETE THROUGHOUT THE SEASON! THE MORE PRACTICE YOU GET AT THESE THE BETTER LIFEGUARD YOU WILL BE ONE DAY!!



A PATROL
DATE
MENTORS COMMENTS:

PATROL CAPTAIN COMMENTS:

B PATROL
DATE
MENTORS COMMENTS:

PATROL CAPTAIN COMMENTS:

C PATROL
DATE
MENTORS COMMENTS:

PATROL CAPTAIN COMMENTS:

D PATROL
DATE
MENTORS COMMENTS:

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E PATROL
DATE
MENTORS COMMENTS:

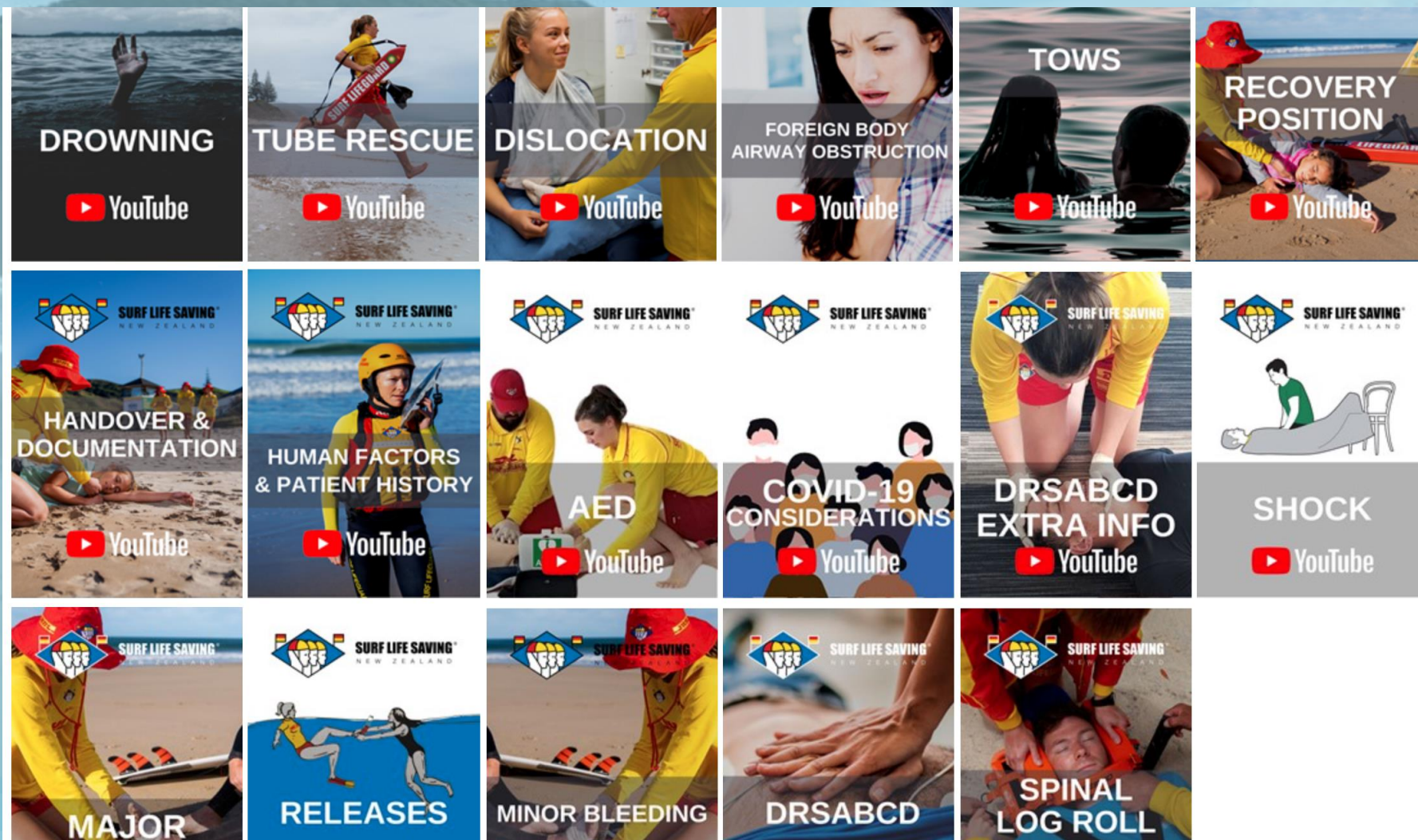
PATROL CAPTAIN COMMENTS:

My Goals this Summer



Please visit the link below to access training videos

<https://www.surflifesaving.org.nz/lifesaving/lifesaving-resources>



Extra note space for extra hard workers!

