Bethells Surf Life Saving Rookie program

ROOKIE COORDINATOR- PAIGE ATKINS





- 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.

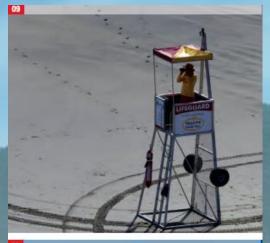
3.

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

1.

2.









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



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	GPS or grid ref		Tasking finis		
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1. What is this document?

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





Identify the wave and explain the characteristics



Wave type-Characteristic



Wave type-Characteristic



Wave type-Characteristic



RIPS

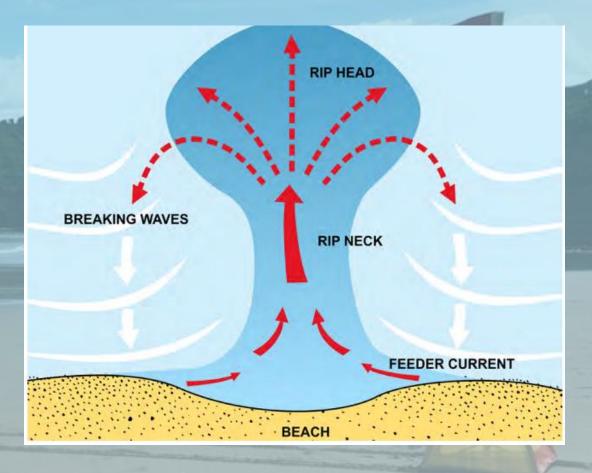
What is a RIP current?

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?

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.



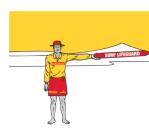
Message Understood-Clear.

One rescue tube held stationary above the head and cut away quickly.



Return to Shore

One rescue tube held above the head.



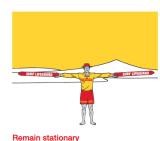
Proceed in the direction indicated

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



Proceed Further out to Sea

Two rescue tubes held above the head.



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.





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



Patrol Flag and

Swim Between Flags Sign

International Patrol Flag.

Used together, this Flag and Sign indicate Surf Lifeguard Patrolled Areas. SWIM BETWEEN FLAGS sign can also be used separately at beach access ways and other areas to indicate where the flagged



Swimming Not Advised

Used to indicate localised danger areas, such as rips, holes or when the beach is closed. If the surf is too dangerous to set out PATROL FLAGS, then these signs are placed on the beach instead.



Placed on the beach to indicate to beachgoers that there is a RIP present.



Shark Sign

International "Shark" Logo.

Used when there is a shark sighting. Remove PATROL FLAGS and place SHARK sign on the beach.



Danger Flag

International "No Swimming" Logo.

Fly from Clubhouse in place of the PATROL FLAG when sea conditions are too dangerous to designate a patrolled area on the beach.



Used for communicating with other Surf Lifeguards through the SLSNZ signals system. Now largely replaced by rescue



Hazard Sign

Used in conjunction with a worded message below the sign, e.g., Stinging



Swimming Permitted

This sign is used to show areas where swimming is permitted.

Name three things that may affect scanning requirements and techniques

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

- 5.



Scanning technique and patient identification

What are the principles of the five minute scanning approach

Name five types of scanning patterns

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

5.

Identify five signs of a swimmer in trouble?

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





BASIC LIFE SUPPORT Dangers? Responsive? Send for help Open Airway Normal Breathing? Start CPR 30 compressions / 2 breaths Attach Defibrillator (AED) as soon as available and follow its prompts Continue CPR until responsiveness or normal breathing returns

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?

1.

2.

3.

What are symptoms of a major head injury?





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?





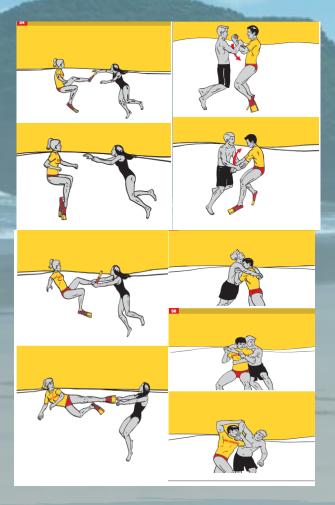








Rescues and releases

















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.





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!!



		DATE								
	Perform a radio check with Surf com									
	Conduct 5 preventat ive actions									
58	Conduct a radio check with another patrol member									
	Be on two flag shifts									

	DATE								
Fill out a PC form									
Assist IRB driver to set up boat (start engine)									
Conduct a mobil patrol							A		
Test flag area before set up								K	
Check first aid kits/ name equipment									

A PATROL DATE MENTORS COMMENTS:	
PATROL CAPTAIN COMMENTS:	
B PATROL DATE MENTORS COMMENTS: PATROL CAPTAIN COMMENTS:	
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My Goals this Summer

Please visit the link below to access training videos

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

