

Surf Life Saving in Schools



Offer Surf Life Saving at your school and help school kids stay active and learn how to be safe in and around the water



Four Core Principles



Surf Life Saving Tasmania offers a range of school programs and water safety. Beach to Bush, Ready.Set.Rescue and Water Safety are all just part of the programs and services offered to schools, students and teachers throughout the state.

Surf Life Saving is the leading open water safety organisation with surf sports skills, life saving skills, water awareness and personal safety being the four core principles that programs and services are based upon. Programs can be tailored to meet a school's needs. This can include Lifeguard Services, Classroom-based Water Awareness Sessions and pathways in VET for TCE accreditation points.

For more information, go to <http://www.slst.asn.au/training-education/school-programs/>

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 rescue breaths before starting compressions.

D



Defibrillation

Attach an Automated External Defibrillator (AED) as soon as it is available and follow its prompts.

Continue CPR until:

- The patient responds or begins breathing normally
- It is impossible to continue (e.g. exhaustion)
- A health care professional arrives and takes over CPR
- A health care professional directs that CPR be ceased

To get involved and learn to save a life, enrol at slst.asn.au or call 6222 6555

