



Tasmania

Ready. Set. Rescue! is a fun, educational program that allows students to immerse themselves in the aquatic environment and learn through practical Surf Life Saving Skills.

It provides students with the tools to identify, avoid and act on any potential dangers at the beach. The program enables students to try their hand at Surf Life Saving skills, integrating first aid, safety, beach awareness and surf sports.

It is designed for students at all levels with the aim to educate, build confidence at the beach and promote safe and positive decision making.

READY. SET. RESCUE!

SURF AWARENESS

- Risk and hazard identification
- Reading the conditions
- Decision making and risk taking
- Safety measures
- Preventative actions



LIFE SAVING SKILLS

Development of fundamental knowledge and practical life saving skills

Identify and safely assist themselves and others in trouble using specific and everyday rescue equipment



FIRST AID/PERSONAL SAFETY

- Personal Safety
- Basic First Aid related to water environments ie:
- DRSABCD, Hypothermia, bites and stings
- Who to call/ refer to in an emergency



SURF SPORT SKILLS

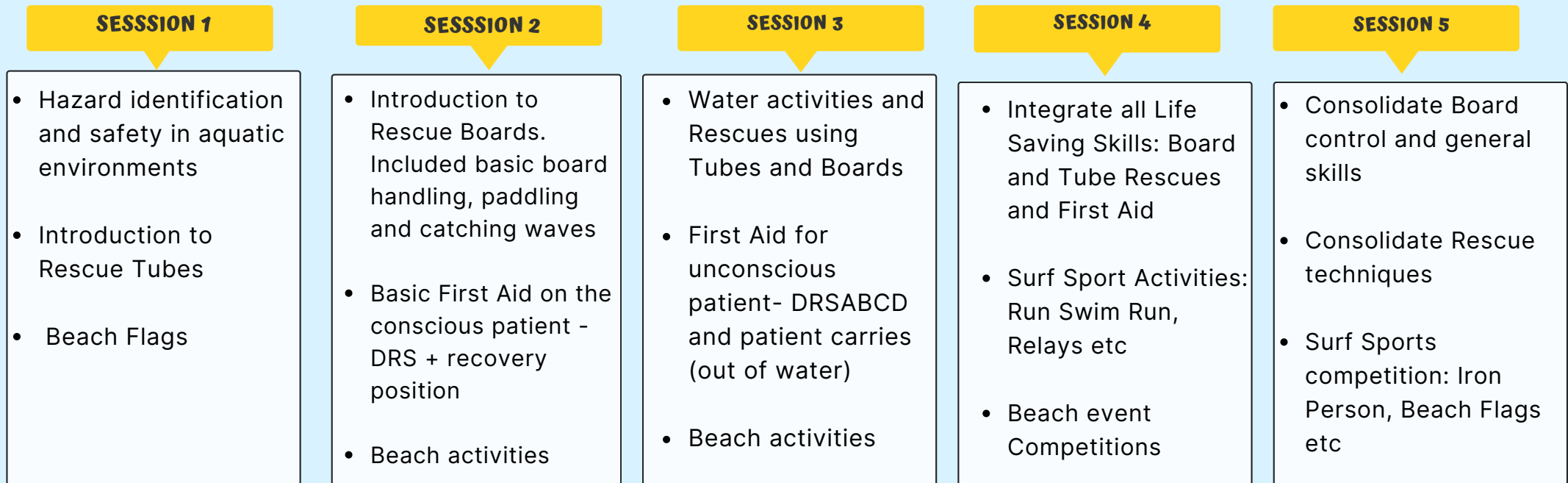
Introduction to surf sport skills in board paddling, swimming and beach events.

Opportunity to add a competitive element with races such as Ironperson, water relays and flags.



PROGRAM OUTLINE

Ready Set Rescue occurs as 1.5- 2hour sessions delivered over five sessions, allowing students to build their confidence, knowledge and skills progression. This program can be catered to your schools needs and student ability but an example program outline is summarised below:



HOW WILL IT WORK?



1. Students will be given a Hi-Viz rash vest or cap;
2. Receive an introduction and briefing from Surf Life Savers;
3. Split the class into groups and rotate through the session plan (every group will do a mix of wet and dry activities);
4. Pack up and get changed.

