



Summer Holiday Program – Award Structure

Age Group	Award	Summary
Under 7	Surf Play 2	<p>The focus is on play, participation and fun. Activities and games will be the majority of sessions with several simple beach safety and awareness lessons.</p> <ul style="list-style-type: none"> ▪ Beach activities to emphasise games and group participation ▪ Water activities that are limited to shallow water near the water's edge ▪ Limited competition other than that involved in fun games.
Under 8	Surf Aware 1	<p>The focus is on understanding, identifying and demonstrating SunSmart guidelines and dangers that relate to themselves, as well as what it means to feel safe. Participants learn to recognise whether they, or someone else, is in an emergency and how to get help.</p>
Under 9	Surf Aware 2	<p>Personal Safety Networks are introduced so participants are comfortable asking for help; Ecosurf discusses the impact surf lifesavers can have on the beach. Introduction of safety tips and the ability to identify hazardous surf conditions.</p>
Under 10	Surf Safe 1	<p>Ecosurf focuses on water conservation and discusses the consequences of skin damage. Participants learn about rips, recognising unsafe behaviours and relating these areas to preventative actions. Resuscitation is introduced for the first time with an opportunity to experience CPR on a manikin. Rescue techniques are also introduced for the first time as participants learn to use body boards to assist distressed swimmers and experience rescue tubes.</p>
Under 11	Surf Safe 2	<p>There is a strong focus on recognising 'at risk' people, and managing patients suffering from a range of basic first aid cases. Participants can learn how to perform CPR and there is an opportunity to work towards a Resuscitation Certificate.</p>



		There is also a strong section on communication through beach signage.
Under 12	Surf Smart 1	Participants begin to learn about their rights and responsibilities as a member of SLS. The Ecosurf lesson looks at how weather impacts on the beach environment. Personal health & wellbeing and sun safety – skin cancer is a focus. Participants can work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate).
Under 13	Surf Smart 2	Surf Smart 2 looks to wrap up the skills and knowledge learnt in all the previous awards. Participants learn about what the SLS Member Safety and Wellbeing Policy is, and in Ecosurf they tackle the issues of Global Warming and Climate Change and its impact on surf lifesaving. Communication focuses on the importance of communicating with beach users. Participants can work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate).
Post Nippers to transition to Seniors		
Under 14 (Youth)	Surf Rescue Certificate (SRC)	<ul style="list-style-type: none"> ▪ Apply surf awareness information ▪ Provide emergency care ▪ Operate communications systems & equipment ▪ Work in a team ▪ Communicate in the beach environment ▪ Has completed run-swim-run ▪ Participate in an aquatic rescue operation ▪ Demonstrates resuscitation skill <p>This SRC award is compulsory if members wish to compete at this age and beyond the Senior Club and to fulfil their patrol obligations.</p>