

## HALF DAY PROGRAM

2-hour set program, 5 x 20 minute activities (see below). Activities cannot be altered.

### Be Aware and Be Prepared:

Your students will gain knowledge to keep safe when in and around water, particularly open water environments. Practical strategies will be delivered, such as identifying dangers (i.e. rip currents) and reading key safety signs, and will ensure they have the tools to 'be aware and be prepared' before visiting their local waterway.

### Everyday Lifesaver:

Your students will be given the skills and opportunity to be 'Everyday Lifesavers' with a variety of age-appropriate and engaging real life scenarios, as they learn the emergency response sequence, DRSABCD.

### Survival Strategies:

Wearing a lifejacket, and practising important survival techniques including the huddle, the HELP position, as well as entering and exiting the water safely, are vital survival strategies your students can use if they find themselves in trouble in the water.

### Rescue Strategies:

Rescue tubes, towels, ropes and even bike helmets, are all examples of rescue items your students will have an opportunity to practice using, which will enable them to make informed decisions if ever they are required to perform a rescue.

### Safe Body Boarding:

Body Boards are a popular activity enjoyed by many children in open waterways. Your students will learn key skills needed to stay safe, including safety equipment, how to paddle effectively and strategies to escape LSV's own 'The Gauntlet' (simulation of a wave channel)!

## FULL DAY PROGRAM

3.5-hour set program, 8 x 20 minute activities (see below). Activities cannot be altered.

### Be Aware and Be Prepared:

Your students will gain knowledge to keep safe when in and around water, particularly open water environments. Practical strategies will be delivered, such as identifying dangers (i.e. rip currents) and reading key safety signs, and will ensure they have the tools to 'be aware and be prepared' before visiting their local waterway.

### Everyday Lifesaver:

Your students will be given the skills and opportunity to be 'Everyday Lifesavers' with a variety of age-appropriate and engaging real life scenarios, as they learn the emergency response sequence, DRSABCD.

### Survival Strategies:

Wearing a lifejacket, and practising important survival techniques including the huddle, the HELP position, as well as entering and exiting the water safely, are vital survival strategies your students can use if they find themselves in trouble in the water.

### Rescue Strategies:

Rescue tubes, towels, ropes and even bike helmets, are all examples of rescue items your students will have an opportunity to practice using, which will enable them to make informed decisions if ever they are required to perform a rescue.

### Safe Body Boarding:

Body Boards are a popular activity enjoyed by many children in open waterways. Your students will learn key skills needed to stay safe, including safety equipment, how to paddle effectively and strategies to escape LSV's own 'The Gauntlet' (simulation of a wave channel)!

### Nipper Boards:

This activity is very popular with students as they not only get to have fun catching waves, they will also learn how a nipper (or body) board is a flotation device and can be used to perform a rescue, giving your students the chance to be an 'Everyday Lifesaver'.

### Beach Flags:

Running on sand is not as easy as it looks! Your students will learn the most effective way to do this and participate in a unique lifesaving sport which will provide your students with bragging rights if crowned the King or Queen of beach flags.

### IronMan/IronWoman:

Ever thought about what it would be like to be an IronMan/IronWoman competing at your local beach? This gives students the opportunity to work as a team and compete against fellow classmates whilst still learning lifesaving skills.