

Activity Descriptions – Open Water Learning Experience

200 The Boulevard
Port Melbourne VIC 3207
PO Box 353
South Melbourne DC VIC 3205

Tel (03) 9676 6900

Fax (03) 9681 8211

mail@lifesavingvictoria.com.au

www.lifesavingvictoria.com.au

ABN 21 102 927 364

(Water Safety) Be Aware and Be Prepared (Half and Full day):

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.

(DRSABCD) Everyday Lifesaver (Half and Full day):

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.

(Lifejackets) Survival Strategies (Half and Full day):

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 (Half and Full day):

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 (Half and Full day):

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 (Full Day Only):

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 (Full Day Only):

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 (Full Day Only):

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.

 *This symbol indicates activities that will involve participants getting into the water*