



NATIONAL SURF SAFETY AWARD

RESOURCE CARDS



NATIONAL YOUTH DEVELOPMENT COMMITTEE

SUPPORTED BY **SOUTH WEST WATER**



ASSESSMENT FORM

- On completion of the assessment ensure the Assessment Form is suitably endorsed with the required information, result & Assessor's name & signature.
- Send the completed form to SLS GB, 19 Southernhay West, Exeter, EX1 1PJ; together with any fees for certificates

CLUB / ORGANISATION: AWARD CONTESTED: NO. OF CERTS REQ'D:

ASSESSOR: MEMB NO: SIGNATURE:

ADDRESS:

TEL: EMAIL:

LOCATION: DATE:

MEMB NO	FIRST NAME	SURNAME	D.O.B	RESULT

OFFICE USE ONLY

Date Rec'd: Fee Rec'd: Certs sent: Database: Cleared:

NATIONAL SURF SAFETY AWARD – LEVEL 1

Surf Awareness and Surf Skills

AT THE END OF THE AWARD PARTICIPANTS SHOULD BE ABLE TO ANSWER THE FOLLOWING QUESTIONS AND DEMONSTRATE KNOWLEDGE & SKILLS IN THE FOLLOWING AREAS

1. What are the flag colours and what do they mean

- **Between the Red & Yellow flags – swimming and bodyboarding area patrolled by lifeguards**



- **Between the Black and White quartered flags – surfing and Surfcraft area**



- **A single Red Flag – Danger, do not enter the water**



2. Signals – Beach to sea

Signals from SHORE:

Proceed further out to Sea:



Proceed to the LEFT:



Proceed to the RIGHT:



Remain Stationary:



Message Understood:



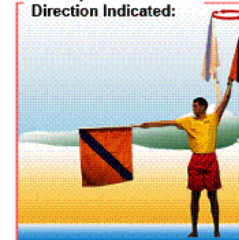
Message NOT Clear - Repeat:



Attract Attention:



Pick Up Swimmers in the Direction Indicated:



Return to Shore:



Investigate Submerged Object:



Pick Up Buoys:



Adjust Buoys:



3. How to check your position when in the sea

4. Where will you find Lifeguards on the beach

5. How would you identify a Lifeguard

- **Make sure you are in between the red & yellow flags**
- **If you drift out of the red & yellow flags leave the water, re-enter the water back between the red & yellow flags**
- **Check your position using a land mark, for example the clubhouse**
- **Patrolling between the red & yellow flags**
- **At the lifeguard hut**
- **On the beach**
- **Yellow shirt with Lifeguard written on the back**

	<ul style="list-style-type: none"> • Red shorts
6. What should you do if you get into trouble in the sea	<ul style="list-style-type: none"> • Stay calm • Raise one arm above your head and wave, shout for help • If you are on a surfboard or body board hang on to it
7. Why should you not go in the sea alone	<ul style="list-style-type: none"> • Safety • In case you get into trouble • Always with an adult
8. What can you do to stop getting cold in the water	<ul style="list-style-type: none"> • Wear a wetsuit • Stay active
9. What are the dangers of playing in the sand	<ul style="list-style-type: none"> • Sides collapsing and burying you • Sinking sand (sand and water mix) • Sand in your eyes
10. What would you do if you get sand in your eyes	<ul style="list-style-type: none"> • Cup your hands under a running tap and place the eye into the water in the hand then blink rapidly • DO NOT RUB • See a lifeguard
11. How would you protect your self from the sun	<ul style="list-style-type: none"> • SLIP on a T-shirt • SLAP on a hat • SLOP on some sun cream • Avoid the hottest part of the day (11am-3pm) Seek shade
12. Basic wading skills to knee depth	<ul style="list-style-type: none"> • Practical
13. Duck under a wave and let a wave pass over your head (If no waves fully submerge)	<ul style="list-style-type: none"> • Practical
14. Tread water for a minimum of ten seconds	<ul style="list-style-type: none"> • Practical
15. Basic board paddling skills	<ul style="list-style-type: none"> • Practical
16. Run 25m – Swim 25m – Run 25m	<ul style="list-style-type: none"> • Practical



NATIONAL SURF SAFETY AWARD – LEVEL 2

Surf Awareness and Surf Skills

AT THE END OF THE AWARD PARTICIPANTS SHOULD BE ABLE TO ANSWER THE FOLLOWING QUESTIONS AND DEMONSTRATE KNOWLEDGE & SKILLS IN THE FOLLOWING AREAS

1. What do you do if you see someone in trouble	<ul style="list-style-type: none">• Call for help• Tell a Lifeguard• If you cant find a Lifeguard, find a phone and call 999 and ask for the Coastguard
2. What causes waves	<ul style="list-style-type: none">• The wind blowing across the surface of the ocean• The size and power of waves are determined by three factors• Velocity• Length of time it blows• Fetch
3. Name three types of waves	<ul style="list-style-type: none">• Spilling• Dumping• Surging
4. Name some of the equipment a lifeguard will use	<ul style="list-style-type: none">• Rescue board, Rescue tube• Jet ski, IRB• Radio, Whistle
5. What is a rip	<ul style="list-style-type: none">• A moving body of water that runs out to sea
6. What are the Common signs of a rip	<ul style="list-style-type: none">• Discoloured, brown water• Foam on the water surface• Debris floating out to sea• A break in the surf line• Darker, deeper water

7. Why should you not take inflatables into the sea	<ul style="list-style-type: none"> • They will get blown out to sea in offshore winds • They can be taken out to sea by strong currents
8. Wading skills at waist depth to a minimum of 10m parallel with the shore	<ul style="list-style-type: none"> • Practical
9. Wading skills – with the focus on high knee lift	<ul style="list-style-type: none"> • Practical
10. Basic Dolphin diving, dive under a wave and hold onto the bottom and come up with sand in hands (If no waves fully submerge and retrieve object from the bottom)	<ul style="list-style-type: none"> • Practical
11. Treading water for a minimum of forty five seconds showing the assistance required signal	<ul style="list-style-type: none"> • Practical
12. Run 50m – Swim 75m – Run 50m	<ul style="list-style-type: none"> • Practical
13. Basic board paddling skills, catching a wave and shifting weight back.	<ul style="list-style-type: none"> • Practical



NATIONAL SURF SAFETY AWARD – LEVEL 3

Beach Safety, First Aid and Surf Skills

AT THE END OF THE AWARD PARTICIPANTS SHOULD BE ABLE TO ANSWER THE FOLLOWING QUESTIONS AND DEMONSTRATE KNOWLEDGE & SKILLS IN THE FOLLOWING AREAS

1. Signals. Beach to Sea.	<ul style="list-style-type: none"> • Message understood • Message not clear – repeat • Attract attention
3. How would you control a nosebleed	<ul style="list-style-type: none"> • Sit the patient down, put their head forward, pinch their nostrils and get them to breathe through their mouth and not to blow or sniff through the nose
4. What should you do if you get cramp while swimming	<ul style="list-style-type: none"> • Do not panic – float on your back and signal for assistance. Try and stretch the muscle
5. How would you identify someone in difficulty who needs rescuing	<ul style="list-style-type: none"> • A person waving their hand in the air-shouting for help • A person floating face down in the surf • A person struggling to keep their head above water
6. Dolphin diving – with the focus on timing	<ul style="list-style-type: none"> • Practical
7. Treading water for ninety (90) seconds showing the assistance required signal as requested	<ul style="list-style-type: none"> • Practical
8. Run 75m – Swim 100m – Run 75m	<ul style="list-style-type: none"> • Practical

9. Basic Board paddling skills – Technique and positioning	<ul style="list-style-type: none">• Practical
10. How you shift position in order to balance the board when you catch a wave	<ul style="list-style-type: none">• Practical
11. Body surfing skills, swim shoreward to catch a broken wave- streamlined.	<ul style="list-style-type: none">• Practical



NATIONAL SURF SAFETY AWARD– LEVEL 4

Beach Safety, First Aid and Surf Skills

AT THE END OF THE AWARD PARTICIPANTS SHOULD BE ABLE TO ANSWER THE FOLLOWING QUESTIONS AND DEMONSTRATE KNOWLEDGE & SKILLS IN THE FOLLOWING AREAS

1. Signals – Sea to beach	<ul style="list-style-type: none"> • Assistance required • Swimmer required (from a board) • Another board required (from a board) • Danger (from a board) • All clear (from a board)
2. Describe what are the aims of First Aid	<ul style="list-style-type: none"> • Preserve life • Prevent the patients condition worsening • Promote recovery • Not to jeopardise your personal safety for the sake of the patient • To do no harm
3. Being aware of who’s safety is more important, the casualty or rescuer	<ul style="list-style-type: none"> • Rescuer
4. Describe a First Aid box	<ul style="list-style-type: none"> • A clean dry container which is green in colour with a white cross
5. Treatment for heat stroke	<ul style="list-style-type: none"> • Immediate cooling of the body • Move patient to cooler area, out of sun • Fan vigorously and spray with cold water
6. What initial action will a lifeguard take when performing a rescue	<ul style="list-style-type: none"> • Notify a fellow lifeguard either visually or by radio • Enter the water with a piece of rescue equipment
7. Basic patient assessment	<ul style="list-style-type: none"> • Check for dangers to yourself and to the casualty • Check the level of response of the casualty • Shout for help • Summon assistance from the emergency services

8. How to report an accident.	<ul style="list-style-type: none"> • The number of the telephone you are calling from • The exact location of the incident, a road name if possible, and any landmarks together with the type of incident • The number and approximate ages of patients and anything you know about their condition • Details of any hazards • Type of emergency assistance required
9. Board paddling entry	<ul style="list-style-type: none"> • Practical
10. Bunny-hop with board, mount board and paddle in the prone or kneeling position (a total of 50m)	<ul style="list-style-type: none"> • Practical
11. Surf negotiation – demonstration and understanding of the timing waves, when to paddle through the waves, pop the board (seated) over the waves or roll the board under the waves, which all depend on the size of the wave.	<ul style="list-style-type: none"> • Practical
12. Falling off and getting back on the board in deep water	<ul style="list-style-type: none"> • Practical
13. Paddling the board with another person on it	<ul style="list-style-type: none"> • Practical
14. Wave catching skills	<ul style="list-style-type: none"> • Practical
15. Body surfing skills – swim to catch a broken wave and surf along the shoulder	<ul style="list-style-type: none"> • Practical
16. Run 100m – Swim 200m – Run 100m	<ul style="list-style-type: none"> • Practical



NATIONAL SURF SAFETY AWARD – LEVEL 5

First Aid and Surf Rescue Skills

AT THE END OF THE AWARD PARTICIPANTS SHOULD BE ABLE TO ANSWER THE FOLLOWING QUESTIONS AND DEMONSTRATE KNOWLEDGE & SKILLS IN THE FOLLOWING AREAS

4. Basic wound management	<ul style="list-style-type: none"> • Put on gloves • Ensure no foreign bodies present, clean wound site (if a minor injury) • If bleeding heavily, elevate the injured area then apply pressure to the wound with hand/pad or bandage
5. How would you treat a sprain or a strain	<ul style="list-style-type: none"> • Rest and support the injury • Ice pack or cold compress for a minimum of 20 minutes • Compression with a crepe bandage • Elevate the limb
6. What could stop a patient breathing	<ul style="list-style-type: none"> • Choking • Heart Attack • Drowning
7. How to report an accident	<ul style="list-style-type: none"> • The number of the telephone you are calling from • The exact location of the incident, a road name if possible, and any landmarks together with the type of incident • The number and approximate ages of patients and anything you know about their condition • Details of any hazards • Type of emergency assistance required
8. Basic patient assessment	<ul style="list-style-type: none"> • Check for danger to yourself and to the casualty • Check the level of response of the casualty

	<ul style="list-style-type: none"> • Shout for help • Summon assistance from the lifeguards or emergency services
9. Why should you put a patient into the recovery position	<ul style="list-style-type: none"> • To allow draining form the mouth • To keep the tongue from blocking the airway
10. When would you put a patient into the recovery position	<ul style="list-style-type: none"> • They do not respond to attempts to wake them • After ensuring the patient is breathing
11. Demonstrate the recovery position	<ul style="list-style-type: none"> • Practical
12. Swim out a minimum of 25m using a Rescue Tube, secure the patient in to the Rescue Tube and tow them to shore with assistance	<ul style="list-style-type: none"> • Practical
13. Paddle out a minimum of 50m using a Nipperboard, get a patient onto a Nipperboard and return to shore	<ul style="list-style-type: none"> • Practical
14. On the board, safely recover a patient from the water and place them in the recovery position	<ul style="list-style-type: none"> • Practical
15. Run 150m – Swim 300m – Run 150m	<ul style="list-style-type: none"> • Practical



NATIONAL SURF SAFETY AWARD – LEVEL 6

First Aid and Surf Rescue Skills

AT THE END OF THE AWARD PARTICIPANTS SHOULD BE ABLE TO ANSWER THE FOLLOWING QUESTIONS AND DEMONSTRATE KNOWLEDGE & SKILLS IN THE FOLLOWING AREAS

1. Basic patient assessment	<ul style="list-style-type: none">• Check for danger to yourself and to the casualty• Check the level of response of the casualty• Shout for help• Check the mouth for obstructions• Open the airway using the head tilt or chin lift• Check for breathing• Put the casualty into the recovery position• Go and summon assistance from the lifeguards or emergency services, and tell them, whether or not the patient is breathing
2. Treatment for Vomiting	<ul style="list-style-type: none">• Reassure the patient while they are being sick• Afterwards give the patient a warm damp cloth to wash themselves• Give the patient sips of water• If you are worried about the patients condition, call for medical assistance, especially if it persists
3. Basic injury management	<ul style="list-style-type: none">• Control bleeding• Support the injured limb in a comfortable position• Immobilise the limb by use of padding• Seek medical assistance
4. Explain the function of the heart	<ul style="list-style-type: none">• Pumps the blood around the body

<p>5. How would you treat choking in a conscious adult or child patient</p>	<ul style="list-style-type: none"> • Encourage the patient to cough to try and remove the obstruction - <i>if unsuccessful</i> • Lean the patient forward, stand beside them supporting them with one arm then: • Give five hard slaps between their shoulder blades with the flat of your hand • If back slaps fail, try up to five abdominal thrusts • Put your arms around the patients waist, just below the sternum and pull sharply inwards and upwards • Continue alternating back slaps and abdominal thrusts until the obstruction is cleared.
<p>6. Run 200m – Swim 300m – Run 200m</p>	<ul style="list-style-type: none"> • Practical
<p>7. Swim out a minimum of 50m using a Rescue Tube, secure the patient in to the Rescue Tube and tow them to shore with assistance, with use of signals</p>	<ul style="list-style-type: none"> • Practical
<p>8. Paddle out a minimum of 100m using a Nipperboard, get a patient onto a Nipperboard and return to shore, with use of signals</p>	<ul style="list-style-type: none"> • Practical
<p>9. Safely recover a patient from the water and place them in the recovery position</p>	<ul style="list-style-type: none"> • Practical
<p>10. Team Scenario, involving all candidates, minimum of two, based on the conditions on the day. To include Tube Rescue, Board Rescue, Signals, Patient Assessment and Recovery Position with the focus on team building</p>	<ul style="list-style-type: none"> • Practical



NATIONAL YOUTH DEVELOPMENT COMMITTEE

'Saving Lives through Youth Development'