

Volunteers on Patrol



Lifesaving
education programs

Lesson: My Community | Difficulty: Medium | Time: 10 minutes

Introduction

Participants will experience the roles of volunteer lifesavers by setting up a practice patrol.

Key messages

- Swim between the flags
- Follow lifeguard instructions
- Call for help

Equipment

- Meet a lifeguard tub
- Red and yellow flags

Instructions

- 1) Introduce participants to the role of a lifesaver
- 2) List similarities and differences between a lifesaver on the beach and a lifeguard at the pool.
- 3) Practice lifeguarding hand signals.
- 4) Using the hand signals, you can now play "lifeguard says" (Simon says). For example: lifeguard says return to shore, lifeguard says move swimmers to the left (participants should do correct hand signal for each command).
- 5) Talk about pathways that participants can take to be a lifesaver or lifeguard when they grow up: swimming lessons, nippers, CPR/first aid, bronze medallion.



Key questions:

Q: How do I join a lifesaving club to become a volunteer lifesaver?

A: The best way for children to get involved is to join a club's Nippers program. Nippers first learn about surf awareness and safety, and as they progress through the various age groups, nippers will undergo lessons in wading, running, ocean swimming, board paddling and lifesaving skills as well as learning the basics of resuscitation and first aid.

Q: How do I become a pool lifeguard when I am older?

A: People over the age of 16 can become a pool lifeguard once they complete training with Life Saving Victoria. Your local swimming pool are always looking for dedicated and responsible people to help keep their pools safe!

Q: What is the difference between a lifesaver and a lifeguard?

A: Lifesavers are people who volunteer their time to patrol Victoria's beaches and waterways on weekends during the season. Lifeguards are paid professionals who patrol beaches, pools and inland waterways all year round.

Q: How do I become a swim teacher when I am older?

A: People over the age of 16 can become a swim teacher once they complete training with Life Saving Victoria. Your local swimming pool are always looking for people with a passion for teaching swimming and water safety!

Recommended
only for secondary
aged students

Signals



Beach to water signals

- 
1. Attract attention
- 
2. Pick up swimmers
- 
3. Proceed further out to sea
- 
4. Go the right or to the left
- 
5. Remain stationary
- 
6. Message understood, all clear
- 
7. Pick up or adjust buoys
- 
8. Return to shore

Water to beach signals

- 
9. Assistance required
- 
10. Shore signal received and understood
- 
11. Emergency evacuation alarm
- 
12. Submerged victim missing
- 
13. All clear/ok
- 
14. Powercraft wishes to return to shore

To view more SLS training resources, refer to the SLS Members Area Document Library, June 2019.

Sharing and Caring for our Waterways



Lifesaving
education programs

Lesson: My Community | Difficulty: Easy | Time: 10 minutes

Introduction

Did you know that pollution is the biggest threat to our urban rivers and creeks? We need to look after and share our waterways with lots of different people.

Key messages

- Be aware and be prepared

Equipment

- Floor mat waterway scene
- Corflute characters

Instructions

- 1) While participants are sitting around the floor mat scene, have them brainstorm the different people that use our waterway
- 2) Place the corflute character down for each person they list.
- 3) Talk about how misuse of our waterway by all of these people can damage our waterways
- 4) Place items from the program tub down to represent pollution. Watch as how lots of small bits of pollution ruin the waterway for others.



Key questions:

Q: Why is it important to care for our waterways?

A: Caring for our waterways helps to protect the plants and animals that live there, as well as keeping our water clean and safe to swim in.

Q: What are some things we can do to care for our waterways?

A: We can pick up any litter we see, use biodegradable products, and make sure we don't pour harmful chemicals or waste into the water.

Q: Why should we avoid pouring chemicals or waste into the water?

A: Pouring chemicals or waste into the water can harm the plants and animals that live there, and make the water unsafe to swim in or drink.

Q: What are some signs that our waterways may be polluted?

A: Signs of pollution can include things like dead fish, unusual smells, discoloured water, and rubbish or litter floating in the water.

Q: How can we make sure we don't accidentally harm the plants and animals in our waterways?

A: Stay on paths or trails so we don't damage sand dunes or riverbanks, and avoid touching or disturbing plants and animals.

Q: How can we encourage others to care for our waterways?

A: We can lead by example, encourage others to pick up litter, and share our knowledge about caring for our waterways with friends and family.

Refuse

So no to plastic bags and other single use plastics!

Reduce

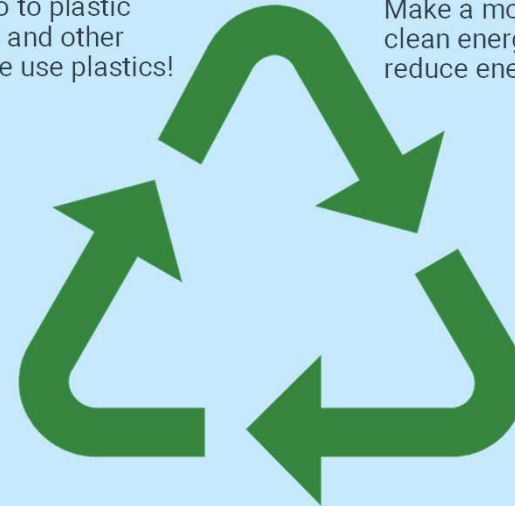
Make a move to clean energy & reduce energy use

Recycle

Always recycle paper & cardboard and avoid non-recyclables

Reuse

Refill your own drinkbottle, use reusable cups and upcycle old products



Water quality

Heavy rainfall events increase water flow in waterways and may cause flooding.

During high flows and flooding, contaminants such as animal poo or litter often enter waterways. This means there's usually poor water quality after heavy rainfall events.

You shouldn't swim in waterways for 48 hours after heavy rainfall events.



Rainbow River



Lifesaving
education programs

Lesson: My Community | Difficulty: Easy - Moderate | Time: 20 minutes

Introduction

In the Dreamtime, the Australian landscape was flat. There were no trees or bushes, hills or mountains until Goorialla, the great rainbow serpent, went looking for his people. As he searched for them, he travelled across Australia, from the south to the north. His tracks made all the rivers and the creeks and the lakes and the waterholes throughout the land.

Key messages

- Be aware and be prepared

Equipment

- "The Rainbow Serpent" by Dick Roughsey
- Whiteboards/paper
- Markers
- ACHRIS traditional owners map

Instructions

- 1) The Rainbow Serpent: Watch the video or read the book of 'The Rainbow Serpent'. Discuss with the participants the relevance the story has to inland waterways?
- 2) Using the pictures from the book, have participants create their own rainbow serpent creating rivers & lakes
- 3) Visit ACHRIS map and find who the traditional owners are of your program location. Complete an acknowledgment of country with your participants:



ACHRIS map



Water safety watch and
learn: Rainbow River

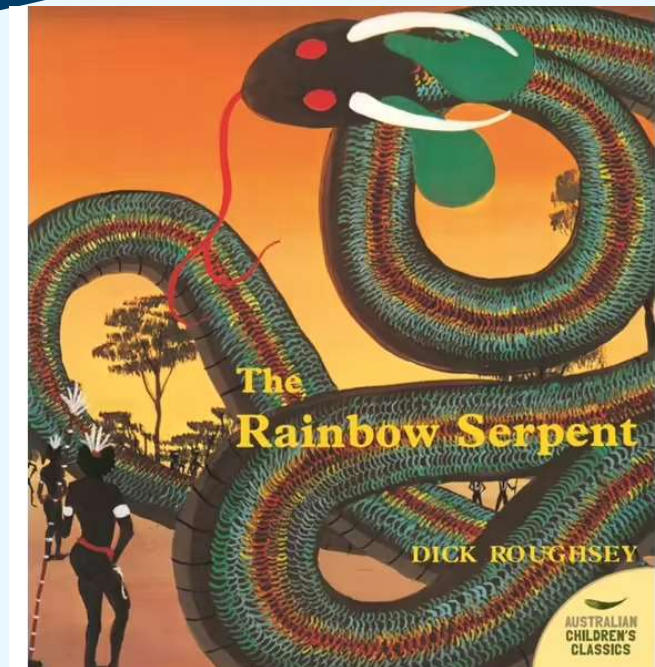


Key questions for participants to answer:

- Q. Where does the story take place?
- Q. Who are the main characters?
- Q. What happened?
- Q. What is the outcome?
- Q. How did each of the characters feel at various times in the book?
- Q. What do you know about Dreaming stories?
- Q. How are Dreaming stories structured?
- Q. What do Dreaming stories teach us?
- Q. How do the Dreaming stories connect the land to its people and animals?

Life Saving Victoria's Acknowledgment of Country

Life Saving Victoria respectfully acknowledges the of the land and waterways in which we swim, explore, play, meet and live. We pay our respects to Elders past, present and emerging and celebrate the stories, culture and traditions of Aboriginal and Torres Strait Islander peoples of all communities who also work and live on these lands.



Risk Taking Behaviour



Lifesaving
education programs

Lesson: My Community | Difficulty: Hard | Time: 15 minutes

Introduction

This lesson plan has been designed to teach participants that alcohol and water do not mix. We will also look at how peer pressure can influence you to do other dangerous activities around the water like pier jumping & not wearing a lifejacket.

This activity is recommended for secondary aged students only

Key messages

- Be aware and be prepared
- Don't drink and drown
- Look before you leap

Equipment

- LSV drowning report
- RLSSA – Respect the River campaign
- Whiteboards/paper
- Markers

Instructions

- 1) Brainstorm: Why don't alcohol and water mix?
- 2) Discuss:
 - a) Is alcohol consumption around inland waterways - such as rivers, lakes, and dams - part of the culture in your local area/community?
 - b) Is there a popular spot for aquatic recreation where people gather and consume alcohol?
 - c) What age group is most likely to drink alcohol in or near inland waterways in your local area? Why?
- 3) Peer pressure is common with teenagers and young adults. If all your friends were jumping off a pier, and you know they shouldn't be, what could we say to them? Brainstorm some responses. Use examples from the Respect the River campaign to guide students
- 4) Have a look at the most recent drowning report and make dot points about key statistics/findings from the document.



Key questions:

Q: Why is it important to wear a life jacket when swimming or boating?

A: Wearing a life jacket can help keep you afloat and make it easier for you to breathe if you get tired or something goes wrong in the water.

Q: What is peer pressure and how can it affect your behaviour around water?

A: Peer pressure is when someone tries to convince you to do something that you may not want to do. If your friends are pressuring you to do something risky around water, like jumping off a pier, it's important to say no and explain why it's dangerous.

Q: Why should you avoid alcohol when swimming or boating?

A: Alcohol can impair your judgment and coordination, making it harder to swim or navigate a boat safely. You should avoid alcohol altogether when you're around water.

Q: Why is it important to check the depth of the water before jumping in?

A: Jumping into shallow water can cause serious injuries, like broken bones or head trauma. It's important to always check the depth of the water and make sure it's safe before jumping in.

Q: Why is it important to learn how to swim?

A: Knowing how to swim can help keep you safe in the water and make you feel more confident when you're around it.

Q: What should you do if someone is struggling in the water and needs help?

A: If you're a strong swimmer and feel comfortable doing so, you can try to help the person by throwing them a flotation device or swimming over to them and supporting them until help arrives. Otherwise, find an adult or someone who can help.

Q: How can you stay safe when swimming in a lake or river with currents?

A: It's important to stay close to the shore and always swim with a friend. If you get caught in a current, don't fight against it - try to swim parallel to the shore until you can safely swim back in.

Q: Why is it important to follow posted signs and warnings around water?

A: Signs and warnings are there to help keep you safe by letting you know about potential dangers, like strong currents or underwater obstacles. It's important to always follow posted signs and warnings and always swim at patrolled beaches.



Key drowning statistics



Respect the river campaign

