

# Introduction to lifesaving education



Lifesaving  
education programs

In this activity, participants and their parents/caregivers/guardians, will be welcomed by the Instructor, and introduced to the aquatic location and the other participants in the group.

## Outcomes:

- Identify key locations/facilities around the aquatic setting
- Know how to stay safe within the aquatic setting

## Equipment:

- ☐ Tub for participant's belongings
- ☐ Age group flag
- ☐ Class list with participant's names
- ☐ Permanent marker
- ☐ Inflatable beach ball or other equipment for icebreaker activities

## Key messages:



Never swim or recreate alone  
Always swim with a friend



Know what to do in an  
emergency situation



Call for help



Be aware and be prepared



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## Instructions:

- 1 Prior to the activity, visit the Acknowledgement of Traditional Owners website to find out the name of formally recognised Traditional Owners of the land where the activity will be held.
- 2 Have participants stand in a circle. Encourage parents/carers/guardians to join in.
- 3 Introduce yourself, welcome participants to the aquatic location (i.e., river, lake, pool etc...) and present an Acknowledgment of Country.
- 4 Play a quick, aquatic themed 'getting to know you' game. E.g: Have participants stand in a circle and take turns introducing themselves. Using a beach ball, throw or roll the ball to someone in the circle, while saying that person's name. The receiver must then answer the question which appears on the section of the ball facing them. They then throw the ball to another participant, while calling their name. Repeat until everyone has had a turn. Participants cannot throw the ball to the same person twice in a row.
- 5 Take participants on a tour of the aquatic location and identify the important areas (i.e., toilets, first aid station and gear storage/pack-up). Briefly cover any hazards. This will be covered in more detail in the 'Be aware, be prepared' session.
- 6 Discuss the following:



*Tell us something fun you did during summer.*

*What is your favourite place to swim?*

- ☐ How to identify the group
- ☐ Always stay with the group
- ☐ Where/who to go for help
- ☐ Take adult/buddy with you to toilet
- ☐ Enter water only when Instructor is ready
- ☐ Never go out further than instructed
- ☐ Never swim deeper than your instructor

As a group, come up with a team name to help identify yourselves during the program!

## Video demonstration

Check out additional activities and extension lessons here:



## Key questions:



**Q. How can we identify our group?**

A. Rash tops, coloured caps, age group flag markers, etc...

**Q. Where/who can you go to if you need help?**

A. Instructors, Lifeguards, water safety personnel, parents, volunteers and/or first aid station.

**Q. What should you do if you need to go to the toilet during the program?**

A. Always go the toilet with a parent or friend and tell your Instructor before you go.

## Variation:

If you do not have access to a beach ball, try another activity. Suggestions include:

- 'I went swimming and I brought...' game
- 'Get to know you' bingo
- Two truths and a lie