

Types of Lifejackets



Lifesaving
education programs

Lesson: Survival Strategies | Difficulty: Easy | Time: 10 minutes

Introduction

This activity emphasises the importance of always wearing a lifejacket when boating or rock fishing.

Key messages

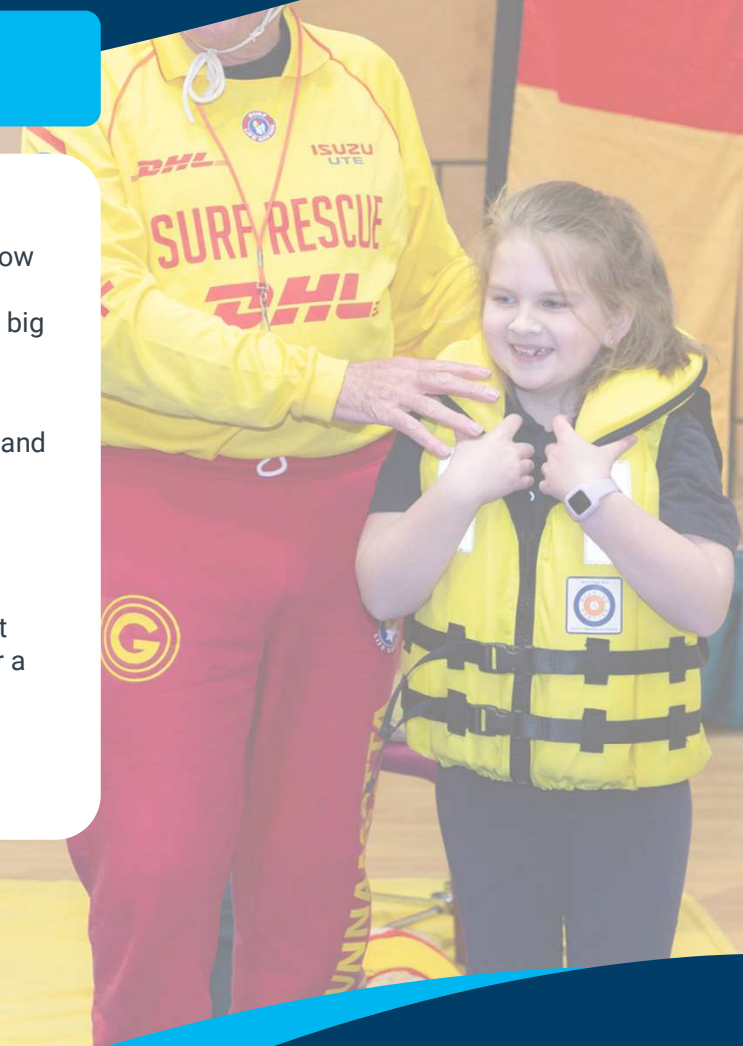
- Be aware and be prepared
- Never swim alone
- Always wear a lifejacket

Equipment

- Lifejackets

Instructions

- 1) In a group discuss what participants know about lifejackets, including the consequences of a lifejacket that is too big or too small.
- 2) Discuss the difference between Type 1 and Type 2 lifejackets.
- 3) Hand out the lifejackets and have participants practice putting them on, pointing out all features. Explain in what scenarios is it best that we always wear a lifejacket (rock fishing, boating, on a personal watercraft)



Key questions:

Q: What is the purpose of a life jacket?

A: Help keep a person afloat and to increase their chances of survival in the water.

Q: What are the different features of a life jacket?

A: Life jackets typically include adjustable straps, reflective material, a whistle, and flotation material to help keep the wearer afloat in the water.

Q: When should you wear a life jacket in Victoria?

A: You must wear a life jacket when boating, fishing, or paddling in Victoria if you are under 10 years old, and adults are required to wear a lifejacket on a powered vessel up to 4.8m, when in an open area and underway.

Q: Can you wear any type of life jacket while boating in Victoria?

A: No, you must wear a life jacket that is approved by the Victorian Government for your type of vessel

Q: How do you properly fit a life jacket?

A: A properly fitted life jacket should be snug but not too tight. Adjust the straps to fit your body and make sure the jacket does not ride up above your ears.

Q: How should you store your life jacket?

A: Store your life jacket in a cool, dry place away from direct sunlight and moisture.

Q: What should you do if your life jacket gets wet?

A: Allow the life jacket to dry completely before storing it.

Q: Can you wear a life jacket while swimming in a pool?

A: Yes, you can wear a life jacket while swimming in a pool if you are not a confident swimmer.

Did you know
it is a legal
requirement to
wear a
lifejacket rock
fishing?



Level 50 (type 2) lifejacket

- Help to keep you afloat but do not have a collar to keep your head above water if you are unconscious.
- Are intended for use by competent swimmers who are close to a bank or shore on smooth waters (eg, water skiers or those being towed), and when a means of rescue is nearby.
- Do not keep the user safe for long periods of time.
- Require active participation by user.



Level 100+ (type 1) lifejacket

- Are intended for use in sheltered water and should not be used in rough conditions.
- Are intended for those who may have to wait for a rescue.
- Will roll a person into a face-up position but this may be limited if a person is wearing heavy clothing.

A Rip in the Classroom



Lifesaving
education programs

Lesson: Survival Strategies | Difficulty: Easy | Time: 10 minutes

Introduction

Rips can appear anywhere at anytime. The safest place to swim is always between the flags!

Key messages

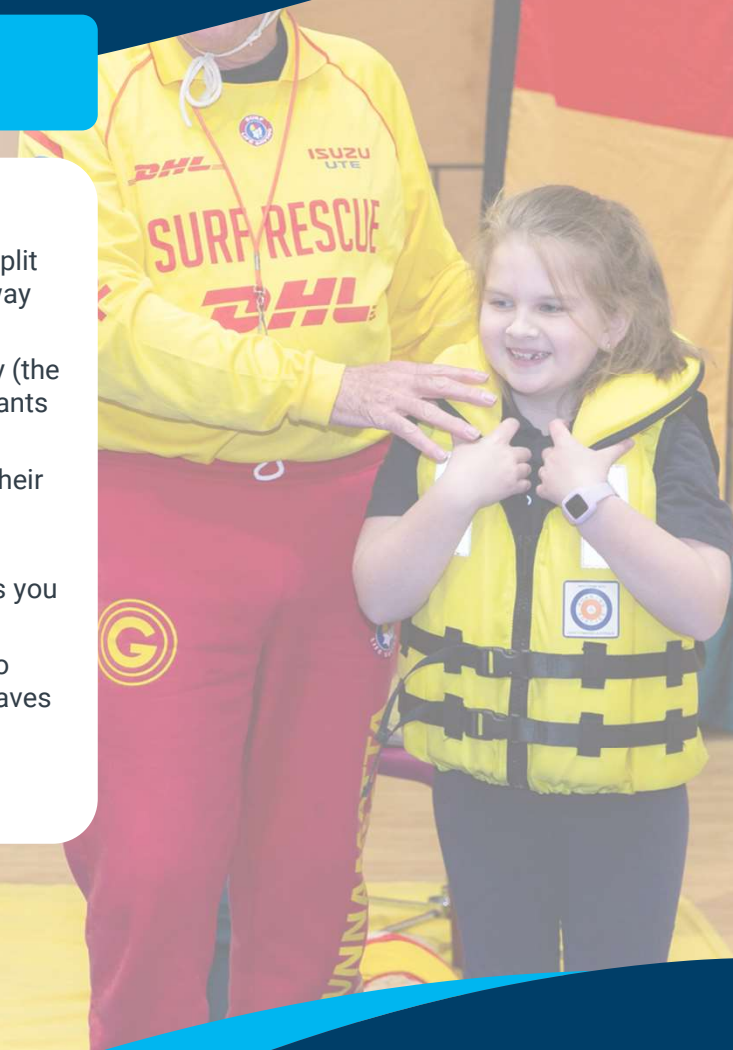
- Never swim alone
- Always wear a lifejacket
- Swim between the flags
- Follow lifeguard instructions
- Call for help

Equipment

- Blue tarp or rope

Instructions

- 1) While all participants are sitting down, split them in 2 groups and make a passageway wide enough to walk through.
- 2) Students sitting next to the passageway (the rip) sit facing inwards. All other participants sit facing forwards.
- 3) Students make wave movements with their hands, pushing forwards
- 4) Teacher (or volunteers) walks down the middle of the rip, showing how it pushes you out to sea, behind the waves.
- 5) To get back to shore, you simply need to swim (or float) to the side and let the waves take you back to the beach!
- 6) Remember to call for help if you are in trouble.



Key questions:

Q: What is a rip?

A: A rip is a strong current of water that flows away from the shore.

Q: How can you spot a rip?

A: Look for calm or darker patches of water between breaking waves, which can indicate where the water is flowing out to sea.

Q: What causes a rip?

A: A rip is caused by a combination of waves, tides, and underwater geography

Q: What should you do if you get caught in a rip?

A: If you get caught in a rip, stay calm, conserve your energy, call for help and float on your back. Try to swim parallel to the shore until you are out of the rip before swimming back to shore.

Q: Can you always see a rip?

A: No, rips can be difficult to spot, so it's important to always swim between the flags at the beach and listen to the advice of lifeguards.

Q: What should you do if you see someone else caught in a rip?

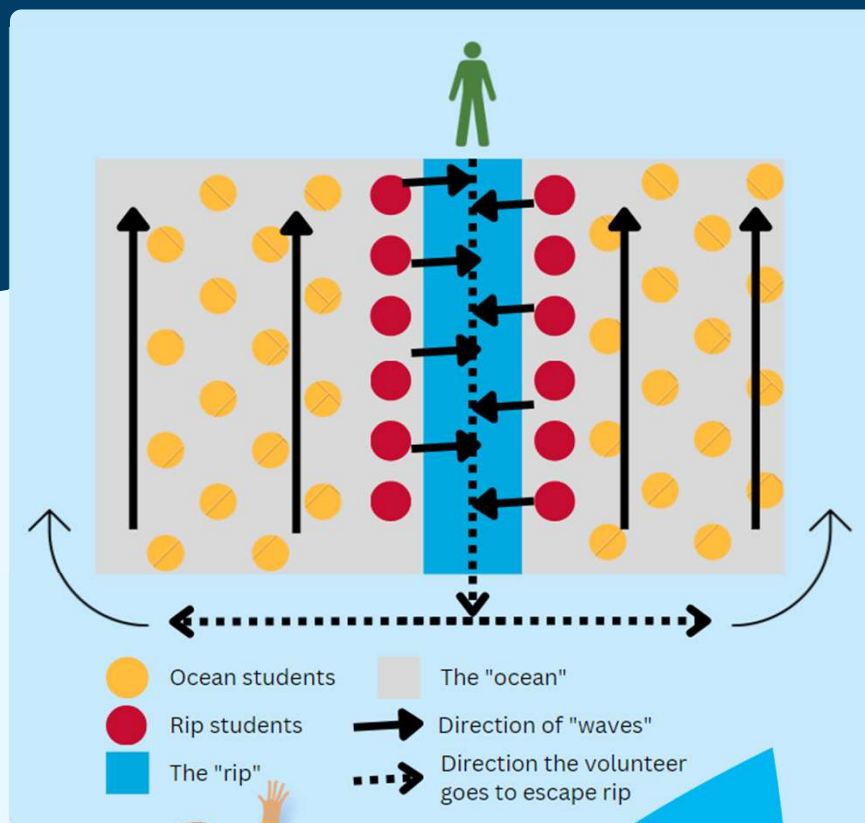
A: If you see someone caught in a rip, call for help immediately by alerting the nearest lifeguard.

Q: What should you do if you feel tired while swimming?

A: If you feel tired while swimming, float on your back and rest. Don't push yourself beyond your limits.

Q: Why is it important to follow beach safety rules?

A: Follow beach safety rules to ensure your own safety and the safety of others. Accidents at the beach can be serious, so it's always better to be safe than sorry.



Call for help by raising one arm in the air and yelling "HELP!" as loudly as you can to attract attention

Rip Relay



Lifesaving
education programs

Lesson: Survival Strategies | Difficulty: Medium | Time: 15 minutes

Introduction

If you get caught in a rip, stay calm, conserve your energy and call for help

Key messages

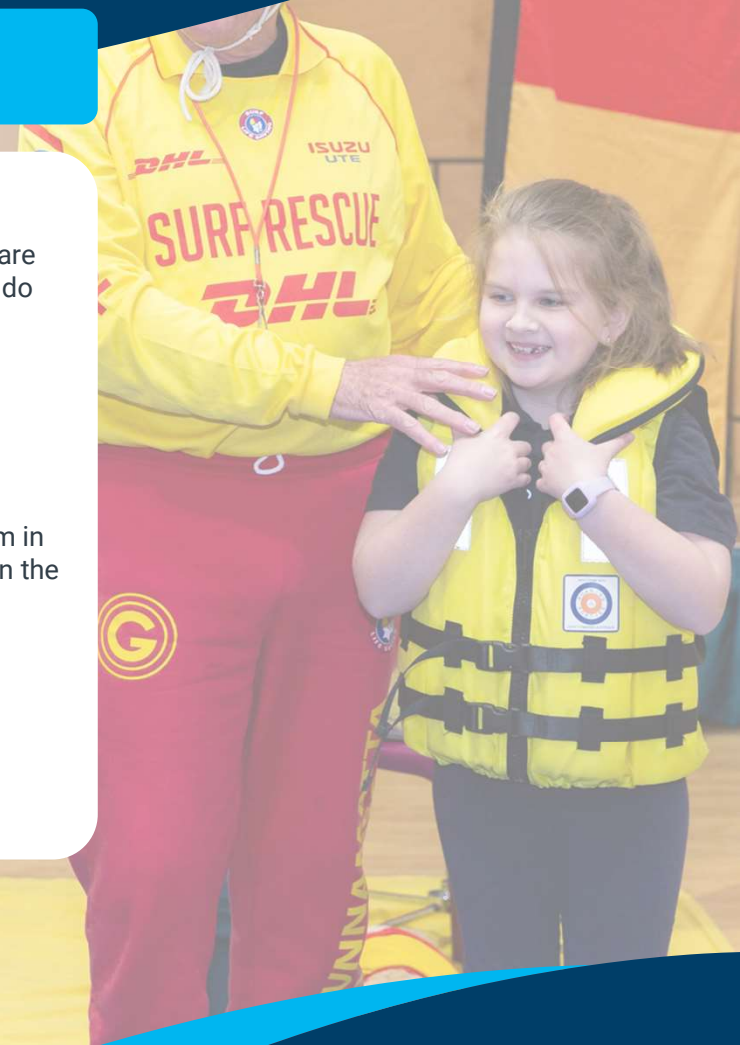
- Never swim alone
- Always wear a lifejacket
- Swim between the flags
- Follow lifeguard instructions
- Call for help

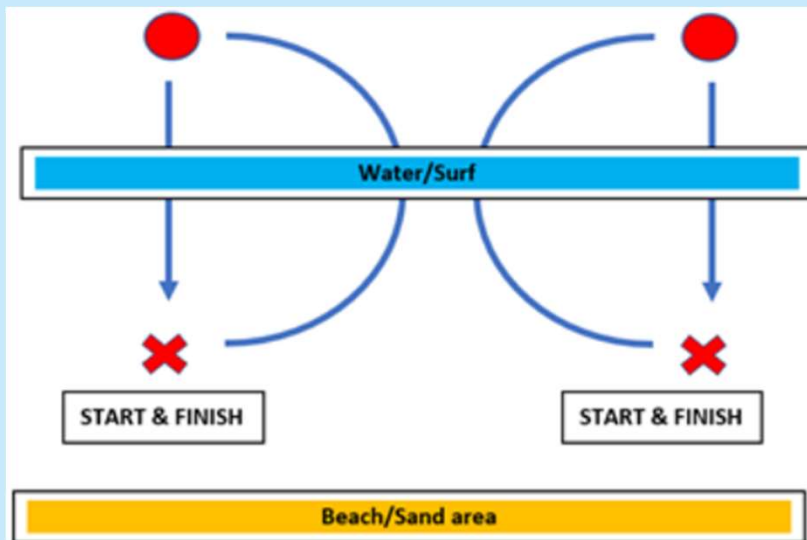
Equipment

- Cones
- Rips a-frame

Instructions

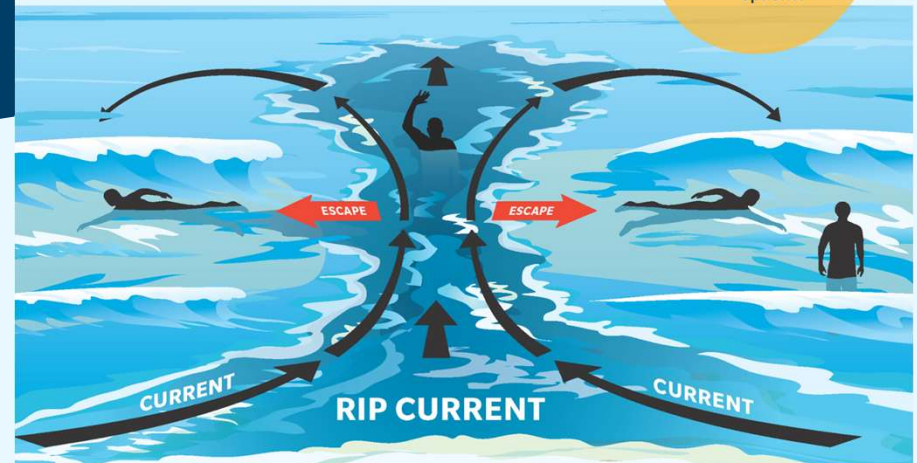
- 1) Using the rip A-Frame, explain how rips are formed, what they look like and what to do when you are caught in one:
 - a) Raise an arm and call for help
 - b) Float with the current
 - c) Swim parallel to the beach
- 2) 2. Time to practice how you should swim in a rip! Play the rip relay game as shown in the video.





Surviving a Rip Current

If you're caught in a rip current, stay calm, conserve your energy and consider these options:



AVOID RIP CURRENTS SWIM BETWEEN THE RED AND YELLOW FLAGS

Reassess the situation if what you're doing isn't working, try one of the other options until you return to shore or you're rescued.



Seek help. Raise your arm and call out. You may be rescued.



Float with the current. It may return you to a shallow sandbank.



Swim parallel to the beach or towards the breaking waves. You may escape the rip current.

Don't Wait Until It's Too Late



Lifesaving
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Lesson: Survival Strategies | Difficulty: Medium | Time: 5 minutes

Introduction

It's too late to be putting on a lifejacket when you are already in danger – always be prepared and ready to act.

Key messages

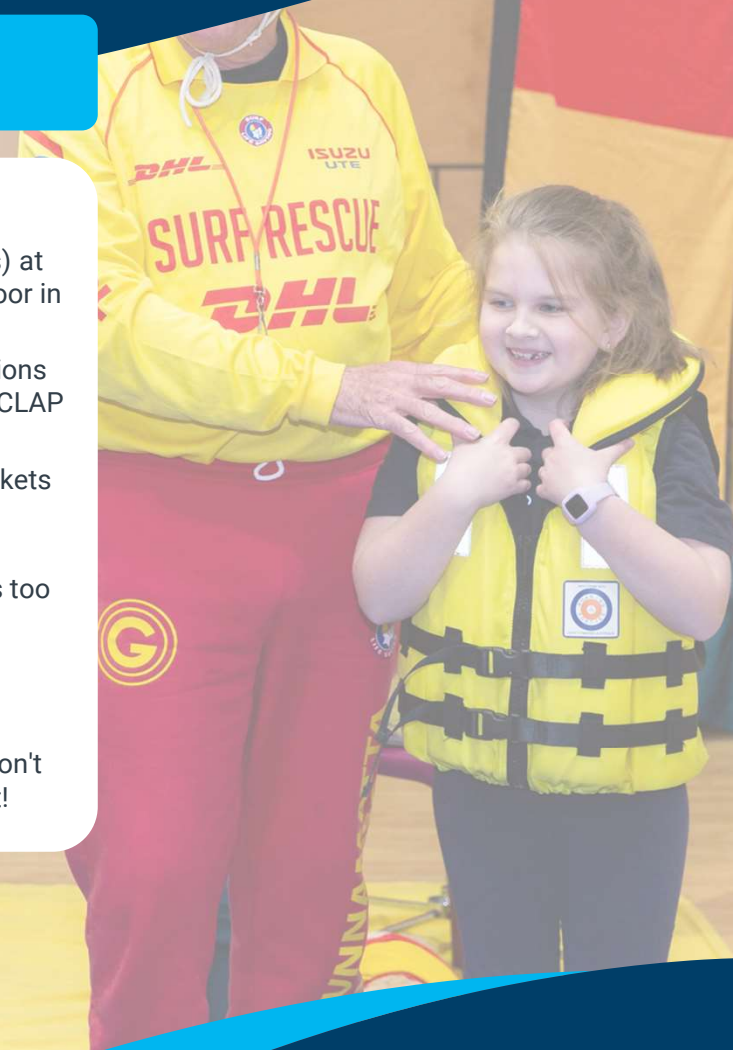
- Never swim alone
- Always wear a lifejacket
- Be aware and be prepared

Equipment

- Lifejackets
- Stopwatch

Instructions

- 1) Have 2 volunteers (the boat passengers) at the front with a lifejacket each on the floor in front of them.
- 2) Describe some dangerous water conditions that the boat is in, then get the class to CLAP loudly – the boat has crashed!
- 3) Instruct “boat passengers” to put lifejackets on as quickly as possible.
- 4) Explain how we should always wear a lifejacket before getting on a boat – it is too late to do this when you are already in trouble!
- 5) Now try the activity again but hide the lifejacket somewhere in the classroom. Watch how dangerous it can be if you don't know where lifejackets are on your boat!



Key questions:

Q: Why is it important to wear a life jacket on a boat?

A: Wearing a life jacket can keep you safe if you fall into the water..

Q: Why is it important to know where your life jacket is?

A: Knowing where your life jacket is can help you put it on quickly if you need it.

Q: Should you wait until an emergency to put on a life jacket?

A: No, you should put on a life jacket before you get into the boat and keep it on until you get off.

Q: Can a life jacket make it easier to swim?

A: Yes, a life jacket can help you float and make it easier to swim.

Q: Can you wear any type of life jacket on a boat?

A: No, you should wear a life jacket that is approved for use on your boat and isn't broken or damaged.

Q: Is it okay to take off your life jacket while you're on a boat?

A: No, you should keep your life jacket on while you're on a boat, even if you're a good swimmer.

Q: Should children wear life jackets on boats?

A: Yes, children should always wear life jackets on boats, even if they know how to swim.

Q: Why is it important to make sure your life jacket fits properly?

A: If your life jacket doesn't fit properly, it may not keep you safe in the water.

Q: What should you do if you see someone in the water who isn't wearing a life jacket?

A: You should throw them a life jacket or something that floats, and call for help.

Features of a lifejacket



20 seconds is all it takes for a toddler to drown. It is too late to be looking for a lifejacket once you are already in trouble.