

# Life saving education programs at the beach, river, lake or pool

## ► Bush Nippers Program

### ACTIVITY DESCRIPTION



#### **Introduction to Lifesaving:**

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.



#### **Be Aware and Be Prepared:**

In this activity, participants will gain the knowledge and skills to keep safe across a variety of different aquatic settings. Deliver this activity in two sections, focusing first on the current location and second, focusing on other types of aquatic environments.



#### **Everyday Lifesaver:**

Participants will be given the skills and opportunity to be 'Everyday Lifesavers'. They'll learn the emergency response sequence, DRSABCD, by following a variety of age-appropriate and engaging real life scenarios.



#### **Survival Strategies:**

Wearing a lifejacket, and practicing important survival techniques -including the huddle, the HELP position, safely entering and exiting the water- are vital survival strategies participants can use if they find themselves in trouble in the water.



#### **Rescue Strategies:**

Rescue tubes, towels, ropes and even bike helmets are all examples of rescue items participants will have an opportunity to practice using. This will enable them to make informed decisions if ever they are required to perform a rescue.



#### **Safe Boarding:**

Body Boards are a popular activity enjoyed by many children in open waterways. Participants 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)!



### **Staying Fit & Healthy:**

In this activity, participants will learn the importance of establishing a healthy mind and body for the safe enjoyment of aquatic activities.



### **Survival Swimming:**

In this activity, participants will practise the skills to survive an unexpected fall into deep (open) water, including entry/exit techniques, floating, gliding, sculling and treading water.



### **My Community:**

In this activity, participants will recognise the connection that Aboriginal and Torres Strait Islander communities have to the land and water and look at ways to maximise local community interaction with aquatic environments.



### **Beach Flags/Sprints:**

Participants will learn the most effective way to run at an aquatic environment (on sand, dirt, or mud!) and participate in a unique lifesaving sport which will provide participants with bragging rights if crowned the King or Queen of beach flags.



### **Ironman/Ironwoman:**

Working with your team, complete the challenging Ironman/Ironwoman course that incorporates all the skills learnt throughout the program – including swimming, running, paddling, rescues, and survival techniques.