



## **On-Beach Dry Safety Session**

Location: Surf Life Saving Clubs

The 2-3 hours sessions contain:

- Theory presentation delivered by Volunteer Life Savers from the club or SLS NSW Staff at the venue.

### **Theory Content:**

- Swimming at a patrolled beach and in between the flags
- Safety and danger signs at the beach
- Life Saver role
- Marine Animals
- Sun Safety
- Rip Current information and identification
- Rock Fishing Safety

### **On-Beach Dry Workshop Covering:**

- A Walk on the beach with hazard identification.
- Safety Signs identification.
- Patrol & Life Saving equipment.
- Rip Current identification (with dye release if conditions allow).

### **On-Beach Dry Safety Workshop – Program Timetable:**

**NOTE:** Activities will still take place from the beach or elevated position. Sometimes the weather will mean that we spend less time outside than expected – this decision is made by Surf Life Saving Instructors following a risk assessment.

<b>Duration</b>	<b>Activity</b>	<b>Client's Staff Responsibility</b>
- 10mins	Participants to arrive-emergency exits breakdown, important information, program for the day etc	Client's staff to supervise
- 20mins	Beach Safety Behaviour Talk	Client's staff to supervise
- 20mins	Beach Danger Tour. Identifying rips, beach dangers, beach signs recognition.	Client's staff to supervise

- 30mins	Club Tour Visit the equipment storage facility (radios, IRB's, Surf Rescue Boards, signage etc.) Visit Recreational Area	Client's staff to supervise
- 15mins	Split into two groups Group 1: Dry Beach Sport Activities. Flags, beach sprints, tug-o-war, Group 2: Rock Platform Tour	Client's staff to supervise
- 35mins	Groups to start their activities. Group 1: 2 supervisors and 1 SLSNSW Staff member Group 2: Rock Platform Tour	Client's staff to supervise
- 35mins	Group Swap Group 2: Dry Beach Sport Activities. Flags, beach sprints, tug-o-war Group 1: Wet Activities. Wading in the water, dolphin diving, water sprints, racing	Client's staff to supervise
- 15mins	Instructor to give de-brief about today's lessons to the participants.	Client's staff to supervise
	<b>Depart</b>	Client's staff to supervise

*Note that the above timings are approximate.*



**[Book An On-Beach Wet Safety Workshop](#)**

Please access the online booking form here to book for a session: **[Click Here](#)**