



On-Beach Wet 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 Wet Workshop Covering (Weather dependant):

- A Walk on the beach with hazard identification.
- Safety Signs identification.
- Patrol & Life Saving equipment.

In water activities:

- Flags
- Sprints and relays-SLS costume and tube
- Baton relay-with hoops
- Tug of war

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.

Duration	Activity	Client's Staff Responsibility
- 10mins	Participants to arrive.	Client's staff to supervise

- 30mins	Club Tour Visit the equipment storage facility (radios, IRB's, Surf Rescue Boards, signage etc.) Visit Sports Area and Recreational Area	Client's staff to supervise
- 20mins	Split into two groups Group 1: Dry Beach Sport Activities. Flags, beach sprints, tug-o-war, cricket Group 2: Wet Activities. Wading in the water, dolphin diving, water sprints, racing.	Client's staff to supervise
- 45mins	Groups to start their activities. Group 1: 2 supervisors and 1 SLSNSW Staff member. Group 2: 1 supervisor and 1 SLSNSW staff member.	Client's staff to supervise
- 45mins	Group Swap Group 2: Dry Beach Sport Activities. Flags, beach sprints, tug-o-war, cricket Group 1: Wet Activities. Wading in the water, dolphin diving, water sprints, racing	Client's staff to supervise
- 15mins	Students to exit the water and get changed into dry gear	Client's staff to supervise
- 15mins	Instructor to give de-brief about today's lessons to the participants	Client's staff to supervise
	Depart	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](#)**