



**SURF LIFE SAVING
NEW SOUTH WALES**



On Patrol with Community Education - May 2025

Welcome to our **Term 2 School Newsletter** from the Surf Life Saving NSW Community Education team!

In this newsletter, you will find essential tools and resources to teach your class and students about beach and coastal safety. Take advantage of these programs and opportunities to help your students stay informed and safe by the water.



Meet surf lifesaver Sinead!

Sinead, a Year 12 student, has been part of Long Reef Surf Life Saving Club since her Under 6s days. Over the years, her love for surf lifesaving has only grown. She's achieved both her SRC and Bronze Medallion, and now volunteers as a lifesaver while also taking on the role of Age Manager for the past two seasons.

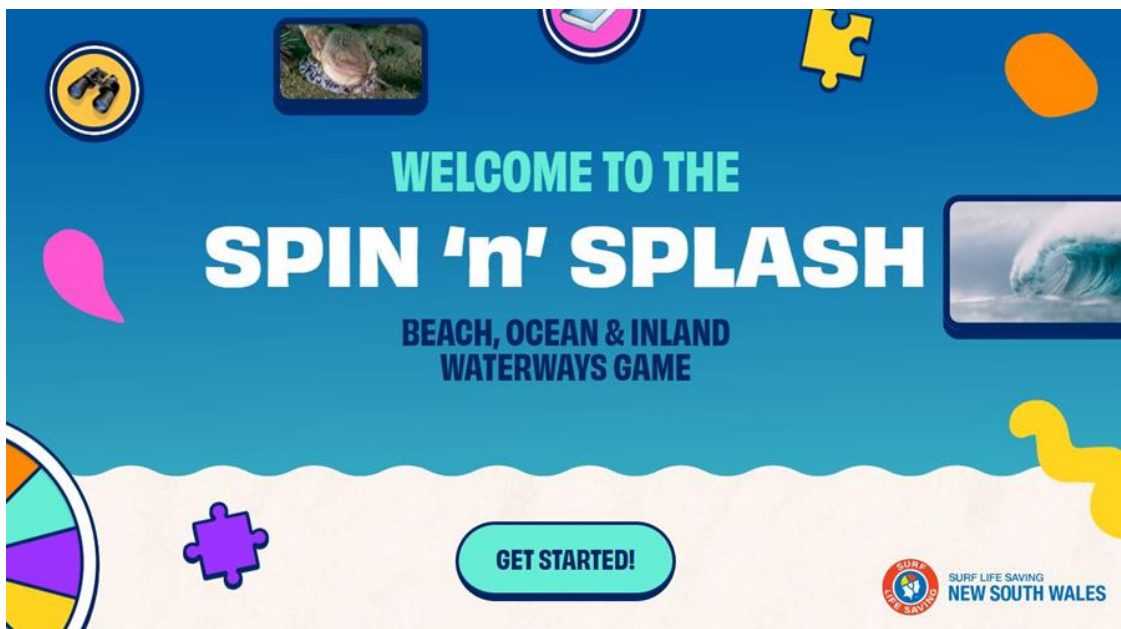
In 2020, Sinead represented Long Reef in the Junior Lifesaver of the Year, where she developed an idea close to her heart "Nippers for Parents." This initiative aimed to help parents, especially those new to Australia or unfamiliar with the beach, feel more confident around the ocean. Sessions were to focus on beach safety - like spotting rips - and be supported by Water Safety volunteers. As an Age Manager, Sinead says her favourite moments are when kids push their boundaries -



diving under waves for the first time or swimming past the break. She's also supported water safety at events such as the Bush to Beach program, the Three Points Challenge, and school training days.

Sinead's Top Safety Tip:

"Learn how to spot a rip. It's one of the most important ocean safety skills you can have. If you're unsure, just ask a lifesaver or lifeguard - they're always happy to help. Knowing this can give you the confidence to swim safely, even at an unpatrolled beach".



Spin & Splash Update!

It's been a few months since Spin & Splash launched, and the response from schools, families, and young learners has been fantastic! Created by Surf Life Saving NSW, this interactive water safety game is designed to teach kids aged 4–12 how to stay safe around the beach - all through fun, colorful activities.

Highlights of Spin & Splash:

- Over 200 questions across 40+ beach safety topics
- Engaging videos, audio, and illustrations
- Perfect for classrooms or home learning
- Certificates to celebrate learning progress
- Encourages family participation
- Accessible anytime, anywhere

Haven't explored it yet? Let your students (and their parents) build water confidence through play.



Beach to Bush 2025: Updated Dates 27 October to 14 November 2025

The updated dates are in - Beach to Bush will now run from 27 October to 14 November 2025.

Since 1994, this much-loved Surf Life Saving NSW program has delivered beach safety education to nearly 270,000 primary school students across regional NSW - many of whom have never been to the coast.

Each 45-minute session is led by trained surf lifesavers and tailored to inland learners. Students will learn how to identify rip currents, understand beach signs, and respond in an emergency - skills that build water confidence well before summer.

If your school is in regional NSW, this is a great opportunity to give your students the knowledge they need to stay safe around water. Registrations are now open!

Register Your School Today



Big Beach Week 2025

Get ready for Big Beach Week, running from 1 - 6 December 2025! This flexible, classroom-ready program makes it easy to teach water safety in schools, early childhood centres, and even at home.

What's New for 2025?

- Fresh content reviewed by water safety and education experts
- An improved Teaching Guide with clearly sequenced activities
- Resources tailored for all age groups and learning environments

Whether you've used the program before or it's your first time, Big Beach Week offers curriculum-linked lessons that fit your schedule and help kids stay safe before summer.

Register for Big Beach Week 2025





The [2025 Rock Fishing Safety Project](#) is in full swing across NSW, delivering important safety messages for one of Australia's riskiest recreational activities.

Supported by the NSW Department of Primary Industries (DPI), local councils, surf lifesaving clubs, and safety experts, the project delivers free, hands-on workshops designed to raise awareness and reduce risk.

What's On:

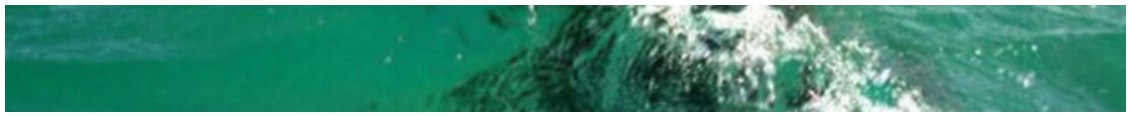
- [Timmy Gone Fishing](#) – fun, interactive sessions for young children to learn basic fishing safety
- [Rock Fishing Safety Workshops](#) – held at popular rock fishing spots to teach practical skills around risk, rescue, and survival
- [In-Community Safety Workshops](#) – delivered in towns and cities to help raise awareness before people head to the coast



More sessions and locations will be announced soon!

This Rock Fishing Project is supported by the NSW Department of Primary Industries (DPI).





Mark your calendars: Friday, 25 July 2025 is World Drowning Prevention Day, a UN-declared global day of action to raise awareness about the silent epidemic of drowning and highlight the steps we can all take to prevent it.

This annual day is more than a reminder - it's a call to action. Drowning is preventable, and small efforts at home, in schools, and across communities can make a real difference.

Did You Know?

- Over 236,000 people drown every year worldwide
- Drowning is one of the top 10 causes of death for children aged 5–14
- It affects low- and middle-income communities most - but it can happen anywhere

How to Get Involved

- Attend events at schools, pools, or community centres
- Learn beach safety through programs like Spin & Splash
- Learn to swim or enrol your kids in lessons
- Always watch children near water
- Use life jackets near open water
- Share safety tips with family and friends



Learn to Swim

It's never too late to learn to swim at any age, building water confidence can help prevent drowning.

From July 2023 to June 2024, 128 people drowned in NSW - the highest number ever recorded. Many of these tragedies could have been prevented with basic water safety skills like floating, treading water, or calling for help.

Swimming isn't just a recreational skill- it's one of the most important life-saving abilities. Knowing how to stay afloat, keep calm, and signal for help can give you critical time in an emergency.



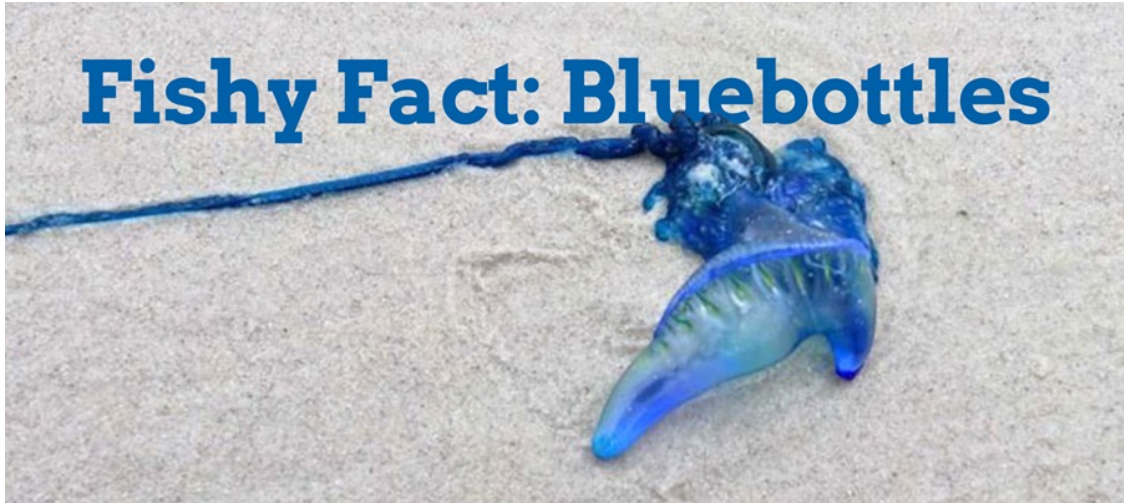
Find Swimming Lessons in NSW

There are numerous programs across New South Wales to help individuals of all ages learn to swim:

Find Out More

- [NSW Government's Learn to Swim Program](#): Free lessons for eligible communities
- [Swimming NSW](#): Learn-to-swim and voucher programs
- [City of Sydney Pools & Swim Programs](#): Local swim lessons for all ages and levels

- [Royal Life Saving](#): Water safety education and national swim programs
- [YMCA NSW](#) – Swim Right Academy



Fishy Fact: Bluebottles

As summer rolls in, so do the bluebottles - those bright blue stingers you'll often spot washed up along New South Wales beaches. Known for their painful sting, these marine creatures are more than just a beach nuisance - they're a good reason to check safety signs before jumping in.

Did You Know?

- Bluebottles aren't jellyfish - they're siphonophores, made up of tiny working parts.
- They drift on the wind and can't swim.
- They can sting even after washing up on the sand.

Safety Tips:

- Check beach hazard signs and speak with lifesavers
- Wear a rashie or wetsuit for protection
- Avoid swimming if you see bluebottles washed up
- Never touch them - even on the sand

If Stung:

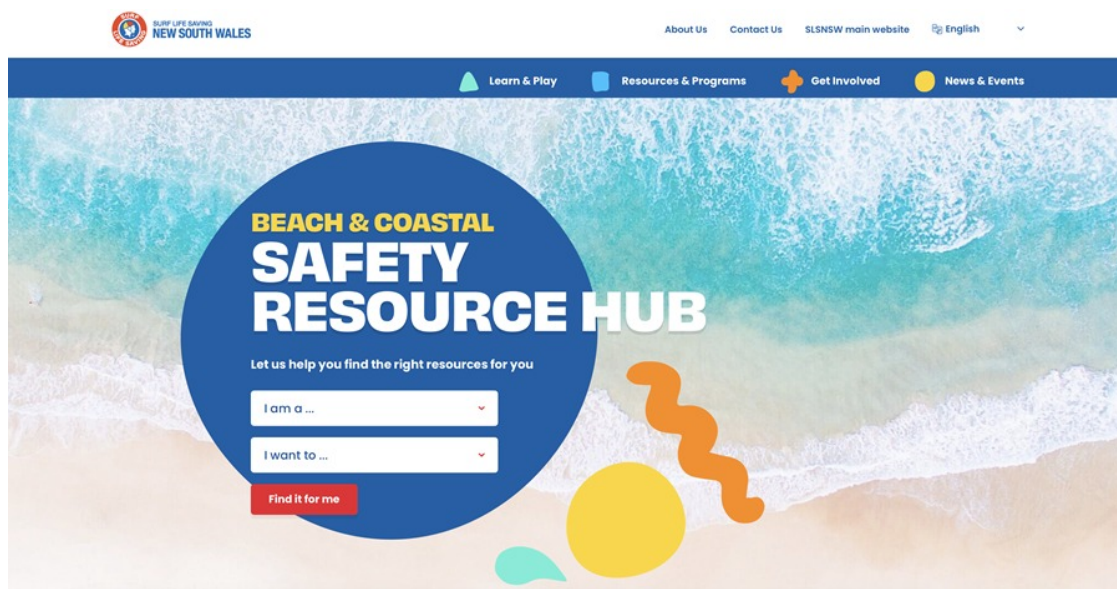
- Don't rub the area
- Rinse with seawater, not fresh water
- Apply hot water (as hot as is safe) for 20 minutes
- Seek medical attention if needed

Stay alert and stay safe!



Beach & Coastal Safety Resource Hub

The beach is for everyone to enjoy. Knowing how to stay safe while at the beach is important information that you can share with your students through our programs & resources. Want to learn more? You can easily access and download a vast array of content that supports beach and coastal safety education for your students on our [Beach & Coastal Safety Resource Hub](#).



MISSED ONE OF OUR PREVIOUS SCHOOL NEWSLETTERS?

No problem, you can access all the newsletters on our Hub:

NSW Teachers School Newsletter

Next Newsletter

Our next *On Patrol Newsletter* will be sent to you at the start of Term 3 2025.

Stay in the loop

You are welcome to sign up to receive our *On Patrol Newsletter*. We will keep you updated on how to access our free resources, what's new, any exciting programs we have developed and any news items especially for teachers. Please sign up here: <https://bit.ly/SLNSWNewsletter>

"Learning is a treasure that will follow its owner everywhere."

Contact Us

Want to know more?

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