



# SILVER SALTIES

Patrol

**Objective** To promote physical activity, teamwork, a deeper understanding about the knowledge and skills needed to be an active patrol lifesaving volunteer, and to pursue any volunteering patrol roles of interest beyond the Beach Patrol 101 program.

## Duration

1-2hr per session depending on module

## Frequency

1 session a week

## Program

10 weeks

## Place

SLSC Clubhouse or Beach

## Intensity

Light, Moderate or Vigorous. The physical activity component of Beach Patrol will depend on the specific module undertaken

## Safety

All participants should -

- All participants should -
- Consult with their doctor before participating in moderate to vigorous physical activity modules.
- Bring any medications, asthma puffers, and water.
- Wear comfortable clothing for land-based modules or appropriate and sun-safe swimwear for water-based modules.

## Modules

Participants can participate in one or more of the modules:

### 1. PATROL

TARGET AUDIENCE - ALL Silver Salties  
 INTENSITY - Light  
 DURATION - 1-2hr

- Participants will meet lifesavers on patrol, talk with the Patrol Captain about a range of topics, and tour the areas where 'lifesaving' operates e.g. patrol tower, beach tent etc.

• Topics and experiences - Patrol objectives:

- Skill requirements and training
- Lifesaving equipment and their uses
- SLS Flags and their meaning
- Westpac Lifesaver Rescue Helicopter Service
- Lifesaver / Lifeguard experiences, highs, lows, and challenges
- A visit to the patrol tower, beach patrol tent and equipment storage shed.

## Modules Continued



### 2. BEACH SAFETY

TARGET AUDIENCE - ALL Silver Salties  
INTENSITY - Light  
DURATION - 2 x 1hr

- Participants will learn basic beach safety including knowledge and understanding about:
  - Rip currents and management
  - Weather and impact on the surf
  - Natural hazards and management
  - Types of waves and their impact on swimmers and lifesavers
  - Rocks, reefs and safety
  - Sea animal bites, stings and stabs
  - Beach Safe website [www.beachsafe.org.au](http://www.beachsafe.org.au)
  - Sun safety

Participants will receive a Certificate of Participation upon completion of this module.

### 3. FIRST AID OFFICER

TARGET AUDIENCE - Mobile and fit Silver Salties  
INTENSITY - Light to moderate  
DURATION - 8+hr

- Participants will undertake a certified “Provide First Aid” course (approx 8 hours) and a “Provide CPR” course (approx 2-3 hours).
- Participants will receive a nationally recognised Work Cover approved statement of attainment for each course undertaken.



### 4. RADIO OPERATOR

TARGET AUDIENCE - Interested or experienced (radios, communications) Silver Salties  
INTENSITY - Light to moderate  
DURATION - TBC

- Participants will learn the skills and knowledge to operate communication systems and equipment in surf lifesaving operations. Radio operators provide communication and coordination support to lifesaving services and external emergency services.
- Participants will receive a Certificate of Participation and if successful will receive the Radio Operator Certificate.

### 5. WATER SAFETY PERSONNEL

TARGET AUDIENCE - Mobile and very fit Silver Salties  
INTENSITY - Moderate to vigorous  
DURATION - TBC

- Participants, who meet the prerequisites for the Surf Rescue Certificate (i.e. confidently swim 200m in 5min), can undergo training and assessment.
- The Surf Rescue Certificate provides participants with the skills and knowledge of basic patrolling and surf awareness in order to be able to participate in lifesaving operations and act in the role of Water Safety Personnel.
- Successful participants will receive the Surf Rescue Certificate.

