Name: _____

Theme Based Study Sheet

Surf lifesaving facts

Lifesavers are volunteer groups of men and women who train in life saving methods and patrol beaches.

Surf lifesaving originated in Australia in 1906 in response to drownings at local beaches in Sydney.

Surf lifesaving clubs hold surf carnivals where clubs compete with each other in a range of events including combined swimming and running, surf ski and surf boat races.

The youth arm of the clubs is known as nippers.

There are 305 surf lifesaving clubs in Australia.

The sport of "ironman" was developed in 1964 in Australia to combine the four main disciplines of surf lifesaving into a single race; swimming, board paddling, ski paddling and running.

Do you know any more facts about surf lifesaving?

Extension research

What is the Bronze Medallion?

In 1935, special flags were introduced to show safe areas to swim at the beach. What colour are these flags?

What gear and equipment do lifesavers use to help save lives?

Designing a poster

Design a poster about one aspect of beach safety such as, always swim between the flags, never swim in a rip, or always be sunsmart and "slip, slop, slap".

Plan your poster.

Have a main message written in large clear letters.

Use a picture to support the message.

Use other smaller messages and pictures to support your main idea.

Number Crunchers

Here are the pointscore results in a Junior Surf Carnival.
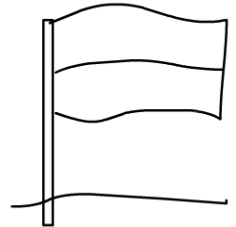
North Curl Curl   208
Freshwater   264
Queenscliff   254
Manly   539
Collaroy   130

Which club scored the most points and won the carnival?

By how many points did Freshwater beat Queenscliff?

Write the clubs in order from the club with the most points to the club with the least points.

Art

All surf lifesavers wear the internationally recognised red and yellow patrol uniform and are distinct by wearing the red and yellow quartered cap.

Draw a picture of lifesavers performing a rescue at a beach.

For more fun and revision you can play games online using Studyladder's website.