

Water Safety @



What do you do?

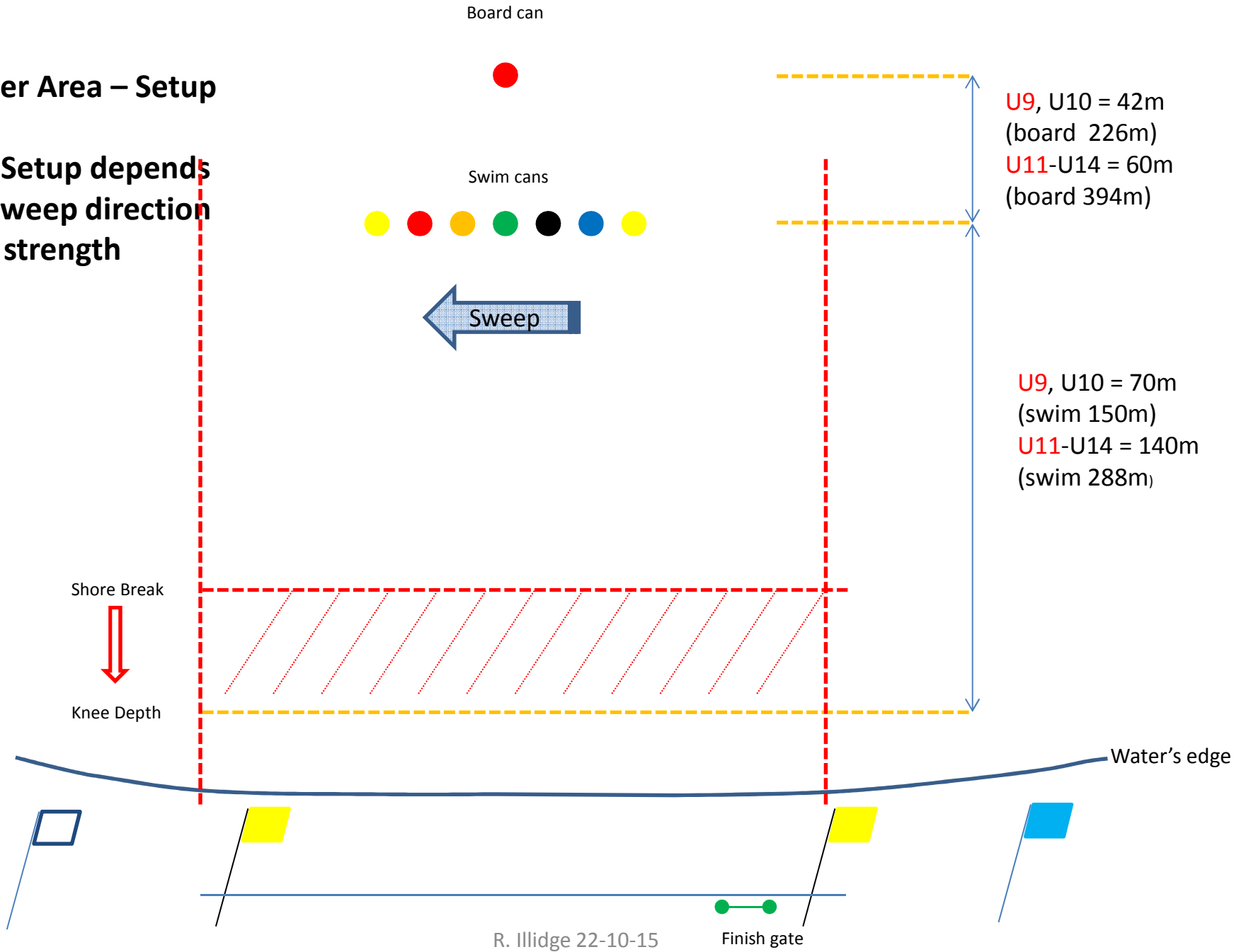
- Read the “Coogee Minnows: Water Safety - Standard Operating Procedure”
- Your Main task = Prevention of injury
- Your Secondary task = Supporting the kids – emotionally & physically
- You are there for all the kids not just your own
- You must find a reasonable balance of support that allows a child to develop competence
- You are a teacher of surf skills – develop your own
- You are part of a team
- You pay attention to the changing environment so you can prevent injury & support kids
- You do not stand back and let someone else do it.

Prevention of Injury

- The beach environment presents unique hazards that can change dramatically in short time frames
- Water Safety : Kids ratio generally 1 : 5. Determined by risk assessment
- Just “meeting the ratio” will not ensure prevention of injury – anticipation & positioning is a key skill.
- We need to anticipate hazards – large breaking waves, drop offs, stingers, flying boards, cold water, wind chill
- Count IN & Count OUT is the most important thing!
- Your part in this is to ensure all kids get back to the correct area – as soon as COUNTS don't match, we have an emergency.
- You need to manage the conditions and events to ensure this does not happen.

Water Area – Setup

NB. Setup depends on sweep direction and strength



The Surf Swim – hazards & problems

- Maximum of 32 swimmers, therefore 8 WS minimum.
- Skill levels range from competent to dog paddle
- Hazards – shore break, stingers, cold water, chop, sweeps and currents, visibility (kids can't see cans /shore over swells)

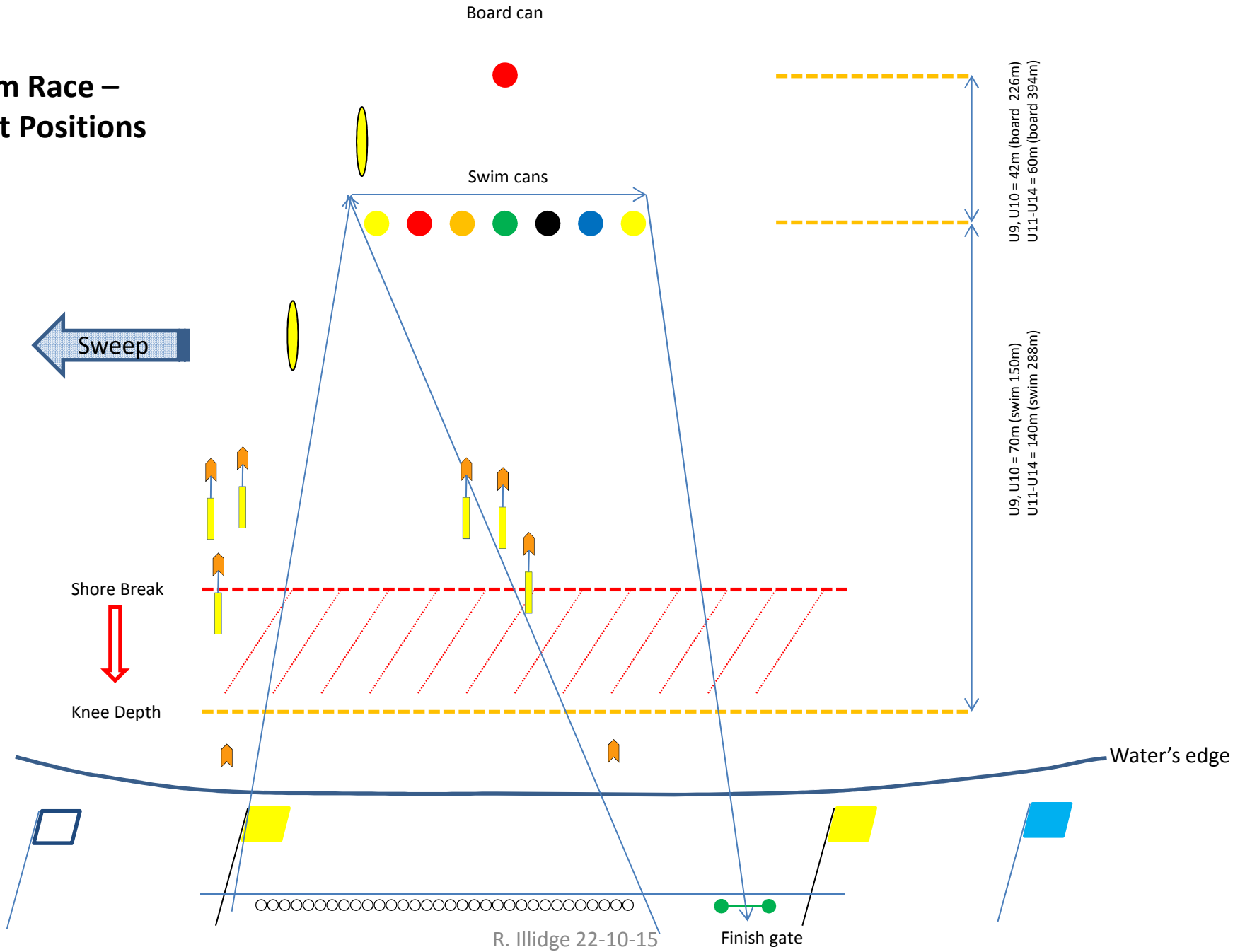
Problems:

- Kids wont put head in water, are spooked by seaweed – look 4 fish!
- Kids cant do freestyle – need swimming lessons
- Kids get swept or swim into next water area – count out issue
- WS tend to help the weaker kids leaving much of the pack without coverage
- Kids never develop if they are towed to a can and back on a tube
- Returning to shore through the break can be hazardous – they cant see what is coming
- You need to manage these hazards & problems

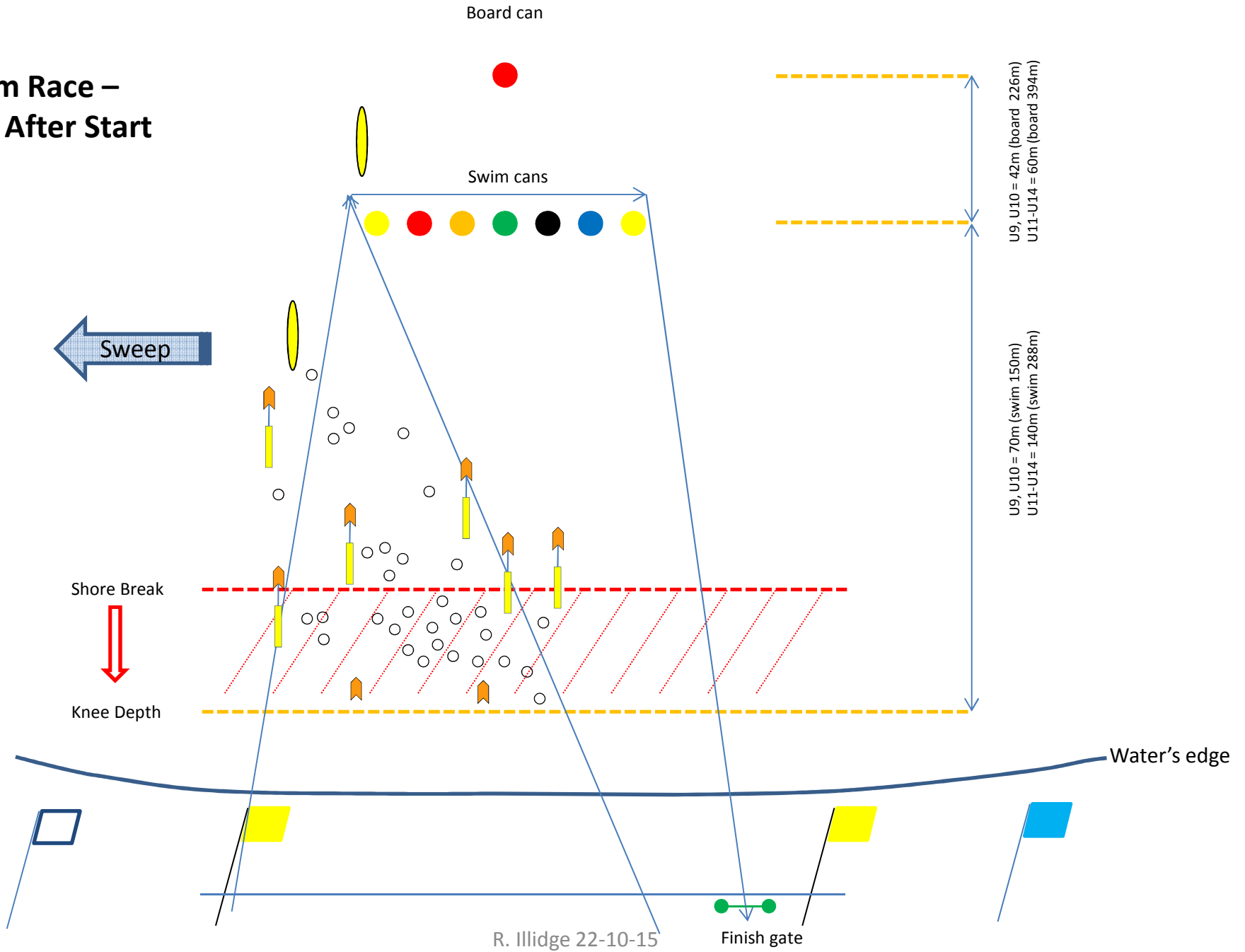
The Surf Swim – Setup & Solutions

- No kids goes in water without pink rashie or cap – forbidden.
- A minimum of 2 boards are needed in the water area, preferably 3-4
- WS boards shadow the pack leaders – main job is to fence the kids into their water area
- 1 fences the kids in on the outbound leg & sits behind the first can so kids can see it
- 1 fences the kids in on the inward leg – boards work together to cover the pack
- On the inward leg, WS can hold up tubes to guide the kids as well
- If there is a shore break, a few WS stand waist deep without tubes to assist kids manage their exit. Tubes in the break are dangerous and you can neck kids with the rope.
- To cater for standards and get through the heats, have a short can, or turn everyone around after the first 6 – 10 go past the can
- Some WS must help the weaker kids – but you should not be towing them.
- Take the names of any kids who wont swim or are poor at it. The Age Manager may need to take this up with their parent/s.
- Surf Ed teaches kids to wade, dolphin & body surf but you will constantly have to remind them
- Obtain a Junior Coaching Manual so you can teach them correctly.

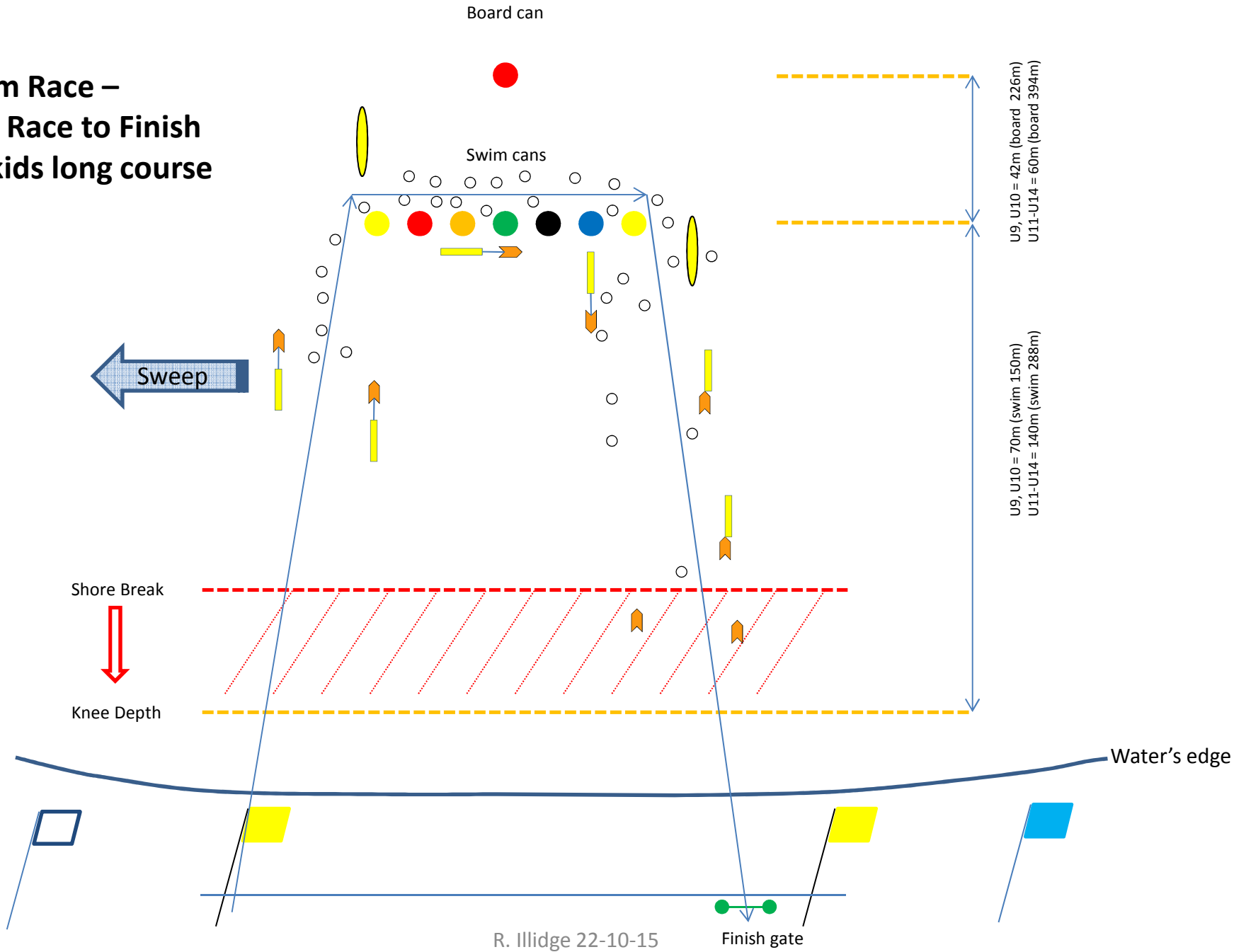
Swim Race – Start Positions



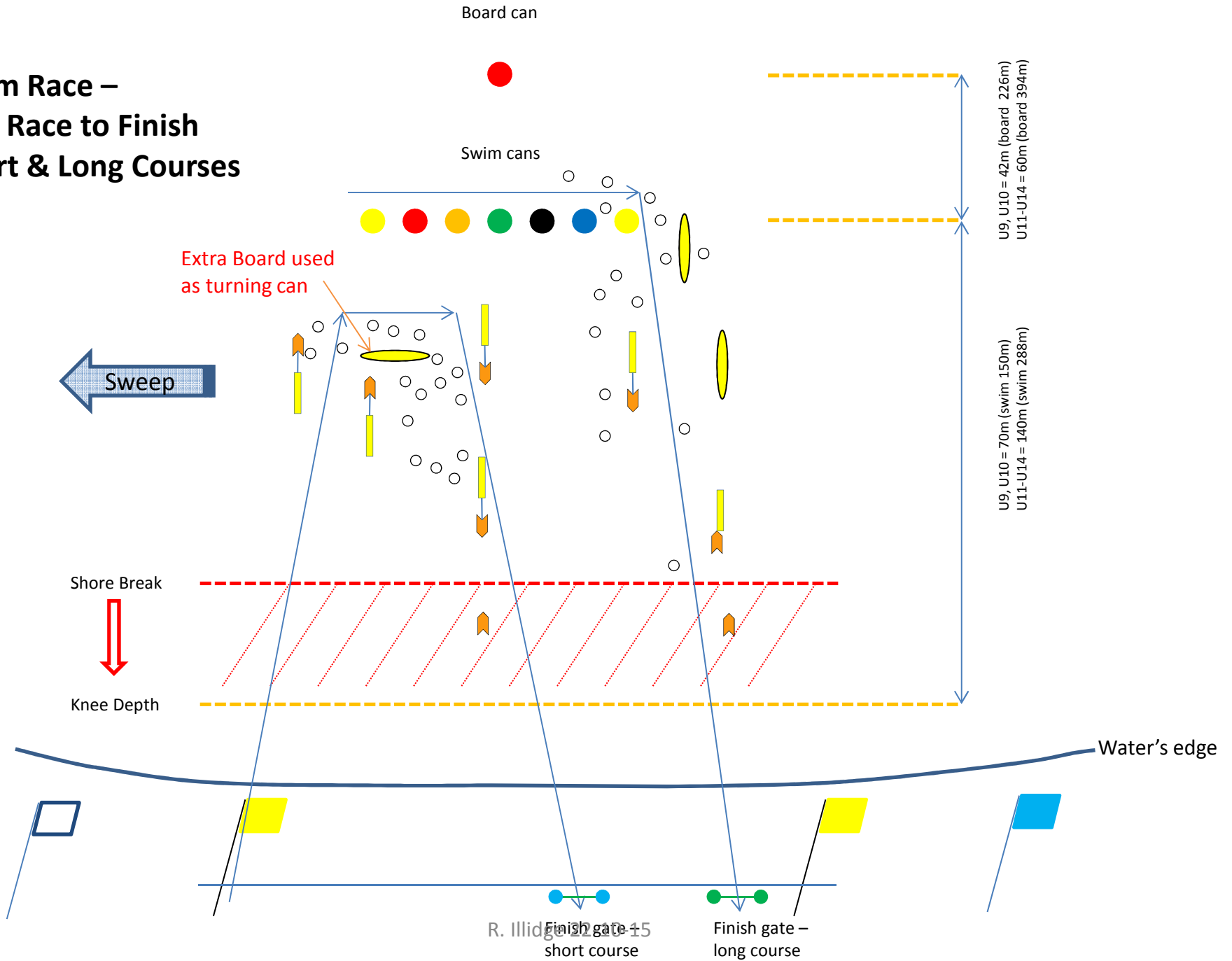
Swim Race – Just After Start



**Swim Race –
Mid Race to Finish
All kids long course**



Swim Race – Mid Race to Finish Short & Long Courses



Boards – hazards & problems

- Maximum of 16 boards / iron men, therefore 4 WS min.
- Skill levels range from competent to cant get on
- Hazards – shore break, high winds, chop, sweeps and currents

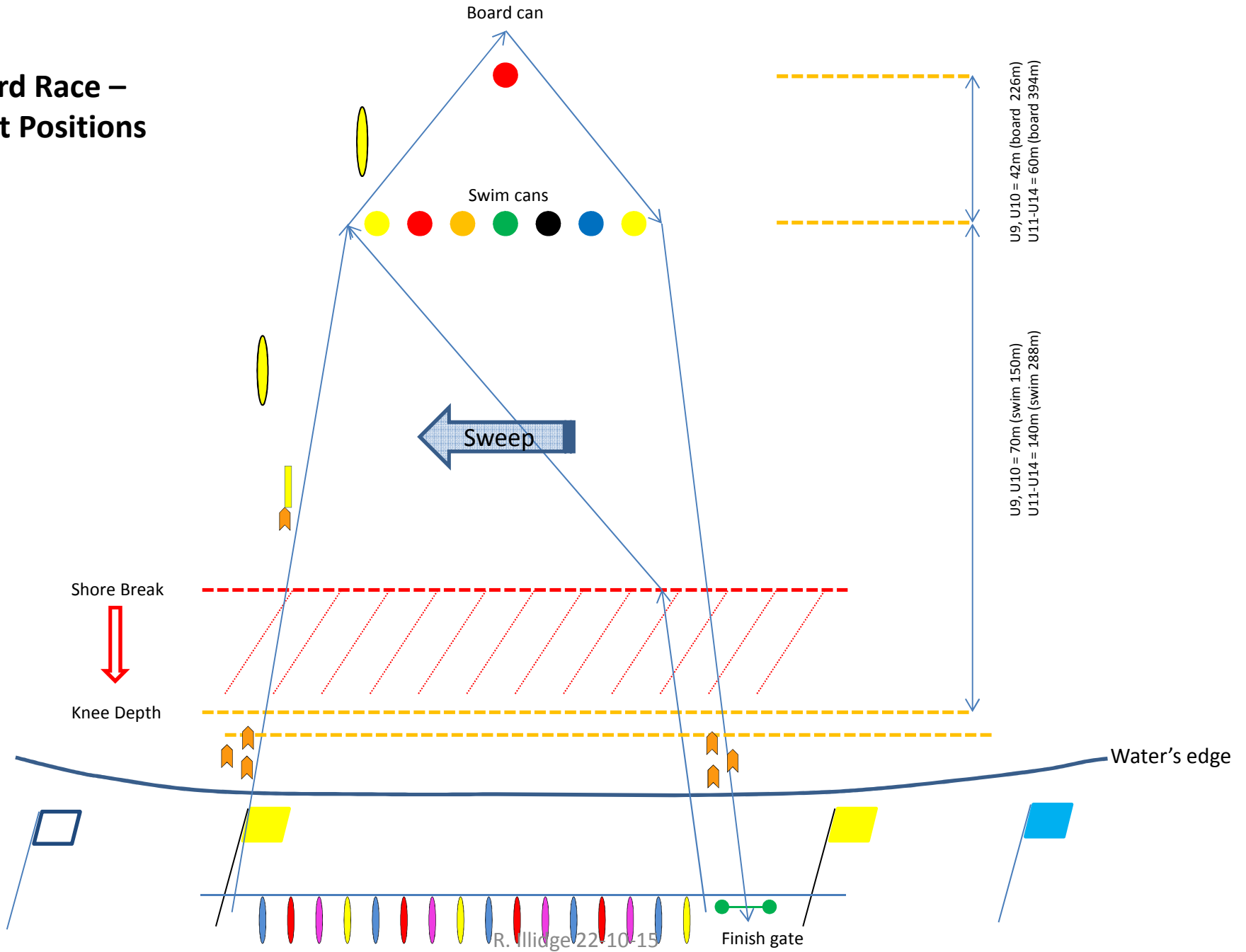
Problems:

- Kids don't enter water correctly, lose board which hits someone else.
- Kids cannot get on or stay on the board – get hit by next wave
- Kids get swept or swim into next water area – count out issue
- Starting the race at a bad time
- Kids lose confidence rapidly if badly dumped on a board. It can take years to overcome the fear
- Returning to shore through the break IS hazardous at Coogee. The best of board paddlers can be dumped.
- You need to manage these hazards & problems

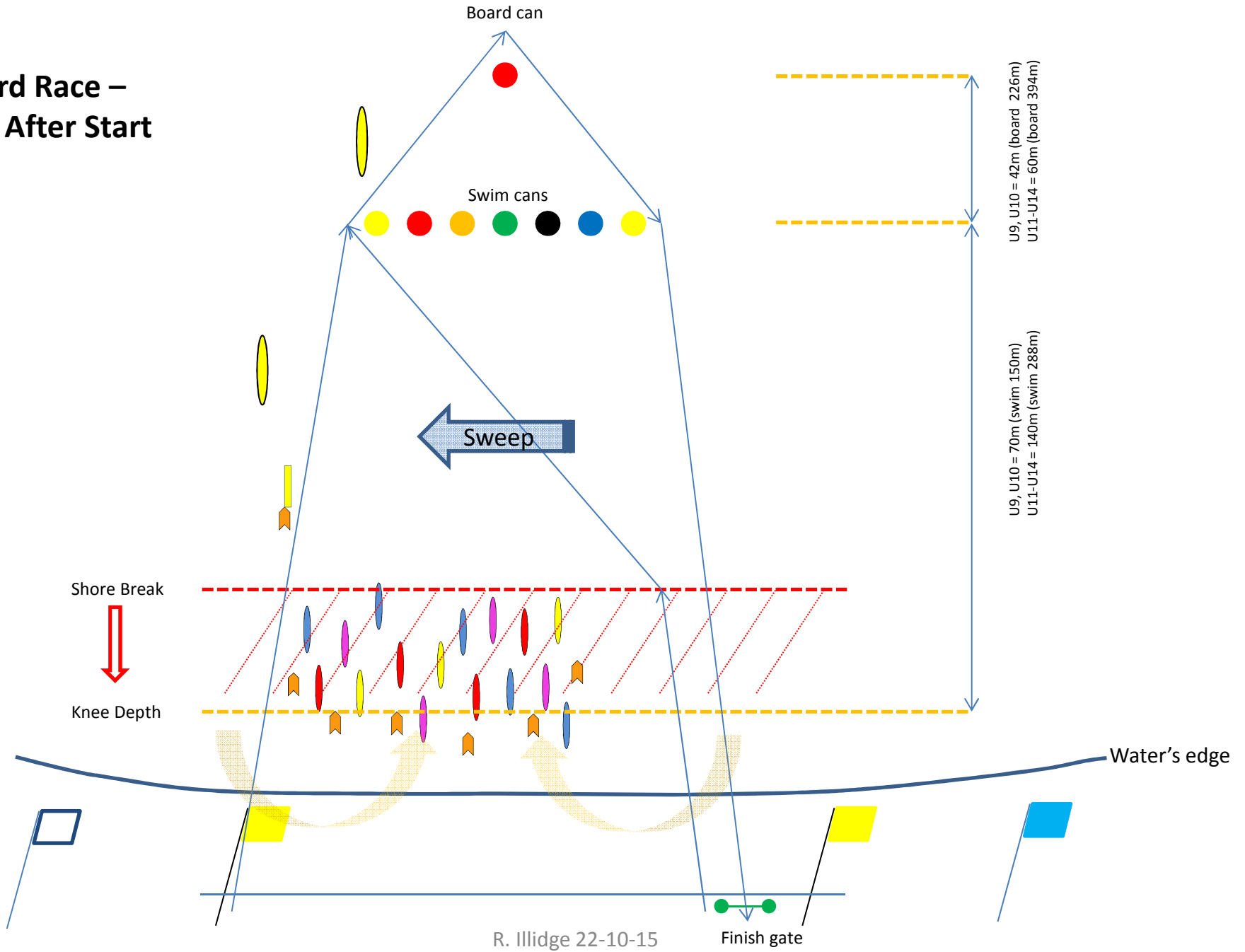
Boards – Setup & Solutions

- 2 WS boards are needed in the water area
- WS boards shadow the pack – staying about half way bet. cans and shore.
- At least 4 WS needed to stand waist deep in the break – no tubes
- Make sure the kids are well separated on the start (1.5m between)
- As they start, follow them in – help them get on if required
- Teach them the entry strategies – how to hold the board, how to get on, waiting, bracing and holding, bunny hopping & rolling. Do drills.
- As they return, stand at the break, be alert – you will be needed
- Manage their return – as required tell them to stop and wait, go for it or yell at them to get to the back of the board. They need to catch waves
- If they are going to get smashed, grab the kid off the board or jump on the back of the board with them.
- You cant save them every time – they will never develop confidence or competence if you interfere every time – this is a delicate judgement
- Obtain a Junior Coaching Manual so you can teach them correctly.

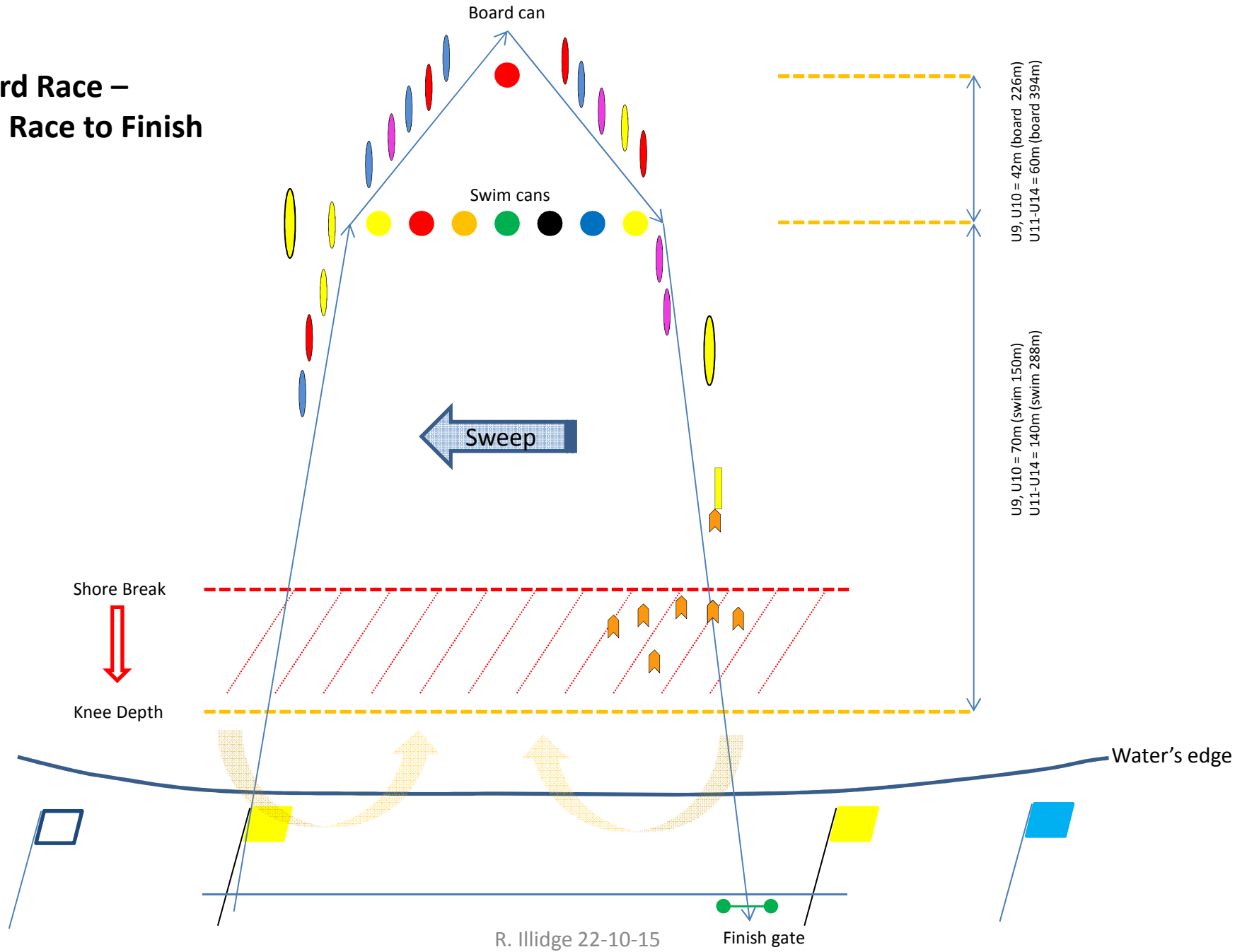
Board Race – Start Positions



Board Race – Just After Start



Board Race – Mid Race to Finish



Emergencies

- Our “Safety & Rescue Plan” directs how you handle emergencies
- Read it and know what to do
- In all cases use your training – whether it be Bronze or higher awards – and Send for Help!
- Patrol or Council Lifeguards will address injuries after you have rescued / stabilised the situation to the extent of your training.
- If there is a lost child, your job is to get all other children out of the water ASAP. Age assistants get them to the back of the beach
- If you know the last known position of the child tell the Water Safety Supervisor – this is our key to a successful search
- When all children are out of the water report to the IRB Area
- Do not go into the water unless you are tasked by the WSS. It is a certainty that a disorganised search will fail.