

What stage should I enrol my child into?

To choose the appropriate Stage for your child, consider their:

1. Age*
2. Swimming Ability
3. Knowledge of Beach Safety and Surf Life Saving Skills

*Please note, the recommended age is a guide only and is not compulsory.

STAGE 1

Recommended Age	5 Years Old
Pre-Requisite Swimming Ability	None
Pre-Requisite Knowledge of Beach Safety and Surf Lifesaving Skills	None
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> • Sun Safety • Understanding waves and currents • Understanding hazards on the beach • Understand and demonstrate the 'help' signal <p>Swimming</p> <ul style="list-style-type: none"> • Be able to breathe out while face is under water • Submerge head completely under water • Recover from a front and back glide to a standing position • Using a kickboard, kick legs to travel 3 metres • Float for 30 Seconds holding a rescue floatation aid and then recover to a standing position <p>Surf and Rescue Skills:</p> <ul style="list-style-type: none"> • Enter water safely to waist depth, negotiating waves. • Exit water safely

STAGE 2

Recommended Age	5-6 Years Old
Pre-Requisite Swimming Ability	<p>Able to:</p> <ul style="list-style-type: none"> • Float for 30 Seconds holding a rescue floatation aid and then recover to a standing position • Recover from a front and back glide to a standing position • Be able to breathe out while face is under water • Submerge head completely under water • Swim for 5 metres without feet touching the sea floor
Pre-Requisite Knowledge of Beach Safety and Surf Lifesaving Skills	<p>Able to:</p> <ul style="list-style-type: none"> • Understand hazards on the beach • Understand waves and currents
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> • Sun Safety • Understanding waves and currents • Understanding hazards on the beach • Understand and demonstrate the 'help' signal <p>Swimming</p> <ul style="list-style-type: none"> • Demonstrate 2 floats • Tread water for 15 seconds • Demonstrate sculling for 30 seconds holding rescue tube or flotation device thrown to candidate • Using flotation aid introduce front crawl arm movements • Swim for 5 metres without feet touching the sea floor <p>Surf and Rescue Skills</p> <ul style="list-style-type: none"> • Duck under broken wave or duck dive in chest depth water, touching bottom with hands

STAGE 3

Recommended Age	6-7 Years Old
Pre-Requisite Swimming Ability	<p>Able to:</p> <ul style="list-style-type: none"> • Demonstrate 2 floats • Tread water for 15 seconds • Demonstrate sculling for 30 seconds holding rescue tube or flotation device thrown to candidate • Swim for 15 metres without feet touching the sea floor
Pre-Requisite Knowledge of Beach Safety and Surf Lifesaving Skills	<p>Able to:</p> <ul style="list-style-type: none"> • Understand Hazards on the beach • Understand waves and currents • Duck under broken wave or duck dive in chest depth water, touching bottom with hands
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> • Sun Safety • Understanding waves and currents • Understanding hazards on the beach • Understand and demonstrate the 'help' signal • Identifying emergency measures. <p>Swimming</p> <ul style="list-style-type: none"> • Tread water/sculling then float for 30 seconds • Introduction of survival strokes, survival backstroke, sidestroke and breaststroke • Swim 15 metres using front/back crawl <p>Surf and Rescue Skills</p> <ul style="list-style-type: none"> • Body surfing skills • Perform rescues using floatation devices

STAGE 4

Recommended Age	7-8 Years Old
Pre-Requisite Swimming Ability	<p>Able to:</p> <ul style="list-style-type: none"> • Tread water/sculling then float for 30 seconds • Introduction of survival strokes, survival backstroke, sidestroke and breaststroke • Swim 25 metres without feet touching the sea floor
Pre-Requisite Knowledge of Beach Safety and Surf Lifesaving Skills	<p>Able to:</p> <ul style="list-style-type: none"> • Perform rescues using floatation devices • Understand waves and currents • Understand hazards on the beach • Identify emergency measures.
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> • Sun Safety • Understanding waves and currents • Understand 'land marking' • Understanding hazards on the beach • Understand and demonstrate the 'help' signal • Responding to the 'help' signal • Identifying emergency measures. • First aid - Introduction to emergency response/resuscitation. <p>Swimming</p> <ul style="list-style-type: none"> • Swim 15 metres of any survival stroke and tread water for 30 seconds • Swim minimum of 25 metres, breaststroke/sidestroke/front or back crawl <p>Surf and Rescue Skills</p> <ul style="list-style-type: none"> • Enter ocean with correct technique for diving through broken waves • Body surf back to shore • From above head depth, surface dive and collect handful of sand • Explain, demonstrate and practice paddling a foam surfboard and its use in supporting a person in difficulty

STAGE 5

Recommended Age	8-9 Years Old
Pre-Requisite Swimming Ability	<p>Able to:</p> <ul style="list-style-type: none"> Swim 15 metres of any survival stroke and tread water for 30 seconds Swim minimum of 25 metres, breaststroke/sidestroke/front or back crawl
Pre-Requisite Knowledge of Beach Safety and Surf Lifesaving Skills	<p>Able to:</p> <ul style="list-style-type: none"> Understand waves and currents Understand hazards on the beach Identify emergency measures. Understanding of basic First aid (Introduction to emergency response/resuscitation) Enter ocean with correct technique for diving through broken waves Body surf back to shore From above head depth, surface dive and collect handful of sand Explain, demonstrate and practice paddling a foam surfboard and its use in supporting a person in difficulty
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> Understand waves and currents Understand 'land marking' Understand hazards on the beach Understand and demonstrate the 'help' signal Responding to the 'help' signal Identify emergency measures Respond to emergency measures such as calling Emergency Services Further develop principles of first aid and resuscitation (DRSABCD) <p>Swimming</p> <ul style="list-style-type: none"> Dressed in bathers, t-shirt and shorts, tread water for 1 minute and swim for 25 metres using any stroke Run/Swim/Run - 25m/25m/25m combination of strokes allowed <p>Surf and rescue skills</p> <ul style="list-style-type: none"> Enter the ocean through waves and body surf back to shore Demonstrate ability to help effect a rescue using foam paddle board Demonstrate ability to help effect a rescue using rescue tube

STAGE 6

Recommended Age	9-10 Years Old
Pre-Requisite Swimming Ability	<p>Able to:</p> <ul style="list-style-type: none"> Dressed in bathers, t-shirt and shorts, tread water for 1 minute and swim for 25 metres using any stroke Run/Swim/Run - 25m/25m/25m combination of strokes allowed
Pre-Requisite Knowledge of Beach Safety and Surf Lifesaving Skills	<p>Able to:</p> <ul style="list-style-type: none"> Respond to emergency measures such as calling Emergency Services Further develop principles of first aid and resuscitation (DRSABCD) Enter the ocean through waves and body surf back to shore Demonstrate ability to help effect a rescue using foam paddle board Demonstrate ability to help effect a rescue using rescue tube
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> Understand waves and currents Understand 'land marking' Understand hazards on the beach Understand and demonstrate the 'help' signal Responding to the 'help' signal Identify emergency measures Respond to emergency measures such as calling Emergency Services Perform first aid (DRSABCD, but not including CPR) <p>Swimming</p> <ul style="list-style-type: none"> Swim 50 metres using survival strokes Run/Swim/Run - 25m/25m/25m using front crawl <p>Surf and Rescue Skills</p> <ul style="list-style-type: none"> Enter the ocean through waves and body surf back to shore Demonstrate ability to identify a person in need and help effect a rescue using foam paddle board Demonstrate ability to identify a person in need and help effect a rescue using rescue tube

STAGE 7

Recommended Age	10-11 Years Old
Pre-Requisite Swimming Ability	<p>Able to:</p> <ul style="list-style-type: none"> Swim 50 metres using survival strokes Run/Swim/Run - 25m/25m/25m using front crawl
Pre-Requisite Knowledge of Beach Safety and Surf Lifesaving Skills	<p>Able to:</p> <ul style="list-style-type: none"> Identify emergency measures Respond to emergency measures such as calling Emergency Services Perform first aid (DRSABCD, but not including CPR) Enter the ocean through waves and body surf back to shore Demonstrate ability to identify a person in need and help effect a rescue using foam paddle board Demonstrate ability to identify a person in need and help effect a rescue using rescue tube
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> Understand waves and currents Understand hazards on the beach Understand and demonstrate the 'help' signal Responding to the 'help' signal Identify emergency measures Respond to emergency measures such as calling Emergency Services Perform first aid (DRSABCD, with an understanding of CPR and Defibrillation) Answer 5 questions on surf awareness Learn 5 signals <p>Swimming</p> <ul style="list-style-type: none"> Swim 100 metres using survival strokes, can change strokes after every 25metres Run/Swim/Run - 50m/50m/50m using 50m front crawl & 50m of any survival stroke <p>Surf and Rescue Skills</p> <ul style="list-style-type: none"> Enter the ocean through waves and body surf back to shore Understand how to strategically use the current to perform a rescue Demonstrate ability to identify a person in need and help effect a rescue using foam paddle board in a scenario. Safely return to shore with patient. Demonstrate ability to identify a person in need and help effect a rescue using rescue tube in a scenario. Safely return to shore with patient.

STAGE 8

Recommended Age	11-12 Years Old
Pre-Requisite Swimming Ability	<p>Able to:</p> <ul style="list-style-type: none"> Swim 100 metres using survival strokes, can change strokes after every 25metres Run/Swim/Run - 50m/50m/50m using 50m front crawl & 50m of any survival stroke
Pre-Requisite Knowledge of Beach Safety and Surf Lifesaving Skills	<ul style="list-style-type: none"> Knowledge of Theory taught in Stage 7 Ability to perform Surf and Rescue Skills Taught in Stage 7
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> Understand waves and currents Understand hazards on the beach Understand and demonstrate the 'help' signal Responding to the 'help' signal Identify emergency measures Respond to emergency measures such as calling Emergency Services Perform first aid (DRSABCD, including CPR and Defibrillation) Understand First Aid Emergency Care for bleeding and marine stings Answer 10 questions Life Saving Knowledge and Emergency Care Discuss and Learn all Surf Lifesaving Signals <p>Swimming</p> <ul style="list-style-type: none"> Swim 150 metres using survival strokes Run/Swim/Run - 50m/75m/50m <p>Surf & Rescue Skills</p> <ul style="list-style-type: none"> Understand how to strategically use the current to perform a rescue Demonstrate ability to identify a person in need and help effect a rescue using foam paddle board in a scenario. Safely return to shore with patient. Demonstrate ability to identify a person in need and help effect a rescue using rescue tube in a scenario. Safely return to shore with patient. Perform patient approaches, releases & escape methods

STAGE 9

Recommended Age	12-13 Years Old
Pre-Requisite Swimming Ability	<p>Able to:</p> <ul style="list-style-type: none"> Swim at least 150 metres using survival strokes Run/Swim/Run - 50m/75m/50m
Pre-Requisite Knowledge of Beach Safety and Surf Lifesaving Skills	<ul style="list-style-type: none"> Knowledge of Theory taught in Stage 8 Ability to perform Surf and Rescue Skills Taught in Stage 8
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> Understand waves and currents Understand hazards on the beach Understand and demonstrate the 'help' signal Responding to the 'help' signal Identify emergency measures Respond to emergency measures such as calling Emergency Services Perform first aid (DRSABCD, including CPR and Defibrillation) Understand First Aid Emergency Care for bleeding and marine stings Understand patient management in First Aid Answer 10 questions Life Saving Knowledge and Emergency Care Discuss and Learn all Surf Lifesaving Signals Introduction discussion about the human body systems <p>Swimming</p> <ul style="list-style-type: none"> Swim 200 metres using survival strokes Float for 2 minutes Run/Swim/Run - 100m/75m/100m <p>Surf and Rescue Skills</p> <ul style="list-style-type: none"> Understand how to strategically use the current to perform a rescue Demonstrate ability to identify a person in need and help effect a rescue using a paddle board in a scenario. Safely return to shore with patient. Demonstrate ability to identify a person in need and help effect a rescue using rescue tube in a scenario. Safely return to shore with patient. Perform patient approaches, releases & escape methods Discuss deep water resuscitation and practice using tube or board Demonstrate a rescue without equipment, returning to shore with patient

STAGE 10

Recommended Age	13+
Pre-Requisite Swimming Ability	<p>Able to:</p> <ul style="list-style-type: none"> Swim 200 metres using survival strokes Float for 2 minutes Run/Swim/Run - 100m/75m/100m
Pre-Requisite Knowledge of Beach Safety and Surf Lifesaving Skills	<ul style="list-style-type: none"> Knowledge of Theory taught in Stage 9 Ability to perform Surf and Rescue Skills Taught in Stage 9
Skills Learned at this Stage	<p>Theory</p> <ul style="list-style-type: none"> Understand waves and currents Understand hazards on the beach Understand and demonstrate the 'help' signal Responding to the 'help' signal Identify emergency measures Respond to emergency measures such as calling Emergency Services Perform first aid (DRSABCD, including CPR and Defibrillation) Understand First Aid Emergency Care for bleeding and marine stings Understand patient management in First Aid Answer 10 questions Life Saving Knowledge and Emergency Care Demonstrate all Surf Lifesaving Signals Describe Patrol information Explain the human body systems <p>Swimming</p> <ul style="list-style-type: none"> Complete Run/Swim/Run - 100m/100m/100m in 5 minutes <p>Surf and Rescue Skills</p> <ul style="list-style-type: none"> Understand how to strategically use the current to perform a rescue Demonstrate a rescue without equipment, returning to shore with patient Perform a tube rescue including deep water resuscitation and return to shore safely. Perform a board rescue including deep water resuscitation and return to shore safely. Perform other rescue methods Perform patient approaches, releases & escape methods