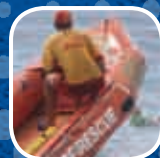




Beach Safety



INTRODUCTION

This learning resource was developed through a partnership between the Australian Government Department of Immigration and Citizenship (DIAC) through the Diverse Australia Program, the NSW Adult Migrant English Service (NSW AMES) and Surf Life Saving Australia (SLSA).

The resource can also be downloaded from:

www.slsa.asn.au

www.ames.edu.au

Copies of the resource can be made free of charge but NO changes must be made to the content.

Definitions adapted from Macquarie Learners Dictionary 1999.

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TEACHER NOTES

This resource is designed to integrate beach safety into English as a second language programs. The activities are aligned to learning outcomes in the Certificate II in Spoken and Written English (NSW AMES 2007).

When using this resource teachers should:

- integrate Unit 2 into the program as this covers safety in the water
- arrange for a representative of Surf Life Saving Australia to talk to the class or arrange an excursion to the local beach where a representative of the local surf club will talk to the class
- print the A4 poster – A guide to beach safety - and give it to their students to pin up in their house.

CD Here

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Facts about Australia

The island continent

Australia is the largest island on Earth and the smallest continent.

Australia is the only continent that is entirely surrounded by water.

Australia has 59 736 kilometres of coastline.

Approximately 80% of the Australian population lives in capital cities and along the coastline.

The beach

Many people enjoy Australia's beautiful beaches, which are famous all around the world.

Some people live close to the beach and visit it several times a week.

Some people go to the beach on the weekend or during holidays.

People go to the beach to relax, swim or for sports such as surfing, bodyboarding, water skiing, kayaking or kite flying.

Being careful

The beach can be a wonderful place but it has some dangers.

Australia's beaches can be dangerous.

From 2006 to 2007, nearly 300 people died in water-related accidents.

Many of the people who drown in Australia are newcomers because they do not know how to keep themselves and their families safe at the beach.

The Australian sun is very hot. Many people in Australia develop sun cancers.

So it is important to learn about beach safety, how to swim and the people who help to keep our beaches safe.



Unit 1 At the beach

Vocabulary

<i>apply:</i>	put on your skin
<i>avoid:</i>	keep away from
<i>choppy water:</i>	small broken waves
<i>current:</i>	the way the water flows in the ocean
<i>dehydration:</i>	loss of water from the body
<i>drown:</i>	die from being under water too long
<i>forecast:</i>	predict or warn about
<i>glare:</i>	bright light that hurts your eyes
<i>lifesaver:</i>	a volunteer who patrols the beach and rescues people from the surf
<i>prohibited:</i>	not allowed / not permitted
<i>protect:</i>	keep safe
<i>rips:</i>	movements of water in the sea
<i>submerged:</i>	hidden under water
<i>sunburn:</i>	painful red skin caused by being burnt by the sun
<i>sunscreen:</i>	a cream to protect your skin against the sun
<i>tides:</i>	sea water coming in and going out
<i>ultra-violet:</i>	rays from the sun we cannot see which burn the skin
<i>warning:</i>	letting people know about possible danger
<i>water craft:</i>	things we use to move through the water eg: surfboards, boats

Going to the beach

1 Read the instructions below. What do you think you should do when you go to the beach?
Tick Do or Don't.

- a** ☐ Do ☐ Don't wear clothing that protects you from the sun.
b ☐ Do ☐ Don't apply sunscreen every 2 hours.
c ☐ Do ☐ Don't wear sunglasses.
d ☐ Do ☐ Don't check the weather forecast before you go to the beach.
e ☐ Do ☐ Don't check the ultra-violet (UV) protection level of your sunscreen.
f ☐ Do ☐ Don't wear a sun hat at the beach.
g ☐ Do ☐ Don't drink lots of water while you're at the beach.
h ☐ Do ☐ Don't stay out of the sun between 11 am and 3 pm.
i ☐ Do ☐ Don't wear shoes or sandals to protect your feet.


2 Match the advice with the reasons.

Advice

- a** Wear clothing that protects you from the sun
b Apply sunscreen every 2 hours
c Wear sunglasses
d Check the weather forecast before you go to the beach
e Check the ultra-violet (UV) radiation level
f Wear a sun hat at the beach
g Drink lots of water while you're at the beach
h Stay out of the sun between 11 am and 3 pm
i Wear shoes or sandals

Reasons

- to avoid dehydration.
so you won't get sunburned.
to know how quickly your skin will burn.
to protect your feet against hot sand and broken glass.
because it only protects for 2 hours.
so you will know how high the temperature will be.
because this is when the sun is strongest.
to protect your face and eyes against the sun.
to protect your eyes against sun and glare.

- 3  **TRACK 1** Listen to the five migrants talk about their first day at the beach in Australia. Complete the statements. Use the words in the box.

sunglasses


clothing

water

hat

sunscreen

- a** Anna forgot to take a _____ to the beach.
- b** Lee didn't use _____ at the beach.
- c** Soo forgot to take his _____ to the beach.
- d** Arif didn't wear any protective _____ at the beach.
- e** Joza didn't drink enough _____ when she was at the beach.

- 4  **TRACK 1** Listen to the five migrants talk about their first day at the beach again. Write the name of the person who said these things to begin their stories. Use the names in the box.

Joza

Lee

Anna

Soo

Arif

- a** _____ said, *I can clearly remember my first day at the beach in Australia.*
- b** _____ said, *I can't forget the first time I went to the beach in Australia!*
- c** _____ said, *I'll always remember my first trip to the beach!*
- d** _____ said, *My first time at the beach in Australia! I'll never forget it!*
- e** _____ said, *On my first visit to the beach here in Australia ...*

Being sun-smart

1 Read this information.

Skin cancer is the most common cancer diagnosed in Australia. Every year, over 380,000 Australians are treated for skin cancers. Of these, there are about 8,000 cases of melanoma. Each year there are around 1,000 deaths from melanoma. Australia has the highest rate of skin cancer in the world with one in two Australians developing cancer in their lifetime.

The major cause of skin cancer is too much exposure to ultraviolet (UV) radiation from the sun. Skin can burn in as little as 15 minutes in the summer sun so it is important to protect your skin from harmful UV radiation.

Solariums or sunbeds also emit harmful levels of UV radiation, up to five times as strong as the summer midday sun.

Skin cancer is almost totally preventable by using a combination of SunSmart strategies to protect yourself from UV radiation.

1 Limit Sun Exposure

Plan your outdoor activities to avoid peak UV radiation times (between 10am and 3pm) when UV levels are in the moderate to extreme range.

2 Seek full shade

Staying in the shade is one of the most effective ways to reduce sun exposure.

Whatever you use for shade, make sure it casts a dark shadow and use other protection (such as clothing, hats, sunglasses and sunscreen) to avoid reflected UV radiation from nearby surfaces.

3 Slap on a broad-brimmed, legionnaire or bucket style hat

A brimmed or bucket style hat provides good protection for the face, nose, neck and ears, which are common sites for skin cancers. Caps and visors do not provide adequate protection. Choose a hat made with closely woven fabric – if you can see through it, the sun will get through. Hats may not protect you from reflected UV radiation, so also wear sunglasses and sunscreen to increase your level of protection.

4 Slip on sun protective clothing

Clothing can be great for protecting you from the sun. When choosing clothes you need to consider both the design and the material.

- Choose designs that cover as much skin as possible (e.g. long sleeves and high necks).
- Materials that have a close weave such as cotton, polyester/cotton and linen.
- Darker colours will absorb more UV radiation and reflect less into your face.
- Materials used for swimming such as lycra stay sun protective when wet.

5 Wear close fitting sunglasses

Sunglasses are an important way of reducing eye damage from UV radiation. Sunglasses and a SunSmart hat worn together can reduce UV radiation exposure to the eyes by up to 98%. Choose close-fitting wrap-around sunglasses that meet the Australian Standard AS1067. Sunglasses are as important for children as they are for adults.

6 Slop on sunscreen

Sunscreen should not be used to increase the amount of time you spend in the sun and should always be used with other forms of protection. Choose a broad-spectrum, water resistant SPF30+ sunscreen. Apply sunscreen liberally to clean, dry skin at least 20 minutes before going outside and reapply every two hours.

Check your skin regularly and see a doctor if you notice any unusual skin changes.

If you have a lesion that doesn't heal, or a mole that has suddenly appeared, changed in size, thickness, shape, colour or has started to bleed, ask your doctor for a skin examination. The sooner skin cancer is discovered, the more successful treatment will be.

Ways to reduce your cancer risk

How do you stack up? (Tick if you need to take action)

- ☐ Quit smoking
- ☐ Be SunSmart
- ☐ Keep to a healthy weight
- ☐ Be more physically active
- ☐ Eat a healthy, well balanced diet
- ☐ Avoid or limit alcohol intake

The Cancer Council Helpline 13 11 20

2 Read the sun-smart information again. Work with a partner to answer the questions.

a What country has the highest rate of skin cancer? _____

b What are three sources of ultraviolet radiation?

c How long does it take for your skin to burn in summer? _____

d What time of day should you stay out of the sun? _____

e What is the most effective way to reduce sun exposure?

f What are 4 things you can wear to protect yourself from the sun?

g What type of hat gives best protection from the sun? _____

h What types of material give best protection from the sun?

i What is the best material to protect you while you swim? _____

j What type of sunglasses give best protection from the sun? _____

k How much UV radiation do a hat and sunglasses reduce? _____

l Should children wear sunglasses? _____

m What type of sunscreen is best? _____

n How often should you apply sunscreen on your skin? _____

o What should you do if you notice a change to your skin? _____

Safety warnings on the beach

1 Read about flags on the beach.

Flags at the beach

Understanding flags, signs and notices will help you avoid danger at the beach. When you arrive at the beach, first look for the flags.

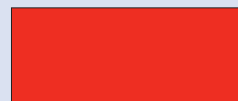
The two red and yellow flags show you the part of the beach that is protected by lifesavers. If there are no flags on the beach, it is not patrolled by lifesavers and it is not safe to swim there. Every time you swim in the water you move because there are currents pulling you sideways, forwards or backwards. So keep checking that you are swimming between the flags.



A yellow flag means the beach may be dangerous and you should not swim.



A red flag means the beach is closed and you must not swim.



A red and white flag means all swimmers must return to the beach.



If you hear a siren or bell, this also means you must leave the water.

2 Read about flags on the beach again. Complete the statements.

- a The _____ flag means all swimmers must leave the water.
- b The _____ flags mark the safe place on the beach to swim.
- c The _____ flag means the beach may be dangerous.
- d The _____ flag means the beach is closed.

3 It is important to look for other safety signs on the beach. Match the signs with their meanings.

a



Crocodiles in the water.

b



Unexpected large waves may hit the beach.

c



Strong currents. Weak swimmers should not swim.

d



Sharks in the water.

e



Surfboard riding prohibited.

f



No swimming allowed.

g



Surf craft prohibited.

h



Stingers (bluebottles) in the water.

i



Invisible submerged objects under the water.

j



Waves may break on shallow shore and dump swimmers. May cause injuries.

- 4 What must you do when you see these signs? Write the number of the sign in the correct column. One is done for you.



Do not use watercraft	Do not swim	Be careful when swimming
e.g 9		

- 5 **TRACK 2** While you are at the beach, you may hear some announcements. These are made by the Surf Lifesavers using a loud-speaker system. Listen to the six announcements and write the number next to the correct announcement.

Announcement _____ We are moving the flags to a safer area of the beach.

Announcement _____ It is now 6 o'clock and the volunteer lifesaver service is finished for the day.

Announcement _____ Could the people on surfboards who have drifted into the flagged area please move out of the area.

Announcement _____ There have been a few people stung by bluebottles. Please beware of bluebottles while swimming.

Announcement _____ For your own safety please swim between the flags.

Announcement _____ Could those people in the water who are south and north of the flags please return to the flagged area.



Mission possible

One day in 1998 two families packed their cars, and left their house in the city and headed out for a day at the beach with their 11 children. They wanted to go to Whale Beach, which is a very safe beach, but they became lost on the way and ended up at the entrance to Dolphin Beach, a nearby beach that can be very dangerous.

When they got to the beach the older children excitedly ran over the dunes to the beach while their mothers got the younger children ready. Within seconds of entering the water a large set of waves built up and washed the children into a rip, which quickly pulled them out to sea. Of the seven children who went in the water, two drowned, two were never found and three were rescued by lifesavers who had been called to the area from Whale Beach.

Sadly the sign on the way to the beach, warning that the surf lifesaving patrol was further down the beach, was partly covered in sand and the children didn't see it. The mission to find the safest beach for this family was made impossible by poor signage. The father who lost two of his children decided that he would put this negative into a positive for others.

He has worked very hard to make sure that nobody else has to suffer as a result of not having clear beach signs. His mission was to push for new beach warning signs to be put in place that would provide clear safety warnings to people going to the beach. Thanks to his hard work and to Surf Life Saving Australia new signs are starting to be put in place at Australian beaches. Hopefully soon he will be able to say *mission complete!*



(adapted from McGregor, M. and N. Symington. 2007 *Surf's up: a cross curricula resource for primary schools*. SLISA)

7 Read the story again. Complete the sentences below using words from the box.

dangerous

sand

rip

dunes

lost

drowned

warning

safe

rescued

- a** Whale Beach is a very _____ beach.
- b** On the way, the family became _____.
- c** Dolphin Beach can be very _____.
- d** The children ran over the _____ to the beach.
- e** Large waves washed the children into a _____.
- f** Of the seven children who went into the water, two _____, three were never found and three were _____ by lifesavers.
- g** The children did not see the sign because it was partly covered by _____.
- h** The children's father decided he would make sure new beach _____ signs would be put in place to help people going to the beach.



Unit 2 In the water

Vocabulary

<i>activity:</i>	something we do
<i>assistance:</i>	help
<i>breakers:</i>	waves that come into the beach
<i>choppy:</i>	short broken waves
<i>diving:</i>	jump into water with arms and head first
<i>drown:</i>	die from being under water too long
<i>exercise:</i>	working the muscles of the body
<i>float:</i>	rest on the surface of the water
<i>force:</i>	strength or power
<i>hazards:</i>	dangers
<i>hint:</i>	suggestion
<i>ignore:</i>	take no notice of
<i>infections:</i>	sickness caused by bacteria in the body
<i>panic:</i>	sudden feeling of great fear
<i>parallel:</i>	two things going in the same direction, with the same distance between them
<i>patrol:</i>	moving around to guard an area
<i>potential:</i>	possible
<i>races:</i>	swimming and running activities where people try to win
<i>supervision:</i>	someone is watching what you are doing
<i>surface:</i>	top of the water
<i>trapped:</i>	unable to get away
<i>tread water:</i>	keep from going under the water by moving your legs as if riding a bicycle and moving your arms on the surface

Swimming

- 1  **TRACK 4** Listen to the short talk on swimming. Work with a partner to complete the information about swimming. Use the words in the box. Listen as many times as you need to.

ill	pools	go	relax	races
practise	job	fun	eye	local
classes	check	wear	lakes	water

Swimming is an activity that can be both useful and _____. It is a good way to _____ and it's also good exercise. Some people enjoy swimming in _____. For others, swimming is part of their _____. Swimming is good for people who have been _____ as the water supports them while they exercise.

Swimming is safer than many other sports but there are some risks. These include drowning, diving into shallow _____ and getting ear and _____ infections.

But these risks can all be avoided by following these simple rules:

- _____ to be an efficient swimmer.
- _____ the depth of the water before you dive or jump in.
- _____ ear plugs and _____ to the doctor when you get any infections.

Contact your _____ council, if you would like to learn to swim or improve the way you swim.

Local swimming pools offer _____ to people of all ages.

- 2 Read these nine safety instructions for swimming at the beach. Then match the instructions with the reasons.

Surf safety hints

- Learn to swim.
- Always swim at beaches patrolled by lifesavers.
- Always swim between the red and yellow flags.
- Always read and obey all beach signs.
- Never swim under the influence of alcohol or drugs.
- Never run and dive into the water.
- Never swim at night.
- Never swim alone.
- Always wear sunscreen and reapply after two hours.
- Raise your arm, if you are in trouble. Remember that you can't be saved if you can't be seen.

Instructions

a Always swim at beaches patrolled by lifesavers

b Always swim between the red and yellow flags

c Always read and obey all beach signs

d Never swim under the influence of alcohol or drugs

e Never run and dive into the water

f Never swim at night

g Never swim alone

h Always wear sunscreen

i Raise your arm if you are in trouble

Reasons

because you may ignore danger.

because you cannot see what is happening in the water.

because they show where the lifesavers can see you

because they contain important safety information.

because you cannot see things under the water.

because they rescue swimmers in trouble.

because this protects your skin.

because this shows people you need help.


because there will be no-one to help you.

3 Complete the safety instructions for swimming at the beach by filling in the verbs.

- a Always _____ at beaches patrolled by lifesavers.
- b Always _____ between the red and yellow flags.
- c Always _____ and _____ all beach signs.
- d Never _____ under the influence of alcohol or drugs.
- e Never _____ and _____ into the water.
- f Never _____ at night.
- g Never _____ alone.
- h Always _____ sunscreen.
- i _____ your arm if you are in trouble. Remember that you can't be saved if you can't be seen.



Reading the beach

- 1  **TRACK 5** When you arrive at the beach or return to the beach after lunch you should look around carefully. Conditions in the water can change very quickly. Before you go into the water look at what the sea is doing. Listen and read this information about waves.

Waves

Waves are formed by the wind blowing across the surface of the water a long way out to sea. The size of a wave depends on:

- how strong the wind is
- how long the wind has been blowing
- the direction the wind is blowing from.

An onshore wind is a wind that blows from the sea to the land. Onshore winds usually make the water choppy.

An offshore wind is a wind that blows from the land to the sea. Offshore winds usually make smooth surf conditions.

There are three different types of waves you need to know about when swimming at the beach.

Types of waves

1. Surging waves

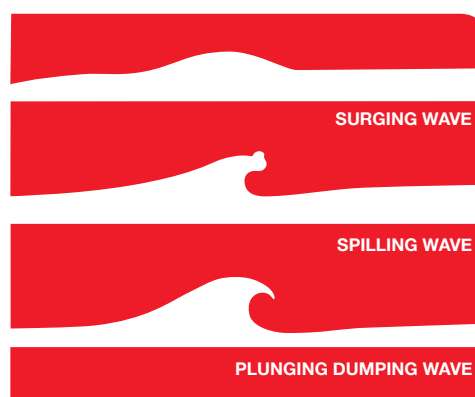
These waves never break as they approach the shore. The water below them is very deep. These waves are dangerous as they can knock swimmers over and drag them into the water. They are also dangerous for rock fisherman.

2. Spilling waves

These waves have less force and are the safest for body surfing.

3. Plunging or dumping waves

These waves break suddenly and can throw swimmers to the bottom with great force and can cause injuries for swimmers. NEVER body surf on dumping waves.



a How are waves formed?

b What three things affect the size of waves?

c What is an onshore wind?

d How does an onshore wind affect the water?

e What is an offshore wind?

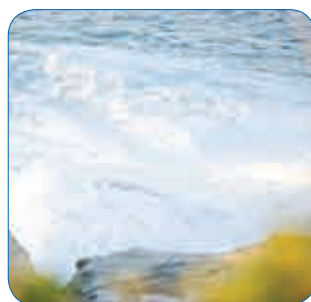
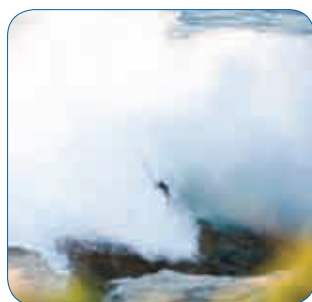
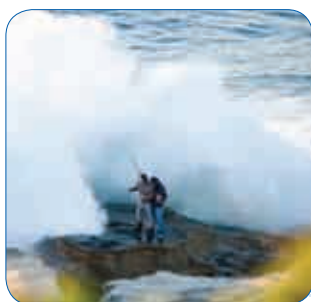
f How does an offshore wind affect the water?

g What are the three types of waves?

h What type of waves can drag knock over rock fisherman?

i What type of waves are good for body surfing?

j What type of waves can cause injuries to swimmers?





Topic 1

Sandbars

Sandbars are large areas of sand in the water. They are usually a short distance out from the beach. They are formed by the actions of the waves. Sandbars can be dangerous because they can drop away very sharply or they can collapse. People can suddenly be in deep water.



Topic 2

Rips

Rips are strong currents that run out to sea. They are usually caused by movement of water in a channel between the beach and a sandbar. Rips can be dangerous, so you need to stay calm and try to swim across (not against the rip). Rips usually go out as far as the last wave, so remember if you get caught in a rip stay calm.

There are three things which will help you spot a rip:

- sand in the water
- seaweed moving out to sea
- patches of darker, calmer water.

Rips can move around or come and go at different times. So when you go to the beach swim between the flags or ask a surf lifesaver whether there are any rips.



Topic 3

Tides

Every 24 hours, there are four tides – two low and two high. Tides affect conditions at the beach.

High tide

At high tide the water is high up on the beach. The waves are more likely to be spilling waves but it can also cause plunging waves. If there are big waves, rips can be strong at high tide because there is more water moving around.

Low tide

At low tide the water is low on the beach. The waves can change from spilling to plunging waves. Rips are usually stronger at low tide.

Tides in northern Australia

At beaches in the north of Australia, the tide can go out very far. This leaves a large area of sand but the water can come back in very quickly. If you are not careful, you can find the water has come in behind you and you can be trapped.

Activity

Form groups. Each group choose one of the topics. Go onto the Internet to find more information about the topic. Then using pictures and information prepare a presentation to explain what to look for at the beach. Present your explanation to the class.

Keeping yourself safe at the beach

Lifesavers

If you are not sure about the surf conditions, ask a lifesaver for information and advice. Lifesavers are there to keep you safe..

- 1  **TRACK 7** Listen to the four Lifesavers describe conditions at the beach. Fill in the information about water temperature, wind, tide and any dangers.

Lifesaver 1

Water temperature: _____

Wind: _____

Tide: _____

Dangers: _____

Lifesaver 2

Water temperature: _____

Wind: _____

Tide: _____

Dangers: _____

Lifesaver 3

Water temperature: _____

Wind: _____

Tide: _____

Dangers: _____


Lifesaver 4

Water temperature: _____

Wind: _____

Tide: _____

Dangers: _____

- 2  **TRACK 8** Here is an easy way to remember safety at the beach. Just remember the word **FLAGS**. Read the information and then explain to your classmate what the letters stand for.

F **FIND** the flags and swim between them – they mark the safest place to swim at the beach.

L **LOOK** at the safety signs – they help you identify potential dangers and daily conditions at the beach.

A **ASK** a surf lifesaver or a lifeguard for some good advice – surf conditions can change quickly, so always check before you enter the water.

G **GET** a friend to swim with you – you should never swim alone and parents should always supervise their children when they are in the water.

S **STICK** your hand up for help – if you get into trouble in the water, stay calm and raise your arm to signal for assistance. Don't try to swim against a current or rip, but float with it.





TRACK 8 Listen to the information about what to do if you get caught in a rip. Complete the instructions by filling in the verbs. Use the words in the box.

panic**keep****try****get****riding****find****tread****float****float****raise****swim****catching**

- Before entering the surf, _____ a landmark to _____ to the same place in the water.

If you are caught in a rip:

- Don't _____.
- Never _____ to swim against a rip because you will _____ very tired.
- _____ on your back to conserve energy.
- If there is a lifesaver on the beach, _____ one arm to signal for help.
- If there is no lifesaver on the beach, _____ water, _____ or swim with the current parallel to the beach.
- When out of the rip, _____ back to the beach, _____ and _____ incoming waves if possible.



Entering the surf



_____ Dive under incoming waves, lie on the sand and let the wave pass over you.
If the water is deep, duckdive under the surface.



_____ Bring your knees up and push off the bottom, like a spring.



_____ Walk into the surf with big high steps until the water reaches your waist.




_____ Keep doing this until the water is chest high and then start swimming in the same line from the shore.



_____ Before entering the surf, find a landmark to keep to the same place in the water.



_____ Check the depth of the water and height of sandbanks before diving under waves to prevent back injury.

- 5  **TRACK 10** Listen to the surf lifesaver talk about bodysurfing. Read what he says. Match the words with the illustrations.

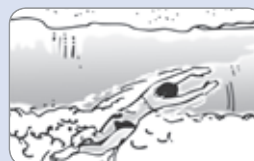
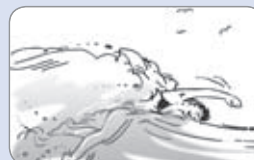
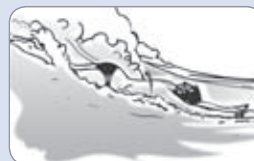
Bodysurfing

Body surfing is riding waves without a surfboard. You need skill to know how to catch the wave at the right time. Spilling waves are best for body surfing.

There are many organisations which can teach you to body surf but to become a good body surfer you need to practise.

Technique

- i. When you are just in front of a wave, push off from the bottom or start swimming towards the shore until you feel the wave begin to lift and carry you.
- ii. As the wave breaks, take a breath, put your head down and kick hard until your body breaks through.
- iii. Your feet should be together, your back arched slightly and your arms extended in front of you.
- iv. As the wave becomes steeper, tilt forward and surf along the wave's face.
- v. As you approach the beach, pull out of the wave by turning your body away from the wave or dive and let the wave pass over your body.



Activity

On the Internet there are many pictures and videos of people bodysurfing. When you are in the computer room find a site which shows people body surfing and see how it is done.



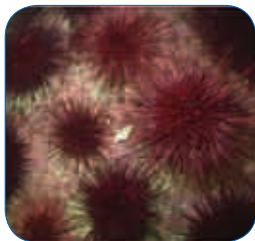
Unit 3 Avoiding hazards

Vocabulary

<i>CPR:</i>	cardio-pulmonary resuscitation
<i>alert:</i>	watching things carefully
<i>allergy:</i>	reaction to a food, drink, bite or sting
<i>creatures:</i>	animals
<i>fascinating:</i>	very interesting
<i>float (noun):</i>	something that rests on the surface of the water
<i>float (verb):</i>	rest on the surface of the water without sinking
<i>hazards:</i>	dangerous things
<i>location:</i>	place
<i>octopus:</i>	sea creature with eight legs
<i>river mouth:</i>	where a river meets the sea
<i>shore:</i>	land beside the sea
<i>sting:</i>	injury caused by animal with a sharp point eg: a bee, urchin, octopus
<i>tentacle:</i>	long thin leg of a stinger or octopus
<i>transparent:</i>	clear, able to be seen through
<i>venomous:</i>	poisonous
<i>vinegar:</i>	a sour liquid used to flavour food
<i>welt:</i>	raised area of red, itchy or painful skin

Stinging creatures

- 1 The sea is home to many fascinating animals. Read this table about sea creatures that may sting you. These creatures are not deadly and lifesavers can help you if you are stung.



Sea urchins

If you accidentally step on or put your hand on a sea urchin, the spines can pierce your skin and break off. Bits of the spines can stay under your skin.

Appearance	Location	Danger level	First aid
Small creatures covered with spines which have sharp points.	All round Australia. Found under rocks, on rock shelves and in rock pools.	Unpleasant but not dangerous.	You must see a doctor to make sure all the spines are out of your skin.





Bluebottle

Other name: Portuguese Man o'war

Tentacles can give painful stings to swimmers.

Appearance	Location	Danger level	First aid
A gas-filled blue float and long blue tentacles.	All round Australia Floats in water.	Unpleasant but not dangerous. Some people may become sick if they are allergic or are stung many times.	<ol style="list-style-type: none"> 1 Do not rub your skin. 2 Pick off remaining tentacles with fingers. 3 Wash painful area with seawater (not fresh water). 4 Place the stung area in water that is as hot as the person can stand. 5 If the pain is not relieved by hot water, or there is none available, apply ice or cold packs to the area. 6 Get medical attention if pain continues.

WARNING People who are allergic to bee-stings should seek medical advice immediately.

2 Read the tables about the creatures again and answer the questions.

a Which two stingers are found all around Australia?

b Who should seek medical help if stung by a bluebottle?

c Which creature has sharp pointed spines?

d Which creature has long blue tentacles?

e What should you do if you step on a sea urchin?

f What five things should you do if you are stung by a bluebottle?


1

2

3

4

5

- 3  **TRACK 11** Some very dangerous marine stingers are found in tropical oceans around Northern Australia between the months of October and May. Listen to the descriptions and number them as you hear them.

Description _____



Irukandji jellyfish

A sting from an Irukandji jellyfish is often felt firstly as a painful area with a rash. But by the time more serious symptoms appear, it may be too late to save a life.

Appearance	Location	Danger level	First aid
Very small transparent jellyfish, just 2.5 cms across.	Tropical oceans around Northern Australia. On the coast and in deeper water far from the shore.	Hard to see in the water. Can kill, but anyone who is bitten will probably just end up in hospital.	It is usually about 30 minutes before symptoms appear. 1 Call for medical attention urgently. 2 Do not rub the affected area. 3 While waiting for help, wash the sting with large amounts of vinegar. 4 If necessary, give CPR until emergency help arrives.

WARNING Surf Life Saving Australia recommends people should not swim in Northern Australia between October and May. If people do swim that should wear wet suits that cover their whole bodies.

Description _____



Box jellyfish

Other names: Stinger or sea wasp

A sting results immediately in a painful welt. The pain is intense and the victim is likely to go into shock and die before reaching shore.

Appearance	Location	Danger level	First aid
<p>Pale blue jellyfish shaped like a cube or box, measuring up to 20 cm along each side.</p> <p>Can have up to 15 tentacles which can be up to 3 metres in length.</p>	<p>Tropical oceans around Northern Australia.</p>	<p>Extremely dangerous but antivenin is available.</p>	<ol style="list-style-type: none">1 Call for medical attention immediately.2 Pour vinegar on the skin. NEVER use methylated spirits or alcohol.3 If necessary, give CPR until emergency help arrives.

Description _____



Blue-ringed octopus

Appearance	Location	Danger level	First aid
<p>Small octopus that can camouflage itself until disturbed, when it quickly changes colour, becoming bright yellow with blue rings or lines.</p>	<p>In rock pools in the Pacific Ocean from Japan to Australia.</p>	<p>Extremely dangerous.</p>	<ol style="list-style-type: none">1 Apply pressure to the wound.2 Get the victim to medical attention urgently.3 If necessary, give CPR until emergency help arrives.

WARNING Do NOT pick up any small octopus as it could be a blue-ringed octopus.

- 4 Complete the first aid instructions for a Irukandji jellyfish sting by filling in the nouns. Use the words in the box.

sting

sting

help

CPR

vinegar

attention

- 1 Call for medical _____ urgently.
- 2 Do not rub or remove the _____.
- 3 While waiting for _____, wash the _____ with large amounts of _____.
- 4 If necessary, give _____ until emergency help arrives.

- 5  **TRACK 12** Listen to the descriptions and write the name of the creature.

Creature 1: _____

Creature 2: _____

Creature 3: _____

Creature 4: _____

Creature 5: _____

Sharks

A shark attack is very unlikely but it is still a danger. You are more likely to be struck by lightning than be attacked by a shark.

Some beaches have underwater meshing that helps to protect against shark attacks but most of the beaches and bays in Australia have no protection.

On patrolled beaches, lifesavers keep a look out for sharks. They will sound a siren if a shark is sighted in the water.

1 Read these tips for avoiding a shark attack.

Tips to avoid a shark attack

- Always read beach warning signs.
- Always swim at a beach that is patrolled by lifesavers.
- Never swim alone.
- Never swim at night, at dusk or at dawn.
- Never swim if you are bleeding. Sharks can smell a very small amount of blood from a long distance.
- Never swim in murky or dirty water.
- Never swim with animals eg: pet dogs.
- Never swim near dolphins or a shoal of fish. Sharks like to feed on them.
- Never swim near fishing boats. Sharks are attracted to fish remains and blood.
- Do not swim in rivers near the coast, especially after rain.

2 **TRACK 13** Your friend is new to Australia and asks you some questions about swimming. Listen to her questions. Write the answers by using the list of tips as a guide.

Answer 1:

Answer 2:

Answer 3:

Answer 4:


Answer 5:

Answer 6:

Rock fishing

Rock fishing is a popular sport. It is fishing from all types of rocks - ledges, underwater rocks and rocks that go out into the water.

It is one of the most dangerous watersports in Australia.

- 1  **TRACK 14** Listen to the safe rock fishing tips. Number them in the order you hear them

- _____ Find out as much as possible about the place where you plan to fish.
- _____ Always tell someone where you are going and when you expect to be back.
- _____ Always wear a life jacket and shoes with non-slip soles.
- _____ Do not drink alcohol.
- _____ Get a weather forecast.
- _____ Get information about tides and sea conditions.
- _____ Make an escape plan from your fishing spot.
- _____ Never fish alone.
- _____ Never turn your back to the sea.
- _____ Choose the safest spot in the location.

2 Match the safe rock fishing tips with the reasons.

Safe rock fishing tips	Reasons
a Find out as much as possible about the place where you plan to fish	because you'll be able to see any possible dangers from there.
b Always tell someone where you are going and when you expect to be back	so one person can watch the sea at all times.
c Always wear a life jacket and shoes with non-slip soles	so you'll know what equipment to bring.
d Do not drink alcohol	so you'll know what to expect regarding sun, wind and rain.
e Get a weather forecast	so they can contact police if you don't return.
f Get information about tides and sea conditions	because you are less likely to slip and can float if you fall in the water.
g Make an escape plan from your fishing spot	so you can get out of the area quickly.
h Never fish alone	so you'll know what to expect from the sea at the time you go fishing.
i Never turn your back to the sea	because you'll be less careful and less alert.
j Choose the safest spot in the location	because large waves can come at any time.

3 Form a group of four. Go onto the Internet and choose one of these sites. Prepare a presentation to the class about rock fishing in Australia.

www.safewaters.nsw.gov

www.watersafety.vic.gov.au

www.fisheries.nsw.gov.au

www.rfansw.com.au/reports

manly-daily.whereilive.com.au/news/story/fishing-safety-survey/

www.smh.com.au/news/national/angler-washed-to-death-off-bondi-rocks/

www.surflifesaving.com.au

www.fishingmonthly.com.au/reports

www.rfansw.com.au

milton.yourguide.com.au/news/local/news/general/rock-fish-safely

Unit 4 Surf Life Saving Australia

Vocabulary

<i>accredited:</i>	officially recognised
<i>CPR:</i>	cardio-pulmonary resuscitation
<i>crisis:</i>	a serious situation that has reached a turning point
<i>elderly:</i>	old
<i>exhausted:</i>	very tired
<i>facts:</i>	pieces of true information
<i>figures:</i>	numbers
<i>haul:</i>	pull
<i>hesitate:</i>	stop for a moment before doing or saying something
<i>inflatable:</i>	able to be filled with air
<i>member:</i>	person who belongs to a club or group
<i>secure:</i>	make something or somebody safe
<i>vast:</i>	very wide or large
<i>volunteer:</i>	person who does a job without being paid for it

Surf rescues

- 1  **TRACK 15** Listen to the facts and figures about Surf Life Saving Australia. Fill in the missing numbers and words. Use the clues in the box.

1/3

28 000

1.4

25

single

12 000

- Each year, surf lifesavers rescue approximately _____ people in Australia.
- They give first aid to approximately _____ people.
- More than half of the lifesavers are under the age of _____ years.
- Surf Life Saving Australia is probably the largest _____ volunteer organisation in Australia.
- Each year, members spend _____ million volunteer hours on patrol.
- Inflatable rescue boats (IRBs) are involved in _____ of all rescues.



2 Read this information about why people become lifesavers and what they learn.

Why people join SLSA

People join Surf Life Saving for many reasons:

- for the activity
- to meet new people
- to join in the beach competitions
- to help other people
- to enjoy the beach.


What people learn in SLSA

People learn skills through accredited training eg: surf skills, first aid and rescue and resuscitation.

What employability skills people learn in SLSA

Members gain many other things which are useful for employment:

- confidence and capability
- how to deal effectively with people
- communication skills
- how to work as part of a team
- how to manage a crisis
- leadership skills
- community values.

3  **TRACK 16** Listen to the five volunteer surf lifesavers - Andrew, Susie, Asher, Lee and William - talk about why they joined SLSA and what they gained from it. Write in their names beside their reasons for joining and the benefits they received from it. You may listen as many times as you need to.

Names	Reason for joining SLSA
_____	For the activity
_____	To meet new people
_____	To be active
_____	To help others
_____	A love of the beach
_____	Benefits of being a member of SLSA
_____	Learning how to deal effectively with people
_____	Developing communication skills
_____	Learning how to work as part of a team
_____	Doing something good for the community
_____	Doing accredited training courses

**It was a day I'll never forget**

It was a hot day and the beach was packed. There were big waves and rips, and the surf kept getting bigger as the day went on. At the end of the day, while we were packing up the flags, a little boy on a body-board got swept out to sea in a rip – faster than you could believe.

The Patrol Captain signalled for the rescue boat to go out and save him. But the dumping shore break had got too big for the boat to manoeuvre through quickly, so another lifesaver and I were called out.

We duck-dived through the break – it felt like a training exercise but we knew this was the real thing. It was life or death!

When we reached him, the little boy was exhausted. I wasn't scared or worried. It was just second nature to reach out my hand and grab him firmly. I didn't hesitate because I knew in my mind I would get him back to shore safe and well. My fellow lifesavers arrived in the boat soon after I had secured the boy. We hauled him into the boat and I watched him return to the beach, safely back to his parents. When they came over to me, they had trouble controlling their emotions. They thanked me again and again and I felt really proud. It was the most amazing feeling, knowing he had put his trust in me, and that I was able to save his life. It was my second rescue for the day. I was 15 when it happened.

Adapted from Ella Tanner's story (SLSA resources)



5 The lifesaver's story is a recount. Number the events in the order in which they occurred.

- _____ The boy was very tired.
- _____ The lifesavers tried to send out a rescue boat to reach the boy.
- _____ Two lifesavers entered the surf and made their way out to the boy.
- _____ The other lifesavers arrived with the boat.
- _____ A boy on a body-board got swept out to sea in a rip.
- _____ The lifesavers took the boy back to the beach in the boat.
- _____ The weather was very warm and there were many people at the beach.
- _____ The boy's parents were very grateful to the lifesavers.

Becoming a surf lifesaver

1  **TRACK 18** Listen to the information about becoming a surf lifesaver. Tick True or False.

	T	F
a Only some people can join a surf club.	<input type="checkbox"/>	<input type="checkbox"/>
b Surf clubs always want new members.	<input type="checkbox"/>	<input type="checkbox"/>
c Volunteer lifesavers get paid.	<input type="checkbox"/>	<input type="checkbox"/>
d To be a lifesaver you must like going in the water.	<input type="checkbox"/>	<input type="checkbox"/>
e Nippers is for both boys and girls.	<input type="checkbox"/>	<input type="checkbox"/>
f Nippers is for children from 5 to 13 years of age.	<input type="checkbox"/>	<input type="checkbox"/>
g Nippers are not taught surf safety.	<input type="checkbox"/>	<input type="checkbox"/>

- 2 Turn the false statements into true statements by correcting the information in them.

- 3 Go onto the Internet and google Surf Life Saving Australia or type in the address **www.slsa.asn.au** and click on **Find a beach or club**. Find the nearest beach to where you live and prepare a presentation for the class on the beach and the surf lifesaving club.

- 4 Form a group of six. Watch the DVD *On the same wave*. Discuss the people on the video and what they say about Surf Life Saving Australia. Use these questions to help your discussion.

- What backgrounds do the surf lifesavers come from?
- What skills are they learning?
- What skills are they teaching the children?
- What are the surf lifesavers saying about the Australian beach?
- How do they feel about being part of Surf Life Saving Australia?
- How does this video make you feel about going to the beach?
- Do you think you might like to be a surf lifesaver?

ANSWERS

Unit 1 At the beach

Going to the beach

- 1
- a **Do** wear clothing that protects you from the sun.
 - b **Do** apply sunscreen every 2 hours.
 - c **Do** wear sunglasses.
 - d **Do** check the weather forecast before you go to the beach.
 - e **Do** check the ultra-violet (UV) radiation level/of your sunscreen.
 - f **Do** wear a sun hat at the beach.
 - g **Do** drink lots of water while you're at the beach.
 - h **Do** stay out of the sun between 11 am and 3 pm.
 - i **Do** wear shoes or sandals to protect your feet.
- 2
- a Wear clothing that protects you from the sun so you won't get sunburned.
 - b Apply sunscreen every 2 hours because it only protects for 2 hours.
 - c Wear sunglasses to protect your eyes against sun and glare.
 - d Check the weather forecast before you go to the beach so you will know how high the temperature will be.
 - e Check the ultra-violet (UV) radiation level to know how quickly your skin will burn.
 - f Wear a sun hat at the beach to protect your face and eyes against the sun.
 - g Drink lots of water while you're at the beach to avoid dehydration.
 - h Stay out of the sun between 11 am and 3 pm because this is when the sun is strongest.
 - i Wear shoes or sandals to protect your feet against hot sand and broken glass.

- 3
- a Anna forgot to take a **hat** to the beach.
 - b Lee didn't use **sunscreen** at the beach.
 - c Soo forgot to take his **sunglasses** to the beach.
 - d Arif didn't wear any protective **clothing** at the beach.
 - e Joza didn't drink enough **water** when she was at the beach.
- 4
- a **Soo** said, *I can clearly remember my first day at the beach in Australia.*
 - b **Joza** said, *I can't forget the first time I went to the beach in Australia!*
 - c **Anna** said, *I'll always remember my first trip to the beach!*
 - d **Arif** said, *My first time at the beach in Australia! I'll never forget it!*
 - e **Lee** said, *On my first visit to the beach here in Australia ...*

Being sun-smart

- 2
- a Australia
 - b The sun, solariums and sunbeds
 - c 15 minutes
 - d Between 11am and 3 pm
 - e Stay in the shade
 - f Sunglasses, sunhat, protective clothing and sunscreen
 - g A wide brimmed hat
 - h Close weave and dark materials
 - i Lycra
 - j Close fitting
 - k 98%
 - l Yes
 - m SPF30+
 - n Every 2 hours
 - o See a doctor

Safety warnings on the beach

- 2
- a The **red and white** flag means all swimmers must leave the water.
 - b The **red and yellow** flag marks the safe place on the beach to swim.
 - c The **yellow flag** means the beach may be dangerous.
 - d The **red** flag means the beach is closed.

- 3
- a Sharks in the water.
 - b Stingers (bluebottles) in the water.
 - c Crocodiles in the water.
 - d Unexpected large waves may hit the beach.
 - e Strong currents. Weak swimmers should not swim.
 - f Invisible submerged objects under the water.
 - g Waves may break on shallow shore and dump swimmers. May cause injuries.
 - h Surfboard riding prohibited.
 - i Surf craft prohibited.
 - j No swimming allowed.

- 4
- Do not use watercraft – 8 and 9
- Do not swim – 1, 2, 3, and 10
- Be careful when swimming – 4, 5, 6 and 7

- 5
- Announcement 1**
For your own safety please swim between the flags.
- Announcement 2**
Could those people in the water who are south and north of the flags please return to the flagged area.
- Announcement 3**
There have been a few people stung by bluebottles. Please beware of bluebottles while swimming.
- Announcement 4**
Could the people on surfboards who have drifted into the flagged area please move out of the area.
- Announcement 5**
We are moving the flags to a safer area of the beach.
- Announcement 6**
It is now 6 o'clock and the volunteer lifesaver service is finished for the day.

- 7
- a Whale Beach is a very **safe** beach.
 - b On the way, the family became **lost**.
 - c Dolphin Beach can be very **dangerous**.
 - d The children ran over the **dunes** to the beach.
 - e Large waves washed the children into a **rip**.

- f Of the seven children who went into the water, two **drowned**, three were never found and three were **rescued** by lifesavers.
- g The children did not see the sign because it was partly covered by **sand**.
- h The children's father decided he would make sure new beach **warning** signs would be put in place to help people going to the beach.

Unit 2 In the water

Swimming

- 1
- Swimming is an activity that can be both useful and **fun**. It is a good way to **relax** and it's also good exercise. Some people enjoy swimming in **races**. For others, swimming is part of their **job**. Swimming is good for people who have been **ill** as the water supports them while they exercise.

Swimming is safer than many other sports but there are some risks. These include drowning, diving into shallow **water** and getting ear and **eye** infections.

But these risks can all be avoided by following these simple rules:

- **Practise** to be an efficient swimmer
- **Check** the depth of the water before you dive or jump in
- **Wear** ear-plugs and **go** to the doctor when you get any infections.

Contact your **local** council, if you would like to learn to swim or improve the way you swim.

Local swimming pools offer **classes** to people of all ages.

- 2
- a Always swim at beaches patrolled by lifesavers because they rescue swimmers in trouble.
 - b Always swim between the red and yellow flags because they show the safest part of the beach.
 - c Always read and obey all beach signs because they contain important safety information.
 - d Never swim under the influence of alcohol or drugs because you may ignore danger.
 - e Never run and dive into the water because you cannot see things under the water.

- f** Never swim at night because you cannot see what is happening in the water.
- g** Never swim alone because there will be no-one to help you.
- h** Always wear sunscreen because this protects your skin.
- i** Raise your arm if you are in trouble because this shows people you need help.
- 3 a** Always **swim** at beaches patrolled by lifesavers.
- b** Always **swim** between the red and yellow flags.
- c** Always **read** and **obey** all beach signs.
- d** Never **swim** under the influence of alcohol or drugs.
- e** Never **jump** and **dive** into the water.
- f** Never **swim** at night.
- g** Never **swim** alone.
- h** Always **wear** sunscreen.
- i** **Raise** your arm if you are in trouble. Remember that you can't be saved if you can't be seen.

Reading the beach

- 2 a** By the wind blowing across the surface of the water.
- b** How strong the wind is, how long it has been blowing and the direction it is blowing from.
- c** A wind that blows from the sea to the land.
- d** It makes the water choppy.
- e** A wind that blows from the land to the sea.
- f** It makes smooth surf conditions.
- g** Surging, spilling and plunging/dumping.
- h** Surging waves
- i** Spilling waves
- j** Plunging or dumping waves

- 4** Your teacher will assess your presentation.

Keeping yourself safe at the beach

- 1 Lifesaver 1**
Water temperature: 22°C / Wind: onshore / Tide: high / Dangers: marine stingers
- Lifesaver 2**
Water temperature: 20°C / Wind: offshore / Tide: falling low in 3 hours / Dangers: sandbar
- Lifesaver 3**
Water temperature: 23°C / Wind: NA / Tide: low / Dangers: dumping waves and strong rip
- Lifesaver 4**
Water temperature: 19°C / Wind: NA / Tide: falling low in 2 hours / Dangers: UV level high / dehydration
- 2** Your teacher will assess your explanation.
- 3**
- Before entering the surf, **find** a landmark to **keep** to the same place in the water.

If you are caught in a rip:

- Don't **panic**
- Never **try** to swim against a rip because you will **get** very tired
- **Float** on your back to conserve energy
- If there is a lifesaver on the beach, **raise** one arm to signal for help
- If there is no lifesaver on the beach, **tread** water, **float** or swim with the current parallel to the beach
- When out of the rip, **swim** back to the beach, **catching** and **riding** incoming waves if possible.

- 4**
- 1** Before entering the surf, find a landmark to keep to the same place in the water.
 - 2** Check the depth of the water and height of sandbanks before diving under waves to prevent back injury.
 - 3** Walk into the surf with big high steps until the water reaches your waist.
 - 4** Dive under incoming waves, lie on the sand and let the wave pass over you. If the water is deep, duckdive under the surface.
 - 5** Bring your knees up and push off the bottom, like a spring.
 - 6** Keep doing this until the water is chest high and then start swimming in the same line from the shore.

Unit 3 Avoiding hazards

Stinging creatures

- 2
- a Sea urchins and bluebottles
 - b People who are allergic to bee-stings
 - c Sea urchin
 - d Bluebottle
 - e See a doctor to get all the spines from under your skin.
 - f Do not rub your skin / Pick off remaining tentacles with fingers / Wash painful area with seawater / Place the stung area in hot water / Get medical attention if pain continues
- 3
- Description 1:** Blue ringed octopus
Description 2: Irukandji jellyfish
Description 3: Box jellyfish
- 4
- 1 Call for medical **attention** urgently.
 - 2 Do not rub or remove the **sting**.
 - 3 While waiting for **help**, wash the **sting** with large amounts of **vinegar**.
 - 4 If necessary, give **CPR** until emergency help arrives
- 5
- Creature 1:** Sea urchin
Creature 2: Blue ringed octopus
Creature 3: Bluebottle
Creature 4: Box jellyfish
Creature 5: Irukandji jellyfish

Sharks

- 2
- Answer 1:** No
Answer 2: No
Answer 3: No
Answer 4: No because sharks like to feed on them.
Answer 5: No because sharks are attracted to fish remains and blood.
Answer 6: No because sharks can smell a very small amount of blood from a long distance.

Rock fishing

- 1
- 1 Find out as much as possible about the place where you plan to fish.
 - 2 Get information about tides and sea conditions.
 - 3 Get a weather forecast.
 - 4 Choose the safest spot in the location.
 - 5 Make an escape plan from your fishing spot.
 - 6 Do not drink alcohol.
 - 7 Never turn your back to the sea.
 - 8 Never fish alone.
 - 9 Always wear a life jacket and shoes with non-slip soles.
 - 10 Always tell someone where you are going and when you expect to be back.
- 2
- a Find out as much as possible about the place where you plan to fish so you'll know what equipment to bring.
 - b Always tell someone where you are going and when you expect to be back so they can contact police if you don't return.
 - c Always wear a life jacket and shoes with non-slip soles because you are less likely to slip and can float if you fall in the water.
 - d Do not drink alcohol because you'll be less careful and less alert.
 - e Get a weather forecast so you'll know what to expect regarding sun, wind and rain.
 - f Get information about tides and sea conditions so you'll know what to expect from the sea at the time you go fishing.
 - g Make an escape plan from your fishing spot so you can get out of the area quickly.
 - h Never fish alone so one person can watch the sea at all times.
 - i Never turn your back to the sea because large waves can come at any time.
 - j Choose the safest spot in the location because you'll be able to see any possible dangers from there.

- 3
- Your teacher will assess your presentation.



Unit 4 Surf Life Saving Australia

Surf rescues

1

- Each year, surf lifesavers rescue approximately **12 000** people in Australia.
- They give first aid to approximately **28 000** people.
- More than half of the lifesavers are under the age of **25** years.
- Surf Life Saving Australia is probably the largest **single** volunteer organisation in Australia.
- Each year, members spend **1.4** million hours on patrol.
- Inflatable rescue boats (IRBs) are involved in **1/3** of all rescues.

3

Asher	For the activity
William	To meet new people
Suzie	To be active
Lee	To help others
Andrew, Lee	A love of the beach
William	Learning how to deal effectively with people
Andrew	Developing communication skills
Suzie	Learning how to work as part of a team
Asher, Lee	Doing something good for the community
Lee	Doing accredited training courses

5

- 1 The weather was very warm and there were many people at the beach.
- 2 A boy on a body-board got swept out to sea in a rip.
- 3 The lifesavers tried to send out a rescue boat to reach the boy.
- 4 Two lifesavers entered the surf and made their way out to the boy.
- 5 The boy was very tired.
- 6 The other lifesavers arrived with the boat.
- 7 The lifesavers took the boy back to the beach in the boat.
- 8 The boy's parents were very grateful to the lifesavers.

Becoming a lifesaver

1

- a Only some people can join a surf club.
FALSE
- b Surf clubs always want new members.
TRUE
- c Volunteer lifesavers get paid.
FALSE
- d To be a lifesaver you must like going in the water. **FALSE**
- e Nippers is for both boys and girls.
TRUE
- f Nippers is for children aged 5 to 13 years of age. **TRUE**
- g Nippers are not taught surf safety.
FALSE

2

- a Everyone can join a surf club.
- c Volunteer lifesavers do not get paid.
- d To be a lifesaver you do not have to like going in the water.
- g Nippers are taught surf safety.

3

Your teacher will assess your presentation.

4

Your teacher will check your discussion.

CD SCRIPT

Unit 1 At the beach

Going to the beach



TRACK 1

- a** Hi. My name's Anna. I'll always remember my first trip to the beach! I didn't think to bring a hat and I got really sunburned on my face, especially on my nose. I also had a bad headache when I got home.
- b** Hello. I'm Lee. On my first visit to the beach here in Australia, I stayed out all day without sunscreen. My skin is fairly dark and I didn't think I needed to use it. I was wrong about that! That evening my skin felt like it was on fire.
- c** Hi there. I'm Soo. I can clearly remember my first day at the beach in Australia. I left my sunglasses at home and did I regret it! At the end of the day my eyes were very sore from the glare on the beach and I had a terrible headache.
- d** G'day. My name's Arif. My first time at the beach in Australia! I'll never forget it! The day was a bit cloudy and fairly cool. I stayed on the beach all day wearing only my board shorts. I didn't know that the UV level could be high on a day like that. I got very sunburnt and felt so ill I had to go to the hospital.
- e** My name's Joza. I can't forget the first time I went to the beach in Australia! Late in the day I felt really unwell but I didn't know why. My friend noticed that I hadn't been drinking and offered me some water. She said, *Joza, you're dehydrated!* I now realise how important it is to drink plenty of fluids when you're in the sun.

Safety warnings on the beach



TRACK 2

Announcement 1

For your own safety please swim between the flags.

Announcement 2

Could those people in the water who are south and north of the flags please return to the flagged area.

Announcement 3

There have been a few people stung by bluebottles. Please beware of bluebottles while swimming.

Announcement 4

Could the people on surfboards who have drifted into the flagged area please move out of the area.

Announcement 5

We are moving the flags to a safer area of the beach.

Announcement 6

It is now 6 o'clock and the volunteer lifesaver service is finished for the day.



Mission possible

One day in 1998 two families packed their cars, and left their house in the city and headed out for a day at the beach with their 11 children. They wanted to go to Whale Beach, which is a very safe beach, but they became lost on the way and ended up at the entrance to Dolphin Beach, a nearby beach that can be very dangerous.

When they got to the beach the older children excitedly ran over the dunes to the beach while their mothers got the younger children ready. Within seconds of entering the water a large set of waves built up and washed the children into a rip, which quickly pulled them out to sea. Of the seven children who went in the water, two drowned, two were never found and three were rescued by lifesavers who had been called to the area from Whale Beach.

Sadly the sign on the way to the beach, warning that the surf lifesaving patrol was further down the beach, was partly covered in sand and the children didn't see it. The mission to find the safest beach for this family was made impossible by poor signage. The father who lost two of his children decided that he would put this negative into a positive for others.

He has worked very hard to make sure that nobody else has to suffer as a result of not having clear beach signs. His mission was to push for new beach warning signs to be put in place that would provide clear safety warnings to people going to the beach. Thanks to his hard work and to Surf Life Saving Australia new signs are starting to be put in place at Australian beaches. Hopefully soon he will be able to say *mission complete!*



Swimming

**TRACK 4**

Swimming is an activity that can be both useful and fun. It's a good way to relax and it's also good exercise. Some people enjoy swimming in races. For others, swimming is part of their job. Swimming is good for people who have been ill as the water supports them while they exercise.

Swimming is safer than many other sports but there are some risks. These include drowning, diving into shallow water and getting ear and eye infections. But these risks can all be avoided by following these simple rules:

- Learn to be an efficient swimmer
- Check the depth of the water before you dive or jump in
- Wear ear-plugs and go to the doctor when you get any infections.

Contact your local council, if you would like to learn to swim or improve the way you swim.

Local swimming pools offer classes to people of all ages.

Reading the beach

**TRACK 5**

Waves are formed by the wind blowing across the surface of the water. The size of a wave depends on:

- how strong the wind is
- how long the wind has been blowing
- the direction the wind is blowing from.

An onshore wind is a wind that blows from the sea to the land. Onshore winds usually make the water choppy.

An offshore wind is a wind that blows from the land to the sea. Offshore winds usually make smooth surf conditions.

There are three different types of waves you need to know about when swimming at the beach.

1 Surging waves

These waves never break as they approach the shore. The water below them is very deep. These waves are very dangerous as they can knock swimmers over and drag them into deep water. They are also dangerous for rock fisherman.

2 Spilling waves

These waves have less force and are the safest for body surfing.

3 Plunging or dumping waves

These waves break suddenly and can throw swimmers to the bottom with great force and can cause injuries for swimmers. NEVER body surf on dumping waves.

**TRACK 6** Topic 1**Sandbars**

Sandbars are large areas of sand in the water. They are usually a short distance out from the beach. They are formed by the actions of the waves. Sandbars can be dangerous because they can drop away very sharply or they can collapse. People can suddenly be in deep water.

Topic 2

Rips

Rips are strong currents that run out to sea. They are usually caused by movement of water in a channel between the beach and a sandbar. Rips can be dangerous, so you need to stay calm and try to swim across (not against) the rip. Rips usually go out as far as the last wave, so remember if you get caught in a rip, stay calm.

There are three things which will help you spot a rip:

- sand in the water
- seaweed moving out to sea
- patches of darker, calmer water.

Rips can move around or come and go at different times. So when you go to the beach swim between the flags or ask a surf lifesaver whether there are any rips.

Topic 3

Tides

Every 24 hours, there are four tides – two low and two high. Tides affect conditions at the beach.

High tide

At high tide the water is high up on the beach. The waves are more likely to be spilling waves but it can also cause plunging waves. If there are big waves, rips can be strong at high tide because there is more water moving around.

Low tide

At low tide the water is low on the beach. The waves can change from spilling to plunging waves. Rips are usually stronger at low tide.

Tides in northern Australia

At beaches in the north of Australia, the tide can go out very far. This leaves a large area of sand but the water can come back in very quickly. If you are not careful, you can find the water has come in behind you and you can be trapped.

Dahfer: So you think it's safe to go in the water?

Lifesaver: Oh yes. Just don't go out too deep, and always swim between the flags. That way, if you do get into trouble, we can see you.

Dahfer: Thanks for the advice.

Lifesaver: Have a good day.

Lifesaver 3

Isra: Excuse me, could you tell me about the conditions today?

Lifesaver: Sure. What would you like to know?

Isra: Well, like how cold is the water?

Lifesaver: It's 23 degrees Celsius. So that's pretty comfortable but there are a few problems with the surf today. Are you a strong swimmer?

Isra: Oh no. I can only swim a little bit.

Lifesaver: See that sign? It says *Danger – swimming not advised*. There are dumping waves and, even though the tide is low, there is quite a strong rip. I would suggest you stay out of the water today.

Isra: Thanks.

Lifesaver: No worries, that's what we're here for.

Lifesaver 4

William: Excuse me, how cold is the water today?

Lifesaver: It's 19 degrees Celsius. Pretty cool.

William: I've got a wet suit my friend lent me. Is it good to surf today?

Lifesaver: The waves are spilling, so that's good for surfing. The tide is falling at the moment. Low tide is in two hours.

William: That's great.

Lifesaver: But the UV level is high today, so remember to put on sunscreen and reapply it every two hours if you're out in the sun. I can see you're wearing a hat and sunglasses, so that's good. Remember to drink lots of fluids.

William: I will. Thanks for all the information. It's very helpful.

Lifesaver: We're here to help! Have a great day!

Keeping yourself safe at the beach



TRACK 7

Lifesaver 1

Anna: Excuse me, could you tell me about the surf conditions today?

Lifesaver: Sure. Well, the water temperature is a nice 22 degrees, the wind is onshore and it's not too strong. The tide is high right now. We've had a few people bitten by marine stingers, so you'll need to watch out for those.

Anna: Thank you, that's very helpful.

Lifesaver: No worries.

Lifesaver 2

Dahfer: Excuse me, can you tell me if it's safe to swim today? I'm new here.

Lifesaver: Certainly. Well, first of all the water temperature, it's about 20 degrees today. And the wind is offshore. The tide is falling – it will be low in about three hours. There is a sandbar, so watch out for currents nearby.



TRACK 8

Rips

Rips are strong currents running out to sea from a surf beach. They cause problems for weak swimmers. Sometimes people don't realise they're caught in a rip until they find themselves far away from the beach. Always find a landmark when you get in the water eg: a tree or a building and keep checking this as you swim so you know if you're drifting too far along the beach.

If you are caught in a rip:

- Don't panic
- Never try to swim against a rip because you'll get very tired
- Float on your back to conserve energy
- If there is a lifesaver on the beach, raise one arm to signal for help
- If there is no lifesaver on the beach, tread water, float or swim with the current, parallel to the beach
- When out of the rip, swim back to the beach, catching and riding incoming waves if possible.

TRACK 9

Entering the surf

- 1 Before entering the surf, find a landmark to keep to the same place in the water.
- 2 Check the depth of the water and height of sandbanks before diving under waves to prevent back injury.
- 3 Walk into the surf with big high steps until the water reaches your waist.
- 4 Dive under incoming waves, lie on the sand and let the wave pass over you. If the water is deep, duckdive under the surface.
- 5 Bring your knees up and push off the bottom, like a spring.
- 6 Keep doing this until the water is chest high and then start swimming in the same line from the shore.

TRACK 10

Body Surfing

Body surfing is riding waves without a surfboard. You need skill to know how to catch the wave at the right time. Spilling waves are best for body surfing. When you are just in front of a wave, push off from the bottom or start swimming towards the shore until you feel the wave begin to lift and carry you. As the wave breaks, take a breath, put your head down and kick hard until your body breaks through. Your feet should be together, your back arched slightly and your arms extended in front of you. As the wave becomes steeper, tilt forward and surf along the wave's face. As you approach the beach, pull out of the wave by turning your body away from the wave or dive and let the wave pass over your body. There are many organisations which can teach you to body surf but to become a good body surfer you need to practise.



Stinging creatures

**TRACK 11 Description 1****Blue-ringed octopus**

A small extremely dangerous octopus. It can camouflage itself until disturbed, when it quickly changes colour, becoming bright yellow with blue rings or lines. It lives in rock pools in the Pacific Ocean from Japan to Australia.

Description 2**Irukandji jellyfish**

A very small, extremely dangerous jellyfish, just 2.5 cms across. It is found in tropical oceans around Northern Australia, on the coast and in deeper water far from the shore. It can be unnoticed in the water. A sting from an Irukandji jellyfish is often felt at first as just a painful area with a rash. The Irukandji can kill but most people just end up in hospital.

Description 3**Box jellyfish**

Also known as a stinger or sea wasp, the box jellyfish is extremely dangerous. It is found in tropical oceans around Northern Australia. It is a pale blue jellyfish shaped like a cube or box, measuring up to 20 cm along each side and with up to 15 tentacles. A sting results immediately in a painful welt. The pain is intense and the victim is likely to go into shock and die before reaching shore.

**TRACK 12 Creature 1**

It lives on rocks or in rock pools and it has many sharp spines. If you step on one you can get spines in your foot.

Creature 2

This creature lives in rockpools. It has eight legs. If it is disturbed, it changes colour to bright yellow and blue rings.

Creature 3

This creature floats on the surface of the water. It is blue and has many long tentacles.

Creature 4

This creature is pale blue and shaped like a box. It has up to 15 tentacles. Someone who is stung by the creature is likely to die before reaching the shore.

Creature 5

This creature is very small – about 2.5 cms across. It is found in Northern Australia in waters off Queensland, Northern Territory and North Western Australia. It is extremely venomous.

Sharks

**TRACK 13 Question 1**

The water is not clear today.

Should I go in swimming?

Question 2

Is it safe to swim here at the mouth of the river?

Question 3

Is it safe to swim after dark?

Question 4

I saw some dolphins in the sea this morning. Can I swim with them?

Question 5

Can I swim out to those fishing boats?

Question 6

I've just cut my foot. Will it be good to swim in the water to clean it up?

Rock fishing

**TRACK 14 Safe rock fishing tips**

- 1 Find out as much as possible about the place where you plan to fish.
- 2 Get information about tides and sea conditions.
- 3 Get a weather forecast.
- 4 Choose the safest spot in the location.
- 5 Make an escape plan from your fishing spot.
- 6 Do not drink alcohol.
- 7 Never turn your back to the sea.
- 8 Never fish alone.
- 9 Always wear a life jacket and shoes with non-slip soles.
- 10 Always tell someone where you are going and when you expect to be back.

Surf rescues



TRACK 15

- Each year, surf lifesavers rescue 12 000 people in Australia.
- They give first aid to 28 000 people.
- More than half of the lifesavers are under the age of 25 years.
- Surf Life Saving Australia is probably the largest single volunteer organisation in Australia.
- Each year, members spend 1.4 million hours on patrol.
- Inflatable rescue boats (IRBs) are involved in one third (1/3) of all rescues.



TRACK 16 Andrew

Hi, I'm Andrew. I became a lifesaver because I love the beach. It's a good way of spending part of my weekend there without feeling guilty. After I joined I realised that it was very good for my communication skills because I got used to talking to many different types of people.

Susie

Hello. My name's Susie. I joined SLSA for the activity. There's always something going on. I look after my elderly parents and my life is fairly quiet. But it's great at the weekend to be active, out in the fresh air and talking to lots of people. And another thing, I learnt how to work as part of a team, which I'd never done before.

Asher

Asher's my name. Why did I become a lifesaver? That's easy. I love sport and keeping fit, so the competitions are great for that. Then, as time went on, I came to understand the value of doing something good for the community

Lee

Hello – I'm Lee. I love the beach. I always used to watch the lifesavers but never thought of joining them. One day I saw the lifesavers rescue some people from a rip and I thought how great it was. I wanted to help others and lifesaving is a good way to do that, so that day I joined the club. Then later the club arranged for me to do some training courses, and these have been very useful to me in my job. Many good things come from being a lifesaver. The most important for me is doing something good for the community.

William

Hi. I'm William. I'm new to Australia. I saw the lifesavers on the beach and I wondered if I could become a lifesaver myself. I talked to the lifesavers about it. They were very welcoming and the next weekend I joined! It's been great for meeting new people. I've learnt a lot too, particularly how to deal effectively with people. This is one of the very important skills for lifesavers.





TRACK 17 It was a day I'll never forget.

It was a hot day and the beach was packed. There were big waves and rips, and the surf kept getting bigger as the day went on. At the end of the day, while we were packing up the flags, a little boy on a body-board got swept out to sea in a rip – faster than you could believe.

The Patrol Captain signalled for the rescue boat to go out and save him. But the dumping shore break had got too big for the boat to manoeuvre through quickly, so another lifesaver and I were called out.

We duck-dived through the break – it felt like a training exercise but we knew this was the real thing. It was life or death!

When we reached him, the little boy was exhausted. I wasn't scared or worried. It was just second nature to reach out my hand and grab him firmly. I didn't hesitate because I knew in my mind I would get him back to shore safe and well. My fellow lifesavers arrived in the boat soon after I had secured the boy. We hauled him into the boat and I watched him return to the beach, safely back to his parents. When they came over to me, they had trouble controlling their emotions. They thanked me again and again and I felt really proud. It was the most amazing feeling, knowing he had put his trust in me, and that I was able to save his life. It was my second rescue for the day. I was 15 when it happened.

Becoming a lifesaver



TRACK 18 Joining a surf club is just like joining any other type of club. Everyone is welcome. Surf lifesaving clubs are always looking for new members to be volunteer surf lifesavers. Volunteers work for no pay. When you become a member, you do many courses to teach you the skills you need and trained experts help you.

If you don't want to go in the water, that's not a problem. There are lots of things you can still do to help, and many kinds of sporting and social activities to be part of.

Most clubs run Nippers programs for girls and boys from 5 to 13 years of age. Children are taught how to play safely in the surf and how to identify hazards. Nippers is a great way for children to learn about surf safety, have fun and make friends. To find out more, contact Surf Life Saving Australia or your nearest surf club.

A guide to beach safety

Before you go to the beach

- Check the weather forecast.
- Pack sunscreen, sunglasses, protective clothing, hat and water.

Sun protection at the beach

- Wear a hat and protective clothing.
- Stay out of the sun between 11.00 and 3.00.
- Apply sunscreen every two hours.

Safety at the beach

- Choose a beach patrolled by lifesavers.
- Read the safety signs.
- Listen to announcements.
- Drink plenty of water.

Swimming safely

- Swim between the flags.
- Never run or dive into the water.
- Never swim alone.
- Never swim at night.
- Never swim if you are bleeding.
- Never swim with pets.
- Never swim near fishing boats or dolphins.
- Never swim in dirty or murky water.
- Never swim near river mouths.

What to do if you are in trouble

- If you are caught in a rip, stay calm.
- Raise your arm.
- If you are stung by a sea animal, seek medical help from the lifesavers.

Safe rock fishing

- Check the weather forecast.
- Never fish alone.
- Tell your family where you are going and when you will be back.
- Choose the safest fishing spot.
- Never turn your back on the sea.
- Always wear a life jacket.





Australian Government
Department of Immigration
and Citizenship



NSW AMES

This learning resource was developed through a partnership between the Australian Government Department of Immigration and Citizenship (DIAC) through the Diverse Australia Program, the NSW Adult Migrant English Service (NSW AMES) and Surf Life Saving Australia (SLSA).

The resource can also be downloaded from:

www.slsa.asn.au

www.ames.edu.au

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