

LIFEGUARDS

Surf Safety Presentation

Sutherland Shire Council Lifeguards



Sutherland Shire
COUNCIL



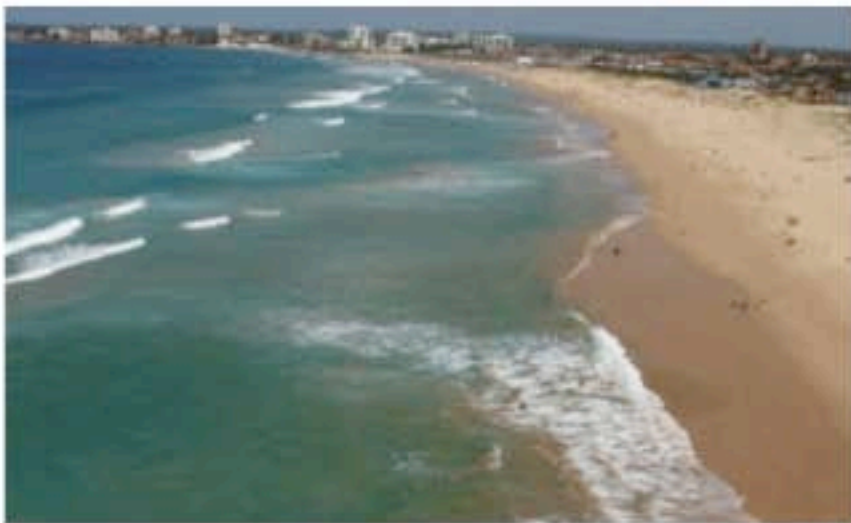
What do Lifeguards do?

Cronulla's professional lifeguards are employed by Sutherland Shire Council.

Approximate staff:

- 20 summer seasonal staff
- 13 Winter staff

They patrol all four beaches daily during the summer months, from late September to late April, Cronulla Beach is open all year round.



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What do Lifeguards do?

- Lifeguards are highly trained in rescue and resuscitation techniques and must also pass grueling fitness tests once a month.
- Sutherland Shire Council Lifeguards are recognisable by their white and navy long sleeve shirts which has the word "LIFEGUARD" written in red on the back of their shirts.

Priority is to keep the beach safe



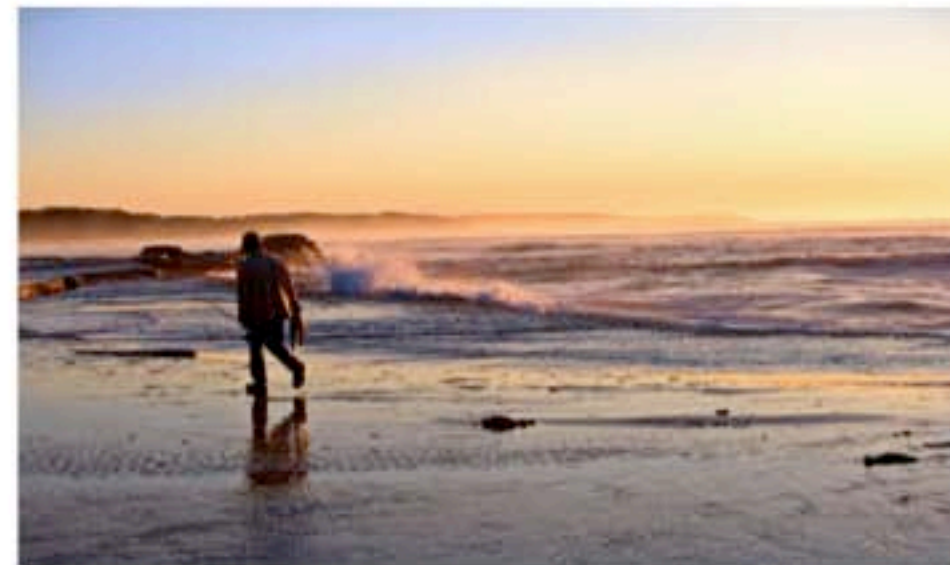
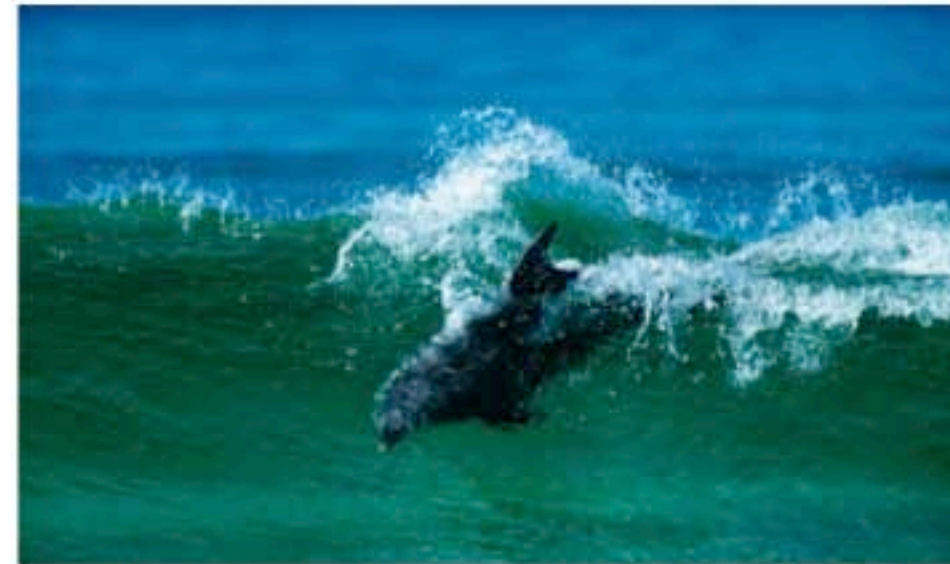
What do Lifeguards do?

Lifeguards roles include all daily duties included in the operations manual

- Lifeguarding (Patrol the beach, respond to rescue situations, First aid, provide water safety)
- Ordinance Enforcement (Dog control, Surfing between the flags)
- Community Liaison (Ensure professional service, liaise with public, respond to communities needs, CRMS)
- Education (School groups)
- Beach Cleaning



The Beach





Beach Safety



Red and Yellow Flags

- The patrolled area is determined as the best place to swim on the beach by the professional lifeguards and volunteer lifesavers.
- This area is recognisable by two red and yellow flags. When swimming at the beach it is strongly advised that you swim between these two flags.



Beach Setup

- Surf craft Prohibited Signs
- Beach Closed Signs
- Dangerous Current Signs
- Access Signs
- Beware of Marine Stingers



Dangerous Currents/Rips

- A rip is a body of water moving back out to sea.
- When waves move towards the beach they bring a great amount of water with them over the sandbanks to the shoreline.
- This water must make its way back out to sea and moves to the side of the sandbanks into deeper channels and moves back out to sea and a rip is created. When the waves are bigger, the rip is stronger.



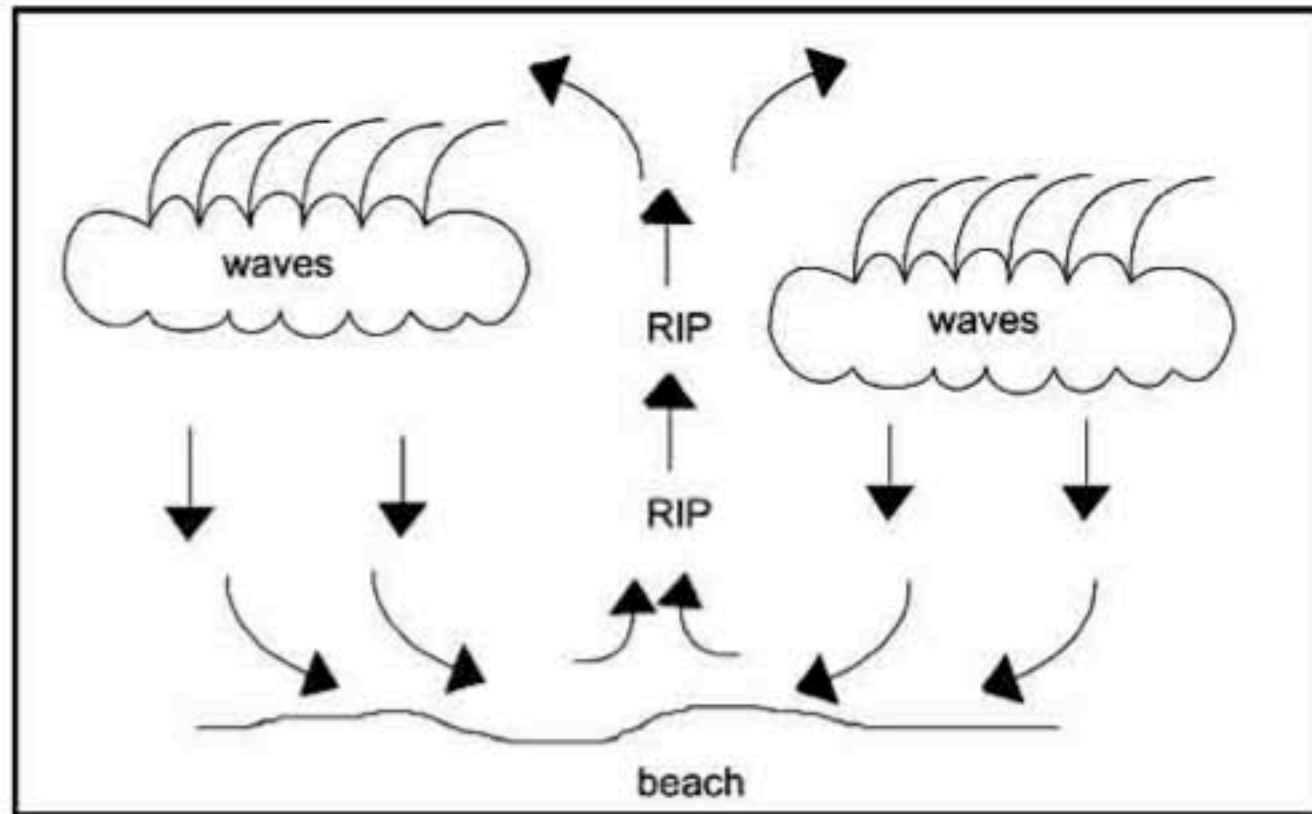
Rips

We can identify a rip by looking for one or more of the following:

- Darker water
- Deeper water
- Waves breaking on either side of the rip
- Sand being stirred up
- Sandy coloured foam
- Debris floating seaward



Rips and Currents



What do you do if you get stuck in a Rip.

- Remain calm
- Put up your hand if you are in trouble and need help
- Float with the rip, do not try and swim directly to shore
- If you are a strong swimmer, swim at a parallel to the beach onto the sandbank on either side of the rip
- A rip only goes out just beyond the furthest breakers, if you end up out past the breakers swim at a parallel to the beach for 20m and then swim in



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What do you do if you get stuck in a Rip.



Stay calm

&

Raise
your arm.



Can you spot a rip?



Can you spot a rip?



Bluebottles

- Blue, balloon like *sail* sits above the water and is attached to a long tentacle extending below it.
- This tentacle is covered in stinging cells.
- When this touches the skin it reacts by injecting a small amount of a toxin which causes irritation and can be quite painful.



Bluebottles

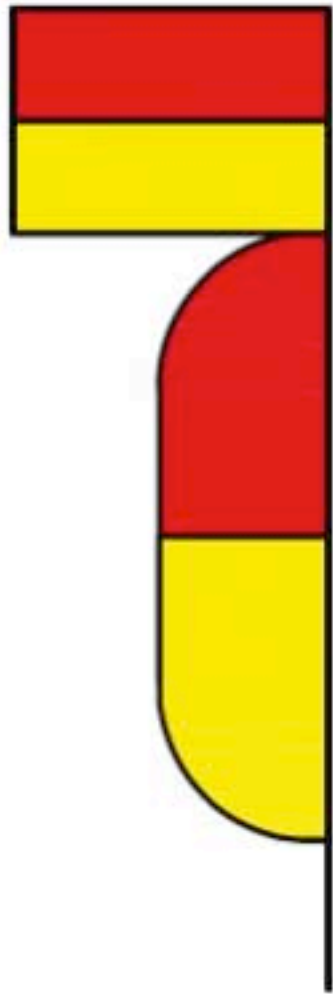


If you get stung:

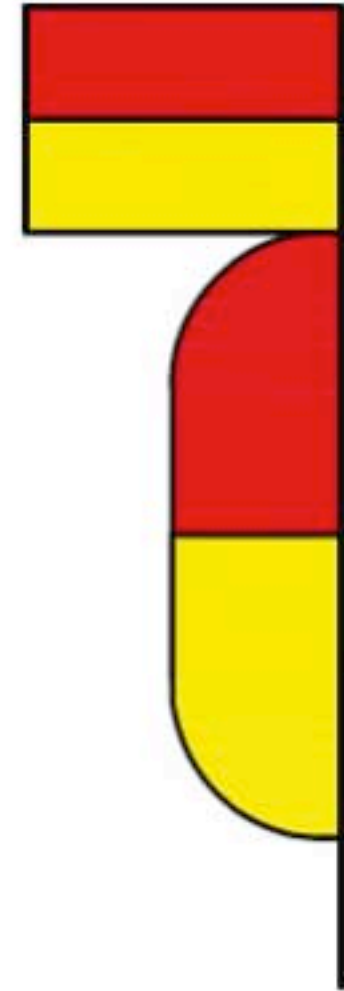
- See a lifeguard or lifesaver
- Remove the sting immediately with the tips of your fingers.
- Wash the area with fresh cold water and apply ice.
- If the pain persists seek medical attention



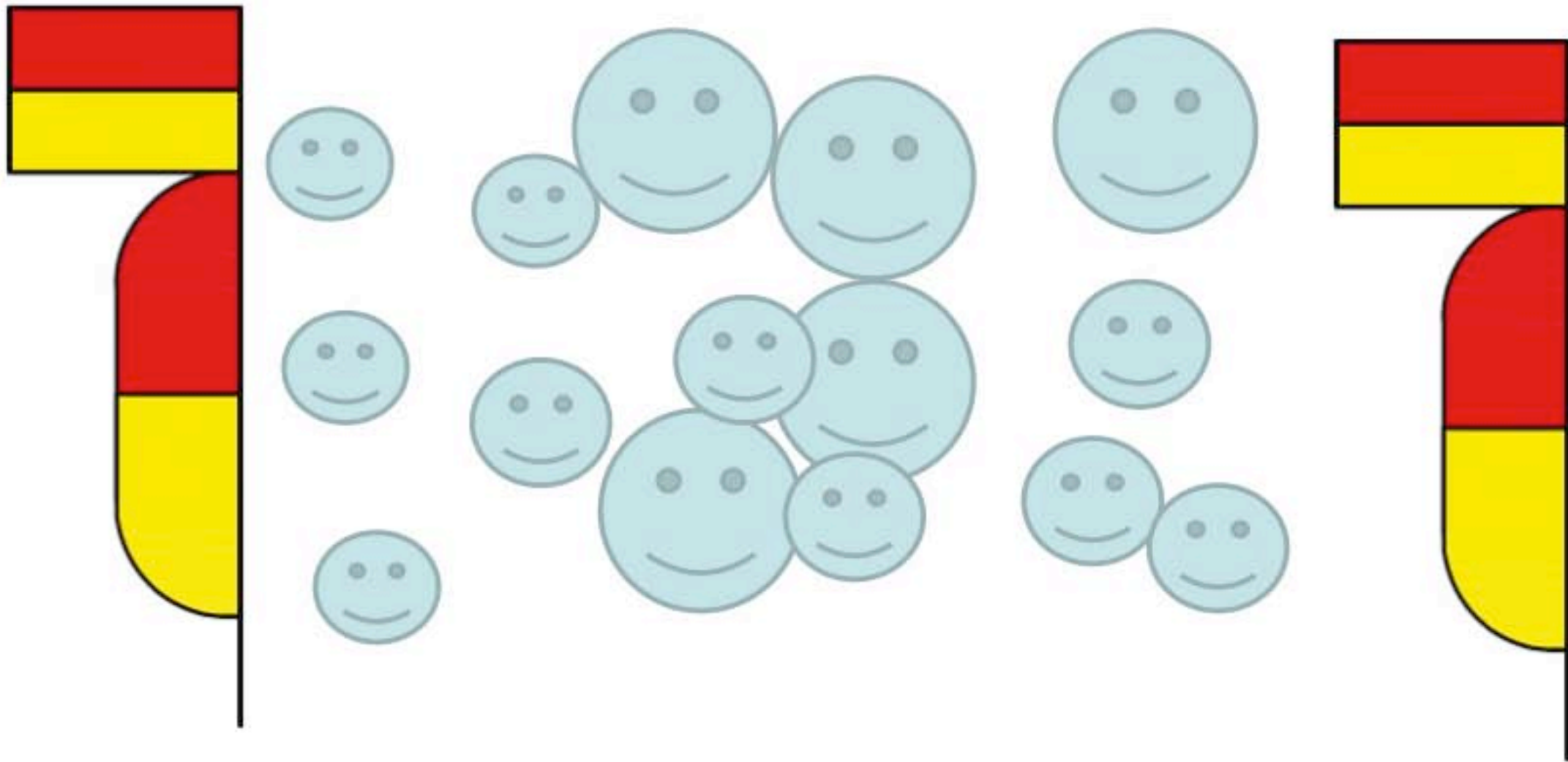
RED & YELLOW FLAGS



Where should we swim?



RED & YELLOW FLAGS



Final Points to Remember

ALWAYS

- Swim between the flags
- Swim with a friend, parent or guardian.
- Obey all signs
- If you need help, stay calm and attract attention
- Ask a lifeguard for safety advice
- SLIP SLOP SLAP and WRAP
- Pick up your rubbish



School Education Program

- Surf Survival
- Surf Awareness
- Safety Talks
- Surf Hero Website



SURFHERO
A BEACH EDUCATION WEBSITE
JUST FOR KIDS
WWW.SURFHERO.COM.AU

LIFEGUARD

SALLY'S TOP SURF SAFETY TIPS

- NEVER SWIM OR SURF ALONE.
- BE SUNSMART.
- STAY BETWEEN THE FLAGS WHEN SWIMMING.
- LEARN TO RECOGNISE TYPES AND CURRENTS.
- IF IN DOUBT, STAY OUT!
- LISTEN TO ADVICE FROM LIFEGUARDS AND LIFESAVERS.



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