Surf Life saving
Activities Day no 4.
June 2014

8:45am  Introduction, explanation of day’s activities
9:00am  400m timed swim & survival strokes
10:00am Workbooks
11:30am Resuscitation, scenarios, first aid
1:00pm  Lunch
2:00pm  Carries, rescues, underwater rescue, deep water support, PFD’s, defensive techniques
3:30pm  Finish

NB:  Students will need full PE uniform, runners, TAS swimmers, goggles, towel, pen (no laptop). All meals are at school.