Surf Life saving
Activities Day no 5
August 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, TAS swimmers, goggles, towel, pen (no laptop). All meals are at school.