

# WATER SAFETY & SURF

## HALF DAY PROGRAM

SUPPORTED BY  
THE DEPARTMENT OF EDUCATION

### MODULE 1: WATER SAFETY THEORY & PRACTICE

Duration: 1 hr

- Aquatic safety & awareness
- Safe aquatic entry and activity
- Rips, tides and currents
- Rescues and lifesaving
- Aquatic surf skills
- Wade, tread water, swim to safety
- Surf life saver
- Rips & currents survival skills

### MODULE 2: SURF SKILLS & APPLICATION

Duration: 1 hr

- Safety and skills briefing
- Land demonstration
  - Technique
  - Equipment
  - Lagoon Safety
- Private Coaches for your group
- In-water learn to surf lesson
  - Board control
  - Independent wave riding
  - Safe dismount technique
  - Group etiquette and safety

## ABOUT THE PROGRAM

### WHAT IS IT?

The program provides a 2 hour practical application of the National Swimming and Water Safety Framework in a controlled ocean-like environment at URBNSURF Melbourne.

### WHO CAN ACCESS IT?

The program is offered to selected Victorian High School students in year 7-10. Check here to see if your school is eligible.

[www.urbnsurf.com/group/schools-program/](http://www.urbnsurf.com/group/schools-program/)

### HOW MUCH DOES IT COST?

The program is fully funded for eligible Victorian Schools by the Department of Education.

### WHEN IS IT OFFERED?

Programs are offered Monday-Friday (9:00am-8:00pm) from 1st Jan 2025 - 31st Dec 2026. Bookings are subject to schedule availability. Programs run for 2hrs and commence each hour, on the hour.

### WHO DELIVERS THE PROGRAM?

All programs are run by nationally accredited Lifeguards and Surf Coaches with a ratio of 1:8 Coaches to students.

### HOW MANY STUDENTS CAN ATTEND?

All programs are run by nationally accredited Lifeguards and Surf Coaches with a ratio of 1:8 Coaches to students.

### HOW CAN I BOOK IN MY CLASS GROUP?

To arrange your booking, submit your expression of interest form at the URBNSURF bookings page. [urbnsurf.com/group/doe-water-safety-surf-program/](http://urbnsurf.com/group/doe-water-safety-surf-program/)

## EXAMPLE AGENDA

9:30 AM - Arrival and check-in

9:45 AM - Collect wetsuits and get ready!

10:00 AM - Water safety and rescue theory

10:30 AM - Surf safety instructions & technique

11:00 AM - Aquatic survival & rescue skills practical

11:30 AM - Aquatic surf skills practical

12:00 PM - Debrief and change

12:15 PM - Departure

\*example schedule for service starting at 10:00 AM\*

Daily structure may vary dependent on availability and guest requirements

Program based on Royal Lifesaving National Swimming and Water Safety Framework  
[www.royallifesaving.com.au](http://www.royallifesaving.com.au)

## VICTORIAN CURRICULUM & ASSESSMENT AUTHORITY CRITERIA

### SLEARNING AREA:

Health & Physical Education

### UB-STRANDS:

Moving our Bodies  
(VC2HP10M01, VC2HP10M03, VC2HP8M01, VC2HPFM01)

Making Active Choices  
(C2HP10M05, VC2HP10M06, VC2HP8M05, VC2HPFM06, VC2HPFM03)

Learning through Movement  
(VC2HP10M10, VC2HP8M10)

Contributing to Healthy Communities  
(VC2HP10M08, VC2HP8M08)