

A VISIT FROM NICK - A LOCAL SURF LIFEGUARD

This week we welcome Nick to Kindy to tell us all about his role as a surf lifeguard in the community and how we can keep ourselves safe when we are at the beach.



First thing he talked to us about was the special call sign you can use if you in trouble in the water. He told us to hold up our both arms and wave them like a rainbow across our heads and call as loud as we can, HELP!.

We practiced this to show Nick we understood.



When Nick held up the red and yellow flag straight away, we could tell him we had seen these at the beach and that they mean you have to swim in the space in between the flags.



He set them up like he would at the beach, and we had to say a big yes when he was swimming in the right place and a big no when he was swimming in the wrong place.



But this is not the only flag a lifeguard will use. This black and white one is often placed outside of the red and yellow one. This designates a space for the surfers to surf so they don't run into the people swimming.



If there is a bright yellow one up on the beach it will have a sign underneath it is telling people that there is a special warning message about swimming today.

If there is a red one up it means, please don't go swimming today as it is too dangerous.



The last flag was a red and white flag...this means get out of the water now and stay out because there might be a shark in the water or big dangerous currents.



Nick then held up some of the warning signs and we had to guess what the sign may mean. We thought this one might be a big wave knocking people over.



We weren't sure about this one, but Nick told us it is a strong current sign which mean the water is running in a certain way very strongly and it might carry you down the beach a certain way outside of the flags so always be careful and keep watching where you are swimming.



This is the blue bottles in the water sign. Blue bottles can sting a lot and get washed in by the winds and tides at various points throughout the year.



This is the marine stingers sign. Nick told us we don't get a lot of stingers in our area but sometimes they have to use this sign. These stingers can be very dangerous.



We knew this one.....SHARK. If there is a shark in the water the Surf Lifeguards have to let everyone know and will close the beach for some time.



Finally, a crocodile sign....Nick told us they have never used this one at the Bundaberg Beaches but it is often used in more northern parts even when a crocodile comes out of the water.



Big thanks to our sign holders who helped Nick out while he was telling us all of this very important information.



Nick then talked a little bit more about Marine life in our water. He told us about these big jelly fish that sometimes wash up on the beach. He told us you can touch the top part and it will feel very squishy like Jelly and this part won't hurt you when they are out of the water.



If you see a blue bottle like this on the beach don't touch it....the stinger will still sting you and it will sting for a long time.....the surf lifeguards can help you with first aid if you are stung.



Nick then talked about keeping our beaches free of rubbish by either putting it in the bin or taking it home with you to dispose of properly. We all know that our precious turtles love jellyfish and when they see plastic in the water, they think it is jellyfish to eat and when they eat this rubbish, they get very sick and often die.



Nick then taught us about how he uses this very important rescue tool to help someone who need helps in the water.



Be sure to watch the little video below as Alice demonstrates being rescued. Awesome work Alice.







Out lifeguards also use other rescue equipment such as paddle boards, boats, jet skis, helicopters and even drones. A drone can go up over the water and drop down a floatation device to a person so they can hold this until a lifeguard can come out and rescue them...amazing.





We all know that lifeguards wear a special uniform so Nick asked for some Kindy helpers to dress them up so we could find out what they look like again.



Alice was our head surf lifeguard in red and yellow and her team of lifesavers wore yellow shirts.



He then put on their special life saver hats and lifeguard hat, made sure they had on sunscreen because this is important to protect your skin while at the beach.....and then



...some protection for our eyes.



What a great team.



Nick then gave us all a special surf lifeguard sticker and told us we were great listeners.



And Alice gave him some yummy chocolate to say thank you for visiting us.



Our Surf Lifeguards do such an amazing job and are a very important part of our community.

Learning tags:

2.1 CONNECTEDNESS - BUILDING POSITIVE RELATIONSHIPS - Significant Learning - Connecting with and Relating to others.

3.2 WELLBEING - EXPLORING WAYS TO BE HEALTHY AND SAFE - Significant Learning - Being Healthy

3.2 WELLBEING - EXPLORING WAYS TO BE HEALTHY AND SAFE - Significant Learning - Staying Safe

4.1 ACTIVE LEARNING - BUILDING A POSITIVE DISPOSITIONS TOWARDS LEARNING - Significant Learning - Showing Curiosity and Enthusiasm for Learning

5.1 COMMUNICATING - EXPLORING AND EXPANDING LANGUAGE - Significant Learning - Listening and Responding

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