

Beach Education Programme – Sample Timetable

**Please note that this is a guide only and activities and times vary depending on the age of students as well as environmental conditions on the day.*

Welcome, introduction & housekeeping: 9.30 – 9.45

Club Tour & Parent/Teacher briefing: 9.45 – 10.15

Morning Tea: 10.15-10.30

Sun Smart/Role of a lifeguard: 10.30 – 10.45

Beach Games: 10.45 – 11.30

Surf Safety Rules: 11.30 – 11.50

Rip Currents: 11.50 – 12.15

Lunch: 12.15 – 1pm

Water Activities: 1pm – 2pm

Wash & Change lost property: 2pm – 2.15pm

Summary and quiz: 2.15pm – 2.30pm

Thanks and farewell!