

Surf Lifeguard Award Instructor Resource

COMMUNICATE



SURF LIFE SAVING®
NEW ZEALAND



Surf Lifeguard Award

Instructor Resource

Signals Activity



SURF LIFE SAVING®
NEW ZEALAND



Signal Activities

1. Use the different signal activities to create dynamic learning environments for teaching signals.
2. Signal images can also be used for the different activities as a visual.
3. For further information, refer to SLA training manual page 52, 53 & 54.

Note: This resource can be printed or used on a screen.



Four corners

1. The instructor sets up four different area's or corners of the room. Each corner will be allocated a different signal. *E.g. Far left corner = assistance required. Far right corner = return to shore.*
2. The Instructor then calls out a patrol scenario in which a signal may need to be used.
Eg., There are multiple patients in a rip, how do you communicate with the IRB.
3. The candidates then have five seconds to choose and walk/run to the correct corner.



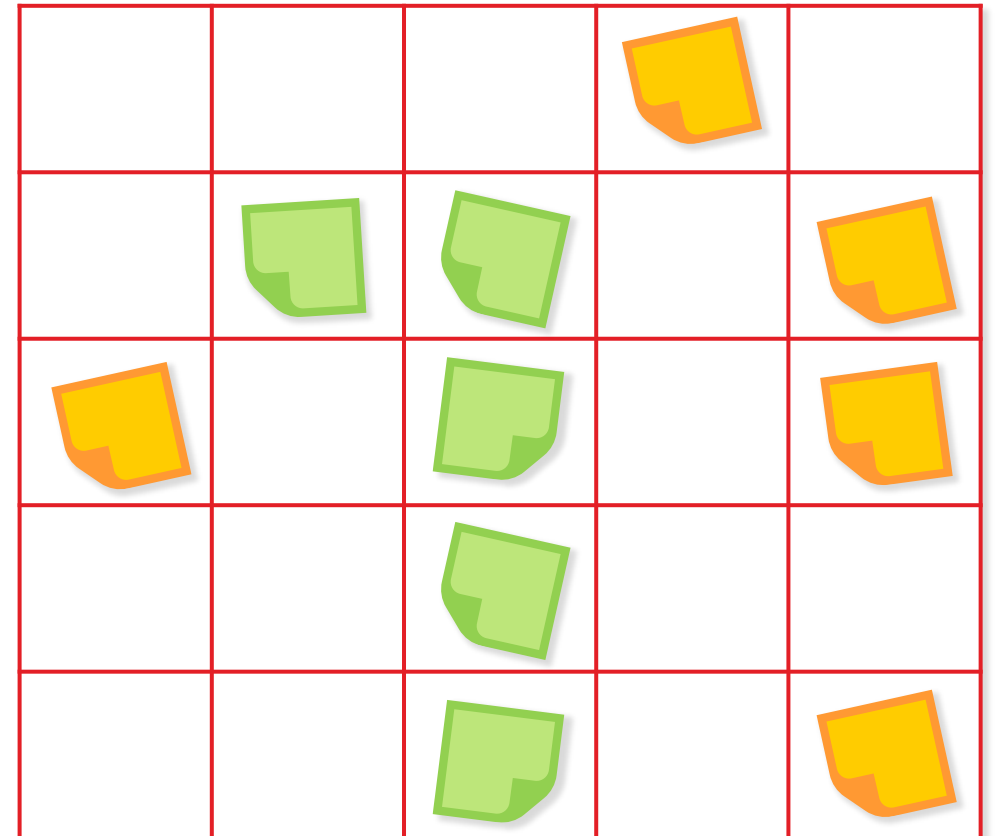
Charades

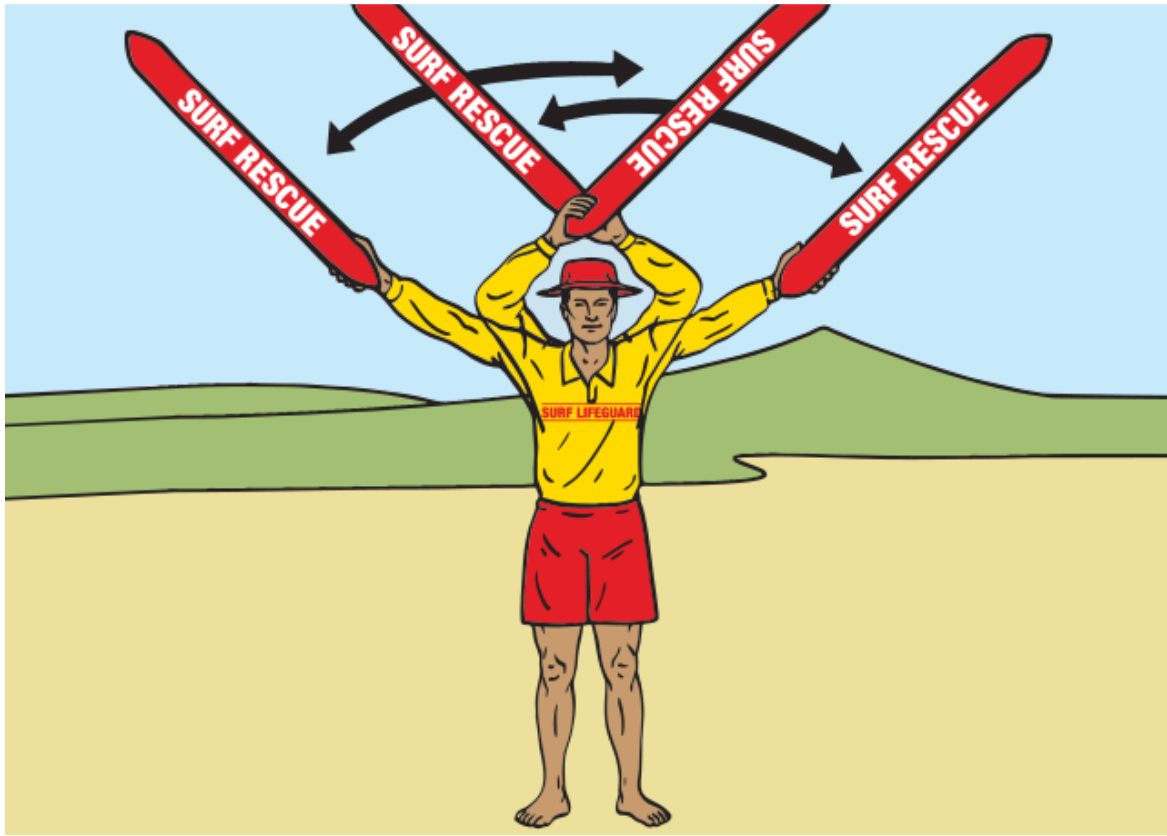
1. Place candidates into teams.
2. Each team is given a word card for each signal that they must 'act out'.
3. Teams take turns to act out their signal cards.
4. The winning team is the team with the most correct answers.



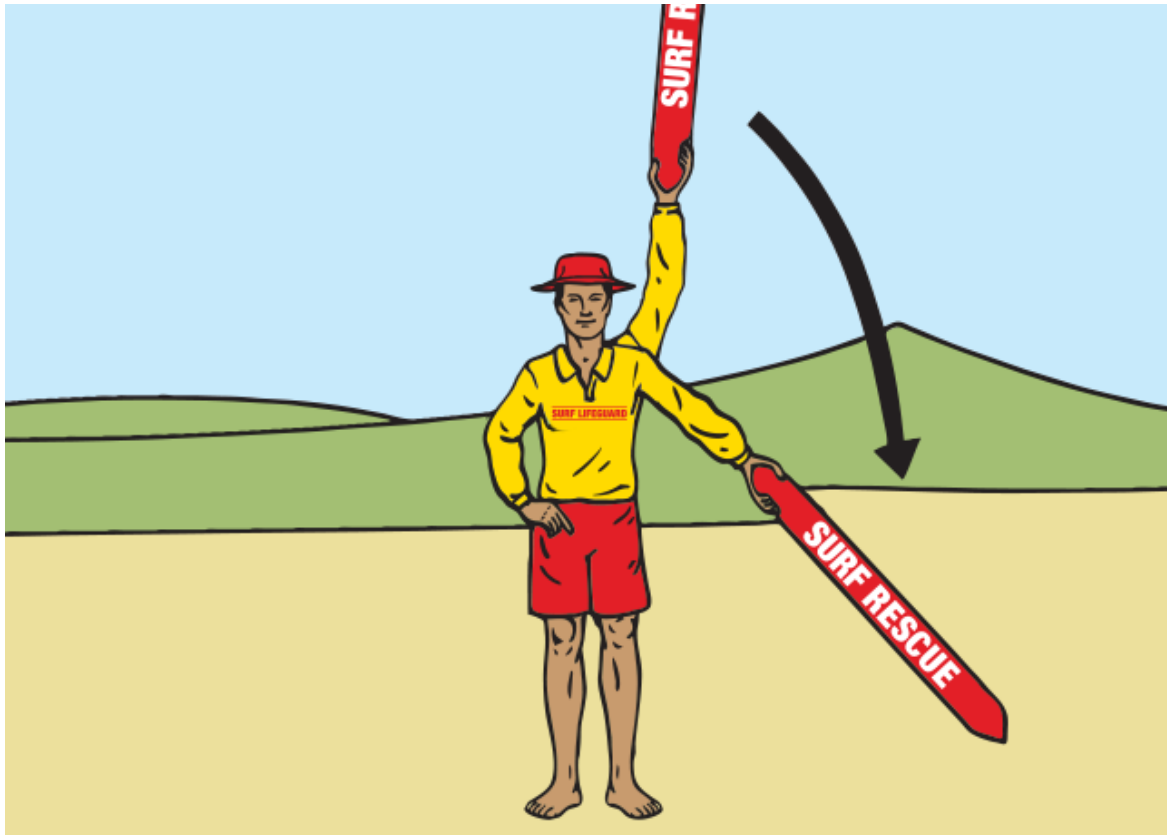
Connect four

1. Draw on a white board a connect four playing board.
2. Break candidates into teams.
3. Ask each teams questions about signals. Each right answer gives the team the chance to place their coloured sticky note on the board.
4. The first team to connect four sticky notes in a row wins.

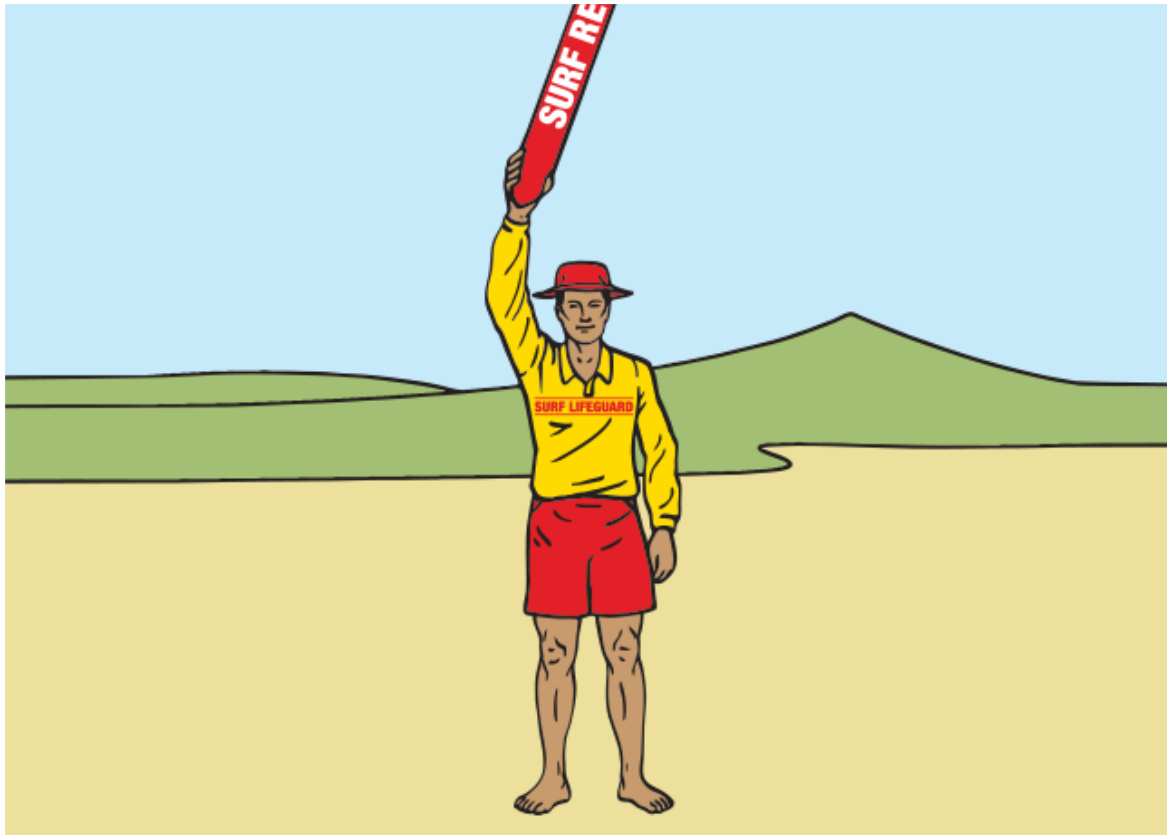




SURF LIFE SAVING[®]
NEW ZEALAND



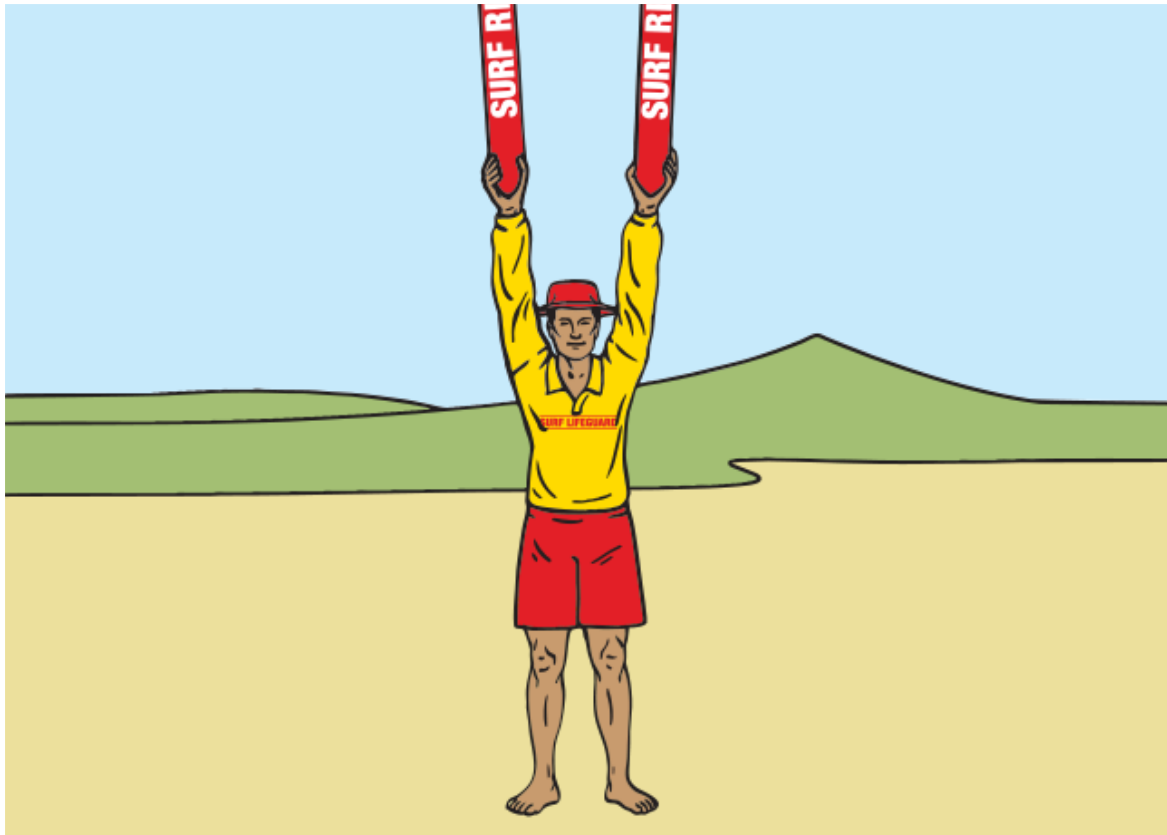
SURF LIFE SAVING[®]
NEW ZEALAND



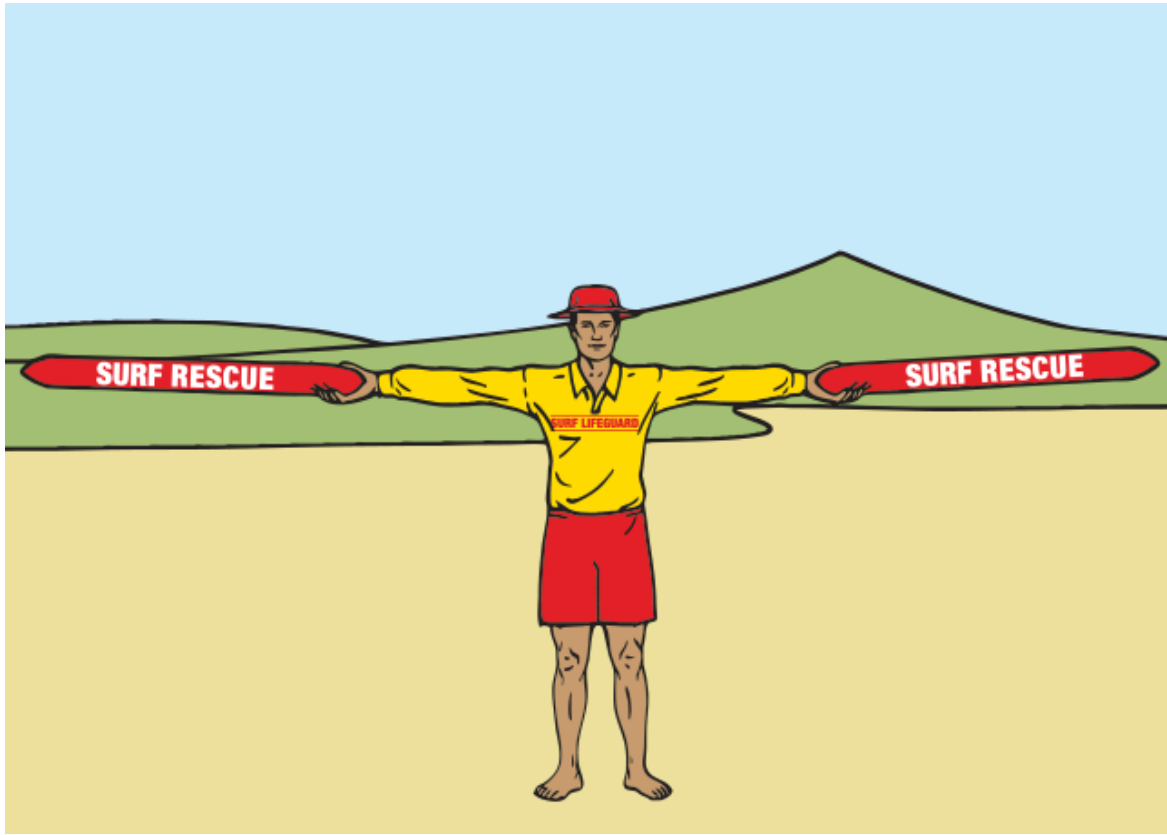
SURF LIFE SAVING[®]
NEW ZEALAND



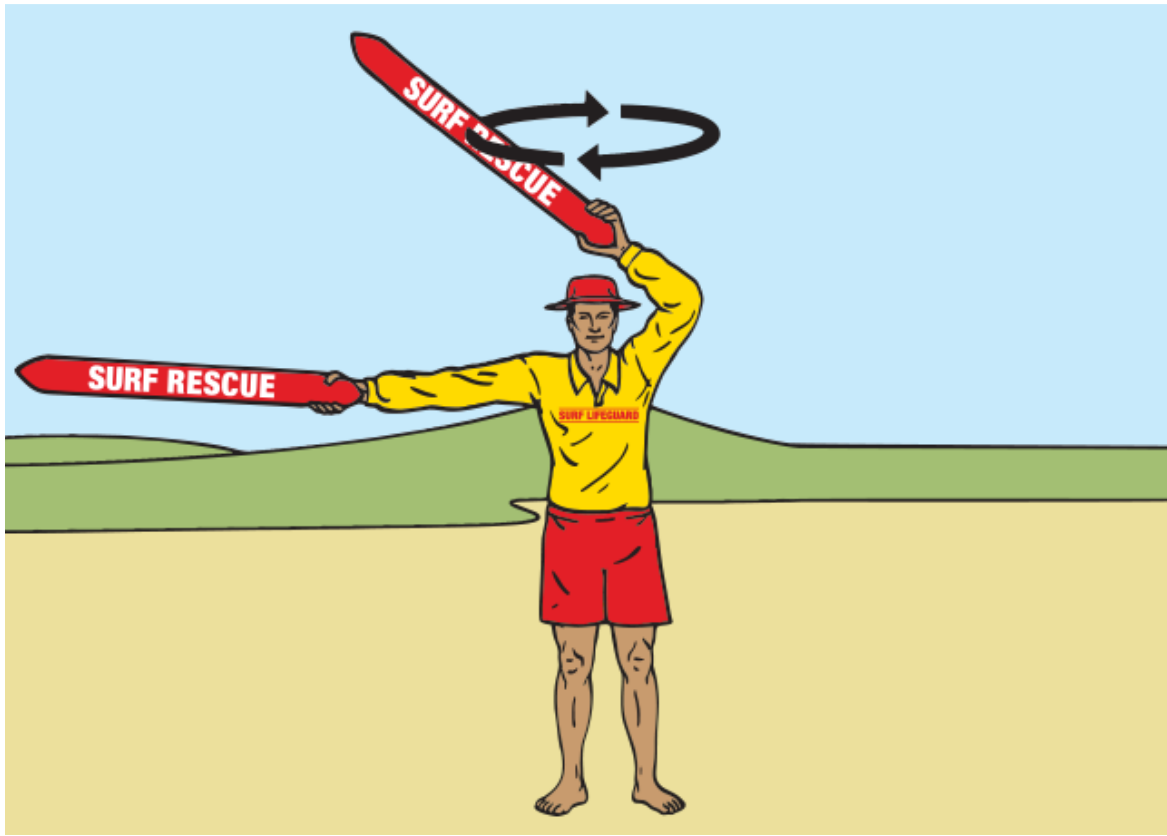
SURF LIFE SAVING[®]
NEW ZEALAND



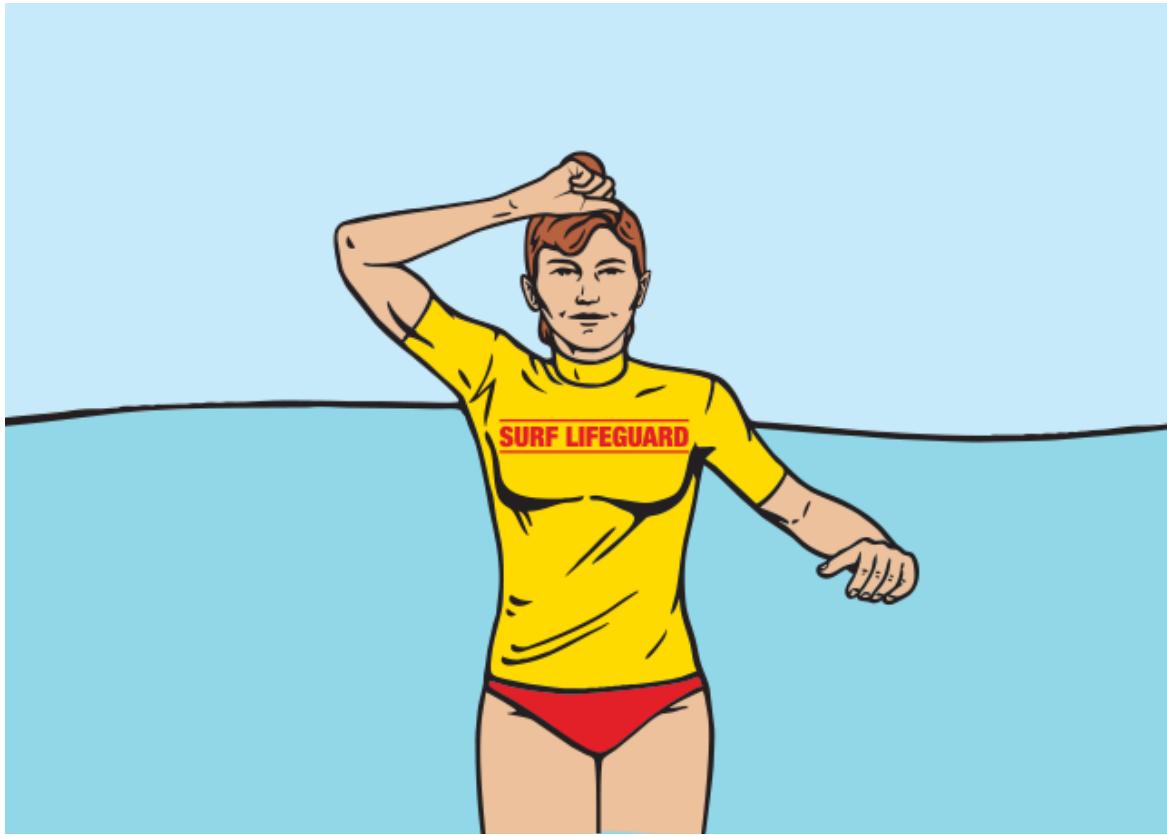
SURF LIFE SAVING[®]
NEW ZEALAND



SURF LIFE SAVING[®]
NEW ZEALAND



SURF LIFE SAVING[®]
NEW ZEALAND



SURF LIFE SAVING[®]
NEW ZEALAND



SURF LIFE SAVING[®]
NEW ZEALAND



SURF LIFE SAVING[®]
NEW ZEALAND



SURF LIFE SAVING[®]
NEW ZEALAND



SURF LIFE SAVING[®]
NEW ZEALAND

