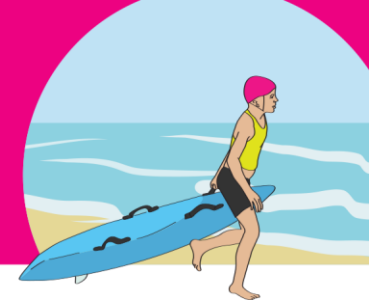




U10 Activity Card



Tour of the club

Equipment	Matrix link	Diagram
<p>Basic equipment used by surf lifeguards.</p> <ul style="list-style-type: none">Patrol flags.Rescue tube and fins.Trauma kit / first aid gear.Rescue board.Radio.AED (Defibrillator).		 <p>The floor plan shows a rectangular building with several rooms. The rooms are labeled with their names and areas in square meters: Lobby (1.0 m²), Clean (3.9 m²), Bedroom 1 (15.3 m²), Hall (3.8 m²), Bath (8.0 m²), Reception (17.7 m²), Living (34.4 m²), Dining (0.4 m²), and Reception/Desk (15.6 m²). There are also some unlabeled rooms and a staircase.</p>
Instructions		Top tips
<p>Plan out a logical order of areas of the club to go to on a tour.</p> <p>Include emergency evacuation plan and any no go zones.</p> <p>Include bathrooms and changing areas.</p> <p>First aid room and where to find publicly available equipment if surf lifeguards aren't on duty.</p> <p>Where to access Junior Surf gear and any rules about borrowing.</p> <p>Include external cleaning and assembly places.</p> <p>Can have things like a CPR and recovery position demonstration.</p>	<p>Ask key club members/ surf lifeguards to run the different stations so group leaders can move with their groups.</p> <p>Include parents and whānau.</p>	