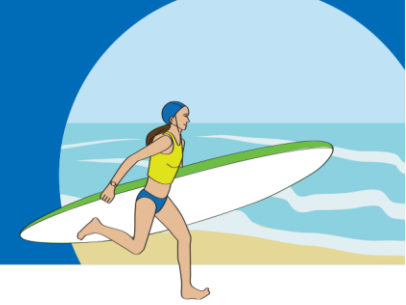




# U12 Activity Card



## Tour of the club

Equipment	Matrix link	Diagram
<p>Basic equipment used by surf lifeguards.</p> <ul style="list-style-type: none"><li>Patrol flags.</li><li>Rescue tube and fins.</li><li>Trauma kit / first aid gear.</li><li>Rescue board.</li><li>Radio.</li><li>AED (Defibrillator).</li></ul>	 <p>1. Know</p>	 <p>The diagram is a floor plan of a club building. It shows several rooms: a Bath (3.0 m²), a Living area (3.8 m²), a Kitchen (3.9 m²), a Bedroom (15.9 m²), a Hall (3.6 m²), a Reception (11.3 m²), a Living area (34.4 m²), a Dining area (9.4 m²), and a Bar/Deck (15.6 m²). There are also stairs and a set of double doors at the bottom of the plan.</p>
<b>Instructions</b>		<b>Top tips</b>
<p>Plan out a logical order of areas of the club to go to on a tour.</p> <ul style="list-style-type: none"><li>Include emergency evacuation plan and any no go zones.</li><li>Include bathrooms and changing areas.</li><li>First aid room and where to find publicly available equipment if surf lifeguards aren't on duty.</li><li>Where to access Junior Surf gear and any rules about borrowing.</li><li>Include external cleaning and assembly places.</li><li>Can have things like a CPR and recovery position demonstration.</li></ul>	<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>	