

U14 Activity Card



Tour of the club

Equipment

Basic equipment used by surf lifeguards.
Patrol flags.
Rescue tube and fins.
Trauma kit / first aid gear.
Rescue board.
Radio.
Defibrillator.

Matrix link



Diagram



Instructions

Plan out a logical order of areas of the club to go to on a tour.
Include emergency evacuation plan and any no go zones.
Include bathrooms and changing areas.
First aid room and where to find publicly available equipment if surf lifeguards aren't on duty.
Where to access Junior Surf gear and any rules about borrowing.
Include external cleaning and assembly places.
Can have things like a CPR and recovery position demonstration.

Top tips

Ask key club members/ surf lifeguards to run the different stations so group leaders can move with their groups.
Include parents and whānau.