



# SURF SKILLS FOR AGES 50 AND OVER

Did you know that rip currents are the number one hazard at the Australian coast with more than 17,000 rips in Australia on any given day? On average 21 people drown per year as a result of rip currents in Australia.

Our Surf Skills program is designed to increase your knowledge of our local beaches whilst greatly improving your confidence in managing beach conditions and emergency situations. You will be trained by highly experienced Surf Lifesavers who will cater activities to suit your individual capabilities.

Join us for a coffee at the conclusion of the program where we would be happy to answer any questions you may have.

This is an experience that could save a life!

## NEXT PROGRAM:

**To find the next program near you head to the website.**

## OUR PROGRAM

- **INTRODUCTION**  
Beach and Surf safety discussion
- **RIP CURRENT IDENTIFICATION AND SURVIVAL**
- **WADING AND BODY SURFING**
- **OCEAN SWIMMING TECHNIQUE**
- **HOW TO READ SURF CONDITIONS**
- **INTRODUCTION TO RESCUE BOARDS**
- **BASIC RESCUE TECHNIQUES**
- **FIRST AID, CPR AND EMERGENCY CARE**

**To register, please submit an enquiry via website.**

\*\*All participants should consult with their doctor prior to attendance and bring along any personal medication that may be required\*\*



**SURF LIFE SAVING  
QUEENSLAND**