

Level 2 Awards

Each is a separate award, you need the level 2 swim award to take the board and ski awards.
Conditions: Small surf conditions e.g. minimum knee high waves or wind chop (approximate).

Swim

- Identify marker flags for bathing, craft and dangerous conditions
- Describe three types of rip currents and five ways to identify them
- Explain emergency procedure if in difficulty in a rip current
- Explain three types of waves
- Identify five hazards on the beach
- Demonstrate ability to provide support using a Rescue Tube or flotation device for a conscious casualty and signal to shore for assistance
- Demonstrate one appropriate approach to, and release from, a conscious casualty in difficulty
- Demonstrate all signal flag communications
- Demonstrate basic skills for:
 - Wading
 - Dolphin dives
 - Body surfing
- Demonstrate a 400 metre Surf Swim making best use of the prevailing conditions, in under 15 minutes

Board

- Demonstrate knowledge of 10 craft specific safety points
- Demonstrate knowledge of procedure for storing equipment
- Explain emergency procedure if in difficulty, in surf, on craft
- Demonstrate capsize procedure
- Demonstrate ability to provide support using craft for a conscious casualty and signalling to shore for assistance
- Demonstrate a left 360 degree turn and a right 360 degree turn beyond the wave area
- Demonstrate basic skills for:
 - Negotiating waves in prone position
 - Wave riding
 - Kneeling technique
- Complete 400 metre Board Paddle from shore to beyond the break and return in contact with the craft

Ski

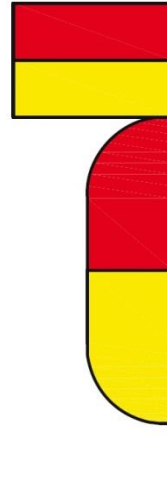
- Demonstrate knowledge of 10 craft specific safety points
- Demonstrate knowledge of procedure for storing equipment
- Explain emergency procedure if in difficulty, in surf, on craft
- Demonstrate capsize procedure
- Demonstrate ability to provide support using craft for a conscious casualty and signalling to shore for assistance
- Demonstrate a left 360 degree turn and a right 360 degree turn beyond the wave area, with and without the use of a rudder.
- Demonstrate basic skills for:
 - Balance
 - Negotiating waves
 - Wave riding
- Complete 600 metres of paddling from shore to beyond the break and return in contact with the craft

Level 2: Theory Section

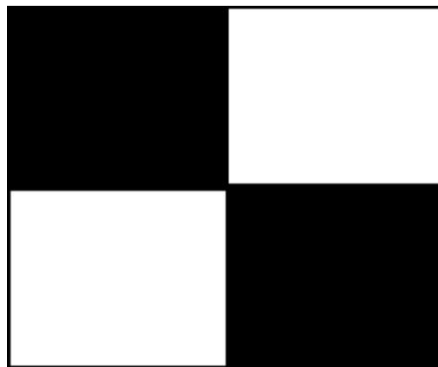
- **Identify marker flags for bathing, craft and dangerous conditions**

Flags are rectangular in shape and different colours represent different conditions.

Red over yellow halved flags show the patrolled bathing area:



Black & White quartered flags show the boundary of an area designated for use of surfboards and other large water craft:



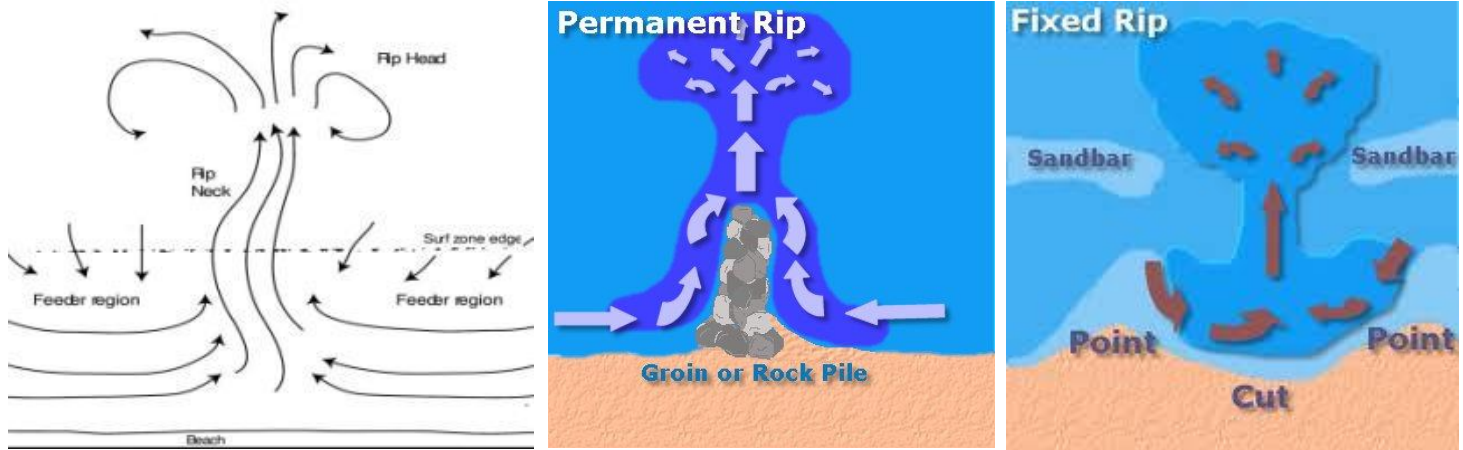
A Red flag indicates it is dangerous to bathe:



- Describe three types of rip currents and five ways to identify them

A rip current is a body of water moving to find its natural level out to sea.

When waves break on a beach, they push water towards the shoreline. Once that water reaches the shore, it has to find a way to return to sea. It does this by flowing downwards into deeper channels in the surf zone. Once the water is in these deeper areas, it can flow back out to sea away from the shoreline. These deeper channels are called rip currents. The larger the surf, the stronger the rip current.



Three types of rip currents:

- Permanent
- Fixed
- Flash rips

Permanent ("topographic") rips occur in fairly fixed positions, and are due to the shape of the sea bed and the presence of structures such as piers, fixed sand bars, rock piles or groynes. Permanent rips stay in the same area as the ocean bottom and prevailing conditions change very little. River outflows also are permanent rips (e.g. the river at Summerleaze).

Fixed ("Beach") rips form when a hole or gully forms on the ocean floor. A deep channel between two shallow sandbars is a likely place for this type of rip current to occur. The rip depends on the movement of sand and may change as the sandbars or shape of the beach changes. They are usually found in the same location but are strongly influenced by wave action, the shape of the coastline and the shape of the sandbar.

Flash rip currents are usually of short duration lasting no more than 10 or 15 minutes and can appear suddenly. They occur in conditions of heavy surf when large swells increase the amount of wave energy and wave volume dispersed on the beach. Flash rips occur when there is an increase in the volume of water on a beach and then a sudden drawback of that water.

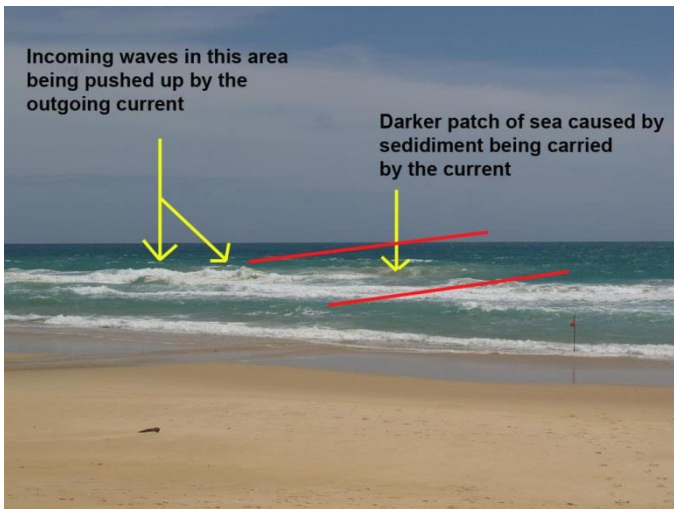
Although some rip currents are obvious, others are often not easily identifiable.

How to spot a rip current:

The key signs to look for are:

- Sandy coloured water extending beyond the surf zone
- Foam on the surface extending beyond the break
- Waves breaking further out on both sides of the rip
- Debris, seaweed, foam moving seaward
- Rippled appearance when the water around is generally calm
- Deeper darker water with fewer breaking waves

Sometimes it's easier to look for where the waves are breaking consistently, and then look to each side where they don't break consistently. That's the rip current.

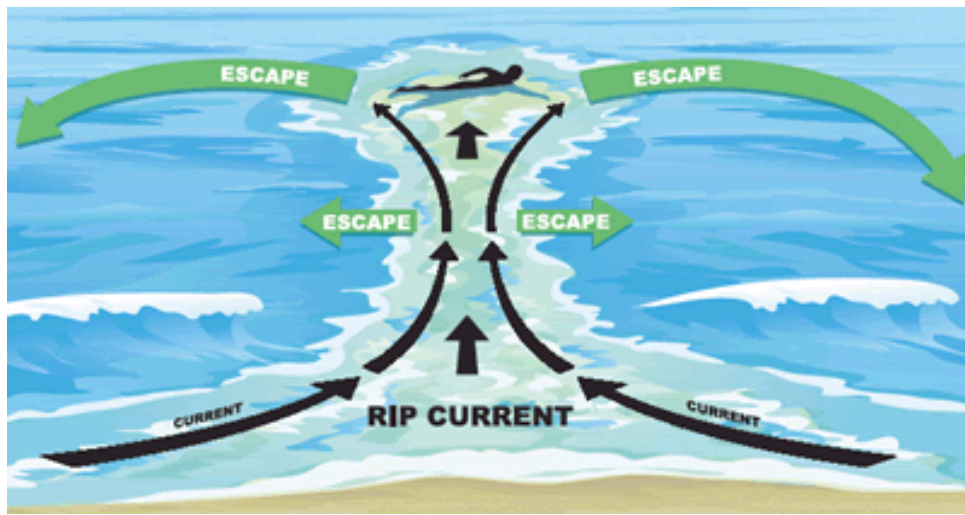


- **Explain emergency procedure if in difficulty in a rip current**

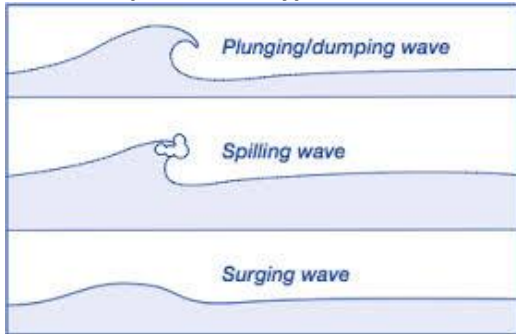
First, REMAIN CALM! Signal to someone on the beach that you need help and hold onto anything that floats. Ride the rip current out and swim perpendicular to the pull of the current (usually parallel to the shore) until you can stand or are out of the current. Return to shore where the waves are breaking.

If you are a strong swimmer, swim at a 45° angle to the beach until you are out of the rip current. Then swim toward the shore.

Never try to swim back to shore directly against the rip current as this can exhaust even the strongest swimmer.



- Explain three types of waves



Due to their powerful nature and shallow water, dumping waves can be dangerous. People can be pushed to the sand or equipment can be powerfully pushed into them.

Spilling waves are the safest, easiest to catch and ride

Surging waves can suddenly take you out of your depth.

Plunging Wave (Dumper): Steep, hollow waves that break quickly with lots of power. They have a tube or barrel shape. In a Plunging Breaker, the energy is released suddenly into a downwardly directed mass of water. They occur when waves travel from deep water to shallow water very quickly and have to slow down rapidly so they usually occur at tidal extremes or on shallow sandbanks where there is less water for the waves to break onto.



Spilling Wave: A soft wave when the crest breaks gradually as the wave travels to the shore. They occur when waves travel from deep water to shallow water over a wide, gentle sloping bottom. The wave peaks up until it is very steep but not vertical. The crest of the wave gently spills down the front face of the wave as it breaks.



Surging Wave: Waves that do not plunge or spill, but bulge up near the shoreline and then rush up the beach very quickly. They don't have time to break because the transition from deep-water to shallow water is too fast so they end up just surging up onto the beach. Very little white water is evident before surging waves reach the shore. These waves are usually found on beaches with a steep slope.



- **Identify five hazards on the beach**

The list below gives examples of common hazards. When you are at a particular beach there may be others that you can identify.

- Large waves
- Rip currents
- Littoral current (the current that moves along parallel to the shore)
- Tide (can cut people off, or take people by surprise)
- Rocks
- Sea fog
- Thunderstorms
- Poor water quality
- Jelly fish
- Weever fish
- Sharp objects
- Logs or other floating debris
- Groynes
- Weather (sunburn, cold)

- **Demonstrate all signal flag communications**

SLSC Flag Signals

Signal Flags are orange rectangles with a blue diagonal stripe they are for signalling from beach to the sea.

See pages below for flag signals shore to sea.





ATTRACT ATTENTION
Wave both flags across your head



PROCEED FURTHER OUT TO SEA
Both arms straight up



PICK UP SWIMMERS
Lower flag points at swimmer
Top flag circles above your head



MESSAGE UNDERSTOOD
Start with arm up and bring it down swiftly



RETURN TO SHORE
One arm straight up



INVESTIGATE SUBMERGED OBJECT
The lower flag points down. The upper flag points in the right direction



MESSAGE NOT CLEAR – REPEAT
Wave one flag above your head



GO LEFT (REVERSE FOR GO RIGHT)
Point flag in the direction to go



ADJUST BUOYS
Move flags opposite diagonal



REMAIN STATIONARY
Both arms out horizontally



PICK UP BUOYS
Move flags up and down simultaneously

Signals from craft to beach



Craft wishes to return to shore



Assistance required



DANGER!



All Clear