



# Youth Patrol Playbook

## A GUIDE FOR MEMBERS OF ALL AGES

Engaging youth members on patrol helps create a positive club experience and strengthens their connection to the core business of lifesaving. New patrolling members are often intimidated by not knowing what they can do on patrol and find standing on the water's edge or chatting to fellow patrol members under the tent monotonous and boring.

### PATROL CAPTAINS

To ensure beach safety, it's important to have skilled, attentive, and engaged members who return regularly. Building a rapport with youth members is key to supporting them throughout the season. Learn about their abilities, goals, training interests, and desired achievements so patrols don't feel like a chore, and they are keen to keep coming back to the club.

- **Youth connections** – where possible have multiple youth on patrol or ask them to bring a patrolling buddy along. Utilise bridging age group, where possible have vols in their 20s working around youth.
- **Know your youth** – chat to your youth on patrol – know their names, favorite subjects, hobbies and plans for the future.
- **Flexibility is key** – many young people have part time jobs on the weekend, school and sporting commitments. Share with them how they can coordinate patrol swaps or what to do if they can't make patrols. Plan for HSC timetable.
- **Buddy up** – this is especially important on the first few patrols where existing members can show them the ropes and answer any questions they have. Partner any first-year patrollers with experienced members.
- **Let them lead** – ask youth members to help set the flags, work out the rotation roster, provide radio updates, coordinate breaks or engage with members of the public.
- **Teach them new skills** – do they know how to wash out the motor, can they use the patrol ops app, confident on the radio or interested in doing community safety announcements.
- **Patrol Swaps** – Always popular and a great community builder, contact nearby clubs to arrange a swap. Take your youth to a different beach for the day to increase their skills, confidence and SLS community.

Wherever possible ensure a positive atmosphere and enjoyable experience for all. Use the playbook overleaf for ideas on how to give opportunities to youth members on patrol.

### EXISTING PATROL MEMBERS

You are a vital part in helping youth members have a positive experience on patrol. Think of yourself as the connector between a young person and positive patrolling experiences. Some ways that you can assist new patrolling members are below

- **Buddy up** – by taking on a proactive approach, you can.
- **Welcome them in** – you may have created strong relationships with your patrol over time. Ensure you welcome new people into the conversation and not leave them.
- **Share your knowledge and skills** – help new volunteers learn whilst honing your own skills, be a role model.
- **Be proactive and be supportive** – encourage youth to try new things, to get involved, to practice their skills and be part of the team.

Use the playbook overleaf for ideas on how to encourage youth members to be active on patrol.



**NEW SOUTH  
WALES**

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### YOUTH PATROL MEMBERS

Congratulations on becoming a patrol member! We want to make patrols enjoyable, and this playbook shares ideas to break up the monotony and help you find your passion. Whether you're interested in rescues, passionate about reducing litter, or wanting to get in an IRB - we have a heap of ways to increase your knowledge, gain new skills or awards, get out in the water or along the beach. If you're unsure what to do look at the list over leaf and ask your Patrol Captain.

### FIRST PATROL - IMPORTANT INTRODUCTIONS

- ✓ **Pre-patrol comms** - Have an email go them welcoming them to Patrol and an outline of the expectations, timings - who is who on Patrol, what they will do etc - this will also be read by the parents so make it active and highlight that their attendance is important to the Patrol.
- ✓ **Roles and expectations** - a great patrol briefing is a great start to patrol - Intro them on the day.
- ✓ **Surf check** - what are the waves doing, is there a sweep, where shall we put the flags.
- ✓ **Patrol set up** - equipment checks, tent set up, flag location - bring youth into the conversation.
- ✓ **Signage board** - find the tide times, what is the wind direction, what information needs sharing.
- ✓ **Check the First Aid Kit and Oxy viva** - this is a great activity with a buddy.
- ✓ **Rescue equipment** - let's get into everything! Take the board out, catch a wave with your fins.
- ✓ **Tour of club and beach** - experienced members can share the local lay out, permanent rips, what happens at high and low tide to your beach conditions.

### RESCUE READY SKILLS

- ✓ **Surf skills and board skills** - GET IN THE WATER and keep your skills rescue ready.
- ✓ **Roving patrols** - grab a radio, a tube and a buddy and get exploring (don't forget to radio check).
- ✓ **Radio checks** - check your channel and check in with the IRB or Patrol with an update.
- ✓ **Get moving** - a roving patrol in the ATV or SSV is a great way to explore your local beach, risks and hazards as well as providing surf safety information.
- ✓ **IRB rescues** - a great way to engage youth is being a rescue patient on patrol. Swim out and get saved by your own team is a great day (don't forget the training signage and correct lifting techniques).
- ✓ **Jet Ski or UAV demo** - rally the troops from the club or branch to showcase opportunities.
- ✓ **Scenarios** - simply the best way to practice skills is via scenarios both in the water and on land.
- ✓ **Preventative actions** - spot the dangers and share how to mitigate.

### GET ACTIVE

- ✓ **Surf skills and board skills** - GET IN THE WATER and keep your skills rescue ready.
- ✓ **Party wave** - how many clubbies can you get body surfing on a wave.
- ✓ **Fitness circuit** - test your skills against the best! Swim, board, stagger starts, longest body surf, biggest waves or most push ups!
- ✓ **Rock safety** - get to know your headland and how to stay safe around rocks both in the water and from the land. Plan a rescue for your danger zones.
- ✓ **Mannikin rescue** - test your skills by rescuing a mannikin or set up a scenario with some props.
- ✓ **Take 3 for the Sea** - a great way to keep your beach clean is picking up debris and rubbish.



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### LIFESAVING SKILLS SESSIONS

- ✓ **Test your timing CPR** – get out the mannikin, grab your timer and test your skills against the PC!
- ✓ **First Aid scenarios** – test your skills and your speed. Fastest sling or ankle brace – what about the right dressings for a fin chop? First Aid scenarios are fun with friends and extroverted actors!
- ✓ **Spinal Carry** – (Not for SRC) don't leave this one for skills maintenance. Get your practice in during patrols
- ✓ **Identifying hazards** – get out from under the tent to spot the dangers and mitigate.
- ✓ **Get in a rip** – learn the strength of the surf by swimming or board paddling in a rip.
- ✓ **Signals** – get youth to coordinate messages to the IRB and the return to the beach via signals.
- ✓ **Check the First Aid Kit and Oxy viva** – this is a great activity with a buddy.
- ✓ **Weather check** – share the best apps to find tide times, wind conditions and predicted changes.

### COMMUNICATION

- ✓ **Radio checks** – check your channel and check in with the IRB or Patrol with an update.
- ✓ **Radio communications** – test your knowledge in a rescue scenario and share the 4Ps.
- ✓ **Signals review and practice** – this can be in a fun team game challenge format.
- ✓ **Shark alarm** – know where the alarm is kept and how to activate.
- ✓ **Surf safety info** – practice sharing information on where the flagged area is and how to stay safe.
- ✓ **Making PA announcements** – sounds scary but practice makes perfect.

### RAINY DAYS

- ✓ **Learn from the best** – find an experienced vol and ask them to share their stories and skills.
- ✓ **Small group discussions** – a problem shared is a problem halved.
- ✓ **Local wildlife education** – get to know your area and history – if no one knows, get researching!
- ✓ **Bring a book (or your homework)**. Who knows – you might get an early mark.
- ✓ **Get to really know your patrol** – games like would you rather, two truths and a lie, 20 questions will certainly make for a hilarious and memorable patrol.
- ✓ **Food!** What's for lunch? Can you prep something together to enjoy?
- ✓ **Plan the socials** – what's coming up at your club, can you plan something?