

Beach Ocean Safety Program



**EXPERIENCE AUSTRALIAN
BEACH CULTURE, FEEL SAFE AND
CONFIDENT THIS SUMMER**

4-week onsite practical beach sessions
conducted by Beach Lifesavers



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STUDENT SERVICES AMENITIES FEE
YOUR FEES AT PLAY



SYDNEY UNIVERSITY BEACH OCEAN SAFETY PROGRAM (BOS)

Beach culture is part of the Australian experience, and Sydney is home to world-famous and beautiful beaches. But what if you didn't grow up here or didn't have the opportunity to learn how to navigate open water? How can you stay safe while enjoying everything Sydney Beaches has to offer?

If you're looking to feel more confident in the water, meet new people and learn more about the Australian water and beach culture then join us for this 4-week program where you'll gain the skills you need to stay safe while enjoying Sydney's incredible beaches.

The program is brought to you by Sydney Uni Swimming in partnership with Coogee Surf Life Saving Club & Surf Life Saving NSW.

WHAT WILL YOU LEARN?

Over the three-week program, you will participate in both theory and practical sessions at Coogee Beach with trained surf life savers. You will gain skills in:

- Reading Signs at the beach
- Floating in rips, waves, and tides
- Swimming in beach conditions
- Basic CPR and first aid
- What to do in an emergency
- Safe rock fishing
- Planning a safe trip to the beach
- Risks at the beach
- Beach Scenarios and what to do

HOW DO I GAIN ENTRY INTO THE PROGRAM?

If you would like to be the first to know about our upcoming water safety programs at Sydney Sport & Fitness, register your interest by filling in the survey on our website.

When new sessions become available, you will be invited to fill in a survey to assess your eligibility for the program.

Get in Touch

9351 8735

susf.com.au

watersafe@sport.usyd.edu.au

