

# SECTION 10.

## JUNIOR SURF ACTIVITY GUIDE

The Junior Surf Activity Guide has been developed to assist clubs, coordinators and coaches to manage risk, conduct and successfully deliver junior surf sessions.

These activity guides are designed to pull the cards out that you need for your session, and use them on the beach.

SLSNZ Coaching Toolbox:

<http://www.surflifesaving.org.nz/sport/coaching/coaching-tool-box/>





# BEACH-BASED CATERPILLAR

## BEACH FLAGS & SPRINTS

### ACTIVITY

#### Equipment

Flat sandy or grass surface

Cones (optional)

#### Minimum Numbers

Five per group

#### Objective

Participants will identify the importance of running on their toes to allow them to move between their team members quickly and effectively.

#### Related Events

Beach flags

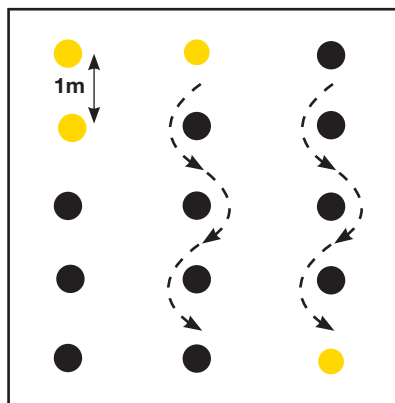
Beach sprints

#### Instructions

1. Form into a line with about 1m between each person.
2. On the command, the participants at the back have to zigzag in and out of their team members and take the position at the front of the line.
3. Once the participant who started the activity has returned to the back the team has completed the caterpillar.

### TEACHING POINTS

- Point feet straight ahead and place them in a straight line.
- Drive off rear foot.
- Maintain high knee lift.
- Focus on centring weight on balls of feet.
- Bend elbows at 90 degrees.
- Hold hands slightly clenched.
- Swing hands to eye level on forward swing.
- Lean body slightly forward and relax arms, body, shoulders and head. Hold head steady in normal position looking 20–40m down the track.







# BEACH-BASED CAT AND MOUSE

## BEACH FLAGS & SPRINTS

### ACTIVITY

#### Equipment

Flat sandy or grass surface

Cones x 4

#### Minimum Numbers

Five per group

#### Objective

The participant will identify the importance of running on their toes and allow them to move quickly around the course. A running style with high knees and 90 degrees at the elbow is the ideal running position.

#### Related Events

Beach flags

Beach sprints

#### Instructions

1. Set up four markers in a square shape approximately 10m x 10m (5m x 5m for younger participants).
2. Break up into two even groups.
3. Groups will start diagonally from each other with one group the cats and the other the mice.
4. On the command, one participant from each team is to run in a clockwise direction around the cones.

5. The cats need to try and catch the mice.
6. Once a cat has completed the course and returned to their starting point they tag the next cat who continues the chase.
7. When the mouse is caught the teams swap over the role of the cat and mouse.
8. If the mouse is not caught the mice win and then the teams swap over.
9. The best out of three are the winners.

### TEACHING POINTS

- Point feet straight ahead and place them in a straight line.
- Drive off rear foot.
- Maintain high knee lift.
- Focus on centring weight on balls of feet.
- Bend elbows at 90 degrees.
- Hold hands slightly clenched.
- Swing hands to eye level on forward swing.
- Lean body slightly forward and relax arms, body, shoulders and head. Hold head steady in normal position looking 20–40m down the track.





# BEACH-BASED STUCK IN THE MUD

## BEACH FLAGS & SPRINTS

### ACTIVITY

#### Equipment

Flat sandy or grass surface

Cones x 4

#### Minimum Numbers

Five per group

#### Objective

Participants are to avoid being 'stuck in the mud'.

#### Related Events

Beach flags

Beach sprints

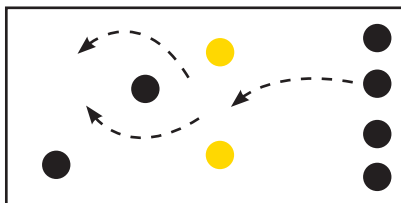
#### Instructions

1. Mark out a square or rectangle approx 20m x 20m with the cones.
2. Ensure the participants know the boundaries before starting.
3. Choose one or two people to be "up", while all the other participants must try not to get tagged by the person(s) who are up.
4. Outside the boundaries is an instant "stuck" in the mud.
5. When a participant is tagged, they are "stuck in the mud" which is standing with their feet apart.

6. The other participants are to free the "stuck" participant by crawling through their legs.
7. A participant cannot be tagged whilst freeing someone who is "stuck".

### TEACHING POINTS

- Point feet straight ahead and place them in a straight line.
- Drive off rear foot.
- Maintain high knee lift.
- Focus on centring weight on balls of feet.
- Bend elbows at 90 degrees.
- Hold hands slightly clenched.
- Swing hands to eye level on forward swing.
- Lean body slightly forward and relax arms, body, shoulders and head. Hold head steady in normal position looking 20–40m down the track.







# BEACH-BASED NOVELTY RELAYS

## BEACH FLAGS & SPRINTS

### ACTIVITY

#### Equipment

- 5 x Hoops or skipping ropes
- 10 x Tennis balls or batons
- 5 x Rescue tubes
- 4 x Patrol uniforms
- 10 x Rope ties

#### Minimum Numbers

Five per group

#### Objective

Participants need to work as a team and complete the relay as quickly as possible.

#### Related Events

Beach flags

Beach sprints

#### Instructions

1. Set up a rectangle approx 20m x 10m.
2. Relays are the same as normal relays however novelty activities are added.

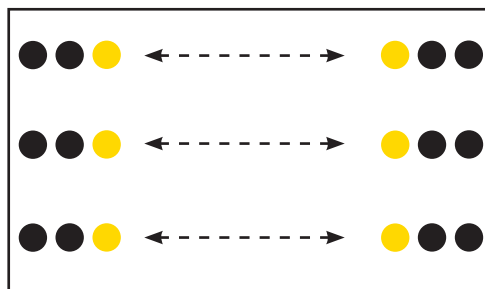
#### Novelty Activities

- Crab crawl (backwards)
- Hoop hops (skipping in the hoop)
- Rescue tube runs (runs and swaps the tube with the next person)

- Tennis ball (used the same as a relay baton).
- Lifesaver dress up (participants are to fully dress up in a full patrol uniform and run to the other end and swap it over with the next participant).
- Three legged relay.

### TEACHING POINTS

- Working together as a team.
- Communicate with each other to help work quickly.
- Positive encouragement to help team members.







# BEACH-BASED CATCH ME IF YOU CAN

## BEACH FLAGS & SPRINTS

### ACTIVITY

#### Equipment

Flat sandy or grass surface

Cones x 4

Same number of flags / batons as participants.

#### Minimum Numbers

Five per group

#### Objective

Participants need to obtain a flag without being caught.

#### Related Events

Beach flags

Beach sprints

#### Instructions

1. Set up a square approx 10m x 10m with the flags positioned in the middle of the square.
2. Participants are split up into two teams, team "Red" and team "Yellow".
3. The teams start opposite each other.
4. Team "Red" will be starting in a sprint position ready to obtain a flag, while team "Yellow" will be starting in a flags starting position facing away from the other team.
5. On the command, team "Red" must sprint to get a flag and return to their starting line

without being tagged by team "Yellow".

6. On the command, team "Yellow" is to turn and try and tag a team "Red" member.

7. Each tagged member is eliminated and must return to the starting line.

8. The game continues until it is one on one.

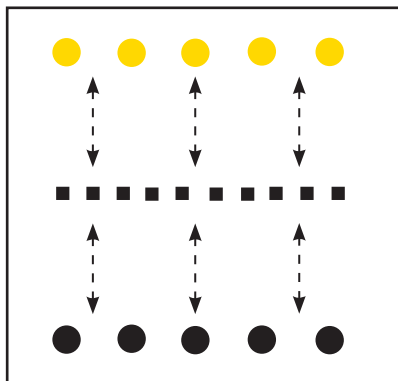
### TEACHING POINTS

- Point feet straight ahead and place them in a straight line.
- Drive off rear foot.
- Maintain high knee lift.
- Focus on centring weight on balls of feet.
- Bend elbows at 90 degrees.
- Hold hands slightly clenched.
- Swing hands to eye level on forward swing.
- Lean body slightly forward and relax arms, body, shoulders and head.
- When diving for the flag: Keep eyes on the flag and keep arms extended.

Please turn the card over to view the Diagram and skill development tips.



## DIAGRAM



## SKILL DEVELOPMENT

### Start and Turn

- Lie down – show students how to lie down with toes on the line, elbows pointing out to sides with hands together and chin resting on hands.
- Lift up, bring one hand down close to the body on the ground, turn head and lift body off the sand.
- Lift and turn in one movement.

### When turning and sprinting:

- Keep a low body position.
- Lean body forward.
- Drive with arms and legs.

### If diving for the flag:

- Keep eyes on the flag and keep arms extended.

## ROB THE NEST

### BEACH FLAGS

## ALTERNATE ACTIVITY

### Equipment

Flat sandy or grass surface

Hoops x 4

Tennis balls ( 6 to 9)

### Objective

Participants need to obtain at least 3 balls in 1 hoop to win.

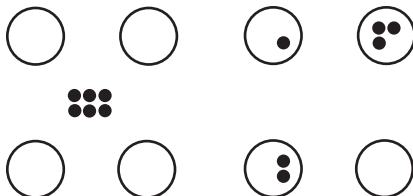
### Minimum Numbers

Eight or more

### Instructions

1. Set up a square approx 10m x 10m with the hoops positioned on each corner of the square.
2. Place 6 tennis balls in the centre of the square.
3. Divide the participants into four evenly numbered and able groups and position each team in a corner of the square.

4. The aim of the game is to get 3 tennis balls into your hoop.
5. Participants may obtain balls from the middle of the square and from the other teams hoops.
6. Once a participant has obtained the ball, they go to the end of the team line and the next team member obtains a ball and so on.
7. The winning team is the first team to obtain 3 balls in their hoop at one time.
8. Participants may obtain balls from other teams' hoops but only 1 ball at a time.







# BEACH-BASED BACK-TO-BACK FLAGS

BEACH FLAGS & TEAM EVENTS

## ACTIVITY

### Equipment

Flat sandy surface

Cones x 4

### Minimum Numbers

Six per group (enough for each participant)

### Objective

On the command, pairs are to stand up and retrieve the flag then return to their starting line.

### Related Events

Beach flags

Team events

### Instructions

1. Mark out a square approx 10m x 10m.
2. Participants pair up with someone around the same height.
3. Participants sit down back-to-back with their partner, arms linked, on the start line.
4. The flags are placed in the sand at the other end of the square, opposite the start line.
5. On the flags command of "competitors ready, heads down, go", the pairs must stand up without breaking the link and run to get a flag.
6. The pairs must pick up a flag and return to

the start line.

### Other Options

Linking three participants together.

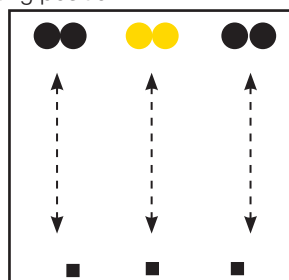
Water back-to-back flags (similar to water flags but participants are linked).

## TEACHING POINTS

- Point feet straight ahead and place them in a straight line. Drive off rear foot.
- Maintain high knee lift.
- Bend elbows at 90 degrees.
- Hold hands slightly clenched.
- Swing hands to eye level on forward swing.

If diving for the flag:

- Keep eyes on the flag
- Keep arms extended
- Starting position







# BEACH-BASED TEAM FLAGS

## BEACH FLAGS & TEAM EVENTS

### ACTIVITY

#### Equipment

Flat sandy surface

20 x flags

Blindfolds

#### Minimum Numbers

Five per group

#### Objective

Two flags courses are set up behind each other. The first team member stands on the command while the second needs to wait until the first person has retrieved their flag and yelled out their name before they can go. The last pair are the winners.

#### Related Events

Beach flags

Team events

#### Instructions

1. Two 10m long flags courses are set up behind each other with a 2m gap between them.
2. Participants are split up into pairs. One person from each pair is in each area.
3. All participants start in their flags starting position. However, person one has their head up while person two starts with their

head down.

4. On the command, person one turns and runs to retrieve a flag.
5. Once they have obtained the flag they need to yell their partners name before person two is allowed to retrieve their flag.
6. This continues as an elimination game like a normal game of flags.
7. The last pair is the winner.

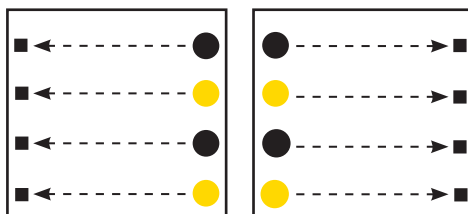
#### Other Option

First person is blindfolded. Three courses are set up.

### TEACHING POINTS

If diving for the flag:

- Keep eyes on the flag.
- Keep arms extended.







# BEACH-BASED SQUARES

## BEACH FLAGS & SPRINTS

### ACTIVITY

#### Equipment

Flat sandy or grass surface

4 x Cones

#### Minimum Numbers

Five per group

#### Objective

The participants need to get over the line called as quickly as possible. The last one to the line is eliminated. For younger age groups, there is no elimination.

#### Related Events

Beach flags

Beach sprints

#### Instructions

1. Set up a square approx 20m x 20m marked with cones.
2. All the participants are to start by sitting inside the square.
3. Identify each side of the square as board, tube, IRB and helicopter.
4. Ensure that every participant knows which line is which.
5. On the command the age manager calls out a side of the square, for example "IRB".

6. Participants are to sprint to the line called.

7. The last participant across the line is eliminated until there is only one left.

#### Other Options

- Participants start on their stomachs then run over the line.
- Participants start on their bottom then run over the line.
- Participants need to find a friend before sprinting over the line.

### TEACHING POINTS

- Point feet straight ahead and place them in a straight line.
- Drive off rear foot.
- Maintain high knee lift.
- Focus on centring weight on balls of feet.
- Bend elbows at 90 degrees.
- Hold hands slightly clenched.
- Swing hands to eye level on forward swing.
- Lean body slightly forward and relax arms, body, shoulders and head. Hold head steady in normal position looking 20–40m down the track.





# BEACH-BASED CHAIN TAG

## BEACH FLAGS & SPRINTS

### ACTIVITY

#### Equipment

Flat sandy or grass surface

Cones (optional)

#### Minimum Numbers

Five per group

#### Objective

Participants need to work as a team to get every participant to be part of their chain.

#### Related Events

Beach flags

Beach sprints

#### Instructions

1. Set up a square approx 20m x 20m.
2. Choose one or two participants to be "IT".
3. On command the other participants are to try to avoid being tagged whilst still staying within the boundaries of the square.
4. If a participant is tagged then they become part of the chain. The chain is linked by holding hands.
5. The chains need to make every participant part of the chain.

#### Other Options

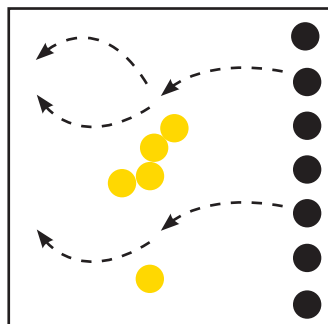
- When four participants are part of the chain

they can split up into pairs.

- Can be played in shin deep water (this would make them practise wading).

### TEACHING POINTS

- Work together as a team.
- Verbal communication.
- Listen to others.
- Strategise.
- Dodge - centre weight on balls of feet, bend knees, swing arms with forward momentum to shift and change direction quickly.







# WATER-BASED WATER FLAGS

## BEACH FLAGS & WADING

### ACTIVITY

#### Equipment

Tennis balls (one for each participant)

#### Objective

Start in the flags position on shore. On the command turn and run into the surf to retrieve the tennis ball.

#### Related Events

Beach Flags and Wading

#### Instructions

1. Mark a line 10m from the shoreline, this is the starting line.
2. Participants are to lie facing away from the shoreline in the flags starting position.
3. Waiting participants or supervisors are to throw the tennis balls approx 10m out to sea. On the normal flags commands, participants turn and retrieve the tennis balls.
4. The balls are returned to the supervisor.

#### Other Options

- One participant can be eliminated each time.
- Balls can be dropped out the back and participants need to swim or paddle out to them.

### TEACHING POINTS

- Lie down – show students how to lie down with toes on the line, elbows pointing out to sides with hands together and chin resting on hands.
- Lift up, bring one hand down close to the body on the ground, turn head and lift body off the sand.
- Lift and turn in one movement.
- Keep a low body position.
- Lean body forward.
- Drive with arms and legs.
- Wading - maintain high knees / thighs action to clear water, legs swing out and away from midline, arms swing wide for balance and to drive legs. Stance should be upright not leaning forward.
- As water depth increases it is beneficial to lean body to side to assist with leg lift (i.e. if lifting right leg - lean upper body to left)
- As water depth increases it may be necessary to swing arms higher to assist momentum.
- Once water depth is too deep to lift legs clear of water, and/or forward momentum is diminishing it may be necessary to commence dolphin diving.





# WATER-BASED WADING BULL RUSH

## WADING SKILLS

### ACTIVITY

#### Equipment

4 x Water Safety Personnel used as markers.

#### Minimum Numbers

Five per group

#### Objective

Participants are required to wade from each side without getting tagged by the person who is "IT". If a participant is tagged then they are "IT" as well.

#### Related Events

Wading

#### Instructions

1. Mark out the area with four Water Safety Personnel in the participants' knee depth of water.
2. Choose one or two participants to be "IT".
3. The "IT" person calls out the name of a participant who then has to run across the course without getting tagged.
4. Participants start at the northern end of the course and must wade to the southern end without being tagged.
5. If a participant is tagged then they are "IT" as well.

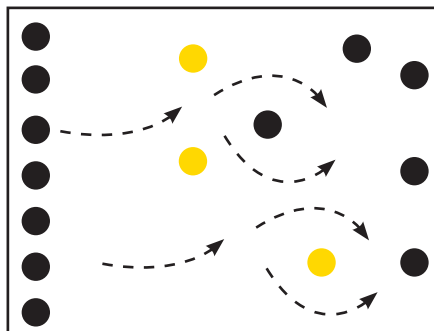
6. The game continues until one person is left and caught.

#### Other Option

- Boards bull rush.

### TEACHING POINTS

- Work together as a team
- Verbal communication
- Listen to others
- Strategise
- Dodge - centre weight on balls of feet, lift knees high, swing arms with forward momentum to shift and change direction quickly.







# WATER-BASED BUCKET RELAY

## RUNNING AND WADING SKILLS

### ACTIVITY

#### Equipment

2 or 3 x Water Safety Personnel (1:5)

3 x Buckets and cups

#### Minimum Numbers

Two or three groups

#### Objective

Participants experience team work and wading while participating in an engaging activity. The purpose is to fill up the bucket.

#### Related Events

Wading

#### Instructions

1. Mark out the area with two or three Water Safety Personnel in the participants' knee depth of water.
2. Divide group into two or three even teams.
3. On command, the first person in each group runs into the water with their cup, fills it up and pours the water into the bucket in the middle of the course.
4. Teams repeat until one reaches the line on the bucket or fills it up.

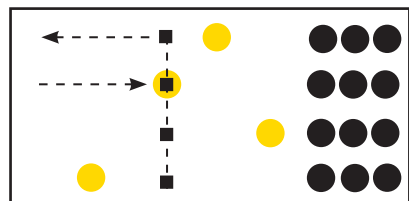
#### Other Options

- Smaller buckets / cups.

- Blindfold the first participant.

### TEACHING POINTS

- Work together as a team.
- Verbal communication.
- Listen to others.
- Strategise.
- Wading - maintain high knees / thighs action to clear water, legs swing out and away from midline, arms swing wide for balance and to drive legs. Stance should be upright not leaning forward.
- As water depth increases it is beneficial to lean body to side to assist with leg lift (i.e. if lifting right leg - lean upper body to left)
- As water depth increases, it may be necessary to swing arms higher to assist momentum.







# WATER-BASED HULA HOOP DIVES

## DOLPHIN DIVES

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

4-8 Hula hoops (large)

4-8 people to hold the hoops

#### Objective

Participants learn the importance of dolphin dives.

#### Related Events

Dolphin Diving

Water Skills

#### Instructions

1. Skills are performed in knee to waist depth water for the participants, parallel to the shore.
2. 4-8 people need to hold the hula hoops approximately 2m apart.
3. The hoop is half under the water.
4. The participants one at a time are to dive through the hoops.
5. Gradually increase the distance of the hoops. Wading will also be required.
6. To extend this activity place the hoops in different parts of the surf.

### TEACHING POINTS

- Start around waist depth, dive forward into the water with arms together and out stretched (dolphin motion).
- Angle your dive 45 degrees towards the bottom and grab sand with both hands.
- Pull your knees up to your chest and then push forward off the bottom. At chest depth you start swimming.







# WATER-BASED BODYSURFING FLAGS

## BODYSURFING & WADING SKILLS

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

10 x Tennis balls

#### Objective

On the command, participants are to body surf into the shore and collect a ball or flag.

#### Related Events

Wading

Body surfing skills

#### Instructions

1. Water Safety instructor ratio must be met before going into the surf.
2. One Water Safety instructor is positioned at each end of the group and two in the middle. Participants must stay between the two outside Water Safety Personnel.
3. Participants are to wait in the ready position.
4. On command the participants throw the tennis balls into the shore line.
5. A water safety instructor will then call the command and all participants are to body surf into the beach.
6. Participants need to navigate their way through the surf and collect a ball.

### TEACHING POINTS

- Wading - maintain high knees / thighs action to clear water, legs swing out and away from midline, arms swing wide for balance and to drive legs. Stance should be upright not leaning forward.
- Dolphin diving (porpoising).
- Negotiating waves.
- Returning to shore (not including body surfing) - find a reference point on shore to swim towards so you swim in the straightest line possible.
- When breathing check for waves to catch.
- Catching the wave - As the wave is almost upon you, start swimming towards shore as fast as you can. Keep swimming until you feel the wave begin to lift and carry you. You will have to swim a bit to hold your position on the wave, kicking really deep and hard. As the wave gets steeper you will tilt forward and surf along the face with white water tumbling and bubbling behind.
- Body surfing - Head must be kept down, body straight, arms held straight out in front and kick hard.





# WATER-BASED BODYSURFING PARTY

## BODYSURFING & WADING SKILLS

### ACTIVITY

#### Equipment

Surf only

Water Safety Personnel (1:5)

Cones x 6

#### Objective

Participants are to stay in one line and, on the command, all body surf into the beach on the same wave. Once reaching the shore they need to wade up to the cones.

#### Related Events

Wading

Body surfing skills

#### Instructions

1. Water Safety Personnel ratio must be met before going to the surf.
2. One water safety instructor is positioned at each end of the group and two in the middle. Participants must stay between the two outside water safety instructors.
3. Participants must be at the ready to catch the wave called by one of the instructors.
4. When the instructor gives the command all participants are to body surf into the beach and run to the cones.
5. If a participant is unsuccessful in catching

the wave they are to wade the rest of the way and try to beat the others.

#### Other Options

- Start behind the break.
- Can use it as an elimination game.

### TEACHING POINTS

NOTE: Instructors may have to push young participants onto the waves.

#### Body Surfing:

- Head must be kept down.
- Body straight.
- Arms held straight out in front.
- The dive forward should be made as the wave hits the buttocks.
- Feet should kick.
- One arm may stroke – breathing under arm.
- Wading - maintain high knees / thighs action to clear water, legs swing out and away from midline, arms swing wide for balance and to drive legs. Stance should be upright not leaning forward.





# WATER-BASED BEACH WHALES

## BODYSURFING

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

#### Objective

On the command, participants are to body surf into the shore on a wave. The participant who goes the furthest wins. Points may be awarded for stiff body, head down and breathing on the side.

#### Related Events

Body surfing skills

#### Instructions

1. Water Safety Personnel ratio must be met before going into the surf.
2. One water safety instructor is positioned at each end of the group. Participants must stay between the two outside water safety instructors.
3. Participants are to wait in the ready position.
4. A water safety instructor will call the command and all participants are to body surf into the beach.
5. Participants who hold the wave will eventually stop due to reaching sand.
6. Participants then compare each other (some will be washed up on the beach) to find the winner of each group.

### TEACHING POINTS

- Catching the wave - As the wave is almost upon you, start swimming towards shore as fast as you can. Keep swimming until you feel the wave begin to lift and carry you. You will have to swim a bit to hold your position on the wave, kicking really deep and hard. As the wave gets steeper you will tilt forward and surf along the face with white water tumbling and bubbling behind.
- Head must be kept down.
- Body straight.
- Arms held straight out in front.
- The dive forward should be made as the wave hits the buttocks.
- Feet should kick.
- One arm may stroke – breathing under arm.







# WATER-BASED WATER TAG

## SURF SWIMMING

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

Buoys x 4 (10m x 20m rectangle)

#### Objective

To teach the participants to negotiate the surf environment in a fun and active way.

#### Related Events

Surf Swimming

#### Instructions

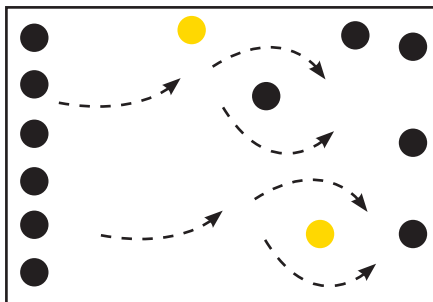
1. Buoys are set out in a 10m x 20m rectangle out past the break (the age of the participants will determine the buoy set up).
2. Water safety instructors need to be positioned prior to participants entering the water.
3. Choose one or two people to be "IT".
4. The "IT" person needs to swim or wade to tag the other swimmers. Once someone is tagged they become "IT".

#### Other Options

- Link water tag.
- Tag with a rescue tube.
- Board tag out past the break for older age groups.

### TEACHING POINTS

- Discuss the surf conditions and safety considerations before entering the water.
- Wading - maintain high knees / thighs action to clear water.
- Dolphin diving (porpoising)
- Negotiating waves
- Heading out through surf - raise your head and look forward as you swim out through the surf so you can see the waves coming and know when to dive under waves.
- Swimming parallel to the surf - breathe facing out to sea so you can see the waves coming.
- Returning to shore (not including body surfing) - find a reference point on shore to swim towards so you swim in the straightest line possible.







# WATER-BASED FISH & SEAGULLS

## SURF SWIMMING

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

Marker cones

Rescue tubes (1:2)

#### Objective

One person is the seagull, the others are the fish and stand in a line holding onto the waist of the person in front. The seagull tries to tag the last fish in the line. The fish move around to keep the last fish safe. If the line is broken or the last fish is tagged, the seagull is replaced.

#### Related Events

Wading

Surf Swim

#### Instructions

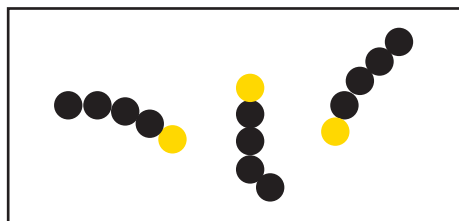
1. Divide group into teams of four or five.
2. The person at the front is the seagull and the others are the fish.
3. The purpose is for each team to try and tag the fish tail of other teams without breaking the line.
4. If the last fish in the line is tagged or the line is broken the seagull is replaced.

#### Other Options

- Line up two rows of children opposite each other, treading water or floating. Number the children 1 through to 5 (or more) on each side. On calling a number e.g. 3, they must interchange places - the two 3's in each line swap over. The first in place wins a point for the team. Repeat different numbers each time.
- Throw a ball in the centre and call a number. The number who gets the ball 'pushes' it, swims back to the original place and wins a point. Use multiple balls and numbers for variety.

### TEACHING POINTS

- Discuss the surf conditions and safety considerations before entering the water.
- Discuss how to work together as a team.
- Demonstrate interpersonal skills and clear communication. What would this look like?







# WATER-BASED WATER IMMUNITY

## SURF SWIMMING

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

Buoys x 4 (10m x 20m rectangle)

#### Objective

To teach the participants to negotiate the surf environment in a fun and active way.

#### Related Events

Surf Swimming

#### Instructions

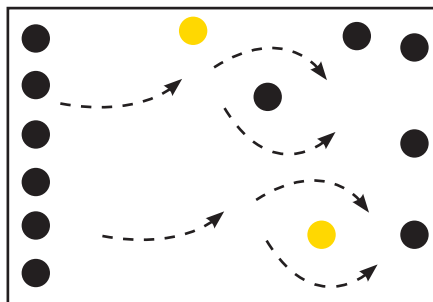
1. Buoys are set 10m x 20m apart out past the break (the age of the participants will determine the buoy set up).
2. Water safety personnel need to be positioned prior to participants entering the water.
3. Choose one or two people to be "IT".
4. The "IT" person needs to swim or wade to tag the other swimmers; once someone is tagged they become "IT".

#### Other Options

- Link water tag.
- Tag with a rescue tube.
- Board tag out past the break for older age groups.

### TEACHING POINTS

- Discuss the surf conditions and safety considerations before entering the water.
- Wading - maintain high knees / thighs action to clear water.
- Dolphin diving (porpoising)
- Negotiating waves
- Heading out through surf - raise your head look forward as you swim out through the surf so you can see the waves coming and know when to dive under waves.
- Swimming parallel to the surf - breathe facing out to sea so you can see the waves coming.
- Returning to shore (not including body surfing) - find a reference point on shore to swim towards so you swim in the straightest line possible.







# WATER-BASED SWIM THE CHANNEL

## SURF SWIMMING

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

Kick boards for each participant

#### Objective

Participants experience what rough water conditions would be like in a fun way.

#### Related Events

Surf Swimming

#### Instructions

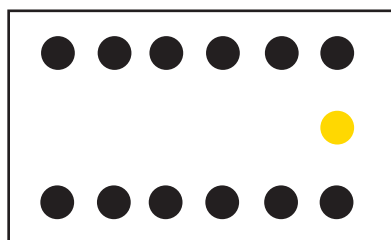
1. Participants form two parallel lines each holding a kickboard in a vertical position.
2. Participants push on the water with their kickboards to make waves.
3. One at a time participants swim through the channel between the lines.

#### Other Options

- Beginners can paddle through using kickboard or body board.

### TEACHING POINTS

- Actively watch swimmers as they complete the channel. If struggling, stop the waves.
- Discuss breathing options before you start activity. Recommend they lift their head up.
- Heading out through surf - raise your head look forward as you swim out through the surf so you can see the waves coming and know when to dive under waves.
- Start with small waves and increase once participants become more confident.







# WATER-BASED UNDER & OVERS

## SURF SWIMMING

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

Balls x 2 (large and small)

#### Objective

Participants are in the water to understand surf conditions and awareness.

#### Related Events

Water skills

Surf skills

#### Instructions

1. Divide the group into two even teams at waist depth for the participants.
2. On command, the person at the start of the line passes the ball under their legs, the second person takes the ball and passes it over their head.
3. Continue this under over action until the ball reaches the last person who will then wade to the front of the line and start the action again.
4. The team rotates through the group until everyone is back to their original position.

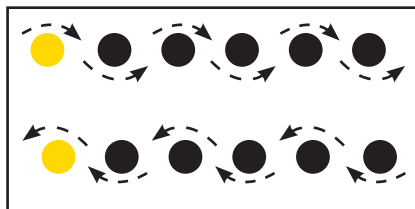
#### Other Options

- Performed in a pool.
- Performed out past the break in deeper

### TEACHING POINTS

water.

- Discuss the surf conditions and safety considerations before entering the water.
- Work together as a team.
- Verbal communication.
- Listen to others.
- Wading - maintain high knees / thighs action to clear water, legs swing out and away from midline, arms swing wide for balance and to drive legs. Stance should be upright not leaning forward.
- As water depth increases it is beneficial to lean body to side to assist with leg lift (i.e. if lifting right leg - lean upper body to left)
- As water depth increases, it may be necessary to swing arms higher to assist momentum.







# WATER-BASED WATER BASEBALL

## SURF SWIMMING

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

Softball x 1

Plastic bat or similar x 1

Buoys x 3 or Water Safety Personnel as bases

1 x marker (homebase)

#### Objective

Participants to improve their wading, swimming, duck diving skills and to work as a team to reach the desired outcome.

#### Related Events

Water events (wading, swimming, dolphin dives)

#### Instructions

1. Set up the playing area the same as a normal game of baseball but smaller. Use the buoys or Water Safety Personnel as the bases.
2. Divide the group into two even teams (five per side).
3. The batter starts in knee-depth water and fielders are in waist to chest-depth water.
4. Batter hits the ball and wades, swims or duck dives around the bases.
5. The same rules apply as regular baseball

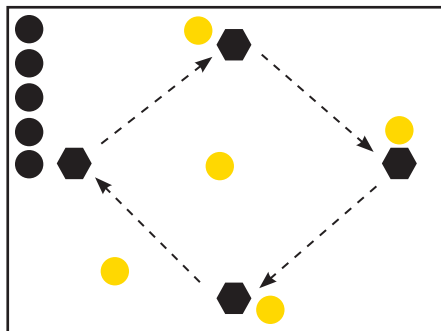
and a foul area will have to be established.

#### Other Options

- Large ball.
- Bases further apart.

### TEACHING POINTS

- Discuss the surf conditions and safety considerations before entering the water.
- Wading - maintain high knees / thighs action to clear water, legs swing out and away from midline, arms swing wide for balance and to drive legs. Stance should be upright not leaning forward.
- Dolphin diving (porpoising)
- Negotiating waves
- Please refer to skills cards if required.







# WATER-BASED WATER DODGE BALL

## WATER SKILLS

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

6 x Large soft balls

4 x Buoys

1 x 20m long rope

#### Minimum Numbers

Four per side

#### Objective

Participants to improve their wading, swimming, dolphin diving skills and to work as a team to reach the desired outcome.

#### Related Events

Water skills - wading, swimming, dolphin diving

#### Instructions

1. An area 20m x 20m is marked out for the playing area with the rope positioned in the middle with the balls.
2. The group is divided into two teams.
3. Teams are to start at the opposite ends of the square.
4. On the command, participants on both teams can try to retrieve a ball.
5. They need to try to hit the opposing team with the ball.

6. When a member is hit with the ball they are out and must move to their home base side.
7. When all the members on one team have been hit the game is over and the opposing team wins.

#### Other Options

- Lots of small soft balls.
- Add limitations to the participants (i.e. rescue tubes) behind the break on boards.

### TEACHING POINTS

- Work together as a team.
- Verbal communication.
- Listen to others.
- Strategise.
- Dodge - centre weight on balls of feet, lift knees high, swing arms with forward momentum to shift and change direction quickly.
- Please refer to the Skill Cards for Wading, Dolphin Diving and Swimming Tips.





# WATER-BASED BAYWATCH STYLE TUBE RESCUE INTRODUCTION

## ACTIVITY

### Equipment

Water Safety Personnel (1:5)

Marker cones

Rescue tubes (1:2)

### Objective

Participants are introduced to using a Rescue Tube.

### Related Events

Wading

Tube Rescue

### Instructions

1. Mark out the area with a start and finish line using cones.
2. Divide group into teams of four and give each team a Rescue Tube. Set up for the relay.
3. On command, the first person in each team runs with the tube on to the next participant down the beach. When they get to the next participant they take off the strap and pass it over.
4. The next participant runs back down the beach to the next participant and so on until the team is finished.

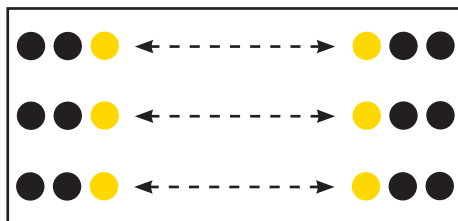
### Other Options

Repeat this by setting the relays up:

- Parallel to the beach in ankle deep water
- Parallel to the beach in knee deep water
- Out to sea to waist depth (ensure Water Safety Personnel in the water)

## TEACHING POINTS

- Discuss using a Rescue Tube, parts of the tube and its role.
- Discuss when the tube might be used and why.
- Tube Shaft - is the main floatation device.
- Clip and ring - the clip connects to the ring at either ends of the tube to secure the patient.
- Robe and strap - used by the lifesaver to tow the patient in the tube.







# WATER-BASED TUBE CHALLENGE

## SURF SWIMMING & TUBE RESCUE

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

This activity can only be done with fins for each participant.

2 x Rescue tubes per group of three

#### Objective

To teach the participants skills to do tube rescues in a surf related environment.

#### Related Events

Surf Rescue Certificate

#### Instructions

1. Participants are to form into groups of three.
2. Each group is given two Rescue Tubes. Two people are the rescuers and one person is the patient.
3. Water Safety Personnel are to set a mark which the patients are to swim to.
4. Once all the patients are set, the instructor gives the command for the rescuers to enter the water.
5. The rescuers swim out to their patient, one rescuer attaches the tube to the patient as normal, and the second rescuer attaches their tube to the ring of the tube around the patient.

6. Both rescuers swim the patient back to the shore.

7. Rotate so that everyone gets a turn doing each of the rescues. You may like to make it a race.

#### Other Options

- Board rescue.
- Two patients need to be rescued.
- Board / tube relay.

### TEACHING POINTS

- Heading out through surf - raise your head look forward as you swim out through the surf so you can see the waves coming and know when to dive under waves.
- Stop a few metres away from the patient, push the tube forward towards the patient. The patient will grab the tube. Ask the patient to wrap it around their chest and then you may clip it on.
- Clip and ring - the clip connects to the ring at either ends of the tube to secure the patient.
- Returning to shore (not including body surfing) - find a reference point on shore to swim towards so you swim in the straightest line possible.





# WATER-BASED TUBE RESCUE BATTLE

## WATER SKILLS & TUBE RESCUE

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

This activity can only be done with fins for each group of two.

1 x Rescue tube per group of two

#### Minimum Numbers

Four

#### Objective

To teach the participants swimming skills with a tube.

#### Related Events

Tube rescue

#### Instructions

1. Participants are to divide into pairs. One partner is the patient, the other the rescuer.
2. On command from the instructor, the patients proceed out to sea as fast as they can.
3. Once they reach a point behind the break designated by the instructor, the patient raises their arm. Once their arm is raised the rescuer can then proceed out to sea and rescue them.
4. Rescuers should ensure they calm the patient and talk to them before attaching the

tube and swimming back to shore.

5. The fastest team back to shore are the winners.

#### Other Options

- Board rescue.
- Two patients need to be rescued.
- Board / tube relay.

### TEACHING POINTS

- Work together as a team.
- Heading out through surf - raise your head look forward as you swim out through the surf so you can see the waves coming and know when to dive under waves.
- Stop a few metres away from the patient, push the tube forward towards the patient. The patient will grab the tube. Ask the patient to wrap it around their chest and then you may clip it on.
- Clip and ring - the clip connects to the ring at either ends of the tube to secure the patient.
- Returning to shore (not including body surfing) - find a reference point on shore to swim towards so you swim in the straightest line possible.





# **WATER-BASED BASIC BOARD RELAY**

## **INTRODUCTION TO BOARD**

### **ACTIVITY**

#### **Equipment**

Water Safety Personnel (1:5)

Mats and / or boards

Pool or flat water environment

#### **Objective**

To teach the participants how to balance and paddle on a bodyboard or paddle board.

#### **Related Events**

Board Paddling

#### **Instructions**

1. The group is divided into teams of three or more.
2. Water Safety Personnel need to be positioned prior to participants entering the water.
3. Teams are to start at opposite ends or go there and back.
4. On command, the first participant must mount the board and paddle down on their tummies to the next participant.
5. Once the participant meets the next team member they must dismount and quickly pass the board to the next member.
6. When all the members on one team have had their turn the team has finished.

#### **Other Options**

- Paddle with knees.
- Board rescue.
- Eskimo roll at each end.

### **TEACHING POINTS**

Position on board:

- Students should not be too far back or too far forward.
- Students should be in the middle of the board with chest slightly behind the straps and weight evenly distributed.
- The aim is to have the board as level as possible.
- Each student uses their 'sand board' to practise.
- Demonstrate the position lying down. All students must lie down initially. After experience and competence are shown, the whole sequence can be repeated from a kneeling position.
- Arms should dive as deep as possible into the water and elbows should be high during recovery with arms along the side of the board.





# WATER-BASED BOARD CHALLENGE

## INTRODUCTION TO BOARD

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

1 x board for every participant

#### Objective

To teach the participants balance, surf negotiation skills and paddling techniques. This is a fun way to start younger members off on body boards.

#### Related Events

Boards and negotiating the surf.

#### Instructions

1. Participants attach the leash to their right wrist.
2. Participants place the board on the sand and lie on top of them.
3. The instructor gives them key coaching points on how to handle the board.
4. Water Safety Personnel are set out in the water at waist depth.
5. Participants must stay between the Water Safety Personnel.
6. Participants are instructed to enter the water on the instructor's whistle and catch 5 waves to the shore.
7. Once completed they must return to the

starting position on the beach.

#### Other Options

- Participants are to kneel on the boards while on a wave.

### TEACHING POINTS

- Students should not be too far back or too far forward.
- Students should be in the middle of the board with chest slightly behind the straps and weight evenly distributed.
- The aim is to have the board as level as possible.
- Demonstrate the position lying down. All students must lie down initially. After experience and competence are shown, the whole sequence can be repeated from a kneeling position.
- Arms should dive as deep as possible into the water and elbows should be high during recovery, with arms along the side of the board.
- Please refer to Skill Cards for more help.





# WATER-BASED WATER BULL RUSH

## BOARD PADDLING

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

4 x Buoys (10m x 20m rectangle) past the break.

1 x board for every participant

#### Objective

To teach the participants board paddling skills and team work.

#### Related Events

Board Paddling

#### Instructions

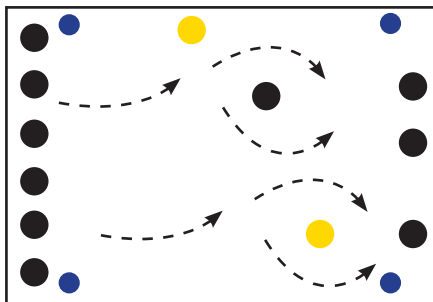
1. Water Safety Personnel need to be positioned prior to participants entering the water.
2. Choose one or two people to be "IT".
3. The other participants start on one side of the buoys.
4. The "IT" calls over one other paddler or calls bull rush, they need to try and tag the other board paddlers.
5. The other board paddlers need to try to get to the other side without been tagged.
6. If tagged they are "IT" as well.
7. Game continues until one paddler is left.

### TEACHING POINTS

- Work together as a team.
- Verbal communication.
- Listen to others.
- Strategise.

Position on board:

- Students should not be too far back.
- Students should not be too far forward.
- Students should be in the middle of the board with chest slightly behind the straps and weight evenly distributed.
- Arms should dive as deep as possible into the water and elbows should be high during recovery, with arms along the side of the board.







# WATER-BASED ROLL OVER RELAY

## BOARD SKILLS

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)  
4 x Buoys (20m x 20m square)  
1 x board for every participant

#### Objective

To teach the participants how to do a board roll over with and without a patient.

#### Related Events

Board Paddling

#### Instructions

1. Set up the boundary area with four buoys.
2. Break the group up into two or more even teams with even numbers at each end of the marked area.
3. The groups are to travel back and forward rolling the board over on the way to the next person.
4. The instructor determines how many rolls the participants need to do before handing the board over to their team mate.

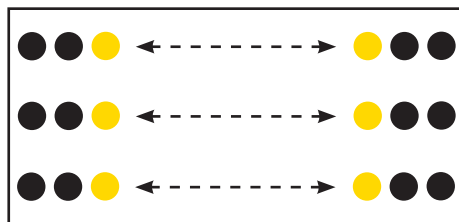
#### Other Options

- Set a higher number of rolls.
- A patient can be placed and picked up in the middle of the course. Patient number can be increased.

### TEACHING POINTS

Position on board:

- Students should not be too far back or too far forward.
- Students should be in the middle of the board with chest slightly behind the straps and weight evenly distributed.
- Arms should dive as deep as possible into the water and elbows should be high during recovery, with arms along the side of the board.
- Arms should dive well down into the water, not slap down.
- Roll - Grip both straps and pull upside down. The body should hang under the board vertically. One hand should release the strap and grasp the rail to assist in throwing the board over.
- The remount should be performed in one movement.







# WATER-BASED BOARD RESCUE RELAY

## BOARD RESCUE SKILLS

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

1 x board per group

#### Minimum Numbers

Nine

#### Objective

To teach the participants to negotiate the break, paddling a board with and without a patient. This activity also incorporates teamwork.

#### Related Events

Board Rescues

#### Instructions

1. Form participants into groups of three.
2. One person swims out to the marked area indicated by the Water Safety Personnel.
3. The other two stand at the waters edge.
4. On the command of the instructor, the first paddler paddles the board out to the person in the water.
5. The first person then gets off the board and the second person paddles the board back to the beach where they swap again and the third person swims out to the first person.
6. The participants continue to rotate until the

third board paddler rescues the second paddler and they return to shore doing a board rescue.

7. The winner is the first group back to shore with the rotation completed.

### TEACHING POINTS

- Patient care is important at all times and rescuers must take special care not to 'lose' their patients off their boards.
- When you get to the patient, straddle the board towards the stern. Instruct the patient to take hold of the hand grips and assist them to mount the board. Once in a balanced position lie on top of the patients legs and paddle.
- In all rescues we assume there is a conscious but tired patient.







# WATER-BASED TEAM BOARD RELAY

## BOARD RESCUE

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

3 x Buoys

1 x board per group

#### Objective

To teach the participants to negotiate the break and paddling a board. This activity also incorporates teamwork.

#### Related Events

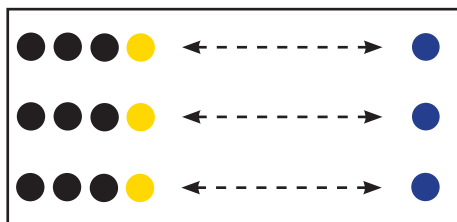
Board Rescue and Relay

#### Instructions

1. Break participants up into groups of about four (ensure all groups have even numbers).
2. Set up a buoy just behind the break and ensure water safety is established.
3. On the command from the instructor, the first person in each group paddles out around the buoy and back to the waters edge to swap with their next team member.
4. Each group continues this until the whole group has completed the course.

### TEACHING POINTS

- Students should not be too far back or too far forward.
- Students should be in the middle of the board with chest slightly behind the straps and weight evenly distributed.
- Arms should dive as deep as possible into the water and elbows should be high during recovery with arms along the side of the board.
- Arms should dive well down into the water, not slap down.
- In all rescues we assume there is a conscious but tired patient.
- Blue circle represents the buoy.







# WATER-BASED BOARD SERIES

## SURF RESCUE

### ACTIVITY

#### Equipment

Water Safety Personnel (1:5)

1 x board for every participant

#### Objective

To teach the participants to identify a person in difficulty, as well as prioritise, rescue and recover a patient.

#### Related Events

Rescuing an unconscious patient

Surf Rescue Certificate

#### Instructions

1. Participants are to be in groups of four.
2. Number one is on the beach with a board. Number two is at chest depth in the water. Number three is treading water just behind the break and number four is an unconscious patient out the back.
3. On the command of the instructor, number one paddles out to number two.
4. Number one gets off the board and number two paddles to number three.
5. Number two gets off the board and number three paddles to number four.

6. Number three must roll the board and use the roll over procedure to get number four on.
7. Number three must then paddle number four back to shore like a regular board rescue.
8. On the way back in number two and one get on or hang onto the board to assist number four onto the beach.

### TEACHING POINTS

- When you get to the patient, straddle the board towards the stern. Instruct the patient to take hold of the hand grips and assist them to mount the board. Once balanced lie on top of the patients legs and paddle.
- Patient care is important at all times and rescuers must take special care not to 'lose' their patients off their boards.







## ACTIVITY

### Equipment

Water Safety Personnel (1:5)

1 x set of signal flags, tubes or hands

### Objective

To teach the participants to recognise, respond to and remember surf signals.

### Related Events

Surf Rescue Certificate

### Instructions

1. Choose one participant to be on the beach with the signal flags/tubes. They will be giving signals to the rest of the group.
  2. The rest of the participants are to start in waist deep water and follow the signals given by the person on the beach. For example, proceed further out to sea, investigate submerged object and pick up swimmers.
- Participants on the beach must give clear non verbal instructions and have some knowledge of the signals. This must be taught prior to doing this activity.
  - Participants must watch the beach and follow the signals correctly without asking others.

# WATER-BASED SIGNAL CHALLENGE

## SURF RESCUE

## TEACHING POINTS

- This information can be found in the SLSNZ Surf Lifeguard Training Manual on page 33.
- It is important to teach participants these signals before attempting this activity.

### Signalling From Land to Sea



**To Attract Attention between Boat and Shore**  
Two rescue tubes waved to and fro, crossing above the head.



**Return to Shore**  
One rescue tube held above the head.



**Proceed Further out to Sea**  
Two rescue tubes held above the head.



**Message Understood-Clear**  
One rescue tube held stationary above the head and out away quickly.



**Proceed in the direction indicated**  
One rescue tube held at arm's length parallel to the ground and pointed in the required direction.



**Remain stationary**  
Two rescue tubes held at arms length parallel to the ground.



**Pick up Swimmers**  
One rescue tube waved in a circular manner around and above the head and a second held parallel to the water's edge and horizontal to the ground. After signal is acknowledged by craft, direct to swimmers as required.

### Signalling From Sea to Land



**Ok Signal**  
Internationally recognised diver's signal. One arm is curled round the top of the head to form an "O".



**Shore Signal Received and Understood**  
One arm held vertically, then cut away sharply.



**All Clear**  
Both arms held in the horizontal position.



**Assistance Required**  
One arm waved to and fro above the head.





# BEACH-BASED BEACH SPRINT

## SKILL DEVELOPMENT

### BEACH SPRINT

#### Standing Start (7-10 years)

- Toes on line.
- Dig small starting blocks in the sand for both feet.
- Body position leaning forward, weight on front foot with knees slightly bent.

#### Crouch Start (11-14 years)

- Take the 'on your mark' position.
- Hand positions slightly more than shoulder width apart.
- Thumb and forefingers (form a bridge) on start line.
- Front foot approx 30cm back from start line.
- On 'set' lift hips to slightly higher than the shoulder height, rotate shoulder forward and ensure weight is on the hands.
- Eyes looking 20-30 centimetres down track for 'ready' position.
- On 'go' explosive movement off front foot.
- Keep low with head down for up to 10m.
- Come to upright sprinting position.

#### Running Start

- Point feet straight ahead and place them in a straight line.

- Maintain high knee lift.
- Bend elbows at 90 degrees.
- Hold hands slightly clenched.
- Swing hands to eye level on forward swing.
- Lean body slightly forward and relax arms, body, shoulders and head.
- Hold head steady in normal position looking 20-40m down the track.

#### Skill Development

1. Arm drill – walking forward at an easy pace with very exaggerated backward swing of the arms and relaxed shoulders.
2. Jog – running forward at a slow pace holding the arm technique.
3. Bounding – this drill is performed with a series of exaggerated forward bounds or jumps with alternating legs. One leg is driven backwards as the other is driven up into the high knee position.
4. Back flicks – heels are flicked up from the ground to the buttocks at running or jogging speed. Emphasis is on the speed of movement.
5. Running – running at a moderate pace, keeping form.





# BEACH-BASED BEACH RELAY

## SKILL DEVELOPMENT

### BEACH RELAY

#### Relay Transitions

- The actual running for relay races is similar to the Beach Sprint.
- The relay sprinter must keep his/her eyes on the person taking the baton.
- The baton receiver must keep eyes on the baton.
- The baton holder must hold the baton up early so the next runner can gauge the take-off.
- The baton holder holds the baton up in one hand, arms straight out at the height of the new runner's hands, then runs to the other side of the new runner.
- The new runner should have hands ready in position to take over by the time the runner is halfway down the leg.
- Use soft, large, bright-coloured tubing for batons.

#### Skill Development

##### The Change-over

1. The change-over for the Beach Relay is completed at the end of the sprint facing the next runner.
2. In a line have students practise holding out arms ready to take the baton.

3. Arms should be outstretched with hands in a 'v' position, with thumbs overlapping.
4. Have students line up at the back of the change zone, with hands outstretched. Students imagine the runners coming to them with the batons, and run through pretending to collect the baton inside the change over zone.
5. Students pair up with a baton each. Have turns at practising a baton change with:
  6. One partner standing just inside the change-over zone:
  7. Partner walks into change zone.
  8. Partner runs slowly into change zone.
  9. Partners run faster into change zone.





# BEACH-BASED BEACH FLAGS

## SKILL DEVELOPMENT

### BEACH FLAGS

#### Teaching Points

- Use large, bright-coloured tubing as in the Beach Relay. If practising on a field use tennis balls and stoop to pick up instead of diving. Be sure to check the sand for bits of glass, sticks, pebbles etc. In all the practices there should be the same number of batons as students.

#### Start and Turn

- Lie down – show students how to lie down with toes on the line, elbows pointing out to sides with hands together and chin resting on hands.
- Lift up, bring one hand down close to the body on the ground, turn head and lift body off the sand.
- Lift and turn in one movement.
- On 'go' use explosive movement off front foot.
- Keep low with head down for up to 10m.
- Come to upright sprinting position.
- Lean body forward.
- Drive with arms and legs.
- Keep eyes on the flag.
- Keep arms extended for 'ready' position.

#### Skill Development

1. Run and Crouch to pick up.  
Students practise running and crouching to pick up the flag or ball. Repeat.
2. Have students in teams behind line.





# WATER-BASED WADING

## SKILL DEVELOPMENT

### WADING

#### Teaching Points

The quickest way to get through the shallows is to use the high hurdle-type stride known as wading. This is achieved by lifting the knees high and then swinging the legs out to the side.

- Swing legs out and away from midline of body.
- Maintain a high knees/thighs action to clear water.
- Arms swing wide for balance and to drive legs.
- Stance should be upright, not leaning forward.

#### Skill Development

1. Wading in water is made easier by lifting knees out to the side of the body as in the old hurdle position.
2. Run slowly along the beach in a straight line. Lift hands out at waist height. Try to lift knees up to hands.
3. Form into teams. Have teams on hands and knees about 1 metre apart. First person hurdles over team.
4. Run in single file in ankle depth water. The last person runs to the front of the line on

the seaward side. Ensure students are lifting knees out to side and clearing water.

5. On the way back to the starting position practise wading in deeper water (no deeper than knee depth).
6. Divide students into two groups. Have one group of students line up in knee depth water. The other group are the runners who weave through the first group. Swap over and repeat.



### NEGOTIATING WAVES

#### Negotiating Broken Waves

Just before a broken wave reaches you, dive under and grab the sand, wait for the wave to pass and then push forward off the bottom with your legs.





# WATER-BASED DOLPHIN DIVE

## SKILL DEVELOPMENT

### Dolphin Dive / Porpoise

#### Dolphin Diving, or Porpoising

This technique requires good timing and coordination.

- Dolphin diving is used after wading out to thigh depth water.
- Angle your dive 45 degrees towards the bottom and dig hands into sand to prevent being dragged backwards by wave.
- Bring legs/feet forward to where hands are and drive/spring 45 degrees forward and upwards with hands/arms outstretched ready to repeat dolphin dive.
- When water depth becomes too deep to continue dolphin diving, commence swimming.

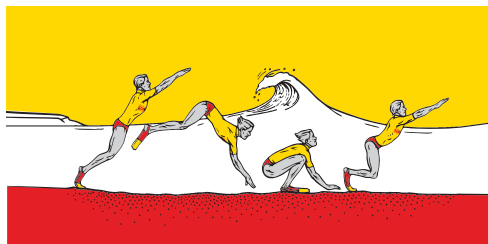
#### Pool Skill Development

1. Students sit on the side of the pool, arms above head, falls forward and dives.
2. Students stand on side of pool, arms up, knees bent, falls forward.
3. In pairs, one partner stands with their arms out on the water. The other partner dives over their arms. Swap over and repeat.
4. As above but spring off the bottom, dive over arms and crouch on the bottom.
5. Join into groups of 4. Three members

stand with arms stretching out on the water, the other person dives over the 3 arms, crouching between. When complete, the next person leaves to dive over 3 arms.

#### Beach Skill Development

1. Have the group kneel and let water wash over them. Progress to jumping up after the wave.
2. Group crawls under wave and jumps up after. Ask participants to bring up a handful of sand.
3. From a standing start get group to dive under wave. Progress to jumping up after the wave.
4. From a running start get group to dive under a wave, crouch and jump up after the wave.
5. Dolphin dive continuously from thigh to waist depth.







# WATER-BASED SURF SKILLS

## STROKE DEVELOPMENT

### SURF SWIM

#### Swimming to Buoys

- Lift head up on top of a swell and look forward when taking a breath to keep on course and look for the buoys.

#### Surf Stroke

- Fingers enter first. Hand in line with the same shoulder.
- Arm, hand and shoulder are relaxed.
- Arm and shoulder push forward.
- Leading arm remains partially bent.
- Rotate the body towards the leading arm.
- Wrist is firm and flexed downward, elbow is bent.
- High and bent arm in flat conditions.
- Straighter arm in rough or choppy conditions.

#### Turning at Buoys

- Look for inside turn if possible.
- Maintain speed and stroke rate.
- Try to stay clear of other members arms.

### BODY SURFING

#### Teaching Points

- Increase stroke rate to match swell.
- Keep head down.
- Keep body stiff with hands out in front.
- Strong fast high kick.
- To breathe take a single arm stroke with one hand out in front and breathe to the side.
- When on the top of a swell lift your head to take a quick look forward to identify the shore / landmark.
- Practise stroking on a wave as you get closer to shore.







# WATER-BASED BOARD SKILLS

## BOARD DEVELOPMENT

### BUNNY HOPPING

#### Teaching Points

- Bunny-hopping is used to travel through shallow water quickly.
- At knee depth place board on water by extending arms.
- Hold rails of board with a hand on each side, thumbs on board deck and inside hand slightly forward of other hand.
- Hand/arms to be slightly in front of body.
- Have feet staggered with the outside leg in front.
- Push forward by extending arms and driving forward with the legs in a bounding (hopping) motion.
- Both feet should leave and enter the water at the same time.
- The board should take the weight of the body as both legs/feet clear the water.
- Aim to land feet next to board
- Keep repeating motion until too deep then commence paddling.

### ESKIMO ROLL

#### Teaching Points

- The Eskimo roll is used to avoid large broken waves.
- Approach the wave with speed.
- Before the whitewash hits, grab both straps and roll upside down.
- Keep body vertical under the water because it acts as an anchor.
- Drive the nose of the board into the wave and down, as it hits the white water.
- Roll back onto the board once the wave has passed.

### CATCHING WAVES

- Instructors may have to help younger children push off and catch waves during the early stages. Paddlers must move back to keep the nose up.
- Paddlers must keep paddling until running with the wave.
- Grab back handle and slide the body back enough to prevent nose diving.
- Keep feet apart for balance.
- Steer board to best dismount area for run to finish.





# WATER-BASED BOARD SKILLS

## BOARD STROKE

### KNEELING

#### Teaching Points

##### The Catch Phase

- Hands bent at the wrist, entering the water slightly short of full extension at a steep angle, trunk extended.
- Fingers slightly spread.
- Hands move both down and backwards in one movement. Concentrate on the downward motion so the hand enters with minimal splash.

### THE PULL

#### Teaching Points

##### The Pull Phase

- Apply weight onto hands in downward movement of the shoulders and head, decrease angle at hips. The back is slightly arched.
- Arms travel through the water as deep as possible. Reach maximum depth as the chin almost touches the board. Biceps touch the rails and elbows in the water.
- Hips move slightly forward to add momentum to each stroke but excess movement will rock the board too much.

### THE PUSH

#### Teaching Points

##### The Push Phase

- Maximum arm depth to be maintained.
- Hands to exit water between the knees and the ankles.

### THE RECOVERY

##### The Catch Phase

- Forearms and hands relaxed. Lift out of the water with little or no water being thrown back. Arms bent at the elbows.
- Hands remain relaxed and return to the catch position by trailing near the rails of the board.
- As the arms return the head and back are raised increasing the angle of the hip joint.







# WATER-BASED BOARD SKILLS

## BOARD DEVELOPMENT

### THE DISMOUNT

#### Teaching Points

The Dismount is applied when you reach shallow water.

- Stay on board till knee deep water or when your hand can just touch the sand to indicate shallow depth.
- Keep eyes on strap / handle.
- Grab front handle.
- Stand and run to finish, dragging the board.
- Finish on feet in control of board. Remember finish is judged on chest, not the board.

### BUOY TURNING

#### Teaching Points

When reaching a buoy on a board it is important to remember the following:

- Keep first turning buoy in focus.
- Try to get an inside position.
- Maintain 'trim' and balance.
- Try to secure the inside turn for buoy.
- Paddle wide with outside arm.
- Use inside foot in water to steer.

### BOARD RESCUE

#### Teaching Points

To successfully complete a board rescue of a conscious patient, the following steps are recommended:

- Stop close to the patient on the shore side.
- Straddle the board towards the stern and tell the patient to take hold of the hand grips.
- Grab the patient's nearest leg and pull him or her onto the board.
- Help the patient get onto the board in a balanced position.
- Lie on top of the patient's legs and paddle.
- Patient care is important at all times and rescuers must take special care not to 'lose' their patients off their boards.
- The roll-on technique is very easy to use with other surf craft such as skis, surf boards and sail boards.
- In all rescues we assume there is a conscious but tired patient.