

I'm a dolphin

Surf Aware 1 LESSON #10



LEARNING OUTCOMES

Attempt or perform wading and dolphin diving



PREPARATION

Water Safety Personnel (1:5)



IMPORTANT

If you are not confident coaching the skills in this lesson bring in a surf sports athlete or coach to help deliver the lesson.



Coaching Points

WADING

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



Activity 1

Line participants up on the sand (if you have a large group then create smaller lines behind each other)
Ask participants to walk lifting knees high and swinging arms high to shoulder level
Repeat this skill in ankle deep water
Move back to the sand and ask participants to walk lifting knees high and swinging ankles out to side of body
Repeat this skill in ankle deep water.
Repeat this skill again in just below knee deep water



Activity 2

Practice wading skills in relays going along the waters edge and in and out of the water not going beyond knee deep water.



Coaching Points

DOLPHIN DIVING

Commence when water is too deep to wade
Dive forward and into the water with arms together and out-stretched
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 out stretched ready to repeat dolphin dive



Demonstrate

Discuss with children the need to protect their head when diving under water.
Ask them to practice by putting their head between their arms as their arms are stretched out in front of them.



Activity 3

Take the participants to waist deep water and line up facing parallel to beach.
Ask them to get into the arms out dolphin diving position
On your call they should practice one dolphin dive returning to their feet
Repeat this until they are confident and competent in dolphin diving



Activity 4

Set up a relay where the participants will have to wade out and dolphin dive around water safety personnel before returning to shore to tag their team mate.



AGE MANAGER TIPS

Use water safety officers as markers for relays.

Further References: SLSA Junior Coaching Manual

Stiff as a board

Surf Aware 2 LESSON #10



LEARNING OUTCOMES

Attempt or perform body surfing on a wave



PREPARATION

Water Safety Personnel (1:5)



IMPORTANT

If you are not confident coaching the skills in this lesson bring in a surf sports athlete or coach to help deliver the lesson.



Coaching Points

BODY SURFING TECHNIQUE

Keep body stiff with hands out in front (above head)

Keep head down between arms

Strong fast kick

To breathe take a single arm stroke with one hand out in front and breathe to side



Demonstrate

Demonstrate the correct body surfing technique for the participants to see



Activity 1

Organise the participants into a semi circle.

Ask the participants to make their body as 'stiff as a board' in the correct body boarding technique



Coaching Points

CATCHING A WAVE BODY SURFING

Face the shore

Watch behind you for an approaching wave

Just before the wave hits you take a deep breath

Jump forward or swim hard to match the speed of the wave

Keep your body stiff and kick fast



Discuss

Discuss the technique for catching a wave



Activity 2

Take participants into waist deep water

Line up participants facing the beach

Ask the participants to get into their 'stiff as a board' position

When you see a wave is about to reach the participants get them to bend over and push off with the wave

Repeat this until they get the idea and can do it themselves.



Activity 3

If you have an advanced group of participants you can move into deeper water and try catching waves by swimming onto them.



AGE MANAGER TIPS

Use the skills and expertise of your water safety personnel to help participants



ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: Wading and dolphin-diving (Surf Aware 1, Lesson 10)

Further References: SLSA Junior Coaching Manual



LEARNING OUTCOMES

Recognise a rescue tube and what it is used for



PREPARATION

Rescue Tubes (enough for one between two participants)
Water Safety Personnel (1:5)
Marker cones



Info Box

THE RESCUE TUBE

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

Rope and strap – used by the lifesaver to tow the patient in the tube.



Discuss

Using a Rescue Tube, discuss the parts of the tube and its role.

Discuss with the participants when a tube might be used and why (i.e. When on patrol/doing roving patrols, Used to conduct rescues)



Activity 1

Let the participants experience the rescue tubes by giving them a few minutes to look and feel them.
Encourage participants to practice clipping the rescue tube around a partner.



Activity 2

Create teams of 4 for a relay and give each team a tube

Set up the relay on the beach with a start and finish line marked by cones

Explain the relay to the participants:

The first participant in each team starts with the tube on and runs to the next participant down the beach

When they get to the next participant they take off the strap and pass it over

The next participant runs back down the beach to the next participant and so on until the team is finished.

Activity Extension

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 you have Water Safety Personnel in the water)



Activity 3

Still in teams of 4 each team selects a 'rescuer' who starts with the rescue tube

The 3 other participants are positioned at the other end of the track

The 'lifesaver' must rescue the 3 other participants in his team

They run with the rescue tube to their team and clip the first participant in the rescue tube

When clipped in they both run back to the start

The 'lifesaver' unclips the rescue tube and repeats the rescue until they have rescued all 3 participants.

Safety tip: Warn the participants of the brass clip so they don't go swinging it into someone.



LEARNING OUTCOMES

Understand the techniques of surf swimming
Demonstrate an ability to swim through surf, parallel to surf and back to shore



PREPARATION

Goggles (for participants if they have them)
Swim buoys x 2
Water Safety Personnel (1:5)



IMPORTANT

If you are not confident coaching the skills in this lesson bring in a surf sports athlete or coach to help deliver the lesson. Discuss the surf conditions and safety considerations before entering the water.



Coaching Points

SURF SWIMMING

Heading out through surf – raise your head to look forward as you swim out through the surf so you can see the waves coming and know when to duck-dive waves.
Swimming parallel to the surf – breathe facing out to sea so you can see the waves coming.
Returning to shore (not including bodysurfing) – find a reference point on shore to swim towards so you swim in the straightest line possible



Discuss

Discuss with the participants the techniques for surf swimming.



Activity 1

Ask the water safety personnel to set up a short swim course with the buoys situations inside the surf
Split the participants into groups of 5
Assign a water safety person to each group who will swim/paddle along side them
Instruct the participants to practice these three techniques out in the surf by swimming out and around the buoys
Repeat this 4 times



AGE MANAGER TIPS

Get the participants to focus on one of the 3 skills each time through the activity, then for the 4th time have them focus on all 3 skills to bring it all together.



ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: **Wading and dolphin-diving (Surf Aware 1, Lesson 10), Body surfing (Surf Aware 1, Lesson 11)**

The big stuff

Surf Smart 1 LESSON #14



LEARNING OUTCOMES

Attempt or perform diving under waves



PREPARATION

Water Safety Personnel (1:5)



IMPORTANT

If you are not confident coaching the skills in this lesson bring in a surf sports athlete or coach to help deliver the lesson. Discuss the surf conditions and safety considerations before entering the water.



Discuss

Recall the swimming techniques for negotiating surf (surf swimming techniques).



Coaching Points

DIVING UNDER WAVES

Dive deep under waves

If you can reach the bottom, grab hold of sand with hands

In deep water, do not use extra energy trying to reach the bottom; instead duck dive to just below the turbulence

Wait for the wave to pass and then push or kick to the surface (off the bottom if possible)

When you reach the surface, check ahead to locate the next wave and continue swimming out to sea



Activity 1

You don't need large surf to practice this skill.

Organise participants into small groups of about 10

Have the participants move out to waist deep water under the supervision of water safety personnel

On your instruction they can practice diving parallel to the beach for 15m – the focus should be on grabbing hold of the sand with their hands and kicking off the bottom.

Repeat this activity until all groups have the hang of it



Activity 2

Organise participants into small groups of about 10

Ensure the water safety personnel are placed throughout the surf

Send groups to swim out past the surf zone practicing their diving under waves

When they get out the back they can rest and return to shore

Mix this activity up by organising teams and conducting relays (other surf swimming skills will also come into play)



AGE MANAGER TIPS

If some participants are not as confident in the large surf as others set a shorter and safer course for them.



ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: **Wading and dolphin-diving (Surf Aware 1, Lesson 10)**, **Body surfing (Surf Aware 2, Lesson 10)**, **Surf swimming techniques (Surf Safe 2, Lesson 12)**

Further References: SLSA Junior Coaching Manual

Surf Race / Run-Swim-Run

Surf Smart 2 LESSON #12



LEARNING OUTCOMES

Demonstrate surf swimming skills in a surf race event
Demonstrate surf swimming and beach running skills in a run-swim-run event



PREPARATION

Water Safety Personnel (1:5)
Set of swim buoys
Turning flag
Starting whistle



IMPORTANT

This lesson is designed to give participants – some of whom may have never participated in an event before – an opportunity to experience a surf race in a supporting environment. The focus should be on participants putting all their skills together to complete the event – not on winning the race.



Discuss

Start the lesson by discussing the surf conditions and safety considerations before entering the water.

Surf Race

Have a surf race course set up as per the layout specifications, see Junior Events section in the back of this Age Guide.



Discuss

Using the Junior Competition Events section in the back of this Age Guide, discuss with the participants the starting procedure, method, rules and judging of the surf race.



Activity 1

Organise the participants into manageable groups (heats)
Conduct surf race heats as per the event specifications



Activity 2

Finish surf racing with a fun exercise 'Swimming in groups'
Similar method as a surf race: Ask a participant to pick a number between 4 and 8 – this is how many participants have to swim together. Participants all have to stay within 2m of each other and work as a team while swimming around the course. Explain that stronger swimmers need to help and encourage less competent swimmers.

Run-Swim-Run Race



Discuss

Using the Junior Competition Events section in the back of this Age Guide, discuss with the participants the starting procedure, method, rules and judging of the run-swim-run race.



Activity 3

Have a run-swim-run race course set up as per the layout specifications, see Junior Events section in the back of this Age Guide.
Organise the participants into manageable groups (heats)
Conduct run-swim-run race heats as per the event specifications about the equipment already. Let the children tell you what they know and add some extras if you can if not leave it at that.



ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: **Wading and dolphin-diving (Surf Aware 1, Lesson 10), Body surfing (Surf Aware 2, Lesson 10), Surf swimming techniques (Surf Safe 2, Lesson 12), Negotiating large waves (Surf Smart 1, Lesson 13)**



LEARNING OUTCOMES

Attempt or perform swimming in surf with a rescue tube
Attempt or perform a tube rescue for a swimmer in distress



PREPARATION

Rescue Tubes (enough for one between two participants)
Swim Buoys x 2

Swim Fins (optional)
Water Safety Personnel (1:5)



Discuss

Discuss the parts of a Rescue Tube and when it is used.



Info Box

RESCUE TUBE

Parts of the Rescue Tube

- 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
- Rope and strap – used by the lifesaver to tow the patient in the tube.

When a Rescue Tube is used

- When on patrol/doing roving patrols
- To conduct rescues



Discuss

Start the lesson by discussing the surf conditions and safety considerations before entering the water.



Activity 1

Have water safety personnel set up a small swim course using swim buoys.
Organise the participants into small groups (as many groups as there are rescue tubes)
Give each group a rescue tube
Send out the first participant of each group to swim around the buoys and repeat till all participants in the group have had a turn



Discuss

Discuss with the participants the technique for conducting a Rescue Tube Rescue



Coaching Points

RESCUE TUBE RESCUE

Enter the water holding the tube under your arm and swim fins in the other hand
Run and wade to knee depth before throwing the tube to the side and putting your fins on
Observe your patient continually
Swim to you're within 2m of the patient and tell them what you are going to do
Push the tube towards the patient while reassuring them
Clip the patient into the tube and begin to swim back to the beach towing the patient
Anticipate waves and secure patient if possible.
Assist from the water.



Demonstrate

Chose a participant to help you with the demonstration
Using the participant as a patient conduct a simulated tube rescue on the beach



Activity 2

Ask the participants to pair up and give each pair a rescue tube.
Have the participants practice tube rescues on the beach



Activity 3

Conduct tube rescues in the water
Ensure water safety personnel are in place
Have one participant (the patient) from each pair swim out to sea and signal for assistance
The next participant in the pair (the rescuer) swims out to the patient and conducts a tube rescue returning to shore with the patient.
Have participants swap roles and repeat tube rescue



ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards. The assumed skills for this lesson are: **Wading and dolphin-diving (Surf Aware 2, Lesson 10), Body surfing (Surf Aware 1, Lesson 10), Surf swimming techniques (Surf Safe 2, Lesson 12), Negotiating large waves (Surf Smart 1, Lesson 13), Experiences a rescue tube (Surf Safe 1, Lesson 12)**