

# Small board big fun

Surf Aware 1 LESSON #9



## LEARNING OUTCOMES

Attempt or perform catching a wave on a body board



## PREPARATION

Body Boards  
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

Teach the participants the following golden rules of body boarding.



## Coaching Points POSITIONING

You need to be lying in the centre of the board  
Hold on to the bodyboard with both hands either over the front of the board or on the side near the front.



## Demonstrate

Draw an outline of a body board on the sand or place a body board on the sand and use it to demonstrate the correct body positioning on a the board  
Discuss what will happen if too far forward or back on a board (too far forward you will nose dive, too far back and you will find it hard to catch waves)



## Activity 1

Organise the participants into a semi circle and ask them to draw their own outline of a body board or lay on their body board on the sand  
Ask participants to correctly position themselves on their board on the sand.  
Walk around the semi circle and check to see all participants are in the correct position, making adjustments as necessary.



## Coaching Points CATCHING A WAVE

Stand up holding the board on the sides near the top in two hands  
Look behind you for an oncoming wave  
Just before the wave hits you launch yourself forward and kick hard  
Keep the front of the board out of the water to prevent nose-diving  
(Can also be attempted in a paddling start which needs a big initial kick to catch wave)



## Demonstrate

Using a body board talk the participants through catching a wave.



## Activity 2

Make your way down to knee depth water with participants and water safety officers  
Ask the participants to get onto their board in the correct position.  
Have some fun with the participants and see if they can perform the following skills:  
Duck dive / 360 / Wipe Out / Sitting on your board



## Activity 3

Line up participants with their body board facing the beach  
Ensure they are all holding their body boards correctly  
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.



## AGE MANAGER TIPS

If you do not have enough boards get the participants to partner up – ensure you keep the non-participating group entertained  
Ask parent helpers or additional water safety officers to assist the participants with the activities.  
Be wary of plunging waves that could knock the participants around and possibly cause spinal injuries.

Further References: SLSA Junior Coaching Manual

# All a-board

Surf Aware 2 LESSON #9



## LEARNING OUTCOMES

Attempt or perform positioning on a nipper board  
Attempt or perform paddling on a nipper board



## PREPARATION

Nipper Boards  
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

### POSITIONING ON A BOARD

Lying in the centre of the board. Chin slightly raised. Feet in water (act as training wheels)

### PADDLING A BOARD

Paddle in a slow freestyle action. Reach out past the nose of the board. Pull through along the board and exit hand when it is level with the hip



## Demonstrate

Draw the shape of a board in the sand or lay a board on the sand (digging a hole where the fin is so the board lies flat)

Demonstrate to the participants the correct body positioning on a the board

Demonstrate and discuss what will happen if too far forward or too far back on a board (too far forward you will nose dive, too far back and you will find it hard to catch waves)



## Activity 1

Position the participants in a semi circle and ask them to draw the shape of a board in the sand each with a board or lay a board on the sand (digging a hole where the fin is so the board lies flat)

Ask participants to correctly position themselves on their board.

Walk around the semi circle and check to see all participants are in the correct position, making adjustments as necessary.



## Demonstrate

Using your demonstration 'board' demonstrate to the participants the correct paddling technique on a the board



## Activity 2

Ask participants to practice the correct paddling technique on their 'boards'

Walk around the semi circle and check to see all participants are demonstrating the correct paddling technique, making adjustments as necessary.



## Activity 3

Make your way down to knee depth water with participants and water safety personnel

Ask the participants to get onto their board in the correct position.

Walk around the group and check the position of each of the participants.

Play some games such as:

Who can balance on their board without falling off in 1 minute

Have one participant lying on a board and a partner (or water safety personnel) holding the back of the board trying to shake them off.

Finish by getting the participants to practice their paddling in knee to hip depth water in an area determined by water safety personnel (at this level it is best to keep participants close to shore as they won't have the total skills needed to negotiate waves etc)

You can set up a course using the water safety personnel that the participants have to paddle around.



## AGE MANAGER TIPS

If you do not have enough boards get the participants to partner up.

If you have parent helpers or additional water safety personnel ask them to assist by keeping participants balanced on the boards whilst in the water.

Further References: SLSA Junior Coaching Manual

# Hop-a-long

Surf Safe 1 LESSON #9



## LEARNING OUTCOMES

Attempt or perform carrying and dragging a nipper board into the water  
Attempt or perform the bunny-hopping a nipper board into the water



## PREPARATION

Nipper Boards  
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

### ENTERING THE WATER WITH A BOARD

Keep head up and look towards water entry point

**If carrying board under arm:** Hold outer rail of board or use recess grip, Keep parallel to sand

**If dragging board:** Hold front top handle, Keep fin out of sand



## Demonstrate

Demonstrate how to carry and drag your board to the water.



## Activity 1

Give each participant a board and ask them to line up on the beach parallel to the water. (If you don't have enough boards for everyone ask participants to pair up and line up behind each other)

Draw a line in the sand about 15m down the beach.

For the first practice run ask the participants to pick up their board and run to the line and back carrying their board under their arm

For the second practice run ask the participants to run to the line and back dragging their board beside them

Repeat this activity until the participants are used to these skills



## Coaching Points

### BUNNY-HOPPING

When at knee depth place board on water

Hold rails of board with a hand on each side

Place your hands a little in front of your body

Have your outside leg in front of your inside leg

Push the board forward as you hop with your legs

Both feet should leave and enter the water at the same time

Aim to land feet next to board

Keep going until you are too deep to hop, then start paddling



## Demonstrate

Demonstrate the bunny-hopping technique on the beach without a board, focus on feet being staggered and leaving the ground together.



## Activity 2

Ask the participants to practice bunny-hopping on the sand, organise similar to Activity 1.



## Activity 3

Have participants practice their skills in the water in an area close to shore and marked out by Water Safety Personnel.



## AGE MANAGER TIPS

If you do not have enough boards get the participants to partner up.



## ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: **Positioning on a board and basic paddling technique (Surf Aware 2, Lesson 10)**

**Further References:** SLSA Junior Coaching Manual.

# Getting through it

Surf Safe 1 LESSON #10



## LEARNING OUTCOMES

Attempt or perform sitting over a wave on a nipper board  
Attempt or perform paddling through a wave on a nipper board



## PREPARATION

Nipper Boards  
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

### SITTING OVER A WAVE

Just before wave hits:

- Go to a sitting position about 2/3 of the way back on board
- Place one leg over each side and hold the back handles with both hands
- Lean back and pull on the handles to raise the nose of the board

As the wave hits:

- Lean forward with your left arm outstretched and grab the left handle
- Push the front of the board down with your chest and left hand
- Start paddling again as soon as possible so you don't get dragged backwards



## Demonstrate

Line up the participants on the waters edge and demonstrate how to sit over a wave.



## Activity 1

Have participants practice their skills in small waves in an area close to shore and marked out by Water Safety Personnel.



## Coaching Points

### PADDLING THROUGH A BROKEN WAVE

- Paddle straight into the wave
- Increase paddling speed
- Arch your back up before the broken wave reaches the board
- Continue paddling over the broken wave with one arm
- Resume normal paddling



## Demonstrate

Line up the participants on the waters edge and demonstrate how to sit over a wave.



## Activity 2

Have participants practice their skills in small waves in an area close to shore and marked out by Water Safety Personnel.



## AGE MANAGER TIPS

If you do not have enough boards get the participants to partner up.



## ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: Positioning on a board and basic paddling technique (Surf Aware 2, Lesson 9), Entering the surf and bunny-hopping with a board (Surf Safe 1, Lesson 9)

Further References: SLSA Junior Coaching Manual



### LEARNING OUTCOMES

Recognise how body boards can be used to assist a distressed swimmer  
Demonstrate skills required to assist a distressed swimmer



### PREPARATION

Body Boards  
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

Discuss with the participants when you might use a body board to assist a distressed swimmer (i.e. When you're already out in the water on a body board and you see someone in trouble)

Discuss the importance of a careful approach to a distressed swimmer:

- They will want to grab onto anything and could pull you under

- They might be panicking and not in control of their actions

Discuss what to do if the distressed swimmer grabs hold of you (head under the water, a distressed swimmer won't want to go underneath the water with you because they are trying to stay above the water)



### Demonstrate

Ask a participant to pretend to be a distressed swimmer while you are the body boarder.

Pretend to body board over to the distressed swimmer

When in voice range reassure the swimmer and let them know what you are going to do

When a safe distance away slide off your board and pass the board to the swimmer so they can take a hold of it

When they have hold of the body board signal for 'assistance required'



### Activity 1

Pair up the participants and give each pair a body board

Have each pair practice helping a distressed swimmer, like you did in your demonstration

Ensure everyone has a turn being the distressed swimmer and the rescuer



### Activity 2

Repeat Activity 1 in the water in an area close to shore and marked out by Water Safety Personnel.



### AGE MANAGER TIPS

Use water safety personnel to assist the participants in the water



### ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: **Basic bodyboarding technique** (Surf Aware 1, Lesson 9)

# Up and out

Surf Safe 2 LESSON #9



## LEARNING OUTCOMES

Attempt or perform a dismount from a nipper board



## PREPARATION

Nipper Boards  
Marker cones  
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

### CONTROLLED DISMOUNT (BOARD RESCUE TECHNIQUE)

Stay on board until knee depth water or when your hand can just touch the sand to indicate shallow depth  
When shallow enough swing one foot over each side of the board and use them as brakes to help you come to a stop  
Step off board and grab front handle to drag board out of water.



## Demonstrate

In the water demonstrate how to do a controlled dismount from a board.



## Activity 1

Have participants practice their skills in the water in an area close to shore and marked out by Water Safety Personnel.



## Coaching Points

### RACING DISMOUNT

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



## Demonstrate

In the water demonstrate how to do a controlled dismount from a board.



## Activity 2

Have participants practice their skills in the water in an area close to shore and marked out by Water Safety Personnel.



## Activity 3

Set up a finish line on the beach 10m from the waters edge using marker cones.  
Take the participants out into waist depth water with their boards and line up facing the beach (if you have a large group take one small group at a time)  
Tell the participants that on 'Go' they are to race back to the beach and finish over the finish line between the marker cones.  
Repeat this 2 or 3 times



## AGE MANAGER TIPS

Ensure participants know which dismount is used for rescues and which is used for racing.



## ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: **Positioning on a board and basic paddling technique (Surf Aware 2, Lesson 10), Entering the surf and bunny-hopping with a board (Surf Safe 1, Lesson 10), Sitting over a wave and paddling through a wave (Surf Safe 1, Lesson 10)**

**Further References:** SLSA Junior Coaching Manual.

# The easy way in

Surf Safe 2 LESSON #10



## LEARNING OUTCOMES

Attempt or perform catching a wave on a nipper board



## PREPARATION

Nipper Boards  
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

### CATCHING A WAVE

Look behind to watch for waves  
Increase your speed as wave approaches  
When on the wave paddle for at least two more strokes  
Grab hold of the back handle and slide your body back enough to prevent nose diving  
Keep feet apart for balance



## Demonstrate

Draw the shape of a board in the sand or lay a board on the sand (digging a hole where the fin is so the board lies flat)  
Demonstrate to the participants the correct body technique for catching a wave while talking them through the steps



## Activity 1

Position the participants in a semi circle and ask them to draw the shape of a board in the sand each with a board or lay a board on the sand (digging a hole where the fin is so the board lies flat)  
Ask participants to position themselves on their board as if they were paddling.  
Talk the participants through catching a wave and ask them to demonstrate what they should do.  
Tell them that a wave is approaching (they need to paddle faster)  
Tell them that they are on the wave (they take 2 more strokes and then pretend to grab the back handles while sliding their body back on the board keeping their feet apart)  
Walk around the semi circle and check to see all participants are in the correct position, making adjustments as necessary.



## Demonstrate

Line up the participants on the waters edge and demonstrate how to catch a wave.



## Activity 2

Have participants practice their skills in small waves in an area close to shore and marked out by Water Safety Personnel.



## Activity 3

Finish the lesson by playing games such as 'party waves' where everyone tries to catch the same wave. Mix this up by seeing who can make it furthest to shore on a wave.



## AGE MANAGER TIPS

If you do not have enough boards get the participants to partner up.



## ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: **Positioning on a board and basic paddling technique (Surf Aware 2, Lesson 10), Entering the surf and bunny-hopping with a board (Surf Safe 1, Lesson 10), Sitting over a wave and paddling through a wave (Surf Safe 1, Lesson 10)**

Further References: SLSA Junior Coaching Manual

# Never board in a team

Surf Safe 2 LESSON #11



## LEARNING OUTCOMES

Attempt or perform a board relay race



## PREPARATION

Nipper Boards  
Water Safety Personnel (1:5)



## Coaching Points

### BOARD RELAY

One board-paddler completes the course at a time  
When returning to the beach the board-paddler must drag or carry the board up the beach towards the next board-paddler.  
The next board-paddler is waiting with their board  
When the first board-paddler tags the next they can enter the water  
This is repeated for the next transition.



## Discuss

Introduce the principles of a board relay.  
Note: It is most likely you will only have enough boards for one per team. If this is the case then remind the participants that they will need to swap boards during the transition for this lesson.



## Activity 1

Divide the participants into teams of three or more and provide each team with a board  
Line each team up facing the water with one water safety personnel per team as a marker 20m out to sea  
Make sure each team is 5m apart so they do not run into each other  
Explain to each of the participants that they need to go to the left of their water safety marker  
Instruct participants to wait until tagged before their next team mate can go and encourage participants to do some bunny hops on their way out  
Start the board relay when all the participants understand the activity and are ready  
Repeat the relay 2 or 3 times



## AGE MANAGER TIPS

Mix up the teams so everyone has a chance of being in a winning team.



## ASSUMED SKILLS

This lesson is a progression of board skills through the junior development award program. It assumes participants have acquired previous skills from earlier awards. The assumed skills for this lesson are: Positioning on a board and basic paddling technique (Surf Aware 2, Lesson 10), Entering the surf and bunny-hopping with a board (Surf Safe 1, Lesson 10), Sitting over a wave and paddling through a wave (Surf Safe 1, Lesson 10), Exiting the water with a board (Surf Safe 2, Lesson 10), Catching a broken and un-broken wave (Surf Safe 2, Lesson 11)

**Further References:** SLSA Training Manual



# Off and under

Surf Smart 1 LESSON #12



## LEARNING OUTCOMES

Attempt or perform rolling under a wave on a board



## PREPARATION

Nipper Boards  
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

### ROLLING UNDER A WAVE ON A BOARD

As wave approaches move forward and grab front handles while lying along the board  
Just before the wave hits roll the board over and hold on tight  
While under water keep your body parallel to the board and pull board forward and down as the foam hits  
After wave has passed turn the board back over  
Get back on the board and quickly start paddling



## Demonstrate

Draw the shape of a board in the sand  
Demonstrate to the participants the technique for rolling a board while talking them through the steps  
When you get to the part where you roll over you will just pretend to have the board come over top of you etc  
This demonstration can be fun when the participants start getting all sandy.



## Activity 1

Position the participants in a semi circle and ask them to draw the shape of a board in the sand  
Ask participants to position themselves on their board as if they were paddling.  
Talk the participants through rolling a wave and ask them to demonstrate what they should do.  
Tell them that a wave is approaching (they need to move forward on the board)  
Tell them that the wave is about to hit them (they roll over holding the board)\  
Tell them the wave has passed them (they roll the board back over, get back on and start paddling again)



## Activity 2

Turn the first activity into a game  
Have the participants start by pretending to paddle their board  
When you say 'WAVE' they need to roll over onto their backs  
When you say 'BOARD' they roll over and start paddling again  
Start by calling them out slowly, then speed it up so they are rolling all over the place.



## Demonstrate

Line up the participants on the waters edge and demonstrate how to roll a wave.



## Activity 3

Have participants practice their skills in small waves in an area close to shore and marked out by Water Safety Personnel.



## AGE MANAGER TIPS

If you do not have enough boards get the participants to partner up.



## ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: **Positioning on a board and basic paddling technique (Surf Aware 2, Lesson 10), Entering the surf and bunny-hopping with a board (Surf Safe 1, Lesson 10), Sitting over a wave and paddling through a wave (Surf Safe 1, Lesson 10), Exiting the water with a board (Surf Safe 2, Lesson 10), Catching a broken and un-broken wave (Surf Safe 2, Lesson 11)**

Further References: SLSA Junior Coaching Manual



### LEARNING OUTCOMES

Recognise how a board can be used to secure and support a conscious patient  
Demonstrate the skills required to secure and support a conscious patient



### PREPARATION

Nipper Boards (1 between 2)  
Water Safety Personnel (1:5)



### IMPORTANT

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



### Coaching Points

#### BOARD RESCUE BASIC STEPS

Aim to keep the board on the shoreward side of the patient  
Straddle the board slightly towards the back  
Tell the patient to reach across and take hold of the handgrips  
Grab the patient's nearest leg to pull the patient onto the craft  
Put the patient on the board with the patients assistance  
Take a paddling position between the patient's legs, turn the craft around and paddle towards the shore  
Make sure on your return to shore that the rescuer does not catch any unbroken waves as there is a risk of losing their patient.  
When you reach the shore, signal for assistance required if necessary.



### Demonstrate

Take the participants into knee deep water accompanied by water safety personnel.  
Choose a confident participant to help with the demonstration  
Demonstrate a board rescue by following the board rescue basic steps



### Activity 1

Instruct the participants to pair up, one board per pair if available (if there is not enough boards then make bigger groups in multiples of 2).  
Have participants practice board rescues in small waves in an area close to shore and marked out by Water Safety Personnel



### AGE MANAGER TIPS

Let the participants know that this rescue technique is also the technique for Board Rescue competition – so they can try practicing it at speed once they have mastered the correct lifesaving technique.



### ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: **Positioning on a board and basic paddling technique (Surf Aware 2, Lesson 10), Entering the surf and bunny-hopping with a board (Surf Safe 1, Lesson 10), Sitting over a wave and paddling through a wave (Surf Safe 1, Lesson 10), Exiting the water with a board (Surf Safe 2, Lesson 10), Catching a broken and un-broken wave (Surf Safe 2, Lesson 11)**

# Board race / Board rescue

Surf Smart 2 LESSON #11



## LEARNING OUTCOMES

Demonstrate board skills in a board race event  
Demonstrate board rescue skills in a board rescue event



## PREPARATION

Water Safety Personnel (1:5)  
Set of swim buoys  
3 x single buoys  
Start poles/finish flags  
Boards (approx 10)



## IMPORTANT

This lesson is designed to give participants – some of whom may have never participated in an event before – an opportunity to experience a board race and board rescue 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

Discuss the surf conditions and safety considerations before entering the water.

## Board Race

Have a board 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 board race.



## Activity 1

Organise the participants into manageable groups (heats) ensuring each participant has a board.  
Conduct board race heats as per the event specifications



## Activity 2

Finish board racing with a fun 'Pair Paddling' race.  
Same method as for board race, except participant's pair up and paddle around the course together on the same board.



## Board Rescue Race

### Discuss

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



## Activity 3

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

Organise the participants into pairs ensuring each pair has a board.  
Conduct board rescue race heats as per the event specifications



## Activity 4

Finish board rescue racing with a fun 'Reverse Board Rescue' race.  
Similar to board rescue method except the order changes around so the board paddler paddles to the buoys first, and swimmer swims out second before both paddle back together.



## ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: **Positioning on a board and basic paddling technique (Surf Aware 2, Lesson 9), Entering the surf and bunny-hopping with a board (Surf Safe 1, Lesson 9), Sitting over a wave and paddling through a wave (Surf Safe 1, Lesson 10), Exiting the water with a board (Surf Safe 2, Lesson 9), Catching a broken and un-broken wave (Surf Safe 2, Lesson 10), Rolling under a wave (Safe Smart 1, Lesson 11), Board rescue (Surf Smart 1, Lesson 12)**

Further References: SLSA Junior Coaching Manual