



LEARNING OUTCOMES

Attempt or perform an ironman/woman race transitions
Attempt or perform cameron relay race transitions



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



Discuss

Explain the rules of the Ironman/Ironwoman event: 4 members per team (1 Swimmer, 2 Runners, 1 Board Paddler), the order of legs (swim and board) are drawn ballot – see Junior Competition Events section in the back of this Age Guide.



Coaching Points

JUNIOR IRONMAN/IRONWOMAN TRANSITION

Set up the board on a sand mound with front handle pointing high
When you get to your board bend down and grab the front handle
Drive off the sand and prepare for the entry to the water



Demonstrate

Demonstrate to the participants how to make a sand mound and pick up their board during a swim to board transition



Activity 1

Have participants practice setting up a mound and placing their board on it.
Set up a line in the sand 10m away from the boards
Participants run to their boards pick them up and then run 10m further along the beach.
Repeat this exercise until everyone has had plenty of practice
After a couple of repetitions encourage the participants to complete the transitions as fast as they can to get used to doing them at full pace in a race



Coaching Points

CAMERON RELAY TRANSITIONS

Tag is made with hand (like giving a '5' to someone)
The receiving team mate must be behind their line



Demonstrate

Choose a participant to help with the demonstration.
Demonstrate to the participants how to make the following transitions in a cameron relay:
Board Paddler to Runner (Runner waits at waters edge for Board Paddler to reach them and make the tag)
Runner to Swimmer (Swimmer is waiting on start line with hand behind them, Runner makes the tag)
Swimmer to Runner (Swimmer wades to waters edge and makes the tag with the Runner)
Runner to Board Paddler (Board Paddler is waiting on start line holding board in one arm with other behind their back, Runner makes the tag)



Activity 2

Pair up the participants and give each pair a nipper board
Organise for them to practice one of the transitions at a time.



AGE MANAGER TIPS

This can be difficult for some juniors so please modify the course so that all participants can participate in the lesson



ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: **Surf Swimming Wading and dolphin-diving (Surf Aware 1, Lesson 10), Body surfing (Surf Aware 1, Lesson 11), Surf swimming techniques (Surf Safe 2, Lesson 13) Board 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)**

