



Queensland

Games Manual

JUNIOR ACTIVITIES



Key



Mark



Nippers



Flags

WS

Water Safety



Uniform



Bucket



Gear



Buoy

Surf Life Saving Queensland is pleased to provide you with an exciting resource that can be utilised by Junior Activities Age Managers, Junior Coaches, and Trainers.

The Junior Activities Surf Life Saving Games Manual has been compiled by SLSQ with the assistance and guidance of Surf Life Saving New Zealand's "Junior Surf Manual".

The games outlined in the manual are not designed to replace the Assessment Criteria required to be completed by the members to obtain their Junior Development Age Group Award, but rather the games are an avenue to introduce recreation, leadership, and fun into the nippers weekly training days, or as required.

Membership

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LAND BASED GAMES

Please ensure that for all land-based games, the activity area is clear of hazards and suitable for running or movement. Adequate supervision must be in place to monitor safety and ensure rules are followed. Activities should be adjusted to suit age and ability, and all equipment used must be in safe working condition.



SQUARE

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

Equipment

- Flat sandy or grass surface
- 4 x cones

Minimum Numbers

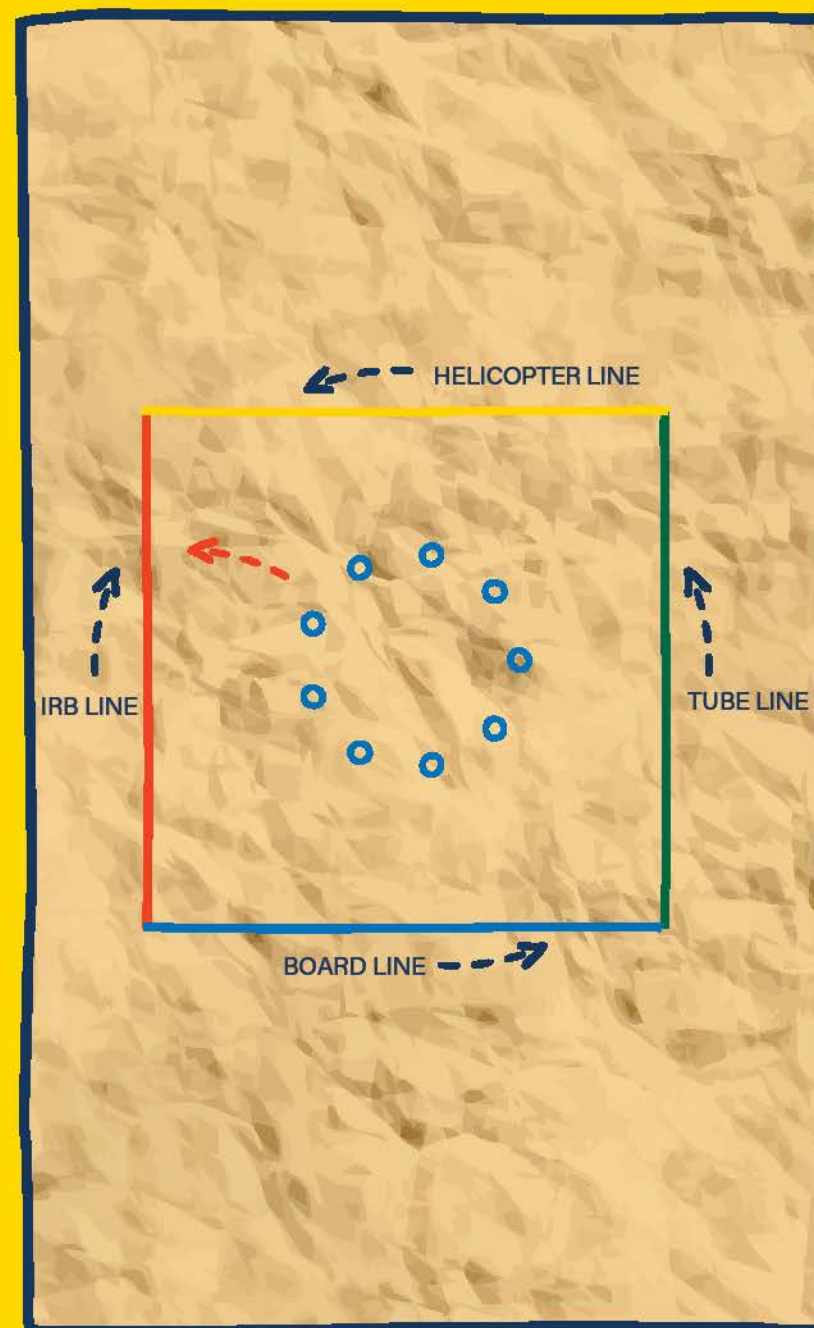
- Five per group

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.

Related Events

- Beach flags
- Beach sprints





LAND BASED GAMES

CAT AND MOUSE

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.

Equipment

- Flat sandy or grass surface
- Cones

Related Events

- Beach flags
- Beach sprints

Minimum Numbers

- Five per group

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 to continue 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.

CATERPILLAR

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

Equipment

- Flat sandy or grass surface
- Cones (optional)

Minimum Numbers

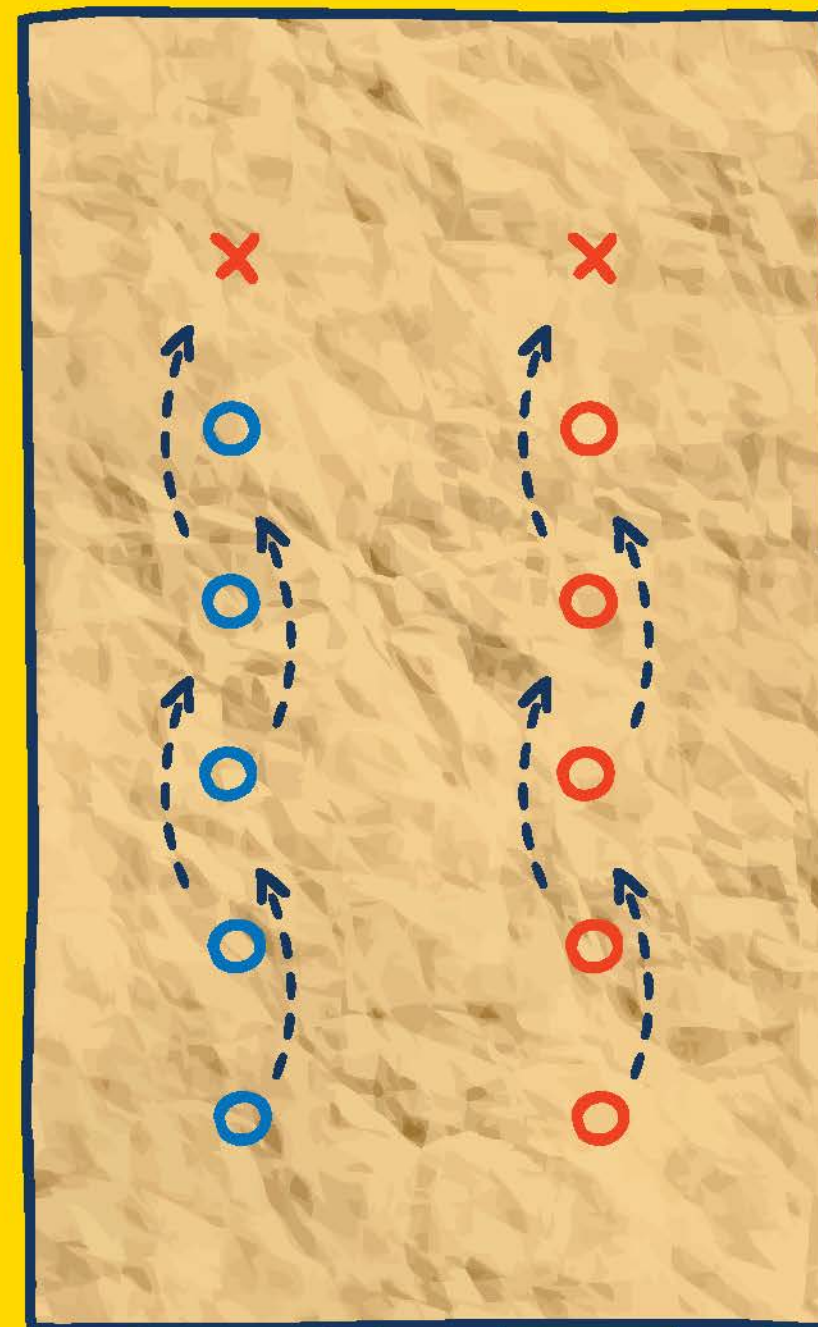
- Five per group

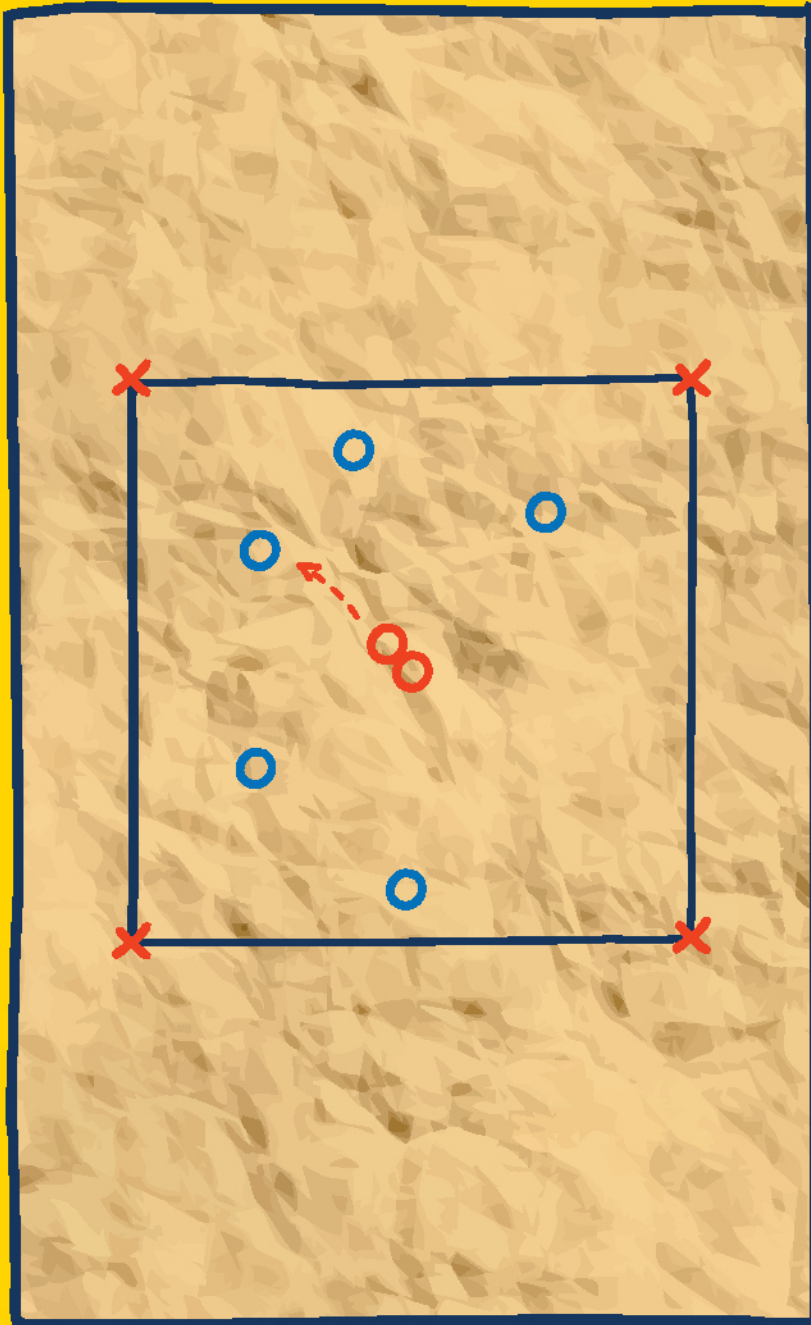
Instructions

- Form into line with about 1m between each person.
- 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.
- Once the participant who started the activity has returned to the back, the team has completed the caterpillar.

Related Events

- Beach flags
- Beach sprints





LAND BASED GAMES



CHAIN TAG

Participant needs to work as a team to get every participant to be part of their chain.

Equipment

- Flat sandy or grass surface
- 4 x cones

Related Events

- Beach flags
- Beach sprints

Minimum Numbers

- Five per group

Instructions

1. Set up a square approx 20m x 20m.
2. Choose one or two participants to be 'IT'.
3. On the command the other participants are to try and avoid been 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 game will finish when every participant is part of the chain.

CATCH ME IF YOU CAN

Participants need to obtain a flag before being caught and return to their starting line.

Equipment

- Flat sandy or grass surface
- 4 x cones
- Same number of flags as participants

Minimum Numbers

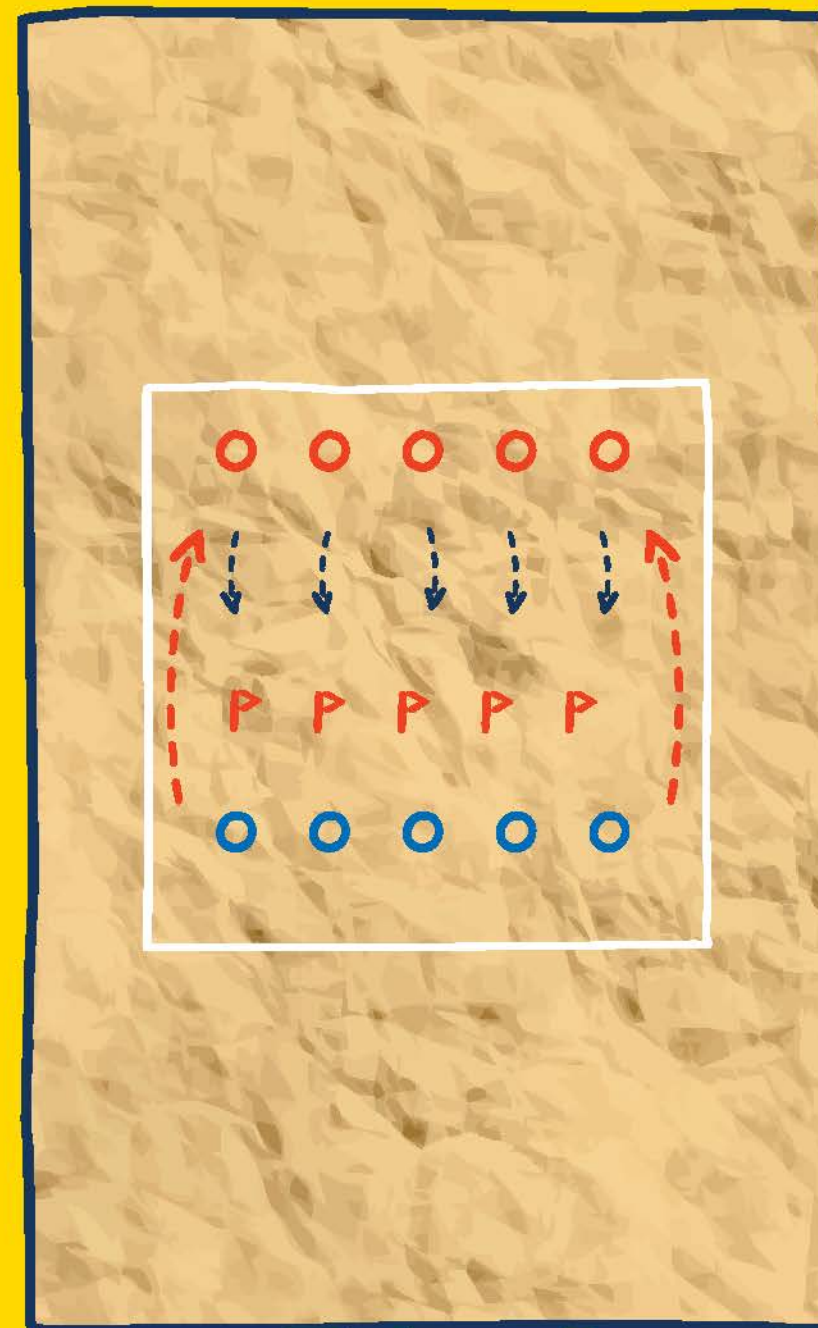
- Five per group

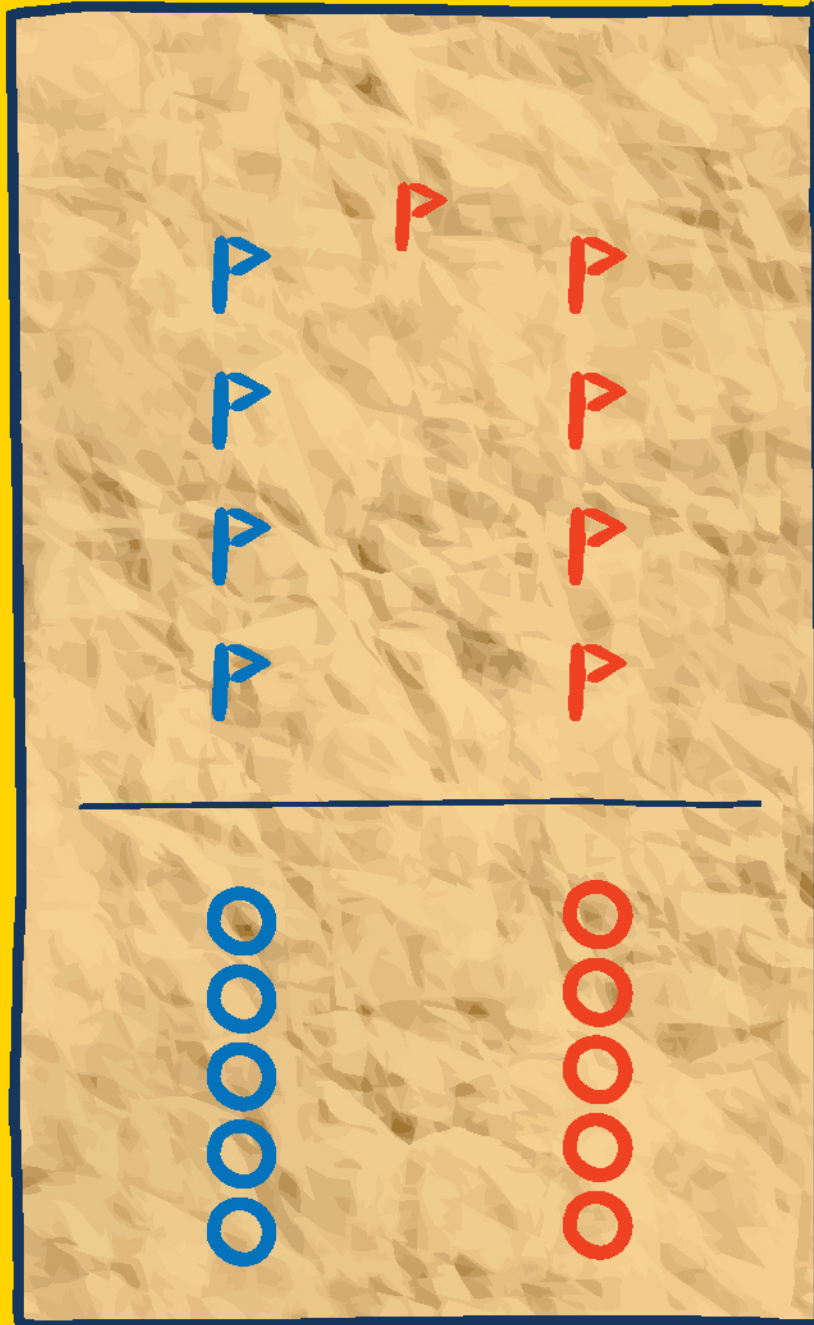
Related Events

- Beach flags
- Beach sprints

Instructions

- Set up a square approx 10m x 10m with the flags positioned in the middle of the square.
- Participants are split up into two teams. Team 'Red' and team 'Blue'.
- The teams start opposite each other
- Team 'Red' will be starting in a sprint position ready to obtain a flag, while team 'Blue' will be starting in a flags starting position facing away from the other team.
- On the command, team 'Red' must sprint to get a flag and return to their starting line without been tagged by team 'Blue'.
- On the command, team 'Blue' is to turn and try and tag a team 'Red' member.
- The game continues until its one on one.





LAND BASED GAMES



TEAM FLAGS

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.



Equipment

- 20 x flags
- Blind folds (optional)

Related Events

- Beach flags
- Team events

Minimum Numbers

- Five per group

Instructions

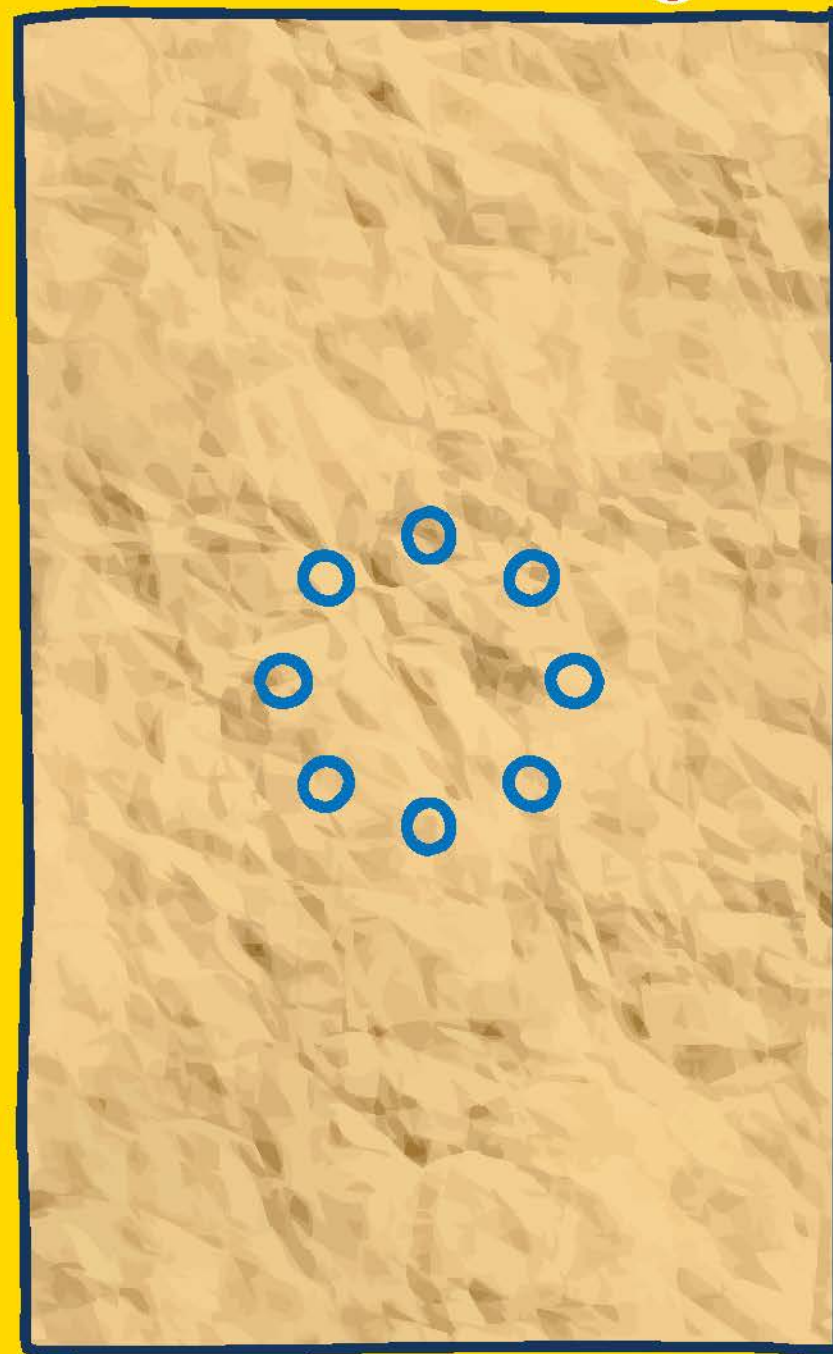
1. Two 8m long flags courses are set up beside each other, with 2m gaps between each flag, and one flag in the middle at the end
2. Participants get in to 2 even teams of 5.
3. On the command, person one turns and runs to retrieve a flag.
4. Once they have obtained the flag they need to yell their partners name before person two is allowed to retrieve their flag.
5. This continues until the last two participants who have to race to grab the remaining flag.

YEEHAA



Instructions

1. Participants are in a circle.
2. One person starts by yelling the word 'YeeHa' as loud as possible and performing a front scoop like a cowboy/girl.
3. The next person to which the direction of the scoop needs to continue the 'YeeHaa'.
4. There cannot be any waiting time and it must be passed on quickly.
5. Participants can also stop the 'YeeHaa' by saying 'Barn House' and making a house point above their head or by pointing to someone and saying 'Don't you touch that moo cow (name)', they then start a new 'YeeHa' around the circle.
6. If a participant is too slow or does not do the right call/direction they are out.
7. The game is continued until there is only one person left.



NOVELTY RELAYS

To work as a team and complete the relay as quickly as possible.

Equipment

- 5 x hoops
- 10 x tennis balls
- 5 x rescue tubes
- 4 x patrol uniforms
- 10 x rope ties

Minimum Numbers

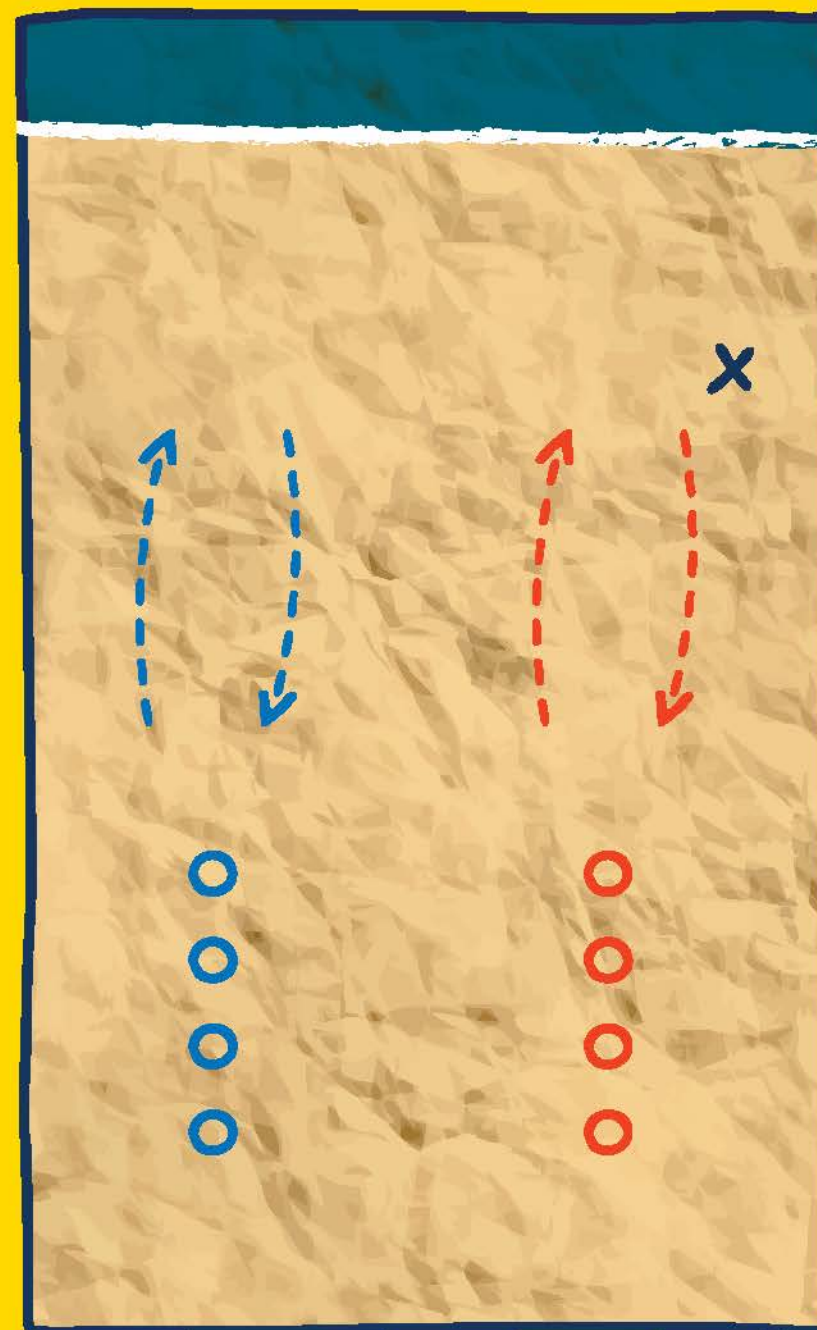
- Five per group

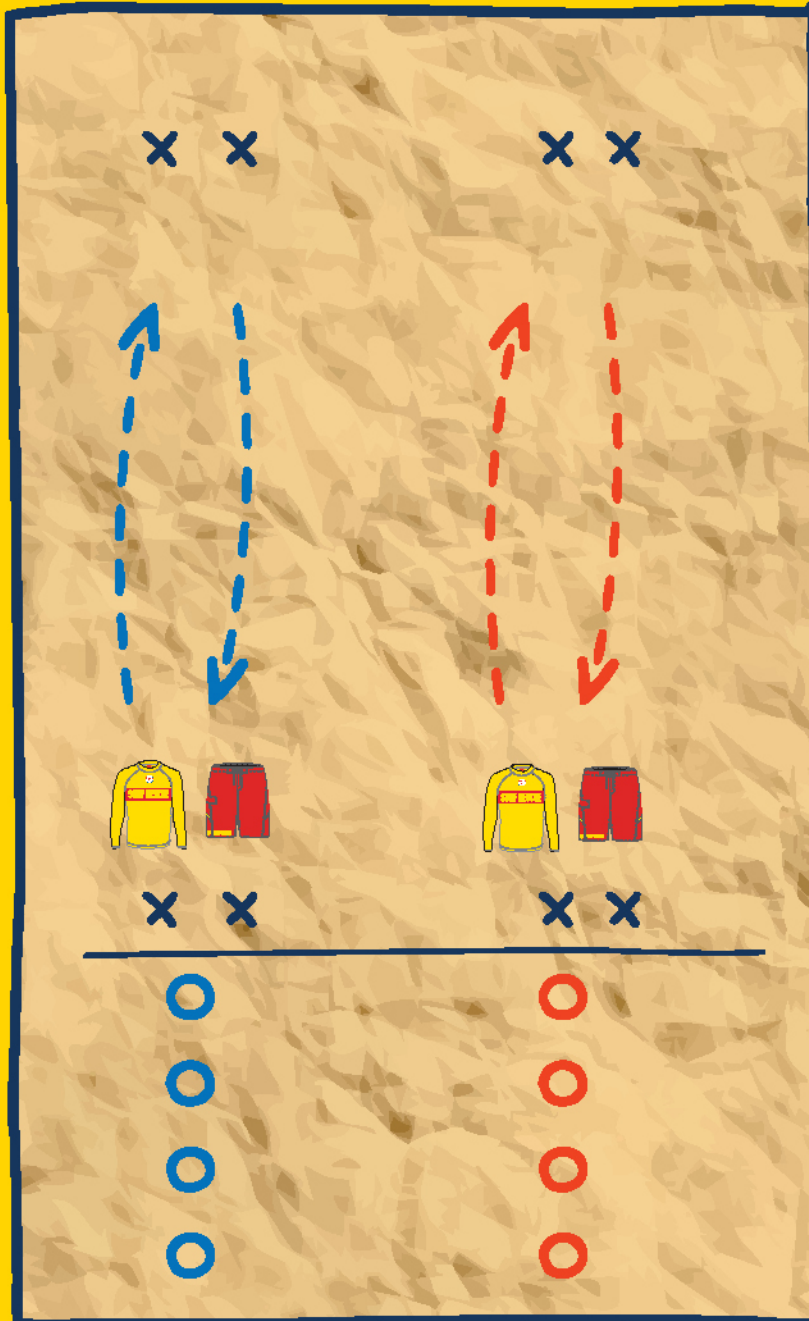
Related Events

- Beach flags
- Team events

Instructions

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





LAND BASED GAMES

LIFESAVER DRESS UP RELAY

Participants experience the importance of the lifesaving patrol uniform and teamwork.

Equipment

- 2 x set of full patrol uniforms (more uniforms if needed)
- Markers

Minimum Numbers

Four per group

Related Events

- Lifesaving awareness

Instructions

1. Set out the course area on a flat surface with 2 markers as the start line, and 2 markers as the turn around point.
2. Place the uniforms at the starting marker for each group.
3. On the command, participants (one at a time) are to get dressed into the uniform and run around the marker.
4. When they return to the start they are to take the uniform off and give it to the next participant.
5. Repeat this until all members have had a turn.

LIFESAVING CUE CARDS ACTIVITY

Participants experience the importance of resuscitation through cue cards.

Equipment

- 2 x sets of resuscitation cue cards

Minimum Numbers

- Two per group

Instructions

1. Develop cue cards with the resuscitation technique in word and picture form.
2. Explain the order to the group and their importance.
3. Shuffle the cards up.
4. Ask the group to place the cards in their correct order.

Related Events

- Lifesaving awareness
- Memory skills





BUCKET RELAY

Participants experience teamwork and sand running while participating in a fun activity.

Equipment

- 2 x plastic buckets with holes in the bottom
- 2 x large buckets with marked lines on them

Minimum Numbers

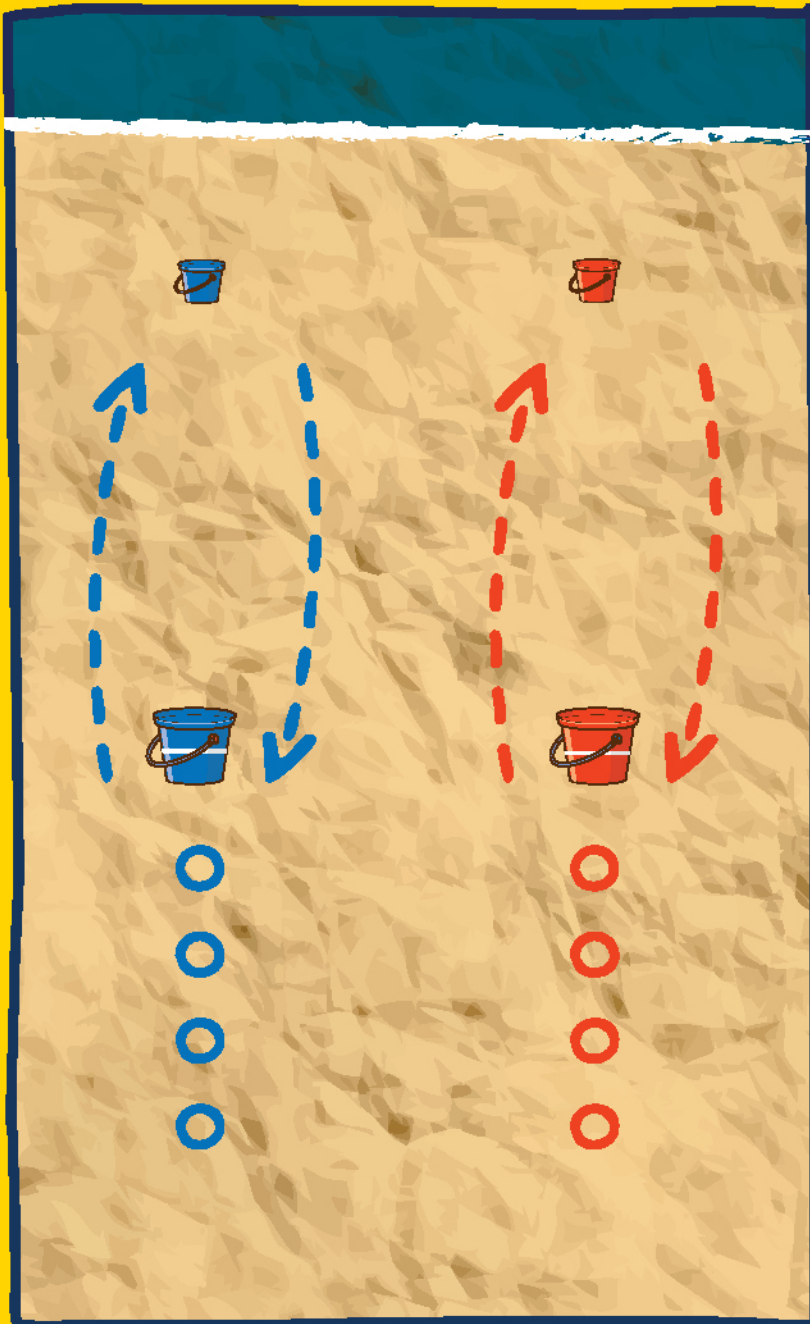
Five per group

Related Events

- Beach flags
- Beach sprints

Instructions

1. Divide the group into two even teams.
2. Mark out a 20m course to the waters edge. At 10m place the bucket with the marked line. The bucket with the holes in it starts with the first person in each group.
3. On the command, the first person in each group runs down to the waters edge, fills up their bucket and pours the water into the bucket in the middle with the marked lines.
4. Teams repeat this until one reaches the line on the bucket.



OBSTACLE COURSE

A course is set up with a series of obstacles that the participants are to navigate through.

Equipment

- 5 x hoops
- 5 x tubes
- 3 x nipper boards
- 5 x buckets
- 10 x chairs
- 2 x buoys
- 1 x long rope

Minimum Numbers

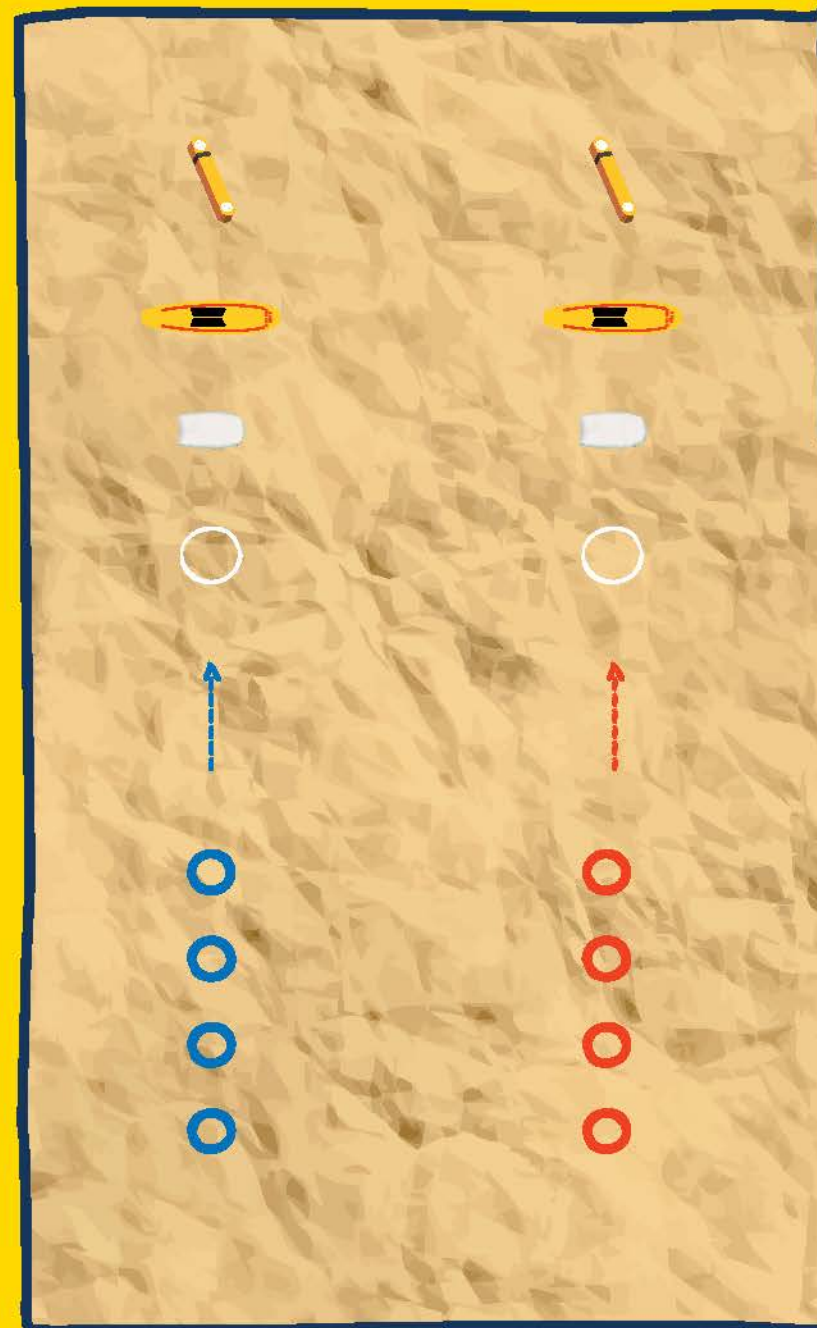
- Five per group

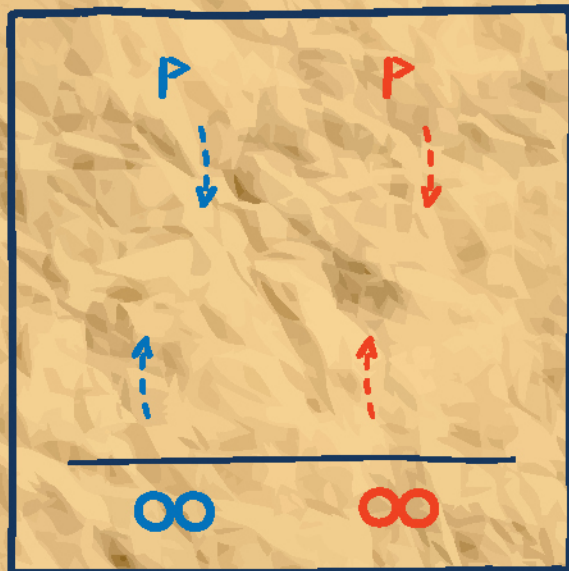
Related Events

- Beach flags
- Team events

Instructions

1. Set up a course that is appropriate to the age group.
2. A brightly coloured rope may be used to help participants identify the course.
3. The water can also be included.
4. Make sure that the participants are aware of how to navigate the course. Conduct the course as a relay race.





LAND BASED GAMES



BACK-TO-BACK FLAGS

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

Equipment

- Flags

Minimum Numbers

- Six per group (three pairs)

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 commands, 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 starting line.





LAND BASED GAMES



TUG A WAR

Warm up activity for beach flags that teaches participants the importance of reacting quickly after hearing a command.

Equipment

- Rope
- Whistle

Minimum Numbers

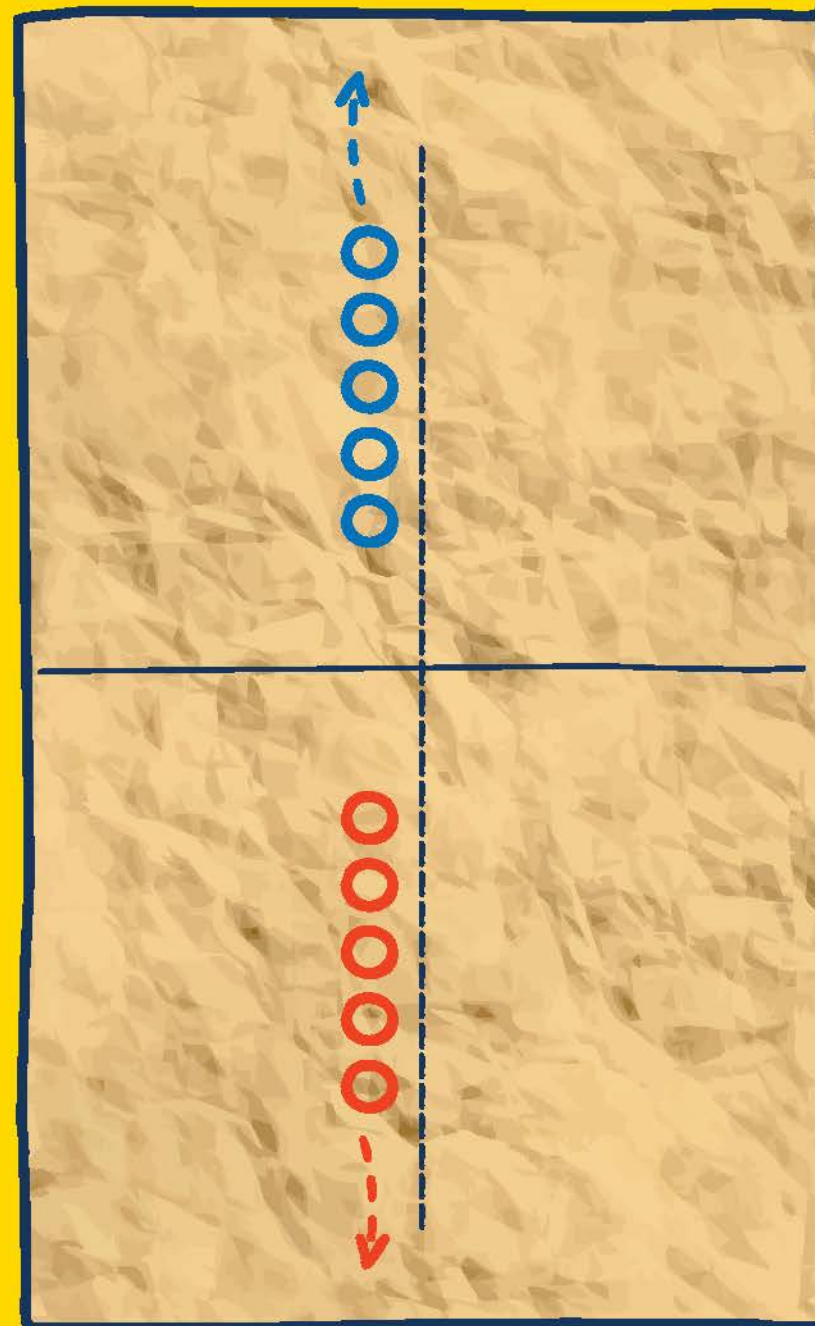
- Minimum number is four; this game can be played with a large group

Related Events

- Beach Flags

Instructions

1. Draw a line in the sand between two markers.
2. Form participants into two even groups.
3. Line them up in single file, facing each other, with one group on each side of the line.
4. Lay the rope along the line.
5. At the first whistle, participants pick up the rope and get a good grip.
6. At the second whistle, teams begin to pull in opposite directions.
7. When a member of one team is pulled across the line to the other team's side:
 - They must stop pulling.
 - They must go to the back of the other team's line.
8. The game continues until the full team is pulled over the line.
9. The team that pulls the entire opposing team over the line wins.





MIRROR IMAGE

Ice breaker/warm-up game

Equipment

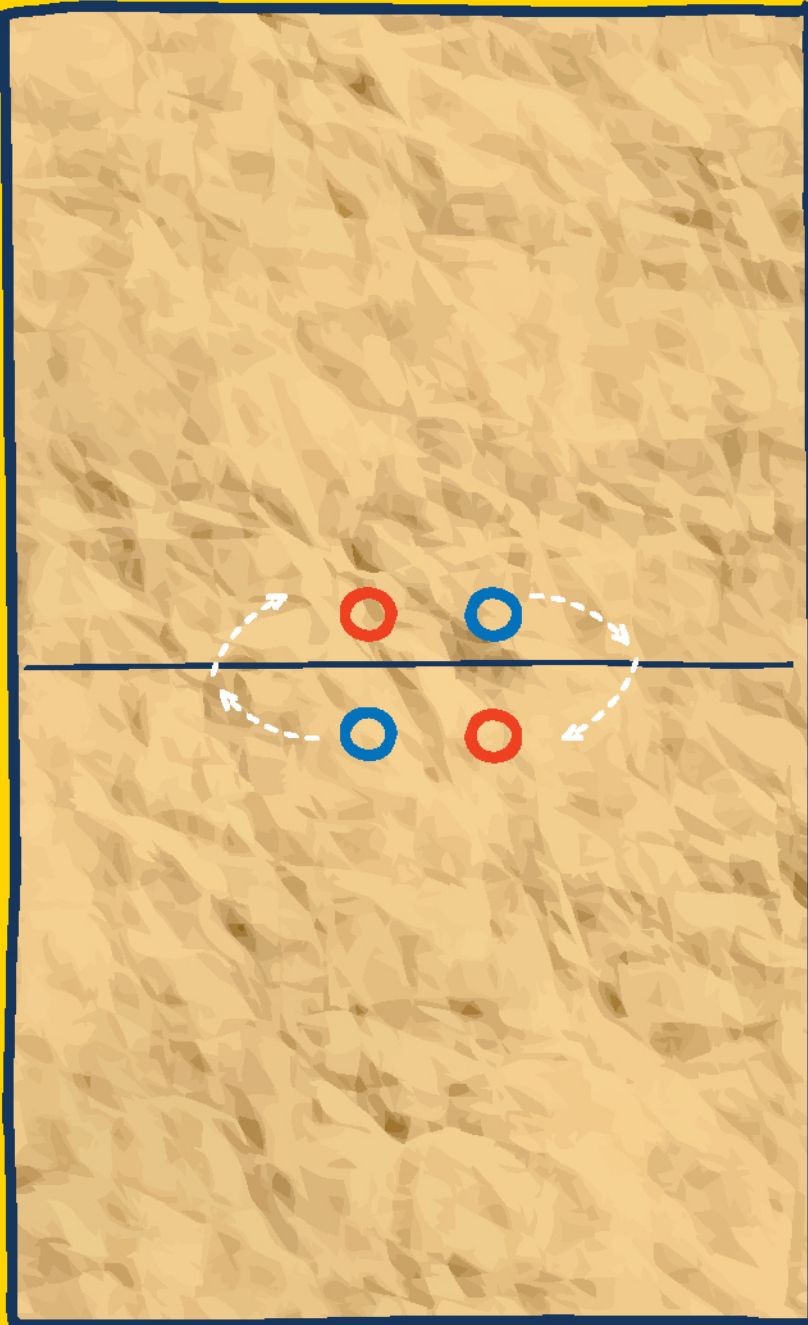
- A flat open space

Minimum Numbers

- Minimum of two people

Instructions

1. Match participants who are similar size.
2. The aim of the game is to create a 'mirror image'. If the leading partner extends their left arm out, the other partner will extend their right arm out.
3. Encourage a range of fun moves such as 'morning wake up' routine that includes having a shower, brushing teeth and getting dressed.
4. Facial expressions are extremely amusing.
5. Switch partners after a set amount of time or if a mistake is made.



LAND BASED GAMES

CAPTAIN, AIRPLANE, SUBMARINE

Warm up activity for beach flags that teaches participants the importance of reacting quickly after hearing a command.

Equipment

- Large grassy/flat sandy area

Minimum Numbers

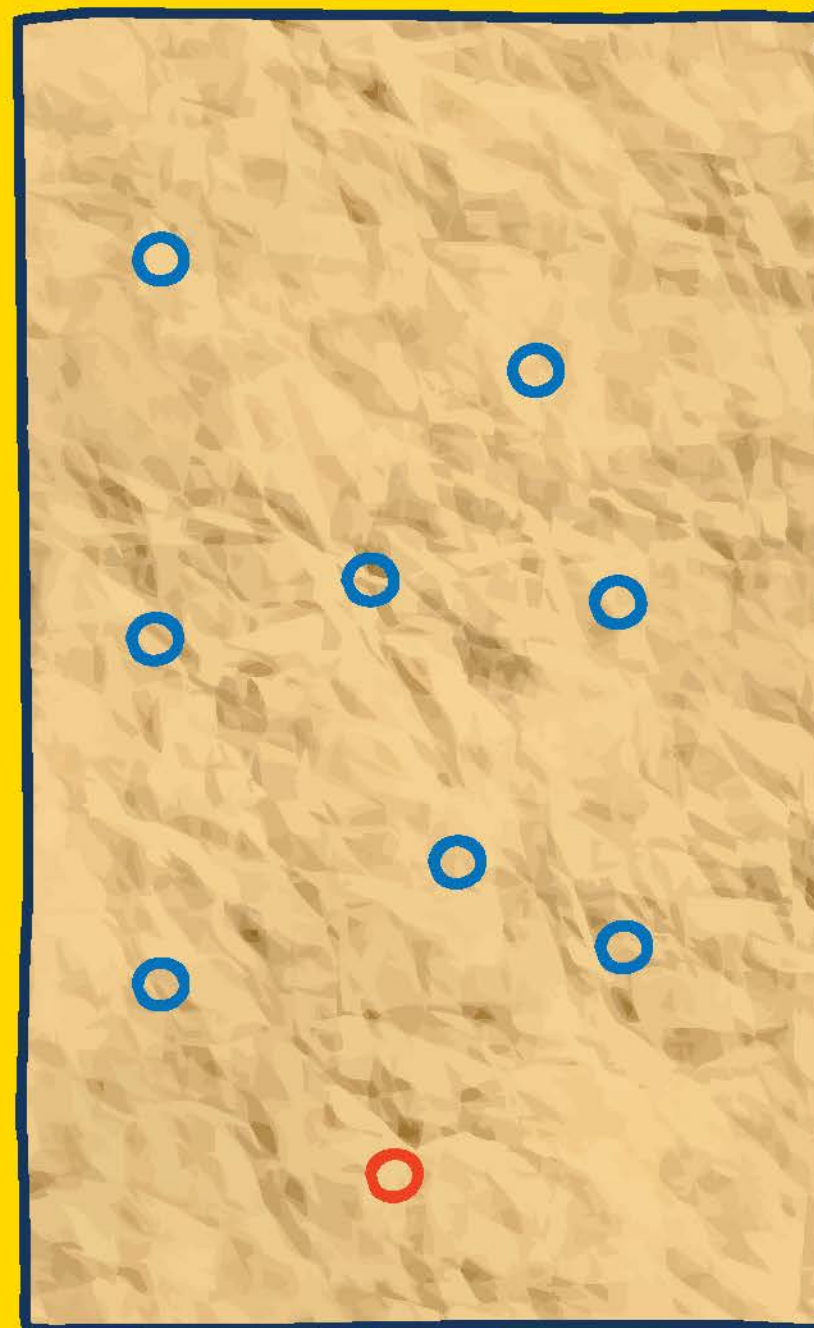
- Minimum number is four; this game can be played with a large group

Instructions

1. This activity can be carried out on a large grass or flat sandy area.
2. Participants are to spread out allowing significant room between each other.
3. The instructor is to demonstrate the actions:
 - Captain is standing upright saluting with one hand.
 - Airplane is lying face down on grass/sand with arms spread out on each side.
 - Submarine is lying on the back with one arm stretched out in front.
4. The game is similar to 'Simon Says.' The instructor is to yell out the commands and the participants have to perform the action. The last participant to perform the action is out of the game (they can then act as the judge).
5. The game continues until there is only one person left standing.

Related Events

- Beach Flags



BALLOON BATTLE

Equipment

- String and a balloon for each participant
- Something to safely pop balloon

Instructions

1. A balloon is tied to every participant's ankle.
2. A designated area is set out which the participants must stay within.
3. On the whistle participants need to pop the other balloons without getting theirs popped.
4. The last participant with an inflated balloon wins.

LARRY THE LIFESAVER SAYS

Instructions

- "Larry the lifesaver says paddle a board", participants simulate on the ground paddling a board, "Now do the flags starting position."
- Any participants who did the flags starting position are out because Larry the lifesaver did not say so.

LAND BASED GAMES

SURF LIFESAVER HANGMAN

Instructions

1. One person is the leader and thinks of a lifesaving word.
2. They then make the number of marks for each letter on a white board or piece of paper. For example: **LIFESAVER** _ _ _ _ _
3. The group is to guess the letters to make the word.
4. If a letter is correct it is placed in the position of the letter, if incorrect the letter is noted on the side and the Surf Lifesaver hangman is started.
5. Participants need to guess the word before the Surf Lifesaver hangman is completed.





CLAP-AND-SLAP-ALONG

Instructions

1. Participants sit in a circle.
2. A leader establishes a rhythm. For example, the leader slaps their thighs twice, claps twice and snaps their fingers twice.
3. Once the rhythm is established a participant is picked to start it.
4. The participant performs the rhythm and on the first snap says their name, then on the second says someone else's.
5. The participant's name which is said then performs the rhythm.
6. The pattern continues.

PASS THE BUCK

Equipment

Tennis balls

Instructions

1. Have the participants standing in a circle or random group.
2. Give the ball to one participant in the group.
3. Their task is to get the ball around the whole team in such a way that it does not pass onto the person sitting next to them.
4. Time the activity.
5. Once completed tell them how long it took and tell them they need to beat it.
6. After they have had another go get them to get it down even further and so on

TRAILER CONSTRUCTION

Equipment

- 2 x rolls of sticky tape
- 50 x straws for each group
- 4 x blindfolds for each group
- 20 x foam pieces to represent boards

Instructions

1. Divide the group up into two teams.
2. Within these teams, they are divided up evenly into the workers, the designers and the supervisors.
3. The designers are to design a gear trailer to hold ten boards. This design is then given to the supervisors.
4. The workers are blindfolded and must build the trailer, as per the design, with instructions from the supervisors. The supervisors are the only ones who can communicate with them.
5. The teams are given 15 minutes to complete a trailer to hold ten foam boards.
6. At the end of the time limit both trailers are tried and tested to see whose design was the most successful.

Note: Modify the game based on age group. E.g. no blind fold.

GROUP TIE



Equipment

- 1 x long thick rope
- 10 x cones for an obstacle course

Instructions

1. The group is to form a circle.
2. Alternatively one person faces into the circle while the person to their right faces away from the circle. This is to be repeated around the whole circle.
3. A leader then takes the rope and tangles it up within the group.
4. The group is then asked to slowly walk closer together until they form a cluster.
5. Make sure the rope is moderately tight.
6. Direct the group to the obstacle course that you have set up with cones.
7. They cannot touch or move the cones and the whole group needs to navigate its way through the course.
8. Once the group has completed the course, participants need to work together to free everyone from the group.

LAND BASED GAMES

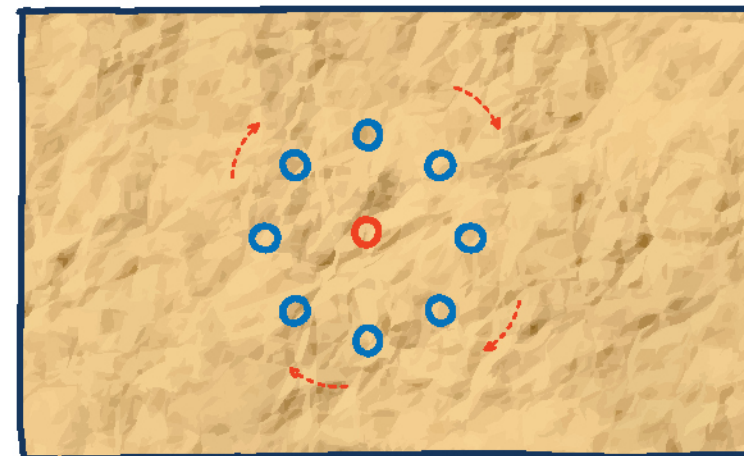


FRUIT BASKET



Instructions

1. Participants sit in a circle.
2. The leader goes around the circle and whispers the name of a different fruit to each participant.
3. One of the participants is chosen to stand in the centre and call the names of two fruits.
4. The two participants immediately change places.
5. The participant standing in the centre tries to get one of the swapping fruits position.
6. The participant without a spot is now in the centre.
7. At any time the participant in the centre may say 'fruit salad', all the participants now must change places.





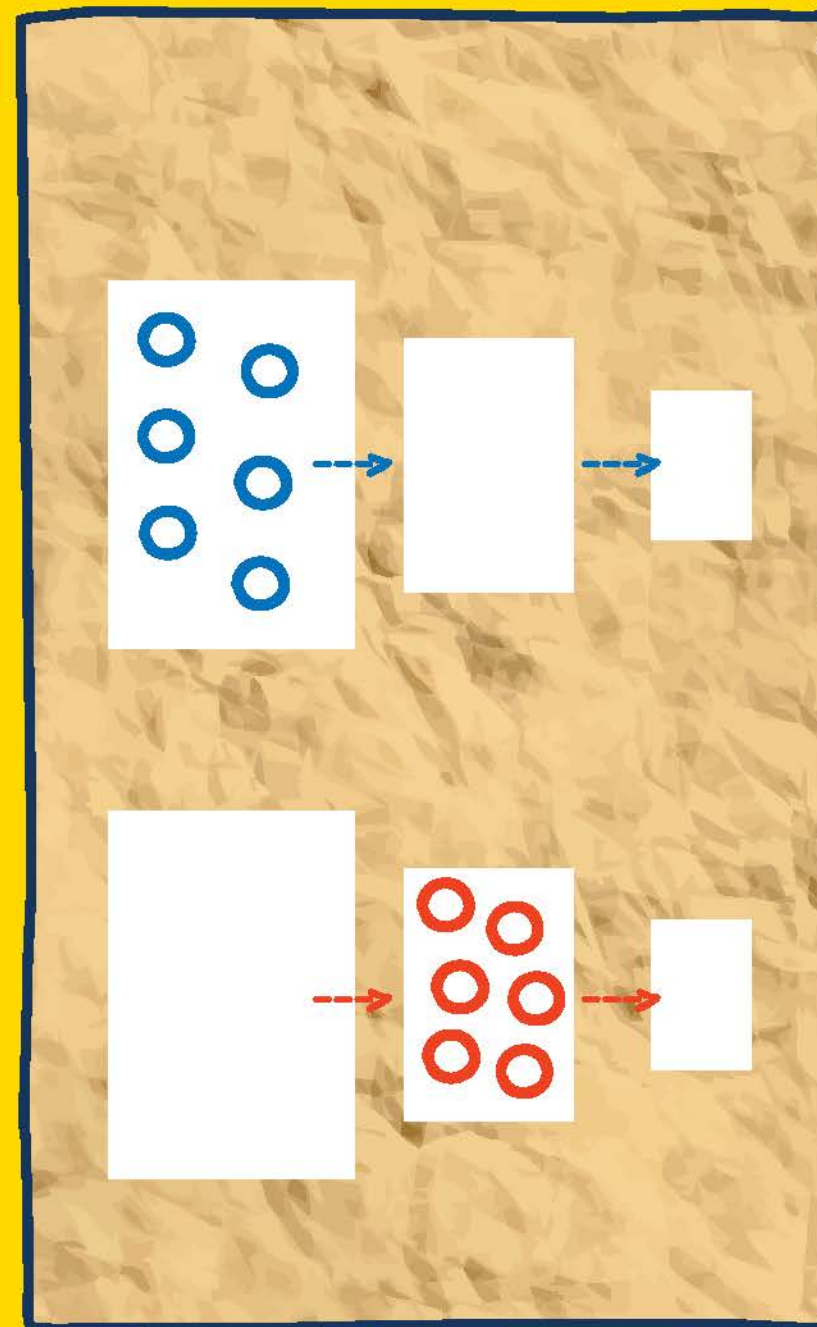
OVERTURNED BOAT

Equipment

- 1 x tarp
- 1 x towel
- 1 x tea towel

Instructions

1. Teams consist of 8-10 participants.
2. Place the tarp in front of the group.
3. Every member of the group needs to stand on the tarp.
4. The group needs to turn the tarp over without anyone touching the floor with any part of their body or clothing.
5. Teams progress from the tarp to the towel and finally the tea towel with the same number of group members.





ON THE SQUARE

Equipment

- 1x piece of butcher's paper per group
- 1x stop watch

Instructions

1. Place the butcher's paper in front of the team.
2. Each member takes a position on the paper.
3. Every 30 seconds an edge section of the paper is ripped off by one of the leaders.
4. The paper will continue to get smaller and smaller every 30 seconds therefore, teams need to adjust.
5. If a member touches the floor they are out.
6. The group with the smallest piece of paper and highest number of people left will be the winners.



CROSS THE RIVER

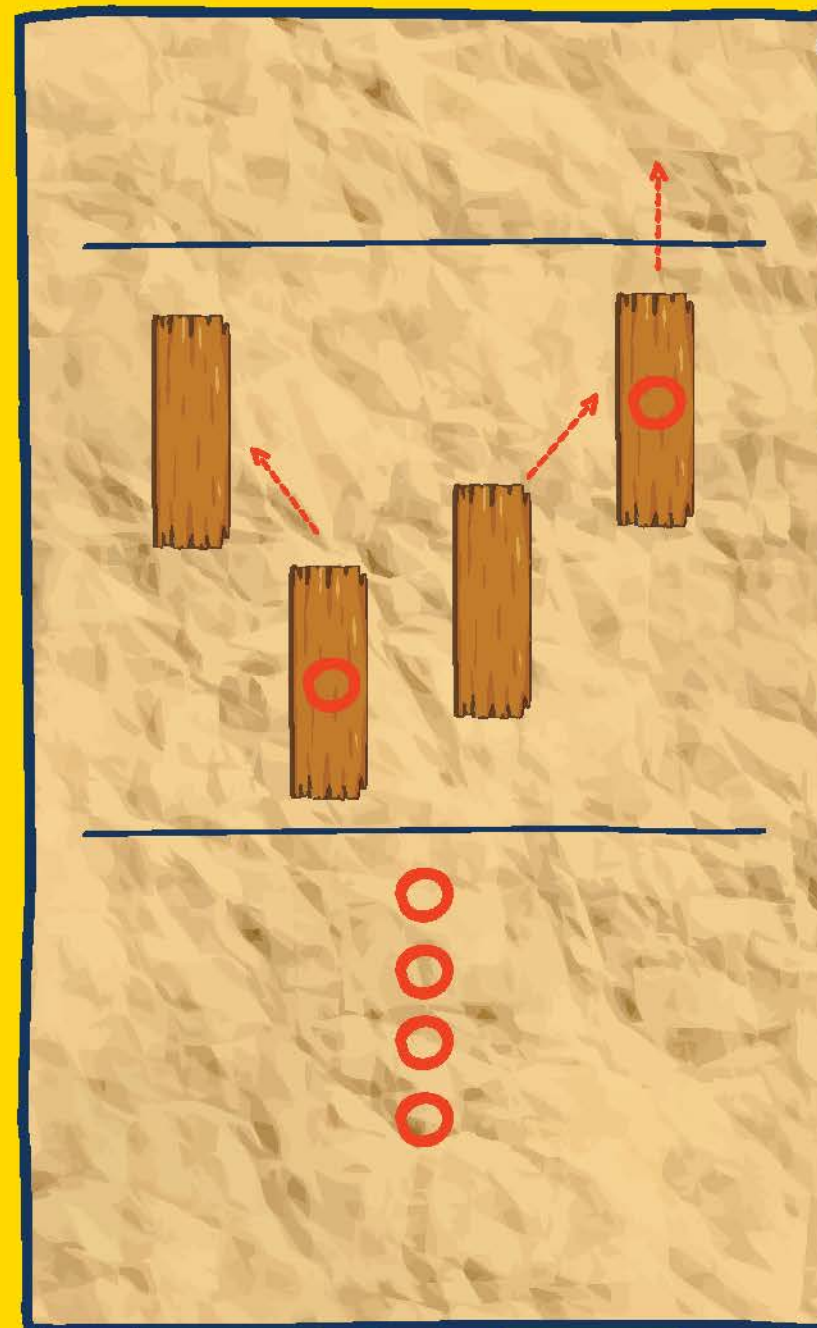
Your mission is to cross the river to get to the safe house.

Equipment

- 2 x pieces of rope
- 4 x planks of wood

Instructions

1. Lay each piece of rope out straight, parallel to each other with roughly 15m between.
2. The group lines up behind one piece of rope
3. Between the ropes is a river, the team must get from one side of the river, to the other without touching the water.
4. The planks may be used as stepping stones. The plank can touch the water, but a foot or hand must be on it at all times.
5. If a foot or hand is not touching the plank, it will be washed away by the river.



LIVE/LIFE WIRE

Equipment

- 1 meter long wire
- A4 paper
- Coloured pens/pencils
- Paper clips

Instructions

1. Using the paper and pens provided, draw an image that shows your life and paper clip them to the wire.
2. Have each person share their image attached to the wire with the rest of the group.
3. Great activity for participants to get to know each other.

LAND BASED GAMES



POSITIVE THINKING

Equipment

- Worksheet
- Pieces of card 5cm x 5cm (five per participant)
- Pens and markers

Instructions

1. Explain to the participants the benefits of positive thinking.
2. Have the participants write down how they feel when they are thinking positively.
3. Have the participants compare how they feel when they are thinking positively compared to when they are not.
4. Have the participants discuss how they think that positive thinking may help them in their lives.
5. Go through the positive thoughts on the worksheet and explain to the participants that they can use thoughts like this to help them think positively.



GOAL SETTING



Equipment

- Worksheet
- Coloured pens and pencils

Instructions

1. Talk to the participants about goal setting.
2. Outline the differences between major goals (long-term goals) and minor goals (short-term goals).
3. Get the participants to use colours on their worksheet.
4. Explain to the participants that minor goals can be used as stepping stones to achieving major goals.
5. Explain to the participants that goals must be realistic.
6. Have the participants set a major goal that they would like to achieve either at the end of the season or around 2 to 5 year's time.
7. Have the participants write the major goal on the worksheet.
8. Have the participant's think of the step by step minor goals they have to achieve to achieving the major goal.
9. Have the participants look at the 10 minor goals they wrote on the worksheet and assess if they are realistic.
10. Have the participants take their worksheet home and place it somewhere where they can see it every day.
11. Also when they have achieved a minor goal it needs to be marked off.

Step 1	Minor Goal 1
Step 2	Minor Goal 2
Step 3	Minor Goal 3
Step 4	Minor Goal 4
Step 5	Minor Goal 5
Step 6	Minor Goal 6
Step 7	Minor Goal 7
Step 8	Minor Goal 8
Step 9	Minor Goal 9
Step 10	Minor Goal 10
Final Step	Major Goal

Name: _____ Club: _____

Who are my mentors and why? _____

Experiences I would like to obtain:

In 12 months _____

In 2 years _____

In 5 years _____

Goals in Surf Life Saving in the next:

In 12 months _____

In 2 years _____

In 5 years _____



LAND BASED GAMES



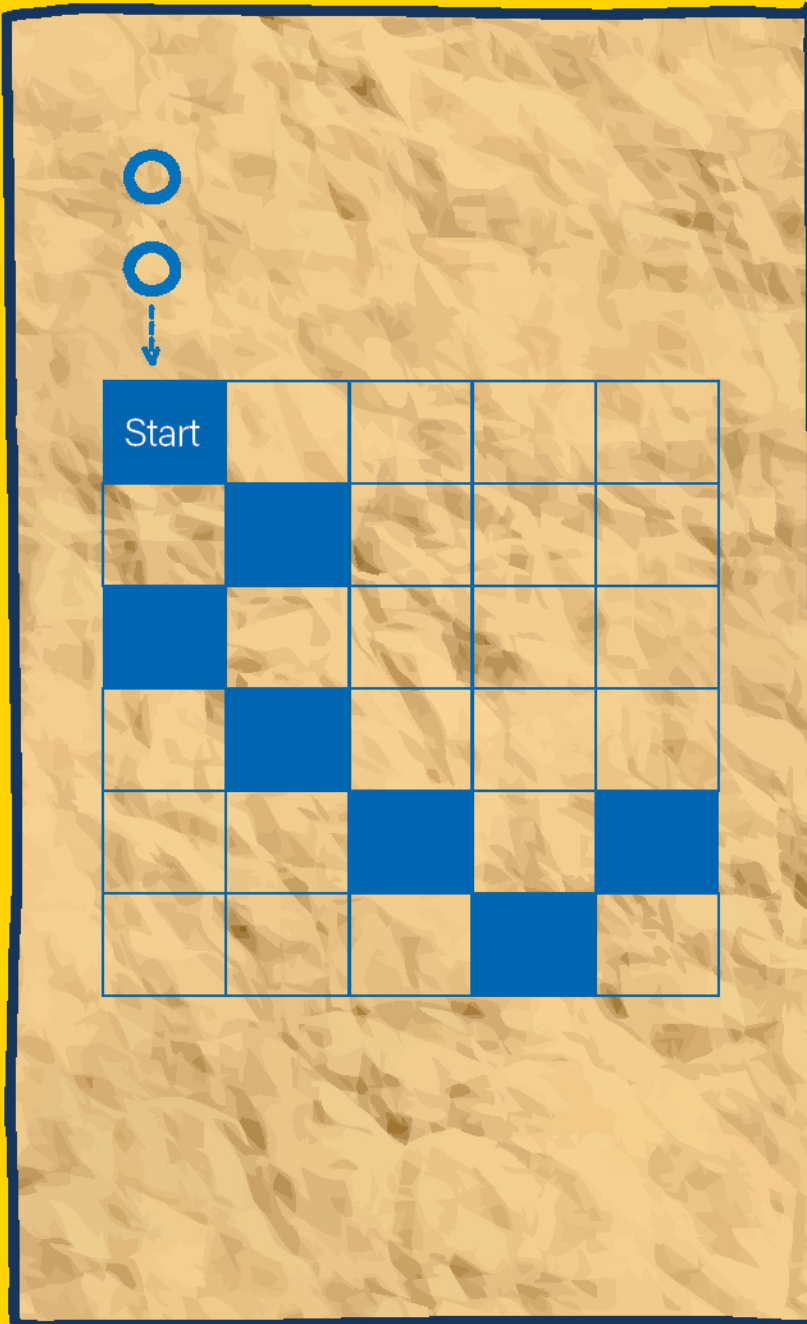
THE GRID

To find the hidden path through the grid, in the shortest amount of time and with the least amount of penalties. Teams are to compete against each other.



Instructions

1. All team members must participate as a walker.
2. The first team starts on the starting side, while the others watch.
3. A grid map is presented to the umpire with the route made by the opposite team.
4. Only one walker at a time is allowed inside the grid.
5. If an incorrect square has been touched by any part of the body or clothing the walker must retrace their correct steps back to the entry point.
6. Each misplaced foot is counted as one penalty point in both forward and backwards directions. One point equals 5 seconds which will be added onto their time at the end.
7. Individuals that do not correctly retrace their steps by moving directly to the outside of the grid will receive a 1 minute penalty.
8. Treading anywhere on the grid edge markings is also a penalty point.
9. The walking team must commit all moves to memory. Methods that are totally prohibited include:
 - Marking the route on the ground, paper, rock etc.
 - Team members writing it on paper.
10. When a team successfully finds the route, one by one they need to make their way through the grid

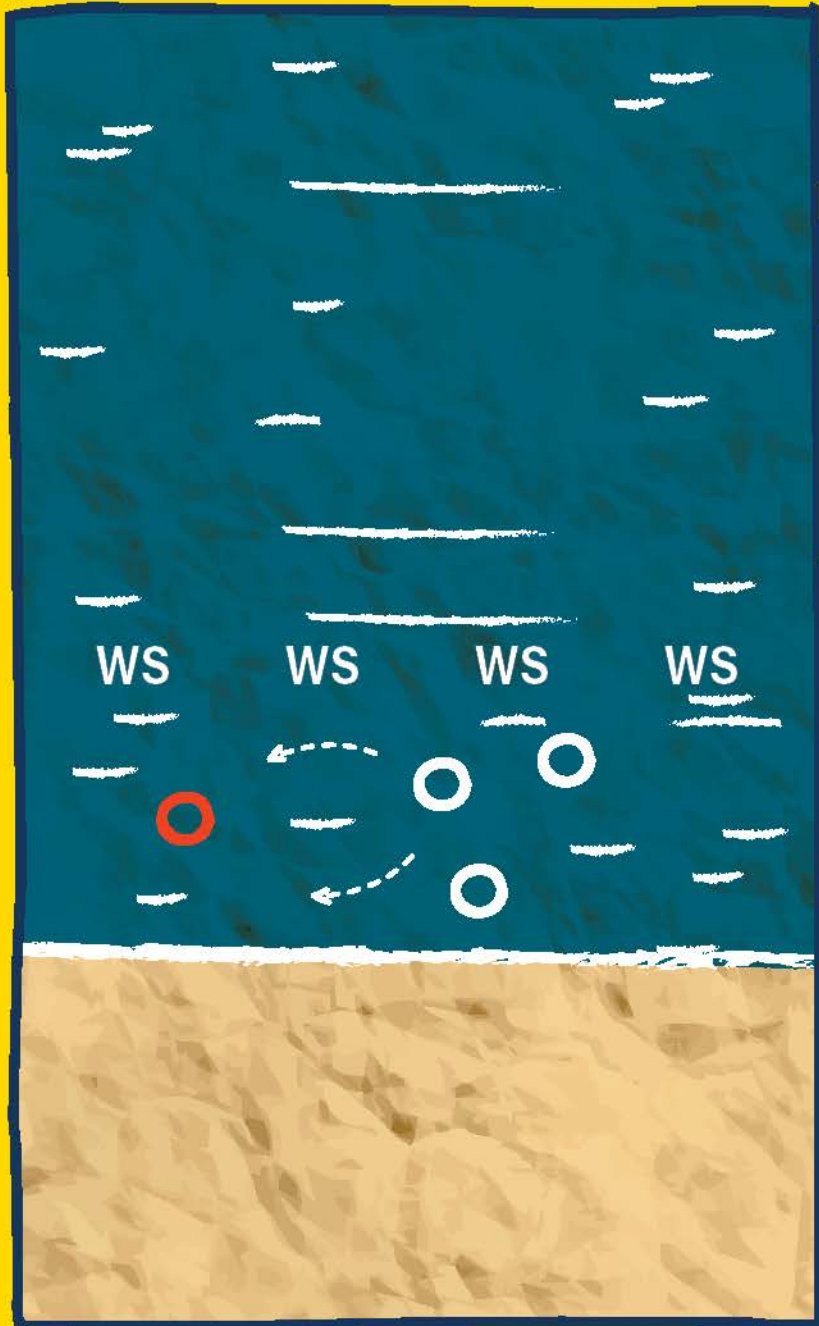




WATER BASED GAMES

Please ensure that for all water games, sufficient water safety is organised to ensure the safety of all participants. The Patrol Operations Manual states that there is to be one water safety person for every five participants and one IRB for every 20 participants.





WATER BASED GAMES

WADING BULL RUSH

(SURF OR FLAT WATER)

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.

Equipment

- 4 x water safety officers/ NSA used as markers

Related Events

- Wadding Duck Diving

Minimum Numbers

- Five per group

Instructions

1. Mark out the area with four water safety officers in the participant's 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. Game continues until one person is left and caught.



WATER BASED GAMES

DUCK DIVING RACE

(SURF OR FLAT WATER)

On a command, participants are to duck dive through the surf out to water safety officers. Water safety officers have a tube and the participants are to touch the tube and place an arm up in the air to signal that they are finished.

Equipment

- 4 x water safety officers/NSA used as markers

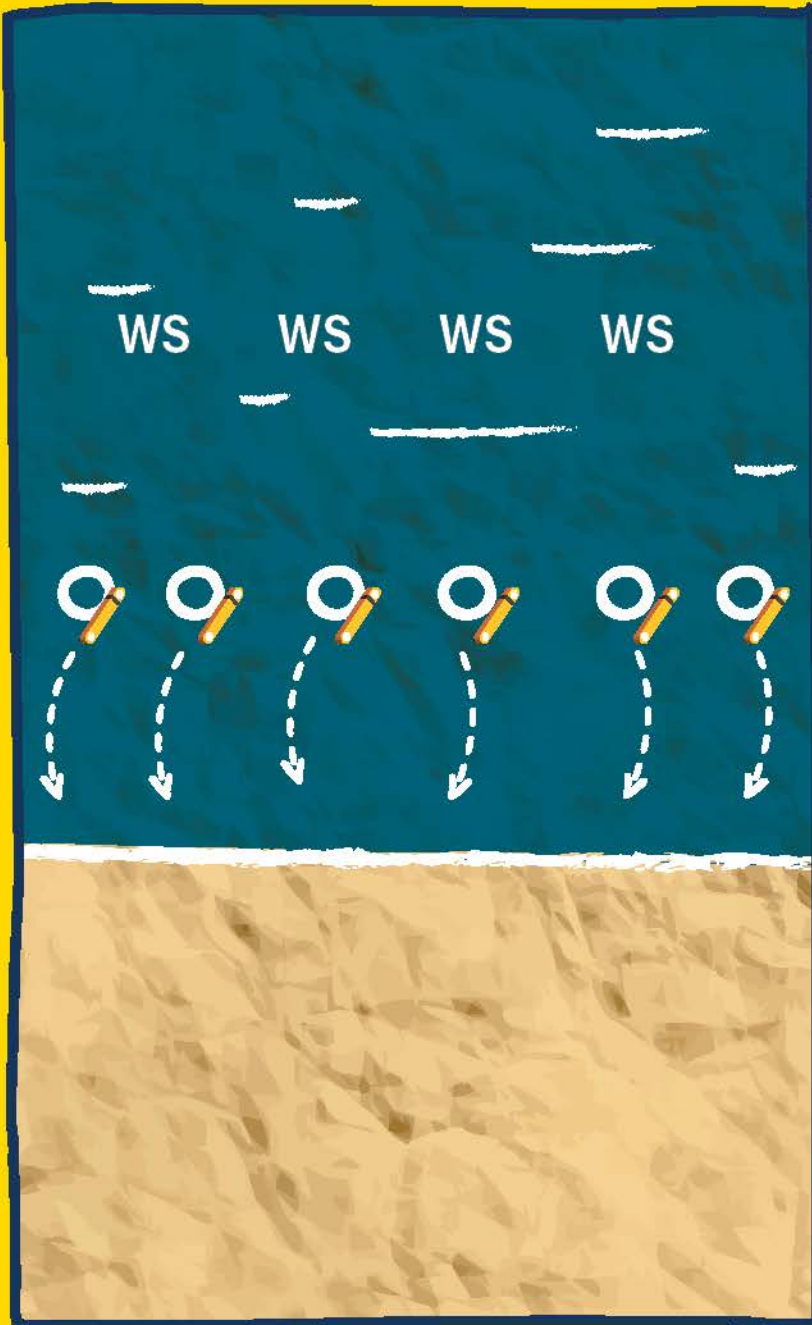
Minimum Numbers

Six to eight per group

Instructions

1. Set the water safety officers in the surf at about waist depth with a rescue tube (depths will change per age group).
2. Six - eight participants start out in shallow depth water lying on their stomachs.
3. On the command, participants are to push up and duck dive to their water safety officer.
4. Once they reach the water safety officer they must place one hand on the tube and the other in the air to signal that they are finished.





WATER BASED GAMES

TUBE SURFING 'PARTY WAVE'

(SURF ONLY)

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

Equipment

- Water safety
- Tubes (one for each participant)

Related Events

- Body surfing skills
- Swim Wade

Minimum Numbers

- Six to eight per group

Instructions

1. Water safety ratio must be met before going to the surf.
2. One water safety officer is positioned at each end of the group and two in the middle. Participants must stay between the two outside water safety officers.
3. Participants will have a rescue tube with them.
4. The officer calls the command and all participants tube surf into the beach and run to the cones.
5. When catching a wave the participants reach out with the tube and place it under their body, hands on both sides of the tube and head above the water.
6. If a participant is unsuccessful in catching a wave they are to wade the rest of the way and try to beat the others.



WATER BASED GAMES

BODY BOARD CHALLENGE

(SURF ONLY)

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

Equipment

- 1 x body board for each participant (may have to do two groups)
- Water safety

Minimum Numbers

- Six to eight per group

Related Events

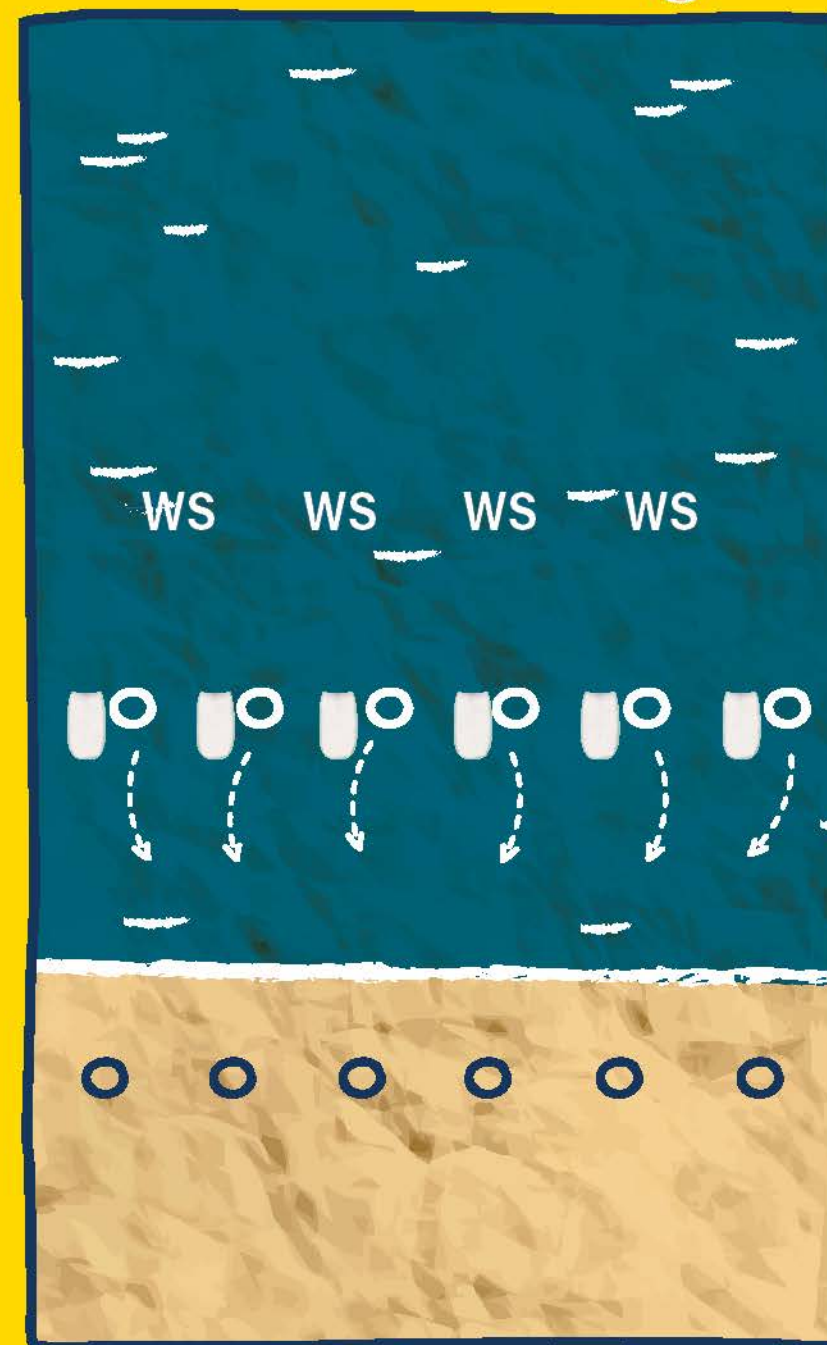
- Boards
- Negotiating the surf

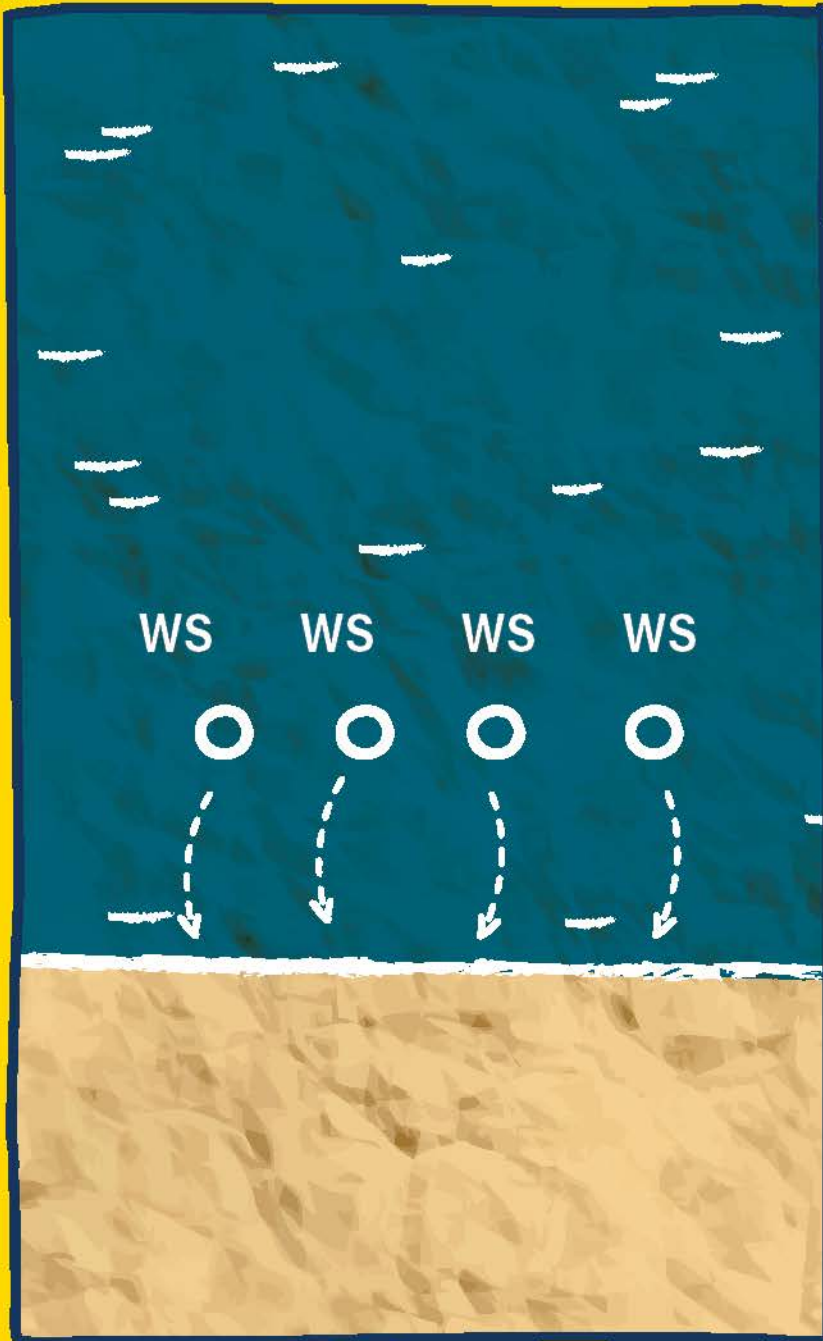
Instructions

- Participants attach the right leash to their wrist.
- Participants place the board on the sand and lie on top of them.
- The instructor gives them key coaching points on how to handle the board.
- Water safety officers are set out in the water at waist depth.
- Participants must stay between the water safety officers.
- Participants are instructed to enter the water on the instructors whistle and catch 5 waves to the shore.
- Once completed they must return to the starting position on the beach.



Queensland





WATER BASED GAMES

BODY SURFING

'PARTY WAVE'
(SURF ONLY)

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.

Equipment

- Water safety

Minimum Numbers

- Five per group

Instructions

1. Water safety officer ratio must be met before going to the surf.
2. One water safety officer is positioned at each end of the group and two in the middle. Participants must stay between the two outside water safety officers.
3. Participants must be at the ready to catch the wave called by one of the officers.
4. When the officer 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.

Related Events

- Body surfing
- Negotiating surf



WATER BASED GAMES

WATER TAG

(SURF OR FLAT WATER)

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

Equipment

- 4 x buoys (10m x 20m apart)
- Water safety

Minimum Numbers

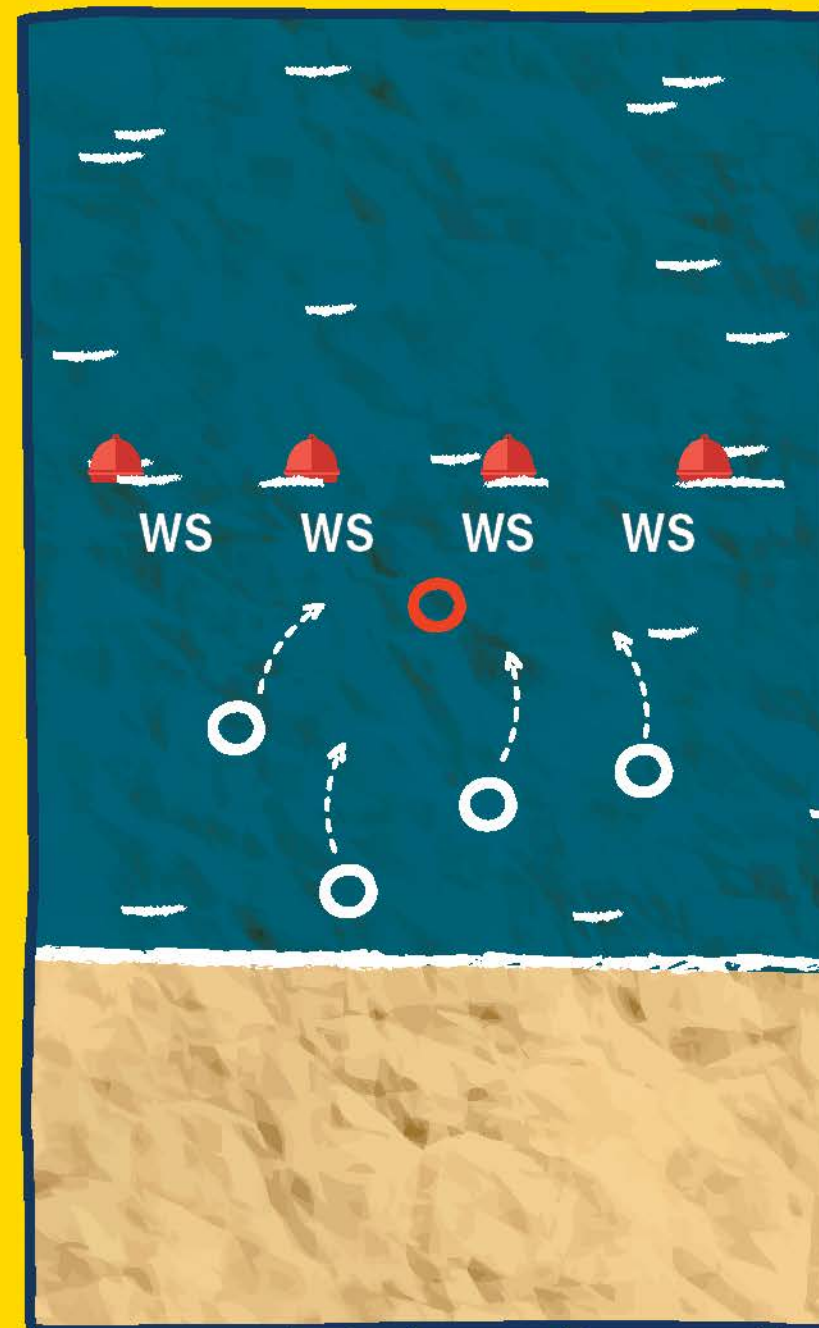
- Four per group

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 officers 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'.





WATER BASED GAMES

WATER BULL RUSH

(SURF OR FLAT WATER)

To teach the participants board paddling skills and team work.

Equipment

- 4 x buoys (10m x 20m apart)
- 1 x board for every participant
- Water safety

Minimum Numbers

- Four

Related Events

- Board paddling

Instructions

1. Buoys are set 10m x 20m apart out past the break.
2. Water safety officers need to be positioned prior to participants entering the water.
3. Choose one or two people to be 'IT'.
4. The other participants start on one side.
5. The 'IT' calls over one other paddler or calls bull rush, they need to try and tag the other board paddlers.
6. The other board paddlers need to try and get to the other side without been tagged.
7. If tagged they are 'IT' as well.
8. Game continues until one paddler is left.



WATER BASED GAMES

ROLL OVER RELAY

(SURF OR FLAT WATER)

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

Equipment

- 4 x buoys (20m x 20m apart)
- Board for every participant
- Water safety

Minimum Numbers

- Four

Related Events

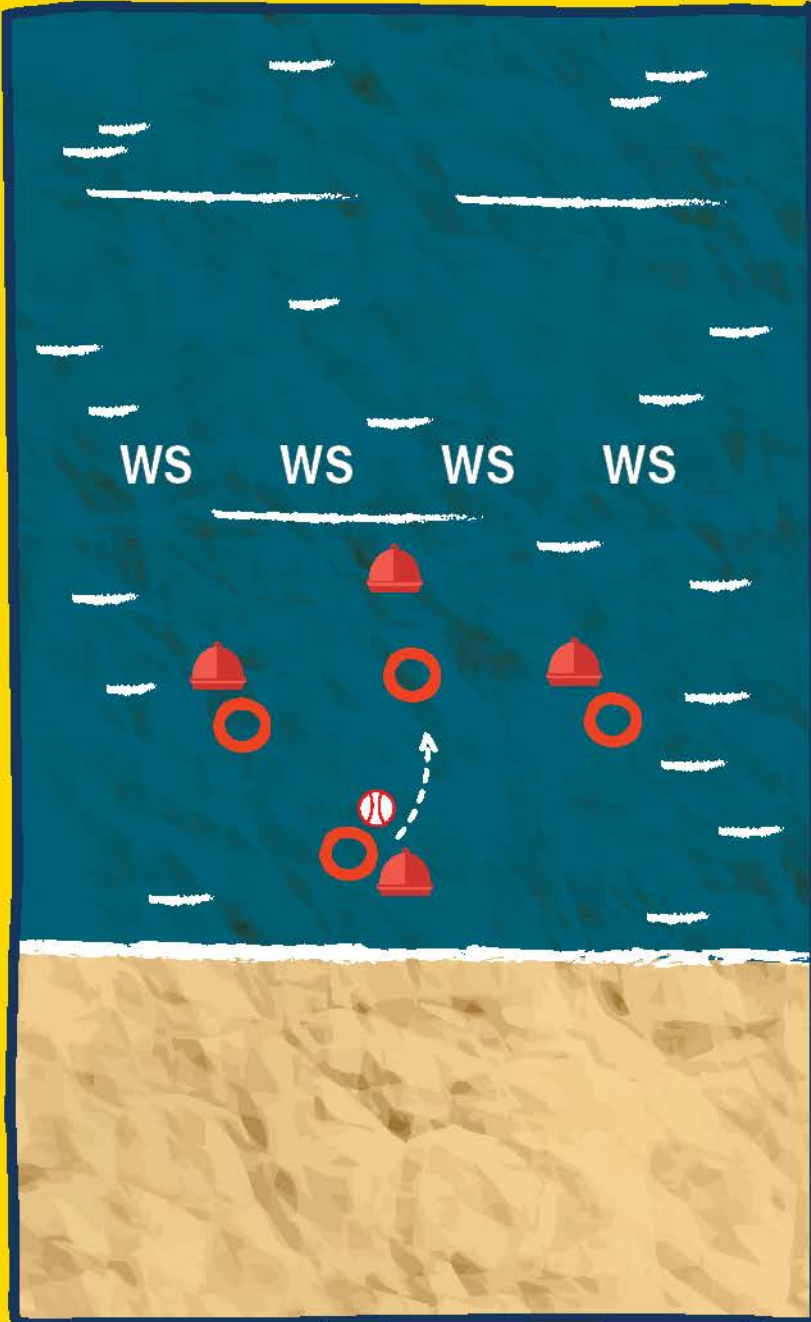
- Board paddling



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 teammate.





WATER BASED GAMES

WATER BASEBALL

(FLAT WATER)

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

Equipment

- 1 x soft bat
- 1 x soft ball
- 3 x buoys or water safety as bases
- 1 x marker (home base)
- Water safety

Minimum Numbers

- Five per team

Related Events

- Water events (wading, swimming, duck diving)

Instructions

1. Set up the playing area the same as a normal game of baseball but smaller. Use the buoys or water safety officers as the bases.
2. The batter starts in knee-depth water and fielders are in waist to chest-depth water.
3. Divide the group into two even teams (five per side).
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.



BODY SURFING FLAGS

(SURF ONLY)

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

Equipment

- 10 x tennis balls

Minimum Numbers

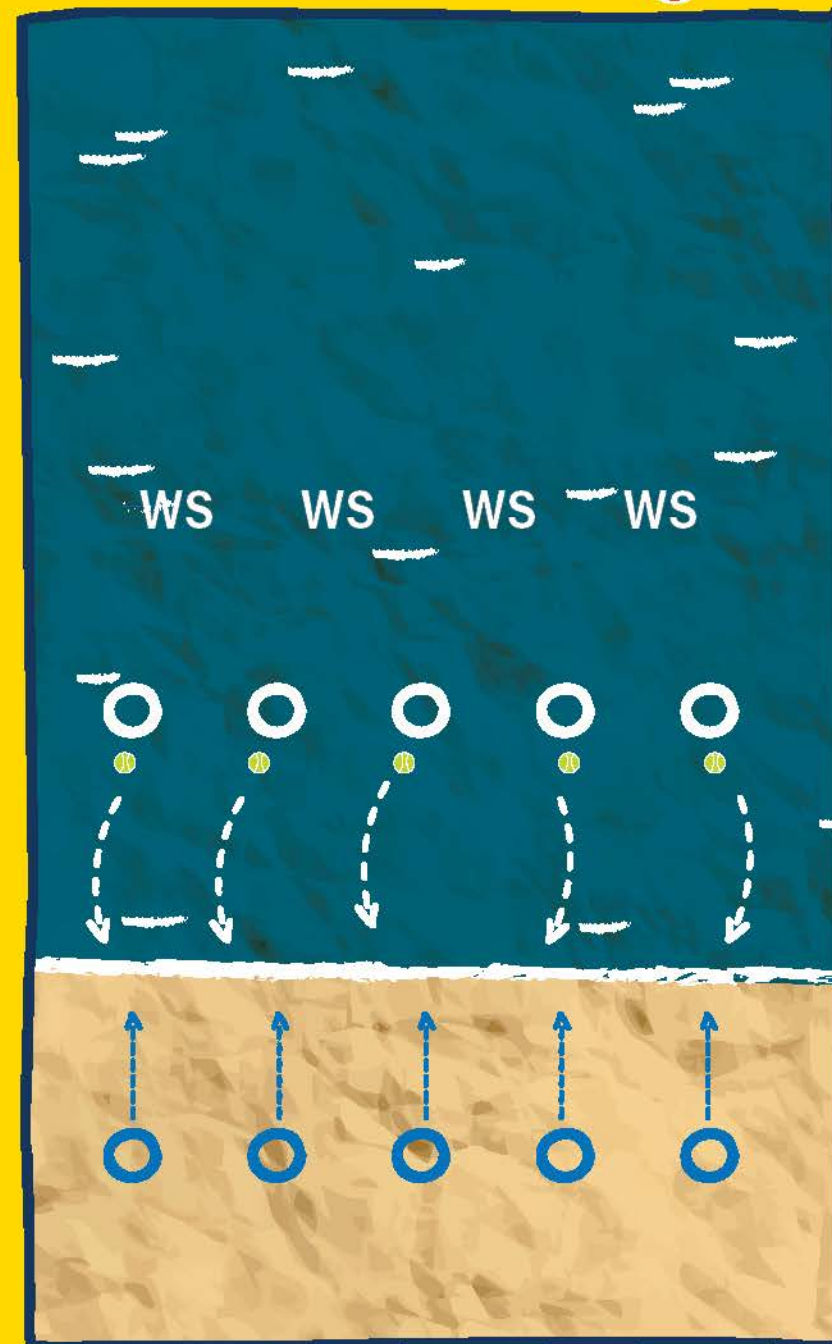
- Five per group

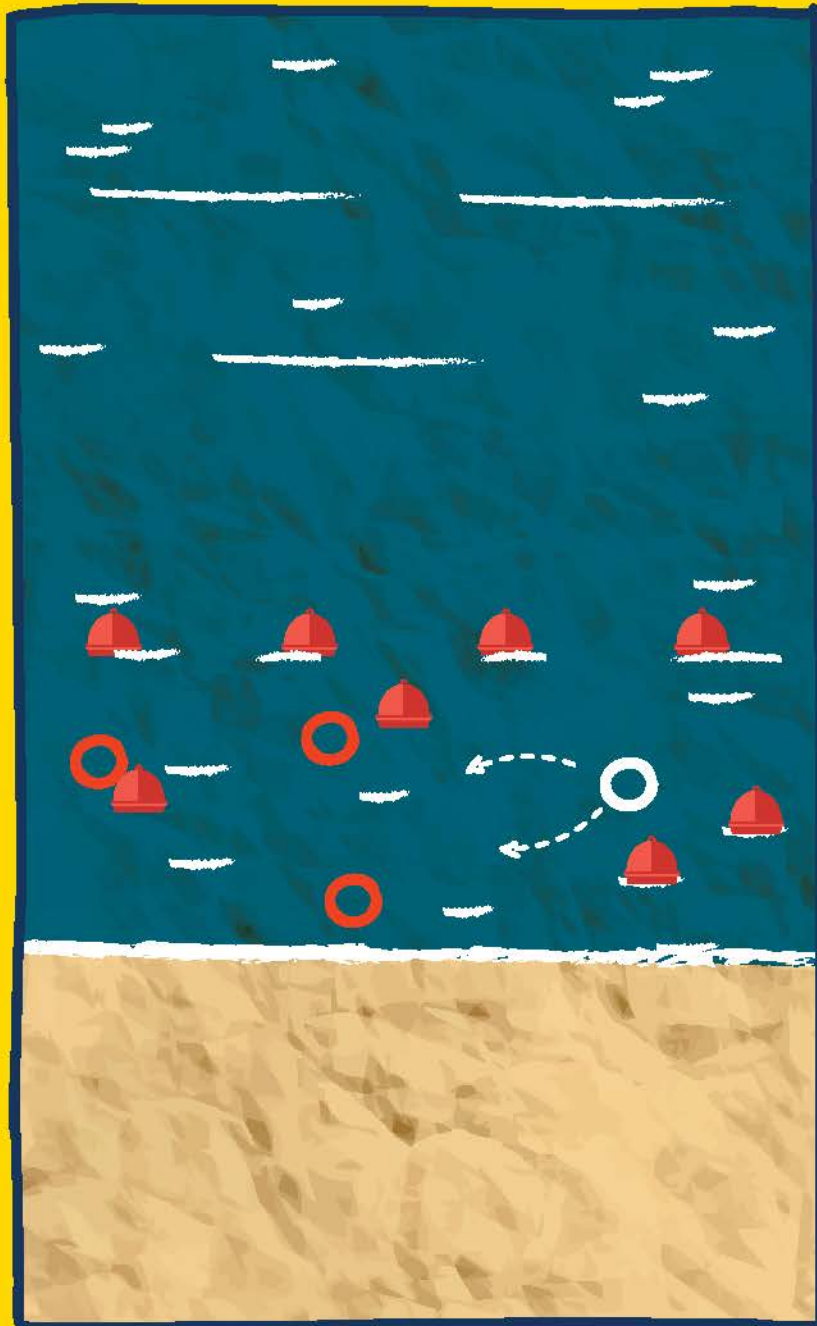
Instructions

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

Related Events

- Surf skills
- Body surfing skills





WATER BASED GAMES

WATER IMMUNITY

(SURF OR FLAT WATER)

To teach participants swimming skills in a surf environment. Teamwork is also incorporated in the activity.

Equipment

- 4 x buoys (20m x 20m apart)
- 4 x more buoys
- Water safety

Minimum Numbers

- Four

Related Events

- Surf swimming

Instructions

1. Set up the boundary area with four buoys.
2. Set the additional four buoys randomly in the marked area. These are safety zones – participants are safe if they are touching the buoy.
3. Choose one or two participant to be 'IT' and they must tag as many people as possible.
4. If someone is tagged they become it as well.
5. Only one person is allowed on each buoy at any one time. Once a new person comes, the old person must find another buoy.

SIGNAL CHALLENGE

(SURF OR FLAT WATER)

To teach the participants to recognise, respond to and remember surf signal flags

Equipment

- 1 x set of signal flags
- Water safety

Minimum Numbers

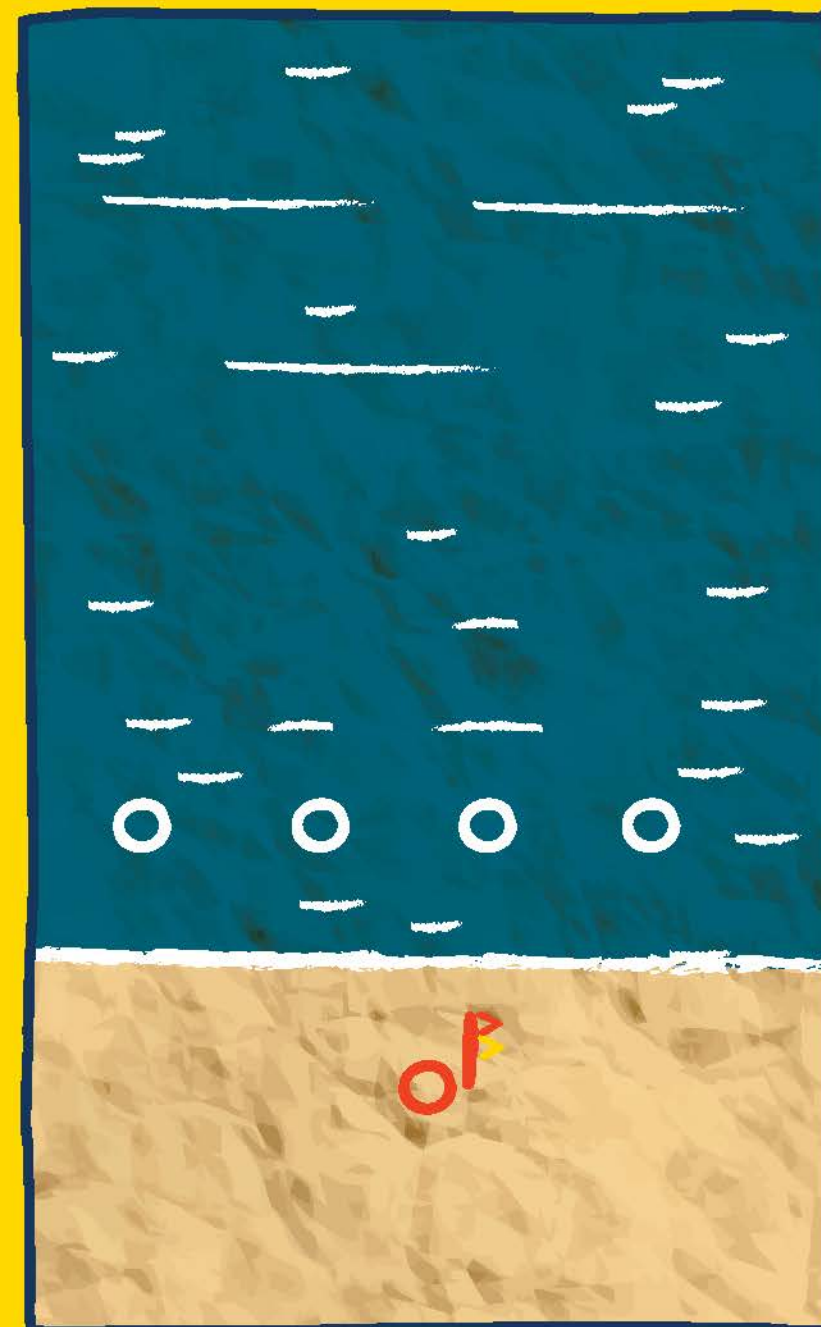
- Four

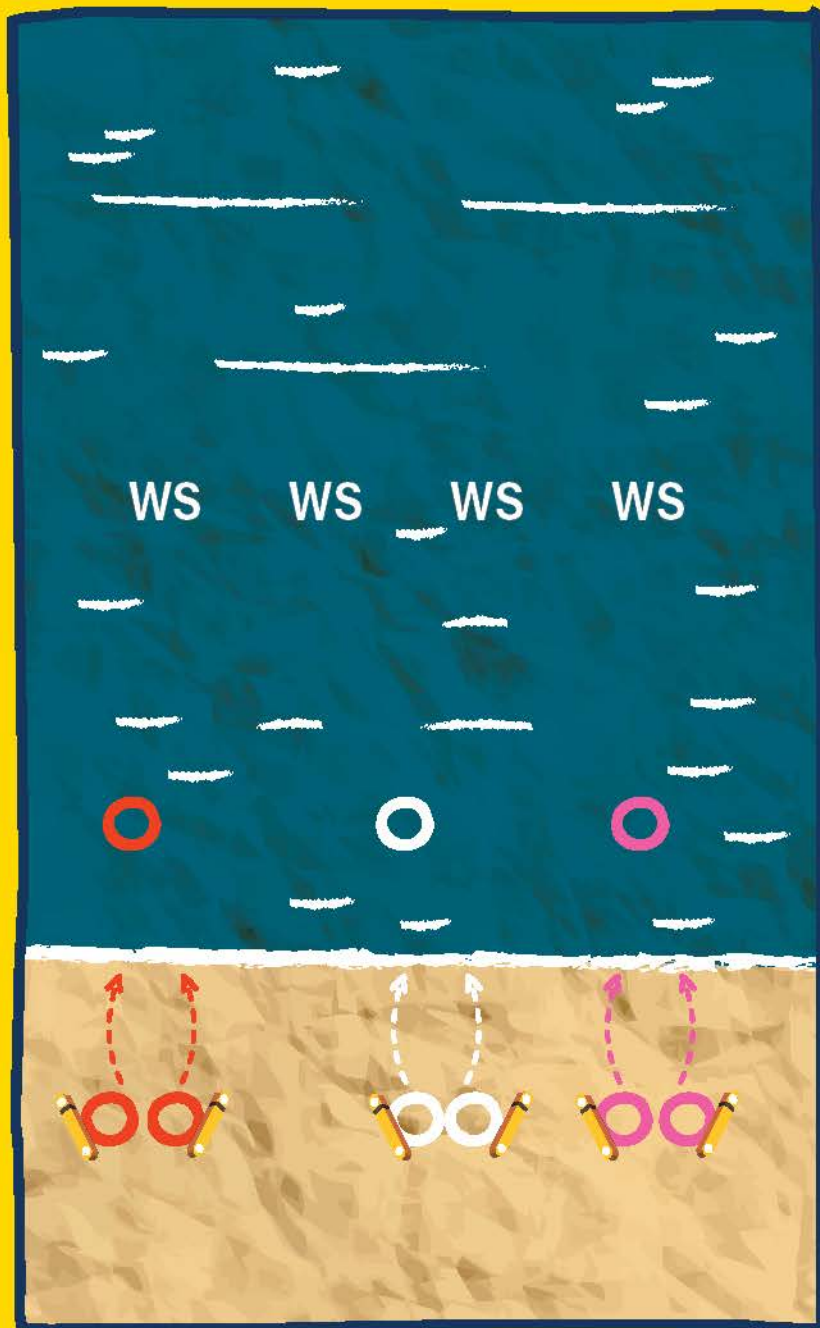
Related Events

- Surf Rescue Certificate and Bronze Medallion.

Instructions

1. Choose one participant to be on the beach with the signal flags. 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.





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WATER BASED GAMES

TWO PERSON TUBE CHALLENGE

(SURF OR FLAT WATER)

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

Equipment

- 2 x tubes per group of three
- Water safety

Minimum Numbers

- Six

Related Events

- Surf rescue certificate and Bronze medallion.

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 officers 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.

TUBE RESCUE BATTLE

To teach the participants swimming skills with a tube.



Equipment

- 1 x tube per groups of two
- Water safety

Minimum Numbers

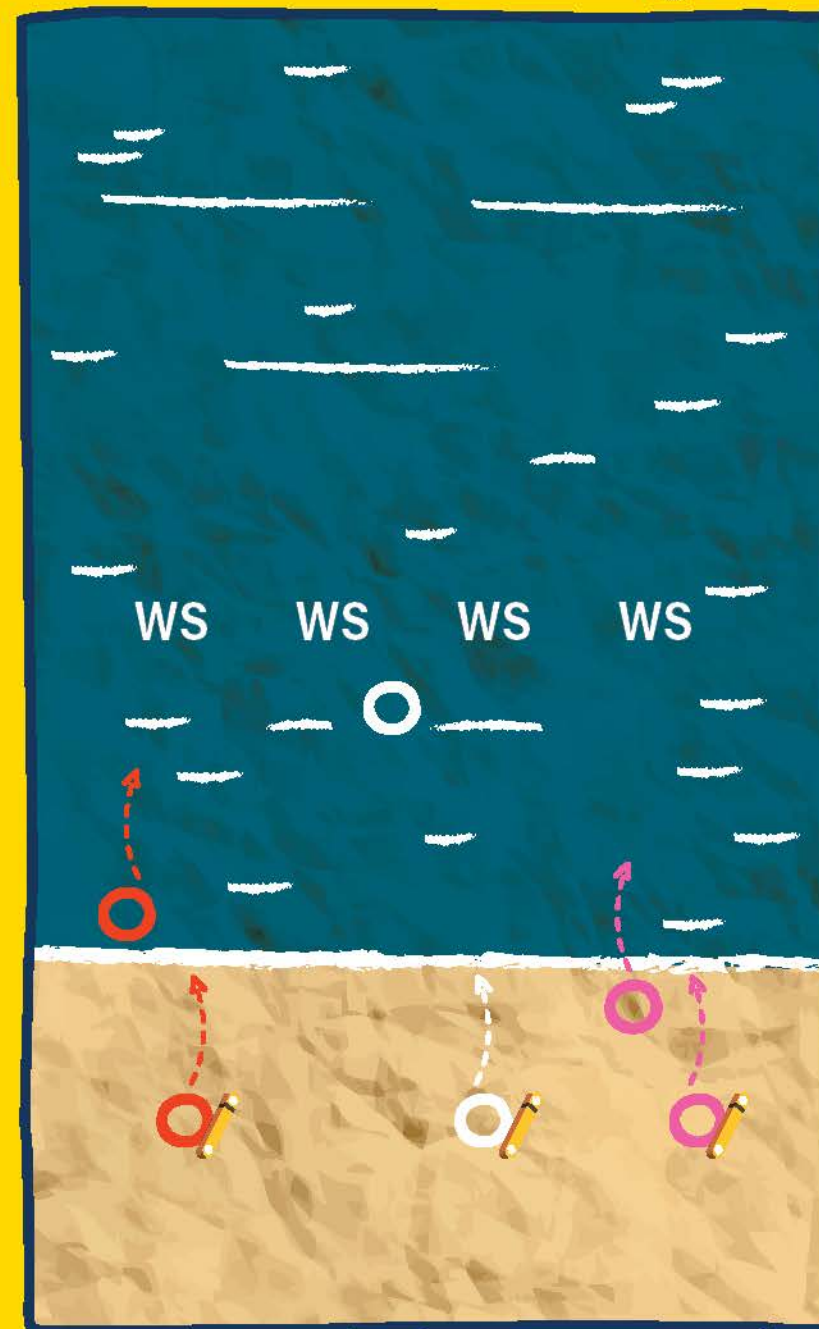
- Four

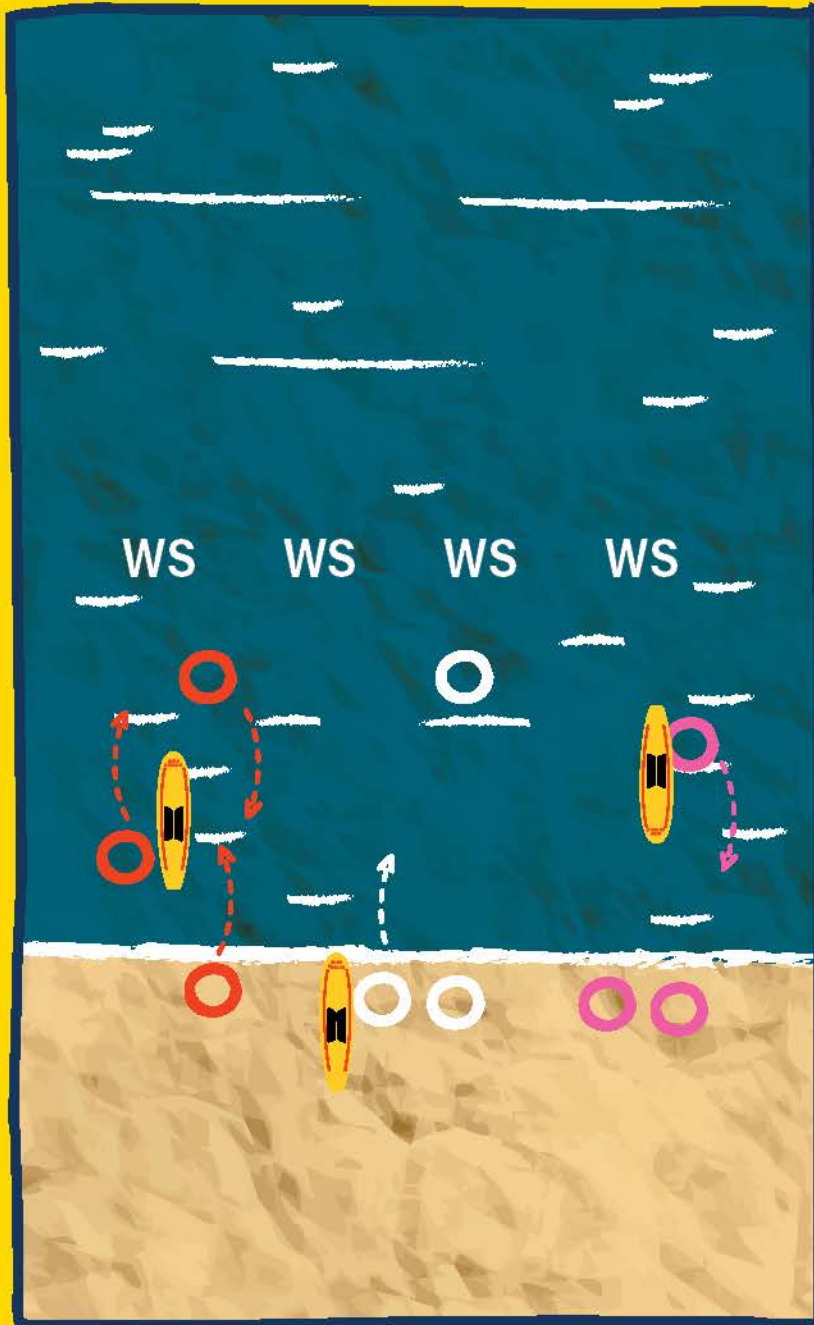
Related Events

- Tube rescue

Instructions

- Participants are to divide into pairs. One partner is the patient, the other the rescuer.
- On command from the instructor, the patients proceed out to sea as fast as they can.
- 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.
- Rescuers should ensure they calm the patient and talk to them before attaching the tube and swimming back to shore.
- The fastest team back to shore are the winners.





WATER BASED GAMES

THREE PERSON BOARD RELAY

(SURF OR FLAT WATER)

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

Equipment

- 1 x board per group of three
- Water safety

Related Events

- Board rescue

Minimum Numbers

- Six

Instructions

1. Form participants into groups of three.
2. One person swims out to the marked area indicated by the water safety officers.
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.

TEAM BOARD RELAY

(SURF OR FLAT WATER)

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

Equipment

- 1x board per group
- 1 x buoy
- Water safety

Minimum Numbers

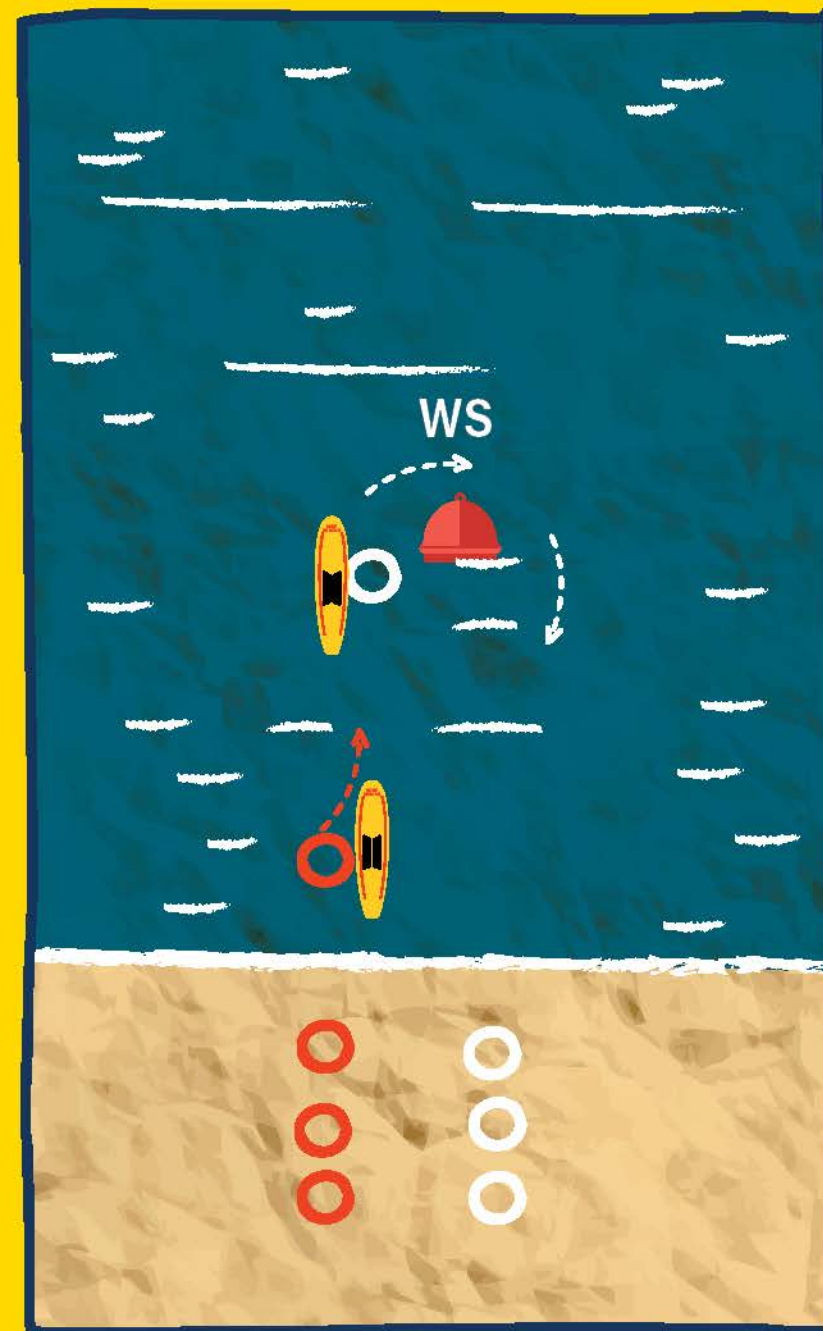
- Eight

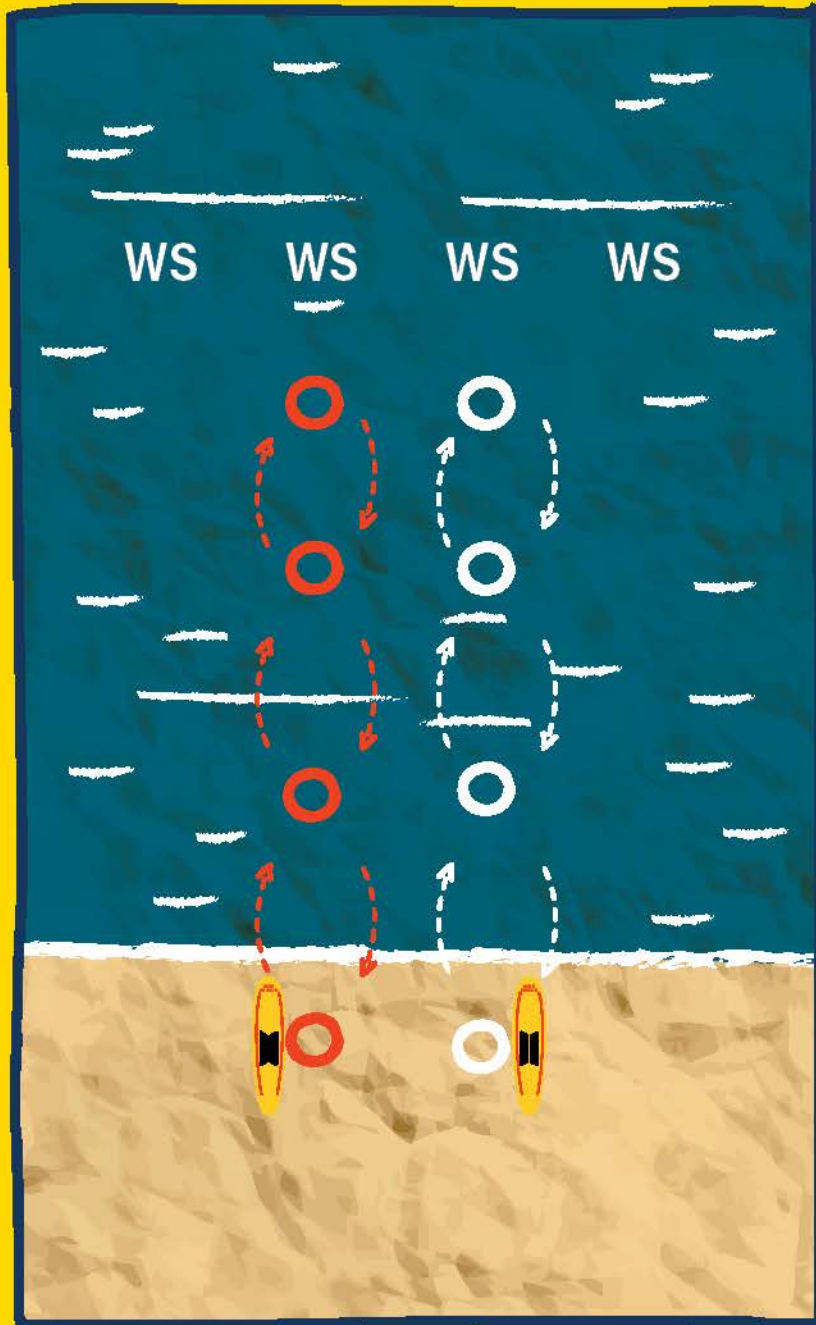
Instructions

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.

Related Events

- Board rescues and relay





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WATER BASED GAMES

BOARD SERIES

(SURF OR FLAT WATER)

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

Equipment

- Boards
- Water safety

Minimum Numbers

- Four

Related Events

- Rescuing an unconscious patient
- Surf Rescue Certificate/ Bronze Medallion

Instructions

- Participants are to be in groups of four.
- 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.
- On the command of the instructor, number one paddles out to number two.
- Number one gets off the board and number two paddles to number three.
- Number two gets off the board and number three paddles to number four.
- Number three must roll the board and use the roll over procedure to get number four on.
- Number three must then paddle number four back to shore like a regular board rescue.
- On the way back in number two and one get on or hang onto the board to assist number four into the beach.

HULA HOOP DIVES

(FLAT WATER)

Participants learn the importance of duck diving.

Equipment

- 4-8 hula hoops (large)
- 4-8 people to hold the hoops

Minimum Numbers

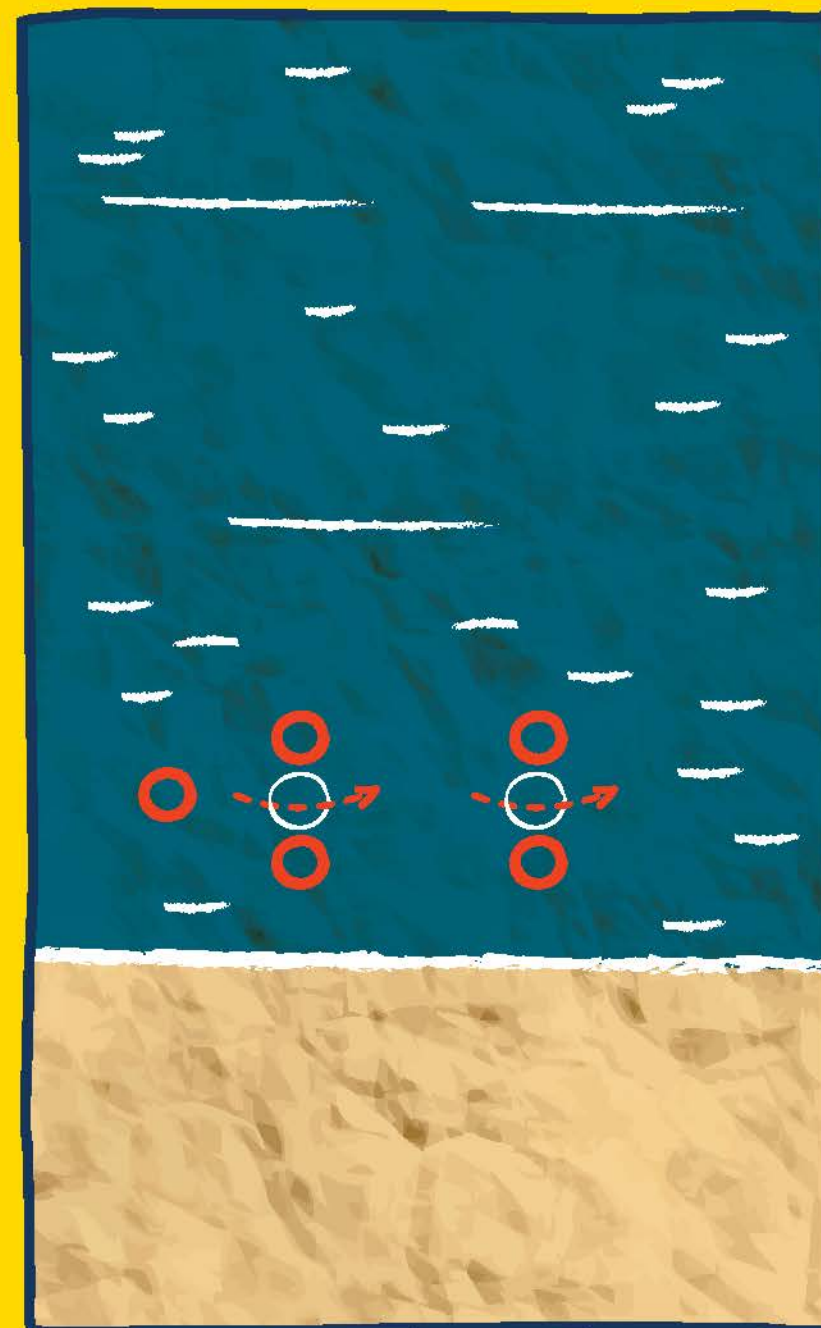
- Four

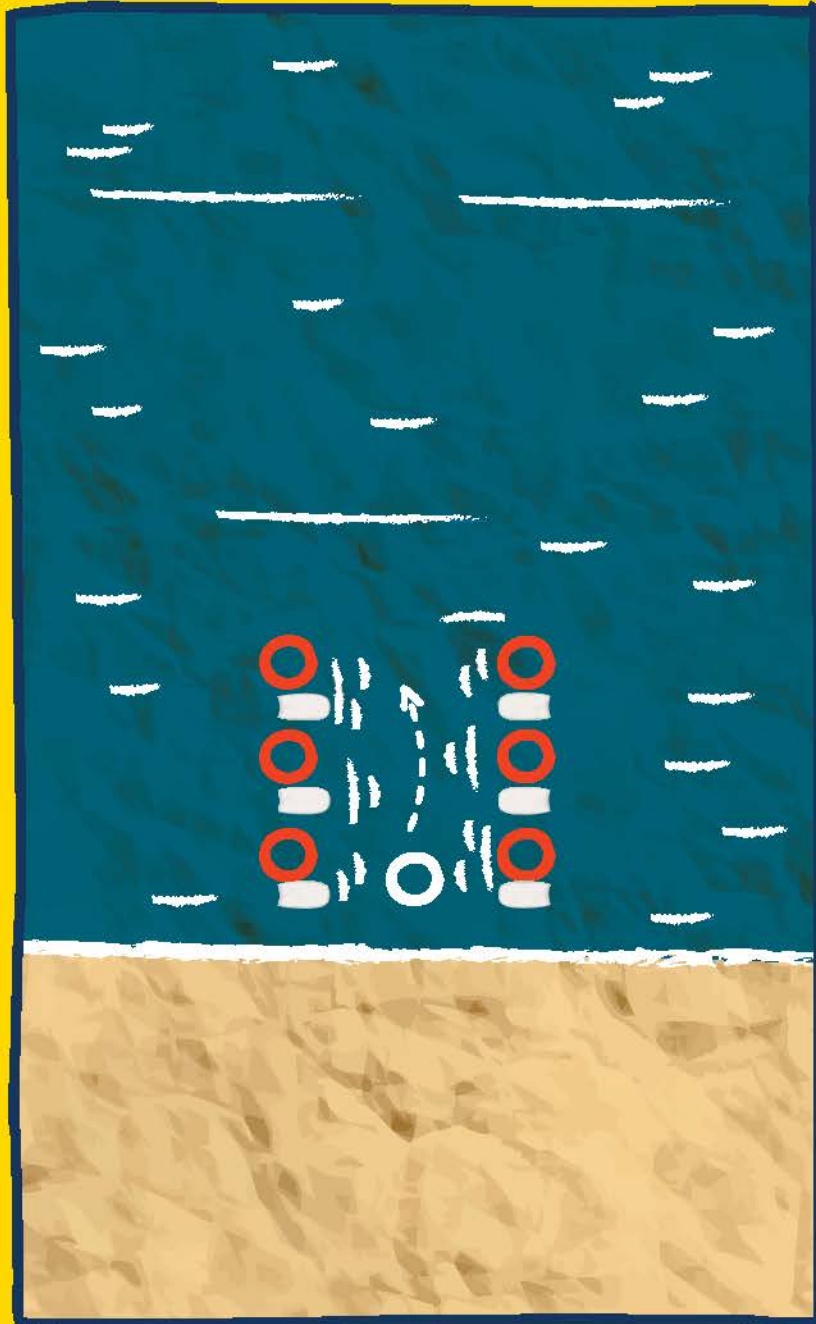
Instructions

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.

Related Events

- Water skills
- Duck driving





WATER BASED GAMES

SWIM THE CHANNEL

(FLAT WATER)

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

Equipment

- Kick boards for each participant
- Water safety

Related Events

- Surf swimming

Minimum Numbers

- Five

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.

WATER UNDER & OVER

(FLAT WATER)

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

Equipment

- 2 x balls (large and small)
- Water safety

Minimum Numbers

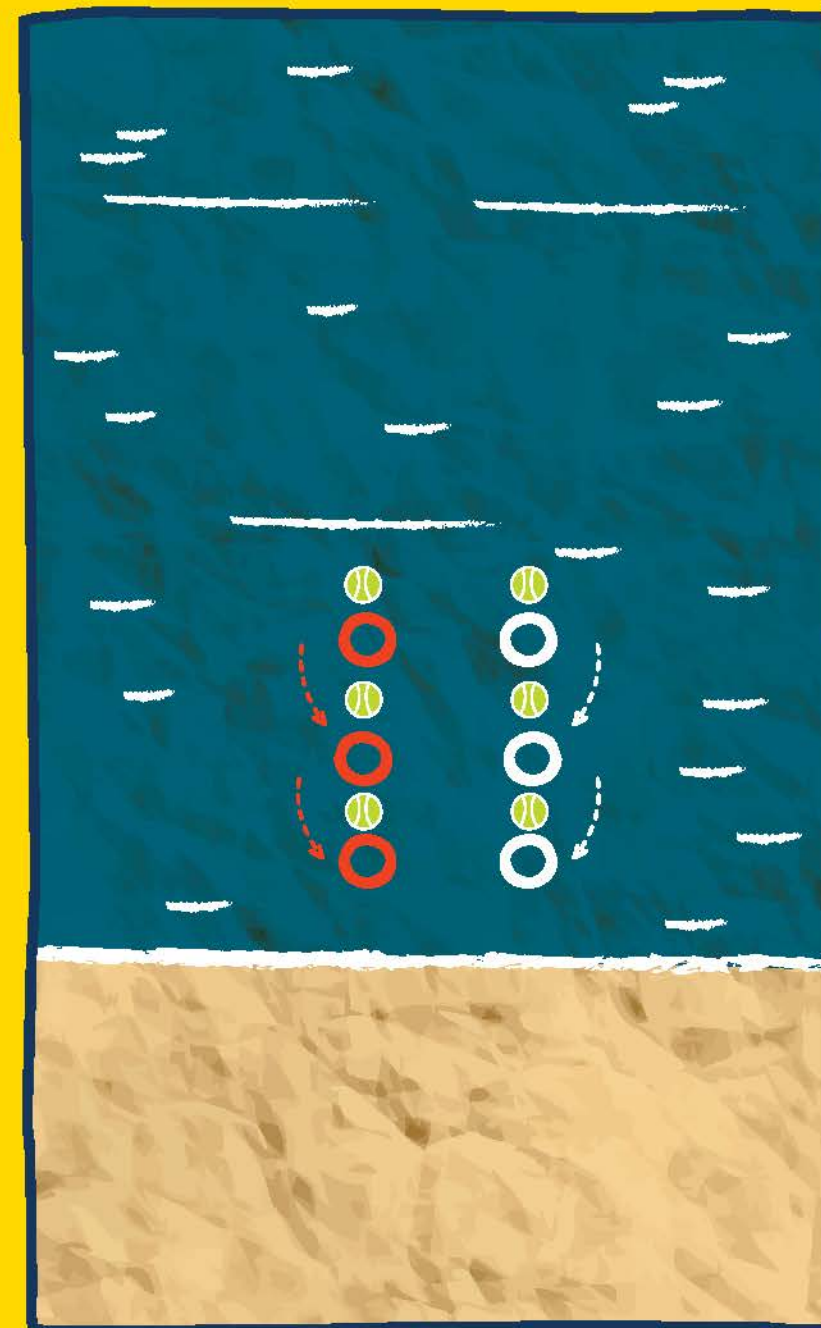
- Five per group

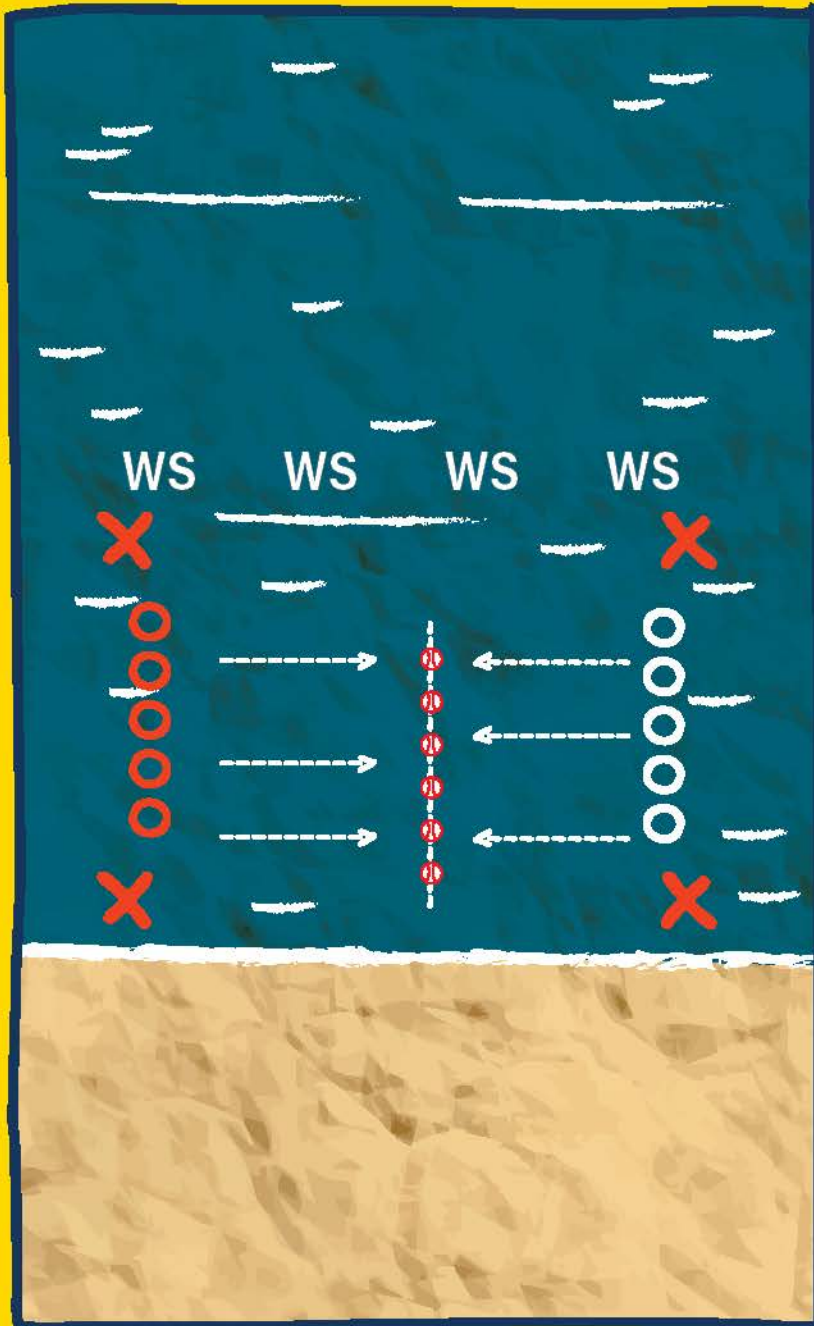
Related Events

- Water skills

Instructions

1. Divide the group into two even teams at waist depth for the participants.
2. On the 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.





WATER BASED GAMES

WATER DODGE BALL

(FLAT WATER)

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

Equipment

- 6 x large soft balls
- Water safety
- 4 x buoys
- 1 x 20m long rope

Minimum Numbers

- Five per side

Related Events

- Water skills (wading, swimming, duck 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 and 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.



Queensland

Q JUNIOR ACTIVITIES

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