



U12

WOODSIDE
NIPPERS
PROGRAM

WOODSIDE NIPPERS



WESTERN
AUSTRALIA



GENERAL INFORMATION U12

www.mybeach.com.au



Program

The U12 Woodside Nippers Education Program comprises of ten 2 hour lessons. Ideally five lessons should occur prior to Christmas and the other five post Christmas. The remaining weeks should involve Surf Sports related activities such as Point Score Days, Intra and Inter Club Events and Club Championships.



Preliminary Evaluation

Prior to commencement of the Woodside Nippers Education Program all participants must undergo a Preliminary Evaluation. It is recommended that the Preliminary Evaluation be done at a pool setting.

Under 12's are required to demonstrate 100 metres of freestyle and a 2 minute survival float. Should a Nipper not achieve the Preliminary Evaluation they should be restricted to beach activities only until such time as the Preliminary Evaluation is achieved.

Please record achievement of the Preliminary Evaluation on the checklist in this resource. Preliminary Evaluations must be entered into SurfGuard within a week of completion.



Safety Ratios (NSP)

For all water activities please ensure the correct water safety ratios are met as per SLSWA Procedure 1.

If you are unsure of the requirement please discuss with the Water Safety Supervisor (WSS) who is on duty.

Generally for U12's the requirements are for every 5 Nippers there needs to be one Nipper Safety Personnel (NSP) in the water with a rescue tube.

Nipper Safety Personnel are members who hold the Nipper Rescue Certificate (NRC) or higher e.g. SRC or Bronze.

Competition skills Evaluation

Those Nippers who wish to compete in water events at Nipper Carnivals, the SunSmart Country Championships and the SunSmart WA Nipper Championships are required to pass the Competition Skills Evaluation.

Under 12's are required to complete a 288 metre open water swim in less than 9 minutes. Please record achievement of the Competition Skills Evaluation on the checklist in this resource.

To be eligible to compete in water events at a Nipper Carnival, Competition Skills Evaluations must be entered into SurfGuard by the deadline detailed in the SLSWA Planning Calendar – available on the mybeach website.

Certificates and Individual outcomes

Your club will be provided with enough blank certificates to cover the Nippers in your U12 program. You will be required to tick boxes to show the outcomes that each individual Nipper has achieved over the season and present these at the end of the program on the date determined by your club.

It is highly recommended you use the checklist in this resource to monitor and record the progress of each individual Nipper. Only tick the boxes on the certificate that truly reflect what has been achieved.



WESTERN AUSTRALIA

For all the latest, updated Carnival and Championship information please check mybeach.com.au



INDIVIDUAL SAFETY

The U12 Outcomes, and some suggested activities, are outlined below for ease of reference. It is recommended that these key outcomes are covered as detailed in the individual lesson plans, so they link with the appropriate skill activity.

1. BECOME :

familiar with the surf club environment and its opportunities

- Discuss ways to be involved and the various roles in the club e.g. patrols and competition
- Introduce them to the main people involved in running the junior program or the club (club coaches)
- Discuss additional training times for those interested
- Discuss competition requirements (skills evaluation)
- Take participants on a guided tour of the club e.g. first aid room, patrol tower, gear shed and any other equipment of interest (jet skis, boats gym etc.)
- Explain where equipment is located (boards) and care of these (washing down and putting away)

2. IDENTIFY :

the consequences of not being SunSmart

- Discuss consequences of not being SunSmart:
Recall the SunSmart slogans; go over these and remind Nippers every week to bring these things with them –
Slip (on clothing – long sleeved shirt)
Slop (on sunscreen – every 2 hours)
Slap (on a hat, wide brimmed)
Seek (shade – trees/tent)
Slide (on sunglasses)

3. IDENTIFY :

what skin cancer is and what causes it

Ask participants:

- Discuss skin cancer using the information below:

Q. What is skin cancer?

A. The skin is made up of cells which can be cancerous when exposed to ultraviolet radiation (UV)

Q. What is melanoma?

A. It's a form of skin cancer, can occur anywhere on the body, even between your toes and can grow fast. If not treated it can spread to lower skin cells and be carried to other parts of the body

Q. How common is melanoma?

A. Australia has the highest rate of skin cancer in the world, one in two Australians will develop skin cancer during their lifetime and is more common in people with fair complexions as their skin pigment offers less protection against UV radiation than people with darker skin

4. IDENTIFY :

safety signs and their meaning

- Take participants on a tour of the beach and discuss signage and their meaning:

Red circle with a line crossed through it –
What can't be done

Yellow diamond –
Warning of a danger

Blue Square –
Extra information on patrol locations, disabled access



SURF AWARENESS

The U12 Outcomes, and some suggested activities, are outlined below for ease of reference. It is recommended that these key outcomes are covered as detailed in the individual lesson plans, so they link with the appropriate skill activity.

1. RECOGNISE : dangerous behaviours and understand preventative actions

Ask participants:

Q. What is an unsafe behaviour? A. An action that could hurt you or somebody else

- Identify some behaviours which may be dangerous at the beach – Jumping off rocks/groins, fishing on rocks in large surf, not swimming between the flags, swimming alone, being too tired to swim
- Using the examples they provide discuss how you would identify people that need assistance – Washed off rocks and can't get back up, swimmer has raised arm for assistance, swimmer is 'climbing the ladder'
- Discuss how some of these incidents could have been prevented and how lifesavers perform preventative actions on patrol – Talking to people before a situation happens, reading signage, checking conditions before entering the water

2. EXPLAIN : the three different types of waves

Q. What are the three different types of waves?

- A. 1. PLUNGING WAVE (curling face) – Very strong, breaks in shallow water, can push you to bottom, is dangerous and can cause spinal injuries
2. SPILLING WAVE (sloping face) – The best waves to play in, waves tumble down the front, a gentle wave, better for learning
3. SURGING WAVE (sloping face) – Found around rock ledges and steep beaches, don't often break, but can knock you off your feet on the shoreline

3. UNDERSTANDING : waves and the effect of changing conditions

Q. What should you do when you're down at the beach?

A. Watch the water, observe the waves, make sure the conditions suit your ability, waves come in sets (regular pattern of smaller and bigger waves) so you need to watch for a period of time, waves may look small (lulls) but then the bigger waves of the set may be coming

Q. How can tides and wind effect waves? A. Tides create other dangers, expose sand banks and rocks, with low tide, waves may break on a shallow sandbank, changing wind (afternoon sea breeze in summer) can increase waves and currents

4. IDENTIFY : The 4 different types of rip currents, how they are formed and how to identify them

- How to spot a rip: Deeper, darker water; fewer breaking waves; debris floating seaward, foamy, discoloured water behind waves
- Discuss inshore drift, holes and feeder currents and how they add to the dangers of the rip currents: They are found near rips feeding water into it, strong currents can drag you into the rip
- Discuss different types of rips:
Permanent – Remains in the same spot for many years (headland)
Fixed – Long established hole/gully, lasts for months
Flash – Temporary, due to large surf build up in a short time
Travelling – Moves along the beach
- Discuss how you could use rips in a positive way: Help you get out through the surf faster

5. IDENTIFY : The five beach safety tips using the F.L.A.G.S acronym

- See if Nippers know any beach safety tips already – Suggest the way to remember them is with the **FLAGS** acronym:
Find the flags and swim between them (safest place)
Look at the safety signs (identify potential dangers, conditions)
Ask a surf lifesaver for advice (conditions can change quickly)
Get a friend to swim with you (look out for each other)
Stick your hand up for help (if in trouble, stay calm, raise your arm to signal for help)

U12 OUTCOMES

LIFESAVING

The U12 Outcomes, and some suggested activities, are outlined below for ease of reference. It is recommended that these key outcomes are covered as detailed in the individual lesson plans, so they link with the appropriate skill activity.

1. DEMONSTRATE : knowledge of signals

Revise and demonstrate:

- Discuss the importance of using signals to attract attention, to get help and as part of day to day lifesaving activities
- Revise and demonstrate the following signals: Return to shore, Proceed further out to sea, Go left, Go right, Remain stationary, Assistance required
- Form students into a large circle facing outwards and as you call out signals have students demonstrate them

2. IDENTIFY : lifesavers and understanding of patrol set up

Ask participants:

- Q. **What happens before patrol begins?** A. Check all equipment, set up, check conditions and put flags in appropriate spot
- Q. **What equipment is used on patrol and why?** A. Use rescue equipment (boards, tubes, IRB's, jet skis), first aid equipment (first aid kit, defib, spinal board), tent for shade and vehicles for better access

3. KNOW : how to respond to an emergency (DRSABCD)

Ask participants:

Q. **What is an emergency situation and describe different types of emergencies?** A. A sudden crisis (usually involving danger) that requires fast action, i.e. a person is badly injured, stopped breathing, fire etc.

Q. **Can they think of some incidents that may happen at the beach?** A. Drowning, snake bite, heat stroke, heart attack

Q. **What can they do if they come across an emergency situation?**

- A. Follow the DRSABCD principles (discuss these principles)
- Explain the use of '000' number in an emergency – It will connect you to emergency services: fire, police, ambulance
If you see something, tell an adult or a lifesaver who will then call 000

4. UNDERSTAND : the basic principles of resuscitation

Conduct this lesson in the club or on a grassed area

Q. **Do you know what CPR stands for?**

A. Cardiopulmonary resuscitation

Q. **What is the first thing you do when you find someone in trouble?**

A. DRSABCD

Q. **When should you perform CPR?**

A. When a patient is unresponsive and not breathing

Q. **What are the rates for CPR?**

A. 30 : 2, 30 compressions to 2 breaths

Q. **How can you protect yourself when performing CPR?**

- A. Use a face mask or breathe through a shirt
- Demonstrate on a manikin and give Nippers a chance to have a practice on a manikin (if possible), work in groups of three

5. DEMONSTRATE : basic first aid for common related injuries

Ask participants:

Q. **What is first aid?** A. The immediate or emergency assistance given to people suffering from illness or injury

Q. **How can you protect yourself when performing first aid?**

A. Avoid direct contact with blood or any bodily fluids by wearing gloves

Q. **What's the first step before assessing a patient?** A. DRSABCD

- Treatments for some common injuries:
SEVERE BLEEDING – Lay the patient down with feet raised and apply firm direct pressure to stop the bleeding
NOSE BLEEDS – Apply pressure over the soft part of the nostrils and have the patient sit up and lean forward
BURNS – Cooled by running cold water over it for 20 mins
SOFT TISSUE INJURIES (sprains & strains) – RICE: Rest, Ice, Compression, Elevation
STINGERS – Wash with warm water & if welts appear apply ice
SNAKE BITES – Patient should move as little as possible, call an ambulance and apply a pressure bandage to the limb

6. KNOW : the qualifications, roles and responsibilities of a patrolling member

- Ask participants to either interview a patrol member or complete a survey worksheet on patrols:
- This could be completed in pairs, small groups or one large group
- Please refer to appendix for worksheet/interview questions

U12 OUTCOMES

SURF SPORT SKILLS

The U12 Outcomes, and some suggested activities, are outlined below for ease of reference. It is recommended that these key outcomes are covered as detailed in the individual lesson plans, so they link with the appropriate skill activity.

- | | |
|---------------------------------------------------------------------------------------|--------------------------------------------------------------|
| 1. Complete a Run-Swim-Run | 21. Demonstrate technique diving for a flag |
| 2. Complete an Ironman/Ironwomen Race | 22. Identify different beach flags race strategies |
| 3. Complete a 1km Beach Run | 23. Demonstrate knowledge of a board rescue event |
| 4. Demonstrate wading and porpoising skills | 24. Demonstrate patient pickup technique |
| 5. Demonstrate surf stroke technique | 25. Demonstrate paddling technique with a patient |
| 6. Demonstrate start and finish techniques | 26. Participate in team event and activities |
| 7. Demonstrate body surfing techniques | 27. Demonstrate changeover technique in beach relay |
| 8. Demonstrate ability to negotiate the surf | 28. Demonstrate tagging technique in Board and Cameron Relay |
| 9. Identify race strategies for a surf race | |
| 10. Demonstrate a crouching beach sprint start | |
| 11. Demonstrate running technique | |
| 12. Demonstrate knowledge of phases of a sprint race | |
| 13. Demonstrate positioning and paddling technique | |
| 14. Demonstrate board start | |
| 15. Demonstrate wave catching technique | |
| 16. Demonstrate skills paddling through a broken wave, rolling and popping on a board | |
| 17. Demonstrate bunny hopping technique with a board | |
| 18. Demonstrate can turn technique | |
| 19. Demonstrate dismount technique | |
| 20. Demonstrate pivot turn technique | |



**WESTERN
AUSTRALIA**

Preliminary Evaluation																					
Competition Evaluation																					
INDIVIDUAL SAFETY																					
Be familiar with the surf club environment and opportunities																					
Identify the consequences of not being SunSmart																					
Identify what skin cancer / causes																					
Identify different safety signs on the beach and their meaning																					
SURF AWARENESS																					
Recognise dangerous behaviours/ understand preventative actions																					
Explain 3 different types of waves																					
Understanding waves and the effect of changing conditions																					
Identify the four different types of rip currents, how they are formed and how to identify them																					
Identify the 5 beach safety tips using the F.L.A.G.S acronym																					
LIFESAVING																					
Demonstrate knowledge of signals																					
Identifying lifesavers and understanding of patrol set up																					

U12 OUTCOMES



WESTERN AUSTRALIA

SURF RACE

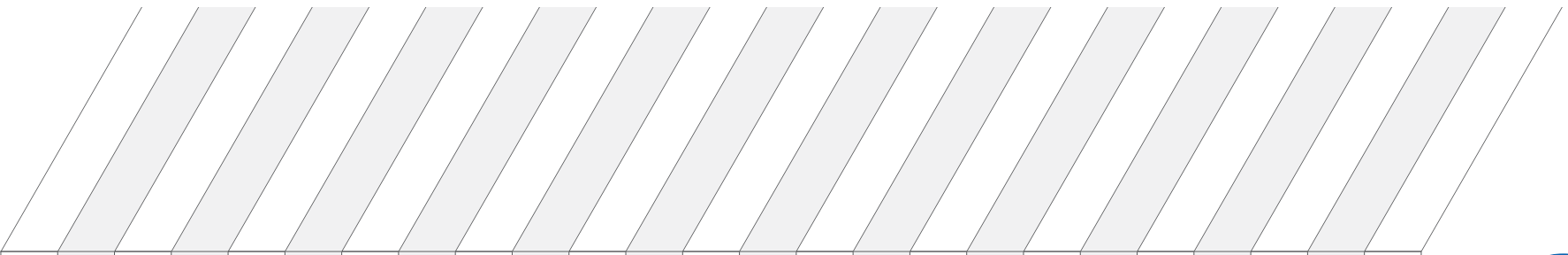
SPRINT

LIFESAVING																					
Know how to respond to an emergency (DRSABCD)																					
Understand the basic principles of resuscitation																					
Demonstrate basic first aid for common injuries																					
Know patrolling members roles, qualifications and responsibilities																					
SURF SPORT SKILLS																					
Complete a Run-Swim-Run																					
Complete Ironman/Ironwomen Race																					
Complete a 1km Beach Run																					
Demonstrate wading and porpoising skills																					
Demonstrate surf stroke tech.																					
Demonstrate start & finish tech.																					
Demonstrate body surfing tech.																					
Demonstrate ability to negotiate the surf																					
Identify race strategies for surf race																					
Demonstrate a crouching sprint start																					
Demonstrate running technique																					
Demonstrate knowledge of phases of a sprint race																					

U12 OUTCOMES



WESTERN AUSTRALIA



Preliminary Evaluation																						
Competition Evaluation																						
INDIVIDUAL SAFETY																						
Be familiar with the surf club environment and opportunities																						
Identify the consequences of not being SunSmart																						
Identify what skin cancer / causes																						
Identify different safety signs on the beach and their meaning																						
SURF AWARENESS																						
Recognise dangerous behaviours/ understand preventative actions																						
Explain 3 different types of waves																						
Understanding waves and the effect of changing conditions																						
Identify the four different types of rip currents, how they are formed and how to identify them																						
Identify the 5 beach safety tips using the F.L.A.G.S acronym																						
LIFESAVING																						
Demonstrate knowledge of signals																						
Identifying lifesavers and understanding of patrol set up																						

U12 OUTCOMES



WESTERN AUSTRALIA

LIFESAVING

Know how to respond to an emergency (DRSABCD)

Understand the basic principles of resuscitation

Demonstrate basic first aid for common injuries

Know patrolling members roles, qualifications and responsibilities

SURF SPORT SKILLS

Complete a Run-Swim-Run

Complete Ironman/Ironwomen Race

Complete a 1km Beach Run

Demonstrate wading and porpoising skills

Demonstrate surf stroke tech.

Demonstrate start & finish tech.

Demonstrate body surfing tech.

Demonstrate ability to negotiate the surf

Identify race strategies for surf race

Demonstrate a crouching sprint start

Demonstrate running technique

Demonstrate knowledge of phases of a sprint race

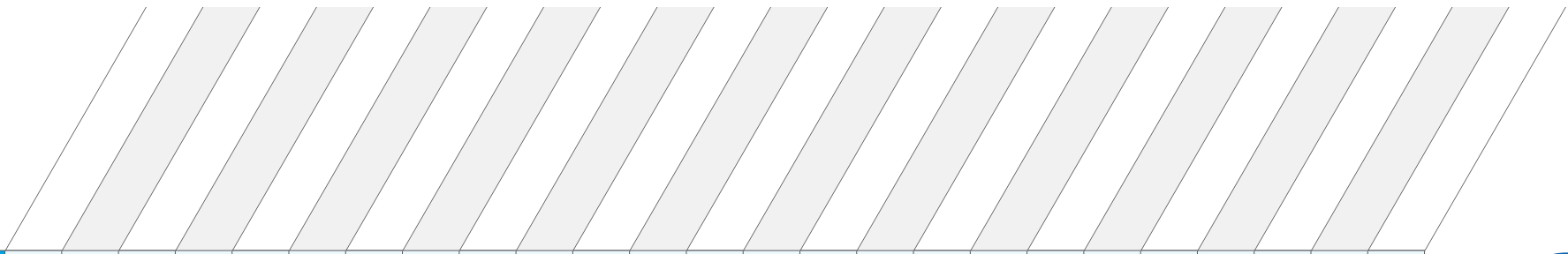
SURF RACE

SPRINT

U12 OUTCOMES



WESTERN AUSTRALIA



BOARD RACE

FLAGS

BOARD RESCUE

TEAM EVENTS

SURF SPORT SKILLS

Demonstrate positioning and paddling technique

Demonstrate board start

Demonstrate wave catching tech.

Demonstrate skills paddling through a broken wave, rolling and popping on a board

Demonstrate bunny hopping technique with a board

Demonstrate can turn technique

Demonstrate dismount technique

Demonstrate pivot turn technique

Demonstrate tech. diving for a flag

Identify different beach flags race strategies

Demonstrate knowledge of a board rescue event

Demonstrate patient pickup tech.

Demonstrate paddling technique with a patient

Participate in team events and activities

Demonstrate changeover technique in beach relay

Demonstrate tagging technique in Board and Cameron Relay

Grid with 22 columns and 15 rows for tracking outcomes. The header row is blue and contains the text 'SURF SPORT SKILLS'. The following rows correspond to the skill descriptions listed on the left. Each cell in the grid is currently empty, representing a space for recording outcomes.

U12 OUTCOMES



INTERVIEW

U12 Patrol Familiarisation Interview

Name: _____

Date: _____

- How long is a normal patrol shift at our club?
- When does our club patrol? (Complete the table)

MONTHS (Circle) Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

DAYS/TIME	Saturday	Sunday	Public Holidays
AM (Circle)	Yes / No	Yes / No	Yes / No
PM (Circle)	Yes / No	Yes / No	Yes / No

- How many members are required on patrol and what qualifications do they need?
- When will I be able to patrol and what qualification will I need to start patrolling?
Age I will be able to patrol: Qualification Required:
- What will I learn when I gain my patrolling qualification?
- What duties as a patrol member do you undertake?
- What could happen if you did not show up and did not organise someone else to cover for you?
- What are the statistics of the day so far?

STATISTICS OF THE DAY	Preventative Actions	First Aid	Rescues
Number of ...			

- What is some of the equipment needed on patrol?
- What is your favourite part of patrolling?



WESTERN AUSTRALIA

WORKSHEET

U12 Patrol Familiarisation Worksheet

Name: _____

Date: _____

- How long is a normal patrol shift at your club?
- When does your club patrol? (Complete the table)

MONTHS (Circle) Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

DAYS/TIME	Saturday	Sunday	Public Holidays
AM (Circle)	Yes / No	Yes / No	Yes / No
PM (Circle)	Yes / No	Yes / No	Yes / No

- How many members are required on patrol and what qualifications do they need?
- When will you be able to patrol and what qualification will you need to start patrolling?
Age you will be able to patrol: Qualification Required:
- What will you learn when you gain your patrolling qualification?
- What duties does a patrol member undertake?
- What could happen if a patrol member didn't show up and didn't organise someone else to cover for them?
- Complete the table below recording the statistics of the day so far

STATISTICS OF THE DAY	Preventative Actions	First Aid	Rescues
Number of ...			

- List some of the equipment you see on patrol?
- What do you think will be your favourite part of patrolling?



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U12 LESSON 01

EQUIPMENT

3 x buoys

20 x beach flags

4 x turning flags /finishing flags

1 x board per person/pair

4 x cones

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio 1:5
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help deliver the lesson
4. Set up an area for flags (15m) and ensure buoys are set up in the water

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (30 minutes)

Introduction to Surf Life Saving

- Discuss ways to be involved and the various roles in the club, e.g. patrols and competition
- Introduce them to the main people involved in running the junior program/club (club coaches etc.)
- Discuss additional training times for those interested
- Discuss competition requirements (skills evaluation)

- Discuss the role of the red and yellow flags
- If a patrol is operating at the beach, find a spot where you can see the flagged area and start a discussion on what you can see

SAFEGUARDING

- During the first lesson all groups are to have a discussion on safeguarding with Nippers and parents
- Parents need to be made aware of SLSWA Commitment to Safeguarding, SLSA Codes of Conduct and introduced to members they can discuss issues with e.g. Club President, Junior Director, MPIO or Safeguarding Officers
- Discuss with the children being SMART is being safe - Safety Means Always Recognise Trouble
- Introduce Safeguarding Officers to children and display how they can be identified – these are people you can go to should someone make you feel uncomfortable
- Discuss with Nippers and parents signing in and out procedures and procedures for leaving the group e.g. ask permission and take a buddy. Discuss what to do if approached by a stranger e.g. Yell and Tell -locate Safeguarding Officer
- Each Nipper to be given a SLSWA Safeguarding Brochure

WARM-UP DRILL (5 minutes)

Warm Up Run & Stretches

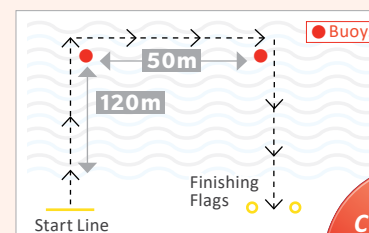
- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on rotation or simply run one after the other as a whole group

ACTIVITY 1 – Surf Race

- Revise some basic surf stroke technique
- Break the participants up into groups (e.g. male and female)
- On 'go' participants race around the buoys and back into the beach to finish between the flags/cones
- Run the next group after the first one finishes



Starter Commands
"Competitors Ready", "Set", "Go" or Whistle

Coaching Tips

Stroke

- > Keep body flat in water, don't let feet drop
- > Strong freestyle arms, reaching forward and pulling down along the side of your body
- > Kick hard with legs
- > Look forward every few strokes to look for the buoys/finishing flags

Questioning

- Q. How is ocean swimming different to the pool?
- A. **Conditions are always changing (wind, waves, sand banks, currents) and you have to adapt to these**

SKILL DEVELOPMENT ACTIVITIES (20 minutes per activity)

ACTIVITY 2 – Board Race

- Revise and demonstrate start and paddling technique
- Break up into groups and have them practice the start technique
- Give participants 5-10 minutes to practice with their partner (or individually) taking turns to practice starts from the beach on your call (few strokes then return to shore)
- Provide advice and assistance as required
- Once competent complete a board race in groups
- Have them paddle out around three buoys and return to shore

Coaching Tips – Start

- > Check water entry/exit for best conditions and potential hazards
- > Toes on the line, preferred foot forward slightly bent knee
- > Extend back foot to comfortable position
- > Board facing correct way, turn slightly into the wind
- > Carry board under your arm holding the outer rail of the board
- > Can drag by holding front handle but attempt to carry if possible
- > Run into knee deep water and in one motion throw the board forward grabbing both rails towards the front
- > Using your feet push off the sand in forward direction jumping on the board in a lying position and start paddling immediately

Positioning and Paddling

- > Position yourself in the centre of the board, knees slightly apart
- > If struggling lay with feet off to the side for balance
- > Paddle with freestyle arms reaching as far forward as you can
- > If stable, kick legs from the knees to increase arm rating
- > Legs should not go past vertical position, kick outwards so they move in a circular path

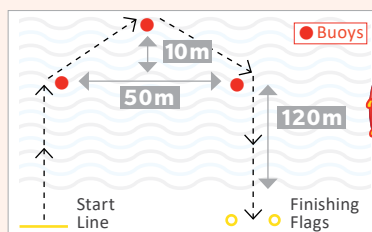
Questioning

Q. Why is it best to carry the board rather than drag?

A. Quicker to run with and easier to jump on the board

Q. When is it useful to drag the board?

A. In really windy conditions it can be easier to drag the board



ACTIVITY 3 – Beach Flags

- Explain and demonstrate basic starting technique
- Place flags on finish line (1 less than number of competitors each time)
- If possible, run two arenas and break participants into groups (e.g. male/female)
- Participants will get up, turn around and run to collect a flag
- Those knocked out help call start and setting flags
- Starters commands are 'competitors ready', 'heads down', 'go' or whistle

Coaching Tips – Start

- > Participants lay down facing away from the arena
- > Feet together on the start line, heels together
- > Wrists together and elbows extended
- > On 'competitors ready' maintain starting position (heads up)
- > On 'heads down' place chin on hands
- > On the whistle push up and turn

Questioning

Q. What should you focus on during a flags start?

A. Concentrate on the commands of the starter, not the people next to you or in the crowd

CULMINATION GAME (15 minutes)

Cameron Relay – Board-Run-Swim-Run

- Break into teams of four (2 runners, 1 swimmer, 1 paddler)
- Explain how the race works and tagging technique
- Race around buoys in the water and cones/flags on the beach
- Repeat if time permits and have participants switch what they did e.g. runners switch to swimming/paddling and vice versa

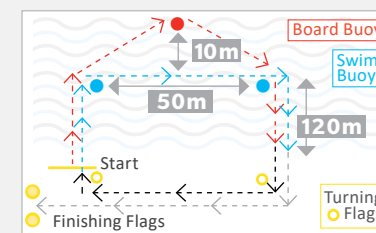
Coaching Tips

- > Paddler races from left to right around the three buoys and tags the first runner on the waters edge
First runner runs up the beach, around two turning flags and tags the swimmer at the start/changeover line
- > Swimmer proceeds around the two buoys then returning to the beach tagging the second runner at the waters edge
- > Last runner proceeds up the beach around the turning flags and through the finish flags
- > Make sure you tag each other on the back and above the water

Questioning

Q. Why is it important to use proper tagging technique?

A. To ensure officials can see the tag otherwise you will be disqualified



LESSON WRAP UP (5 minutes)

- Head count of participants and review discussion topic
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U12 LESSON 02

EQUIPMENT

- 4 x cones
- 3 x buoys
- 4 x turning/finishing flags
- 1 x board per person/pair

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio 1:5
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help deliver the lesson
4. Set up an area for flags (15m) and ensure buoys are set up in the water

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

SunSmart

- Recall the SunSmart slogans; go over these and remind Nippers every week to bring these things with them
 - Slip** (on clothing – long sleeved shirt)
 - Slop** (on sunscreen, re-apply every 2 hours)
 - Slap** (on a hat wide brimmed)
 - Seek** (shade – trees/tent)
 - Slide** (on sunglasses)

- Discuss skin cancer using the information below:
 - Q. What is skin cancer?
 - A. **The skin is made up of cells which can be cancerous when exposed to ultraviolet radiation (UV)**
 - Q. What is melanoma?
 - A. **It's a form of skin cancer, can occur anywhere on the body, even between your toes and can grow fast. If not treated it can spread to lower skin cells and be carried to other parts of the body**
 - Q. How common is melanoma?
 - A. **Australia has the highest rate of skin cancer in the world, 1 in 2 Australians will develop skin cancer during their lifetime and is more common in people with fair complexions as their skin pigment offers less protection against UV radiation than people with darker skin**

WARM-UP DRILL (15 minutes)

Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

DYNAMIC RUN THROUGHGS (10 minutes)

- Have participants conduct run throughs in an area 10 x 20m, exercises to include: high knees, butt kicks, side-side, grapevine, backwards running, lunges etc.
- Have participants pair up and complete a game of knee-taps and push-up wars

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on rotation or simply run one after the other as a whole group

ACTIVITY 1 – Beach Sprints

- Revise and demonstrate crouch starts
- Have participants practice this on the spot for 5 minutes, provide assistance as required
- Once competent take participants to start line and line them up in groups of eight
- Repeat race 4-5 times



Coaching Tips

Crouch Start

- > On 'competitors ready' take this position
- > Hands positioned slightly more than a shoulder width apart
- > Thumb and forefingers (form a bridge) on the start line
- > Front foot approx 30cm back from the start line
- > On 'set' lift hips to slightly higher than the shoulder height, rotate weight forward and ensure weight is on the hands
- > Eyes looking down
- > On 'go' drive forward on front foot

Questioning

- Q. Why should you look at the ground not towards the finish line or at the starter?
- A. **Looking down will give you correct body positioning for starting and ensure a more efficient take off**

SKILL DEVELOPMENT ACTIVITIES (20 minutes per activity)

ACTIVITY 2 – Ironman/woman

- Give a brief explanation of the course and the order (swim-run-board-run)
- Depending on numbers, break Nippers in to two groups, male and female, and have them complete an ironman/woman

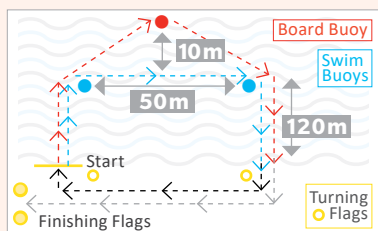
Coaching Tips

- > The race involves a swim (around two buoys), a run transition, a board paddle (around three buoys) and a run to finish
- > Order of the swim and board can change and is drawn randomly at carnivals
- > The second group, while they're not racing, can help out the first group by grabbing their boards on the waters edge and vice versa for the second group

Questioning

Q. What's one important thing to remember in an iron race?

A. **You must go around all buoys on each leg**



ACTIVITY 3 – Surf Race

- Revise wading and porpoising skills, then break into groups
- On 'go' participants race around the buoys and back into the beach to finish between the flags/cones
- Run the next group after the first one finishes

Coaching Tips – Wading

- > Clear the knee from the water at the side so the thigh is horizontal to the water
- > Swing the leg around to the front keeping the thigh horizontal to the water
- > When the leg comes around the front throw the foot out and place onto the sand ready for the other leg to repeat
- > Swing arms in time with legs

Dolphin Diving

- > Dive into the water with arms together and outstretched
- > Angle dive 45 degrees towards the bottom and dig hands into the sand
- > Bring feet forward to where hands are and spring off at 45 degrees towards surface with arms outstretched ready to repeat dolphin dive

Questioning

Q. When is it best to wade?

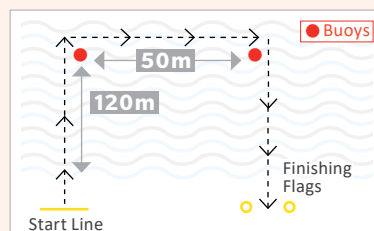
A. **In ankle to knee deep water**

Q. When is it best to dolphin dive?

A. **In waist deep water or when it becomes too difficult to wade**

Q. What is the benefit of using these skills in a race?

A. **Faster to move across the bank and through the surf**



CULMINATION GAME (20 minutes)

Board Relay

- Divide participants up into teams of three, explain how the race works, revise tagging technique and collection of boards
- Set up a course using buoys in the water and cones/flags on the beach
- Repeat if time permits and switch up the order of paddlers

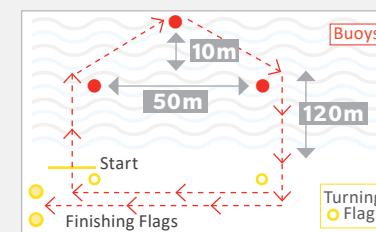
Coaching Tips – Race

- > Each paddler starts on the line and paddles out around buoys
- > When they reach the shoreline, the paddler will drop the board, run around two flags and tag the next paddler waiting on the start line
- > Each person in the team must help out by collecting their team mates boards, e.g. last paddler grabs the first paddlers board
- > Last paddler runs between the finishing flags

Questioning

Q. What are two things you should remember to do in a board relay?

1. **Grab your teammates board as they finish padding, allows them to have a quicker transition from paddling to running**
2. **Tag properly, make sure you tag your teammate clearly and on their back**



"Make sure you tag each other on the back"

LESSON WRAP UP (10 minutes)

- Head count of participants and review discussion topic
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U12 LESSON 03

EQUIPMENT

- 2 x buoys (or stringline)
- 20 x beach flags
- 1 x board per/pair
- 6 x volleyballs
- 4 x cones
- 8 x batons
- 2 x finishing flags

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio 1:5
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help deliver the lesson
4. Set up an area for flags (15m), a sprint track (70m) and ensure buoys are set in the water

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

Signals

- Discuss the importance of using signals to attract attention, get help and as part of day to day lifesaving activities
- Revise and demonstrate the following signals:
 - Return to shore** > Arm straight up
 - Proceed further out to sea** > Two arms straight up
 - Go left** > Left arm raised horizontally
 - Go right** > Right arm raised horizontally

Remain stationary > Both arms raised horizontally
Assistance required > One arm waved to and fro above the head, closed fist

- Form students into a large circle facing outwards and as you call out signals have students demonstrate them

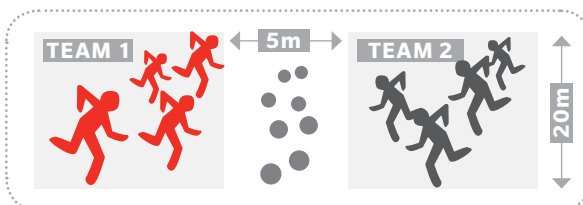
WARM-UP DRILL (15 minutes)

Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

DODGEBALL (10 minutes)

- Draw four lines (about 20m apart), then divide players into two teams, they must remain in their team zones
- Dodgeballs start between each team zone
- Players must lie down in flag position, at the end of their zone, facing away from the middle of the game
- On the whistle, players can jump up and collect balls
- They must be back inside their team zone before they can throw the dodgeball
- Players are out if they are hit below the waist inside their team zone and can only return to the game if their team mate catches a dodgeball on the full
- The team wins when all opposing players are out

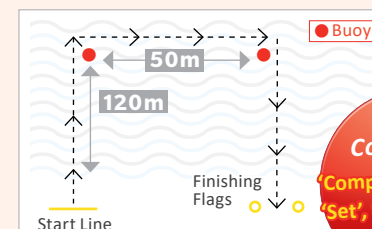


SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on rotation or simply run one after the other as a whole group

ACTIVITY 1 – Surf Race

- Revise some basic surf stroke technique
- Break the participants up into groups (e.g. male and female)
- On 'go' participants race around the buoys and back into the beach to finish between the flags/cones
- Run the next group after the first one finishes



Starter Commands
 'Competitors Ready',
 'Set', 'Go' or Whistle

Coaching Tips

Start

- > Take note of water depth and any potholes etc.
- > Place preferred leg forward with toes on the start line and dig toes into sand
- > Place other leg back to enable stability
- > Run hard in to the water on 'go'

Finish

- > Keep landmark in focus
- > Swim until your hand touches the sand, don't try to stand up too early (wade and dolphin where you can)
- > Run hard across finish line

Questioning

- Q. Why should you always check the water before a race?
- A. **Beach conditions** always changing with wind, waves & currents, holes can move or develop. Ensures you know when to run & wade. Reduces the chance of injury falling into a hole/trough

SKILL DEVELOPMENT ACTIVITIES (20 minutes per activity)

ACTIVITY 2 – Beach Flags

- Revise pivot turn
- Line Nippers up and have them practice this turn a couple of times on your call, just the stand up and a few steps, repeat
- Place flags on the finish line (1 less than number of competitors each time)
- Once competent, break participants into groups (e.g. male /female) and run two arenas if possible
- Participants will get up, turn around and run to collect a flag
- Those people knocked out can help by calling the start and setting flags
- Starters commands are 'competitors ready', 'heads down', 'go' or whistle

Coaching Tips

- > Push up and back with arms like a fast push up
- > Spin on knee/s to turn toward the flags
- > Twist body with the turn and get arms ready to propel you forward
- > Try to keep front foot as close to the start line as you can
- > Accelerate low and hard from the crouch start position
- > Keep head and body low

Questioning

- Q. Once you are up what should you do?
A. **Choose which flag you will go for, pick the closest flag but be aware of a secondary option, if you think you will miss out (faster opponent) change direction for an alternate flag early**

“Use the crouch start position, keep head and body low”

ACTIVITY 3 – Board Rescue

- Split participants into pairs (1 swimmer and 1 board paddler)
- Instruct how the race works and the basic technique required
- In their pairs, allow 5 minutes for them to practice paddling with two people on the board, provide assistance and correct
- Once competent run board rescue races in heats until every pair has a turn
- For those that are waiting for their turn, have them watch and see what works/doesn't work for those paddling
- If using a stringline designate each pair a buoy (only nine teams can race at once)
- Otherwise swimmers are to swim out in line with two buoys (more teams can race at once)

Coaching Tips

- > On 'go', swimmer swims out to designated buoy placing one arm over the buoy and straight up in the air (if no buoy, just raise arm)
- > On swimmers signal, board paddler paddles out to pick them up
- > Board paddler paddles behind the buoy and swimmer climbs on
- > Once both people are on they make their way over the stringline and back to shore
- > Front paddler lay as far forward on the board as possible without the nose sinking and legs slightly apart
- > Back paddler lies half way up the front paddler with legs apart to help with balance
- > Both paddlers must be holding the board as they cross the line

Questioning

- Q. What are the main things to remember in a board rescue race?
1. **Clearly signal once swimmer reaches the buoy**
 2. **Ensure the pickup is completed behind the buoys**
 3. **Make sure both people are holding the board when you run across the line**

CULMINATION GAME (20 minutes)

Beach Relay

- Revise the baton changeover technique
- Set up a small 30m course and have participants practice handing over the baton a few times
- Break participants up into teams of four and spread them out across the start line
- Have runner 2 - 4 wait for the changeover 5m behind start line
- Send half of each team down each end
- Repeat and mix it up doing different things e.g. skipping, crawling, sidestepping etc.
- Switch team order and repeat

Coaching Tips

- > Runner holds the base of baton out in front
- > Receiver forms a V with thumbs and fingers to changeover (both hands)
- > Changeover occurs, receiving runner should keep their eyes on the baton
- > Both runners to keep slightly to one side of the track on changeover
- > Baton must be exchanged behind the start line
- > As the incoming runner is 5m away from the start line, awaiting runner should start jogging forward to exchange the baton

Questioning

- Q. Why is it important outgoing runner waits back from start line?
A. **This allows for an area for the changeover to take place as it must occur behind the start line. It also gives running space for outgoing runner to get moving**

LESSON WRAP UP (10 minutes)

- Head count of participants and review discussion topic
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U12 LESSON 04

EQUIPMENT

- 1 x board per person/pair
- 3 x buoys
- 4 x cones
- 20 x beach flags
- 4 x turning/finishing flags

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio 1:5
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help deliver the lesson
4. Set up an area for flags (15m) and ensure buoys are set up in the water

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

It's an Emergency

- Ask the participants what an emergency situation is and describe different types of emergencies?
A sudden crisis (usually involving danger) that requires fast action, i.e. a person is badly injured, stopped breathing, fire etc.
- Ask participants to think of some incidents that may happen at the beach?
Drowning, snake bite, heat stroke, heart attack

- What should they do if they come across an emergency situation?
Follow the DRSABCD principles (discuss these principles)
D Danger : Check for danger to yourself, bystanders and the patient
R Response : Assess responsiveness
S Send for help : If unresponsive call '000'
A Airways : Open and clear airway
B Breathing : Look, listen and feel for breathing
C Compressions : Commence CPR
D Defibrillation : Used by a trained operator
- Explain the use of '000' number in an emergency – **It will connect you straight to emergency services: fire, police, ambulance. If you see something at the beach, tell an adult or a lifesaver who will then all '000'**

WARM-UP DRILL (15 minutes)

Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

RELAY SWITCH UP (10 minutes)

- Mark out a small relay course on the beach (approx 20 - 30m long) and break Nippers in to teams of 4 - 6
- Run the relay through a couple of times each time changing what they have to do (e.g. high knees, skipping, crawling, running backwards, running sideways etc.)
- As an alternative have them run through the relay continuously then have them change what they are doing on your call

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on rotation or simply run one after the other as a whole group

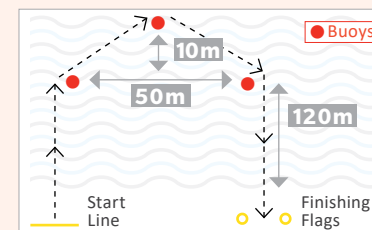
ACTIVITY 1 – Board Race

- Revise and demonstrate rolling and popping technique
- Conduct a short drill (5 - 10 minutes) and have Nippers paddle along the shore
- On your call of either 'roll' or 'pop' have Nippers perform these skills
- Once competent, break Nippers up into groups
- Have them paddle out around three buoys and return to shore

Questioning

Q. How do you decide whether to pop or roll an oncoming wave?

A. **Popping works best on smaller/weaker waves, rolling is best for stronger waves, less chance of losing the board or getting pushed back (when rolling)**



Coaching Tips

Popping

- > As the wave comes towards you, go to sitting position towards the back of the board with legs over the side and hold the handles
- > Lean back and pull on the handles to raise the nose of the board
- > As the foam hits, lean forward holding the board between your legs with your arm outstretched and push the front of the board down
- > Start a stroke with the one arm and start paddling as soon as possible

Rolling a broken Wave

- > Reach forward and grab front handles while lying on the board
- > Roll the board over and hold on tight
- > After the wave has passed, turn the board back over, get on and start paddling

SKILL DEVELOPMENT ACTIVITIES (20 minutes per activity)

ACTIVITY 2 – Beach Flags

- Revise diving technique
- Place flags on the finish line (1 less than number of competitors each time)
- If possible, run two arenas and break participants into groups (e.g. male/female)
- Participants will get up, turn around and run to collect a flag
- Those people knocked out can help by calling the start and setting flags
- Starters commands are 'competitors ready', 'heads down', 'go' or whistle

Coaching Tips – Diving for Flag

- > Dive low for the flag and lean towards one side
- > Keep eyes on flag
- > Have both hands extended
- > Grasp firmly and bring to body

Questioning

- Q. Why is it important to dive with both hands?
A. Less chance of injuring a shoulder than if you dive with one arm
- Q. Why should you lean to one side?
A. Stops you getting winded

ACTIVITY 3 – Surf Race

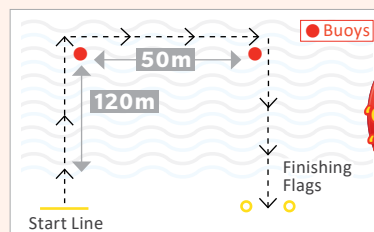
- Revise body surfing technique
- Give participants 5-10 minutes to practice this technique if waves are suitable, assist as required
- Break the participants up into groups (e.g. male and female)
- On 'go' participants race around the buoys and back into the beach to finish between the flags/cones
- Run the next group after the first one finishes

Coaching Tips

- > Head should be kept down with hands held out in front while kicking legs hard
- > You should only lift your head to the side to breathe and should not be lifted forward or held up
- > A single arm stroke can be used as a side breath is taken, then return both hands in front with head down and kicking hard with legs in a streamlined position

Questioning

- Q. What can happen if you lift your head while body surfing?
A. You will lose speed and drop off the back of the wave
- Q. How can you prevent this?
A. Hold your breath as long as you can, breath to the side if you need and do a single arm stroke to keep you moving



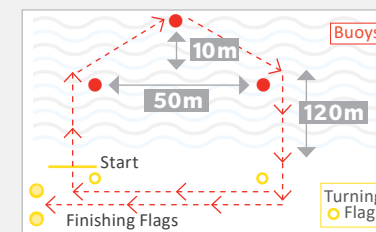
CULMINATION GAME (20 minutes)

Board Relay

- Divide participants up into teams of three
- Explain how the race works and revise tagging technique and collection of boards
- Set up a course using buoys in the water and cones/flags on the beach
- Repeat if time permits and switch up the order of paddlers

Coaching Tips – Race

- > Each paddler starts on the line and paddles out around three buoys
- > When they reach the shoreline, the paddler will drop the board, run around two flags and tag the next paddler waiting on the start line
- > Each person in the team must help out by collecting their teammates boards, e.g. last paddler grabs first paddlers board
- > Last paddler runs between the finishing flags
- > Make sure you tag each other on the back



LESSON WRAP UP (10 minutes)

- Head count of participants
- Revise discussion topic
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U12 LESSON 05

EQUIPMENT

- 3 x buoys
- 1 x stringline (optional)
- 1 x board per pair/person
- 6 x volleyballs
- 4 x turning/finishing flags
- 8 x batons
- 8 x cones

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio 1:5
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help deliver the lesson
4. Set up a sprint track (70m) and buoys in the water
5. Set up manikins

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

Danger

- Ask participants what an unsafe behaviour is?
An action that could hurt you or somebody else
- Ask participants to identify some behaviours which may be dangerous at the beach -
Jumping off rocks/groins, fishing on rocks in large surf, not swimming between the flags, swimming alone, being too tired to swim

- Using the examples they provide discuss how you would identify people that need assistance -
Washed off rocks and can't get back up, swimmer has raised arm for assistance, swimmer is 'climbing the ladder'
- Discuss how some of these incidents could have been prevented and how lifesavers perform preventative actions on patrol -
Talking to people before a situation happens, reading signage, checking surf conditions before entering the water

WARM-UP DRILL (15 minutes)

Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

DODGEBALL (10 minutes)

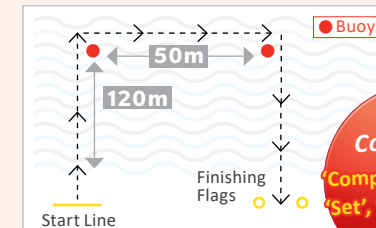
- Draw 4 lines, 20m apart and divide the players into two teams, they must remain in their team zones
- Dodgeballs start between each team zone
- Players must lie down in flag position, at the end of their zone, facing away from the middle of the game
- On the whistle, players can jump up and collect balls
- They must be back inside their team zone before they can throw the dodgeball
- Players are out if they are hit below the waist inside their team zone
- Players can only return to the game if their teammate catches a dodgeball on the full
- The team wins when all opposing players are out

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on rotation or simply run one after the other as a whole group

ACTIVITY 1 – Surf Race

- Revise skills for getting out through surf
- Break the participants up into groups (e.g. male and female)
- On 'go' participants race around the buoys and back into the beach to finish between the flags/cones
- Run the next group after the first one finishes



Starter Commands
'Competitors Ready', 'Set', 'Go' or Whistle

Coaching Tips *Negotiating the Surf*

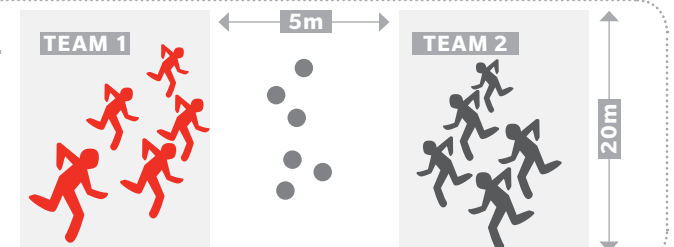
- > Wade for as long as you can until waist depth
- > At waist depth dolphin until it is deep enough to swim
- > Dive deep under large waves (hands above head)
- > If you can reach the bottom grab hold with hands
- > Wait until the wave has passed before resurfacing

Questioning

- Q. Why is it important to dive deep under waves and grab the sand if possible?
- A. Prevents you being washed back by waves and you can push of the sand bank to move forward

DODGEBALL WARM-UP

- Dodge balls start between team zones



SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

ACTIVITY 2 – Board Rescue

- Split participants into pairs, 1 swimmer and 1 board paddler
- Explain the best pick up method
- In their pairs, allow 5 minutes for them to practice the pickup technique close to shore in waist-shoulder depth water, provide assistance and correct as needed
- Run board rescue races in heats until every pair has had a turn
- For those that are waiting for their turn, have them watch and see what works and doesn't work for the people paddling

Coaching Tips

- > Swimmer should sit a few metres off the back of the buoys before pick up
- > Board paddler stops just before patient and starts to spin the board around
- > As the paddler does this the swimmer ducks under the board as its spun and helps push it around with their hand
- > Once turned around, the swimmer climbs onto the board, either front or back whichever works best with their partner
- > Once you are both on the board and balanced start paddling back

Questioning

Q. What's the most important thing to remember in a board rescue pickup?

A. Make sure both people are on the board before you paddle inside the buoys and head back to shore

CULMINATION GAME (10 minutes)

Beach Relay

- Revise the baton changeover & transition technique
- Break participants up into teams of four and spread them out across the start line
- Runners 2 - 4 wait 5m back from the start line
- Send half of each team down each end
- Repeat and mix it up doing different things e.g. skipping, crawling, sidestepping etc.
- Switch team order and repeat

Coaching Tips

- > Runner holds the base of baton out in front
- > Receiver forms a V with thumbs and fingers to changeover (both hands)
- > Changeover occurs, receiving runner should keep their eyes on the baton
- > Both runners need to keep slightly to one side of the track
- > Baton must be exchanged behind the start line
- > As the incoming runner is 5m away from the start line, awaiting runner should start jogging forward to exchange the baton

LESSON (50 minutes)

CPR

- Conduct this lesson in the club or on a grassed area
- Ask Nippers the following question and discuss:
 - Q. Do you know what CPR stands for?
 - A. Cardiopulmonary resuscitation**
 - Q. What is the first thing you do when you find someone in trouble?
 - A. DRSABCD**
 - Q. When should you perform CPR?
 - A. When a patient is unresponsive and not breathing**
 - Q. What are the rates for CPR?
 - A. 30 : 2, 30 compressions to 2 breaths**
 - Q. How can you protect yourself when performing CPR (Cardiopulmonary resuscitation)?
 - A. Use a face mask or breathe through a shirt**
- Demonstrate Recovery Position and give Nippers a chance to have a practice
- Do a demonstration on a manikin and give Nippers a chance to have a practice on a manikin working in pairs or groups of three/four
- Time Nippers for a period of 2 minutes

LESSON WRAP UP (5 minutes)

- Head count of participants
- Revise discussion topic
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U12 LESSON 06

EQUIPMENT

- 1 x soccer ball
- 3 x buoys
- 4 x turning/ finishing flags
- 20 x flags
- 8 x cones
- 1 x board per person/pair

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio 1:5
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help deliver the lesson
4. Set up an area for flags (15m) and ensure buoys are set up in the water

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

Waves

- Q. What are the three different types of waves?
1. **PLUNGING WAVE (curling face)** – Very strong waves, that break in shallow water and can push you to the bottom, can be dangerous and cause spinal injuries
 2. **SPILLING WAVE (sloping face)** – The best waves to play in, waves tumble down the front, a gentle wave, better for learning

3. **SURGING WAVE (sloping face)** – Found on rock ledges and steep beaches, often don't break, but can knock you off your feet on the shoreline
- Q. What should you do when you get down to the beach?
- A. **Watch the water, observe the waves, make sure the conditions suit your ability, waves come in sets (regular pattern of smaller and bigger waves) so you need to watch for a period of time, waves may look small (lulls) but then the bigger waves of the set may be coming**
- Q. How can tides and wind effect waves?
- A. **Tides create other dangers, expose sand banks and rocks, with low tide, waves may break on a shallow sandbank, changing wind (afternoon sea breeze in summer) can increase waves and currents**

WARM-UP DRILL (15 minutes)

Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

BEACH SOCCER (10 minutes)

- Mark out the four corners of the soccer field using markers with two spare at each ending marking out the goals
- Divide the group into two teams
- Have one team wear their fluoro singlets and one team not, to differentiate
- Play until one team scores three goals

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on rotation or simply run one after the other as a whole group

ACTIVITY 1 – 1Km Run

- Set up a marker 500m down the beach which they can run around (or 250m and run two laps)
- Have Nippers running up on soft sand
- Explain to the Nippers that this is a race which is run at a carnival, states and nationals
- Run this race with the whole group at one time

Coaching Tips

- > It is a long race make sure you pace yourself and are sufficiently warmed up and stretched before racing

Questioning

- Q. What should you remember with competing in a longer race (1km run)?
- A. **Pace yourself, have a strong start (first lap), set into a solid pace (middle) and last lap push harder to the finish line**



SKILL DEVELOPMENT (15 minutes)

ACTIVITY 2 – Board Race

- Revise and demonstrate some surf skills
- Give participants 5-10 minutes to practice with their partner (or individually) taking turns to paddle out and catch a wave back to shore
- Provide advice and assistance as required
- Once competent, break the participants up into groups
- Have them paddle out around three buoys and return to shore

Coaching Tips

Paddling Through a Broken Wave

- > Approach wave head on and increase paddling speed
- > Arch back before the broken wave reaches the nose of board
- > Reach out and take a stroke over the broken wave with one arm
- > Resume normal paddling technique

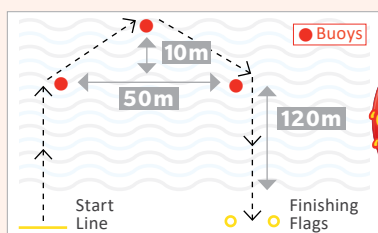
Wave Catching

- > Look behind to note where the waves are
- > Increase board speed as swell/wave approaches
- > When on the wave paddle for at least two more strokes
- > Once on the wave slide back on the board
- > Keep feet apart for balance and steering
- > If the wave starts to die off slide forward on the board again

Questioning

Q. Can you remember two other techniques to get out through waves?

A. Rolling and popping



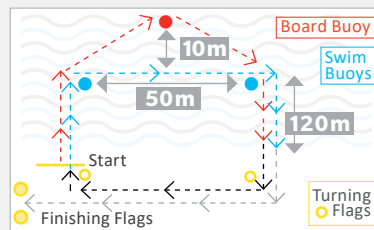
CULMINATION GAME (20 minutes)

Cameron Relay – Board-Run-Swim-Run

- Break participants in to teams of four (2 runners, 1 swimmer, 1 paddler), relay order is board-run-swim-run
- Explain how the race works and tagging technique
- Race around buoys in the water and cones/flags on the beach
- Repeat if time permits and have participants switch what they did e.g. runners switch to swimming/paddling and vice versa

Coaching Tips

- > Paddler races from left to right around the three buoys and tags the first runner on the waters edge
- > First runner runs up the beach, around the turning flags and tags the swimmer at the start/changeover line
- > Swimmer proceeds around the two buoys then returning to the beach tagging the second runner at the waters edge who runs up the beach around the turning flags and through the finish flags
- > Make sure you tag each other on the back and above the water line



LESSON (30 minutes)

Interview

- Ask nippers to either interview a patrol member or complete a survey worksheet on patrols. This could be completed in pairs, small groups or one large group.
- Please refer to appendices for worksheet/interview questions

LESSON WRAP UP (10 minutes)

- Head count of participants
- Revise discussion topic
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U12 LESSON 07

EQUIPMENT

- 6 x volleyballs
- 20 x beach flags
- 4 x cones
- 3 x buoys
- 4 x turning/finishing flags
- 1 x board per person/pair

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio 1:5
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help deliver the lesson
4. Set up an area for flags (15m), a sprint track (70m) and ensure buoys are set up in the water

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

Beach Safety Tips

- See if Nippers know any beach safety tips already
- Suggest the way to remember them is with the FLAG acronym:
 - F** Find the flags and swim between them (safest place)
 - L** Look at the safety signs (identify potential dangers an daily conditions)
 - A** Ask a surf lifesaver for advice (conditions can change quickly so check with a lifesaver)

- G** Get a friend to swim with you (so you can look out for each other and get help if needed, children should always be with an adult)
- S** Stick your hand up for help (if in trouble, stay calm, raise your arm to signal for help)

WARM-UP DRILL (15 minutes)

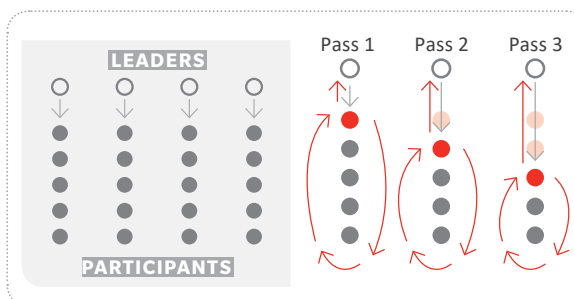
Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

LEADER BALL (10 minutes)

- Divide the participants into groups of 6-8 people and line them up
- On 'go' leader throws ball to first person in line, who places ball on the ground and runs a full lap around their team
- When they get back to their position, they pass the ball back to leader and sit down
- Leader will then throw the ball to the next person in line
- Run through until all completed

LEADER BALL - WARM-UP



SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on rotation or simply run one after the other as a whole group

ACTIVITY 1 - Beach Flags

- Revise technique for diving for a flag
- For the first two rounds lay out enough flags for each person and encourage Nippers to try dive for the flag
- After a few turns, run rounds of flags as normal with eliminations
- If possible, run two arenas and break Nippers into groups (e.g. male/female)
- Place flags on the finish line
- Participants will get up, turn around and run to collect a flag
- Those people knocked out can help by calling the start and setting flags
- Starters commands are 'competitors ready', 'heads down', 'go' or whistle

Coaching Tips

Diving for Flag

- > Dive low for the flag, leaning to one side
- > Keep eyes on flag
- > Have both hands extended
- > Grasp firmly and bring to body

Questioning

- Q. What's an important tactic for flags?
- A. **Always keep an eye on other competitors and flags so you have a second option**

SKILL DEVELOPMENT ACTIVITIES (20 minutes per activity)

ACTIVITY 2 – Beach Sprints

- Explain and demonstrate technique for each section of a sprint race
- Take participants to start line and then line them up in groups of eight
- Repeat 4-5 times
- A sprint race can be broken up into three sections, see coaching tips below

Coaching Tips

Drive Phase (0 - 20m)

- > Keep low
- > Drive arms fast to get legs moving
- > Head down

Middle (20 - 50m)

- > Look ahead and maintain stride
- > High knees
- > Hips under and use core

Finish (50 - 70m)

- > Extra burst of power
- > Maintain body positioning and technique, don't drop head
- > Run through the finish

Questioning

Q. Why should you break your race up?

A. It is too long to go 100% for the whole race so you should focus on each section. This also allows you to improve on different aspects of your race

"There are three sections to a sprint race - Drive Phase, Middle and Finish"

ACTIVITY 3 – Surf Race

- Revise body surfing technique
- Break the participants up into groups (e.g. male and female)
- On 'go' participants race around the buoys and back into the beach to finish between the flags/cones
- Run the next group after the first one finishes

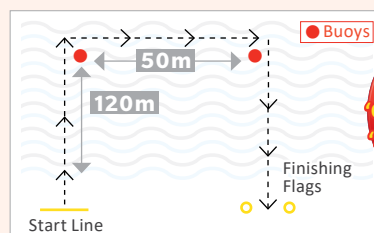
Coaching Tips

- > Head should be kept down with hands held out in front while kicking legs hard
- > You should only lift your head to the side to breathe and should not be lifted forward or held up
- > A single arm stroke can be used as a side breath is taken, then return both hands in front with head down and kicking hard with legs in a streamlined position

Questioning

Q. What should you do to catch the wave?

A. Increase your stroke rate and use a 6-beat kick to match the speed of the wave and get the body high in the water



Starter Commands
'Competitors Ready', 'Set', 'Go' or Whistle

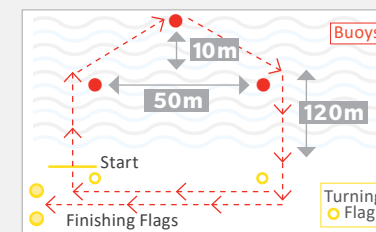
CULMINATION GAME (20 minutes)

Board Relay

- Divide participants up into teams of three
- Explain how the race works and revise tagging technique and collection of boards
- Set up a course using buoys in the water and cones/flags on the beach
- Repeat if time permits and switch up the order of paddlers

Coaching Tips

- > Each paddler starts on the line and paddles out around three buoys
- > When they reach the shoreline, the paddler will drop the board, run around two flags and tag the next paddler waiting on the start line
- > Each person in the team must help out by collecting their teammates boards, e.g. last paddler grabs first paddlers board
- > Last paddler runs between the finishing flags
- > Make sure you tag each other on the back



LESSON WRAP UP (10 minutes)

- Head count of participants
- Revise discussion topic
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U12 LESSON 08

EQUIPMENT

- 6 x volleyballs
- 8 x cones
- 1 x board per person/pair
- 3 x buoys
- 4 x turning /finishing flags
- 8 x batons

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio 1:5
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help deliver the lesson
4. Set up a sprint track (70m) and ensure buoys are set up in the water

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

Rips

- How to spot a rip:
 - **Deeper, darker water; fewer breaking waves; debris floating seaward, foamy, discoloured water extending behind waves**
- Discuss inshore drift, holes and feeder currents and how they add to the dangers of the rip currents:
 - **They are found near rips feeding water into it, strong currents can drag you into the rip**

- Discuss different types of rips:
 - Permanent** – Remains in the same spot for many years (near groin, headland)
 - Fixed** – Long established hole/gully, lasts for months
 - Flash** – Temporary, maybe due to large surf build up in a short time
 - Travelling** – Moves along the beach
- Discuss how you could use rips in a positive way:
 - **Help you get out through the surf faster**

WARM-UP DRILL (15 minutes)

Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

DODGEBALL (10 minutes)

- Draw four lines, about 20m apart
- Divide the players into two teams
- Players must remain in their team zones
- Dodgeballs start between each team zone
- Players must lie down in flag position, at the end of their zone, facing away from the middle of the game
- On the whistle, players can jump up and collect dodge balls
- They must be back inside their team zone before they can throw the dodgeball
- Players are out if they are hit below the waist inside their team zone
- Players can only return to the game if their teammate catches a dodgeball on the full
- The team wins when all opposing players are out

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on rotation or simply run one after the other as a whole group

ACTIVITY 1 – Board Rescue

- Split participants into pairs (1 swimmer and 1 board paddler)
- Run board rescue races in heats until every pair has had a turn
- For those that are waiting for their turn, have them watch and see what works /doesn't work for those paddling
- If using a stringline designate each pair a buoy (only nine teams can race at once)
- Otherwise swimmers are to swim out in line with two buoys (more teams can race at once)

"Both paddlers must be holding the board as they run across the line"

"Both paddlers to paddle as normal and in time with each other"

Coaching Tips

- > On 'go', swimmer swims out to designated buoy placing one arm over the buoy and straight up in the air (if no buoy, just raise arm)
- > On swimmers signal, board paddler paddles out to pick them up
- > Board paddler paddles behind the buoy and swimmer climbs on
- > Once both people are on they make their way over the string line and back to shore
- > Front paddler lay as far forward on the board as possible without the nose sinking and legs slightly apart
- > Back paddler lies half way up the front paddler with legs apart to help with balance
- > Both paddlers must be holding the board as they cross the line

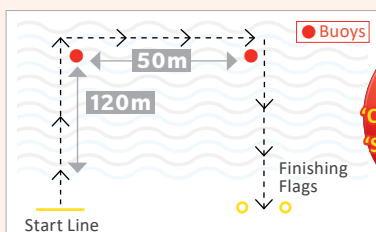
SKILL DEVELOPMENT ACTIVITIES (20 minutes per activity)

ACTIVITY 2 – Surf Race

- Revise some technique and encourage participants to focus on a strong start and finish today working hard across the sand bank
- Break the participants up into groups (e.g. male and female)
- On 'go' participants race around the buoys and back into the beach to finish between the flags/cones
- Run the next group after the first one finishes

Coaching Tips

- > Take note of water depth and any potholes etc.
- > Wade for as long as you can until waist depth
- > At waist depth dolphin until it is deep enough to swim
- > Dive deep under large waves (hands above head)
- > If you can reach the bottom grab hold with hands
- > Wait until the wave has passed before resurfacing
- > Keep landmark in focus
- > Swim until your hand touches the sand, don't try to stand up too early (wade and dolphin where you can)
- > Run hard across the finish line

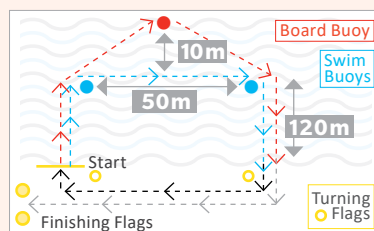


ACTIVITY 3 – Ironman/woman

- Give a brief explanation of the course and the order (swim-run-board-run)
- Depending on numbers, break Nippers into two groups, male and female and have them complete an ironman/woman

Coaching Tips

- > The race involves a swim (around two buoys), a run transition, a board paddle (around three buoys) and a run to finish
- > The second group, while they're not racing, can help out the first group by grabbing their boards on the waters edge and vice versa for the second group



CULMINATION GAME (20 minutes)

Beach Relay

- Revise the baton changeover and transition technique
- Break participants up into teams of four and spread them out across the start line
- Send half of each team down each end
- Have runners 2-4 wait for the changeover 5m behind the start line
- Repeat and switch team order

Coaching Tips

- > Runner holds the base of baton out in front
- > Receiver forms a V with thumbs and fingers to changeover (both hands)
- > Changeover occurs, receiving runner should keep their eyes on the baton
- > Both runners to keep slightly to one side of the track on changeover
- > Baton must be exchanged behind the start line
- > As the incoming runner is 5m away from the start line, awaiting runner should start jogging forward to exchange the baton

LESSON WRAP UP (10 minutes)

- Head count of participants
- Revise discussion topic
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U12 LESSON 09

EQUIPMENT

- 6 x volleyballs
- 3 x buoys
- 1 x stringline (optional)
- 4 x turning /finishing flags
- 4 x cones
- 1 x board per person/pair

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio 1:5
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help deliver the lesson
4. Set up a sprint track (70m) and ensure buoys are set up in the water

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

First Aid

- What is first aid?
The immediate or emergency assistance given to people suffering from illness or injury
- How can you protect yourself when performing first aid?
Avoid direct contact with blood or any bodily fluids by wearing gloves
- What's the first step before assessing a patient?
DRSABCD

- Treatments for some common injuries:
 - Severe bleeding** – Lay the patient down with feet raised and apply firm direct pressure to top the bleeding
 - Nose bleeds** – Apply pressure over the soft part of the nostrils and have the patient sit up and lean forward
 - Burns** – Cooled by running cold water over it for 20 mins
 - Soft tissue injuries (sprains and strains) - RICER:** Rest, Ice, Compression, Elevation, (referral to minimise bleeding and swelling)
 - Stingers** – wash with warm water, if welts appear apply ice
 - Snake bites** – Patient should stay still, call 000 and apply a pressure bandage (firm and even) to the bitten limb and immobilise

WARM-UP DRILL (15 minutes)

Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

LEADER BALL (10 minutes)

- Divide the participants into groups of 6-8 people and line them up
- On 'go' leader throws ball to first person in line, who places ball on the ground and runs a full lap around their team
- When they get back to their position, they pass the ball back to the leader and sit down
- Leader will then throw the ball to the next in line
- Run through until all completed

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on rotation or simply run one after the other as a whole group

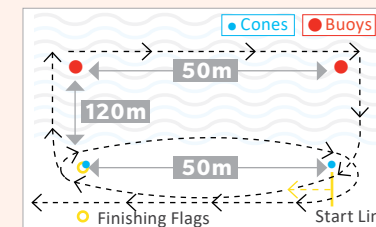
ACTIVITY 1 – Run-Swim-Run

- Encourage participants to make use of wading and dolphin diving skills in the race
- Start participants at one end of the beach; have them run two laps along the beach (around the flags) then into the water
- They must then swim around two buoys in the water then run back around the flags (two laps), then finish between the flags
- Break participants up into groups if needed so you have a manageable group in the water

Questioning

Q. What is correct surf stroke?

1. Streamlined position, don't let bottom and legs drop
2. Bilateral breathing to allow you to see around you (waves, buoys, finish line)
3. Strong four or six beat kick



Coaching Tips

Wadding

- > Clear the knee from the water at the side so the thigh is horizontal to the water
- > Swing the leg around to the front keeping the thigh horizontal to the water
- > When the leg comes around the front throw the foot out and place onto the sand ready for the other leg to repeat
- > Swing arms in time with legs

Dolphin Diving

- > Dive into the water with arms together and outstretched
- > Angle dive 45 degrees towards the bottom and dig hands into the sand
- > Bring feet forward to where hands are and spring off at 45 degrees towards surface with arms outstretched ready to repeat dolphin dive

SKILL DEVELOPMENT ACTIVITIES (20 minutes per activity)

ACTIVITY 2 – Beach Sprints

- Revise crouch starts
- Take participants to start line and line them up in groups of eight
- Repeat 4 – 5 times

Coaching Tips – Crouch Start

- > On 'competitors ready' take this position
- > Hands positioned slightly more than shoulder width apart
- > Thumb and forefingers (form a bridge) on the start line
- > Front foot approx 30cm back from the start line
- > On 'set' lift hips to slightly higher than the shoulder height, rotate weight forward and ensure weight is on the hands
- > Eyes looking down
- > On 'go' drive forward on front foot



ACTIVITY 3 – Board Rescue

- Split participants into pairs (1 swimmer and 1 board paddler)
- Run board rescue races in heats until every pair has had a turn
- For those that are waiting for their turn, have them watch and see what works/doesn't work for those paddling
- If using a stringline designate each pair a buoy (only nine teams can race at once)
- Otherwise swimmers are to swim out in line with two buoys (more teams can race at once)

Coaching Tips

- > On 'go', swimmer swims out to designated buoy placing one arm over the buoy and straight up in the air (if no buoy, just raise arm)
- > On swimmers signal, board paddler paddles out to pick them up
- > Board paddler paddles behind the buoy and swimmer climbs on
- > Once both people are on they make their way over the stringline and back to shore
- > Front paddler lay as far forward on the board as possible without the nose sinking and legs slightly apart
- > Back paddler lies half way up the front paddler with legs apart to help with balance
- > Both paddlers must be holding the board as they cross the line

"Slide back on the board in the surf zone due to the extra weight on the board"

"Both paddlers to paddle as normal and in time with each other"

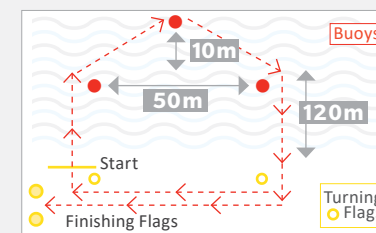
CULMINATION GAME (20 minutes)

Board Relay

- Divide participants up into teams of three
- Explain how the race works and revise tagging technique and collection of boards
- Set up a course using buoys in the water and cones/flags on the beach
- Repeat if time permits and switch up the order of paddlers

Coaching Tips – Race

- > Each paddler starts on the line and paddles around three buoys
- > When they reach the shoreline, the paddler will drop the board, run around two flags and then tag next paddler waiting on the start line
- > Each person in the team must help out by collecting their teammates boards, e.g. last paddler grabs first paddlers board
- > Last paddler runs between the finishing flags
- > Make sure you tag each other on the back



LESSON WRAP UP (10 minutes)

- Head count of participants
- Revise discussion topic
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U12 LESSON 10

EQUIPMENT

- 3 x buoys
- 1 x board per person/pair
- 4 x cones
- 8 x batons
- 1 x rope

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio 1:5
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help deliver the lesson
4. Set up a sprint tack (70m) and ensure buoys are set up in the water

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

Revise CPR

- Ask Nippers the following question and discuss:
 - Q. Do you know what CPR stands for?
 - A. **Cardiopulmonary resuscitation**
 - Q. What is the first thing you do when you find someone in trouble?
 - A. **DRSABCD**

- Q. When should you perform CPR?
 - A. **When a patient is unresponsive and not breathing**
 - Q. What are the rates for CPR?
 - A. **30 : 2, 30 compressions to 2 breaths**
 - Q. How can you protect yourself when performing CPR (Cardiopulmonary resuscitation)?
 - A. **Use a face mask or breathe through a shirt**
- Nippers demonstrate Recovery Position

WARM-UP DRILL (15 minutes)

Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

TUG-OF-WAR (10 minutes)

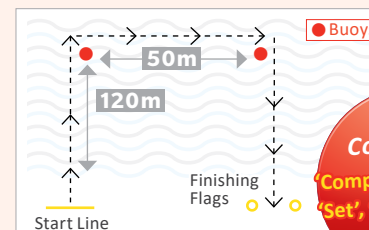
- Break participants up into 2 - 4 teams
- Use markers to make the centre point and a point an even distance off each side as a mark for the team to reach
- Run a few rounds of tug-of-war alternating different teams against each other

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on rotation or simply run one after the other as a whole group

ACTIVITY 1 – Surf Race

- Discuss a race plan for a surf race
- Break the participants up into groups (e.g. male and female)
- On 'go' participants race around the buoys and back into the beach to finish between the flags/cones
- Run the next group after the first one finishes
- Improve their race by pointing out the things they can do in preparation before the race (see coaching tips)



Starter Commands
'Competitors Ready', 'Set', 'Go' or Whistle

Coaching Tips

Before the Race

- > Check for any potholes, sand banks, troughs etc. so you don't trip and you know where to run, wade and dolphin
- > Check both the entry and exit spots
- > Look for land marks to help you keep on course
- > Watch the water to take note of any rips, currents, water movement, test this out in a warm up or by watching previous races

Questioning

- Q. Why is it important to do this before every race?
 - A. **Every location is different and conditions can change throughout the day including wind, waves and currents**

SKILL DEVELOPMENT ACTIVITIES (20 minutes per activity)

ACTIVITY 2 – Ironman/woman

- Give a brief explanation of the course and the order (swim-run-board-run)
- Depending on numbers, break Nippers into two groups, male and female and have them complete an ironman/woman

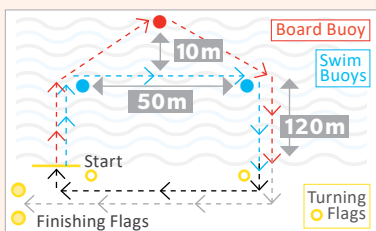
Coaching Tips

- > The race involves a swim (around two buoys), a run transition, a board paddle (around three buoys) and a run to finish
- > The second group, while they're not racing, can help out the first group by grabbing their boards on the waters edge and vice versa for the second group

Questioning

Q. What are some race tactics?

A. In the board and swim, sit in behind the person in front and try to draft off their wash, you can get pulled along behind them with less effort



ACTIVITY 3 – Board Race

- Revise and can turns and dismount technique
- Provide advice and assistance as required
- Once competent, break the participants up into groups
- Have them paddle out around three buoys and return to shore

Coaching Tips – Buoy Turns

- > The turning strokes are away from the board in a circular motion with the right arm back and left arm forward
- > Two turning strokes are usually enough
- > Drop the inside foot in the water to assist

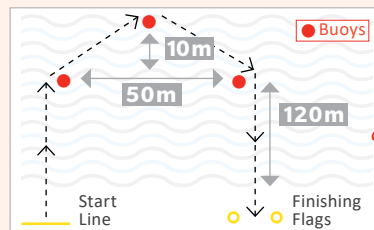
Dismount

- > Aim is to jump off the board cleanly and run across the line
- > Paddle hard as you come into the beach to get ahead of any waves
- > Do not jump off the board until you are sure it is shallow enough
- > To jump off the board place both hands on the rails and push up and off the board
- > Land in a running position with one foot forward of the other
- > As you jump off grab the front handle of the board (same side as the one you jumped off) and run up the beach across the finish line

Questioning

Q. Where is the best spot to be when going around the buoys?

A. On the inside, if you are on the outside of a group of paddlers you may get pushed out wide



CULMINATION GAME (20 minutes)

Beach Relay

- Break participants up into teams of four and spread them out across the start line
- Send half of each team down each end
- Repeat and mix it up doing different things e.g. skipping, crawling, sidestepping etc.
- Switch team order and repeat

Coaching Tips

- > Runner holds the base of baton out in front
- > Receiver forms a V with thumbs and fingers to changeover (both hands)
- > Changeover occurs, receiving runner should keep their eyes on the baton
- > Both runners to keep to one side of the track on changeover
- > Baton must be exchanged behind the start line
- > As the incoming runner is 5m away from the start line, awaiting runner should start jogging forward to exchange the baton

LESSON WRAP UP (10 minutes)

- Head count of participants
- Revise discussion topic
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents collect children

