



U11

WOODSIDE
NIPPERS
PROGRAM

WOODSIDE NIPPERS



WESTERN
AUSTRALIA



GENERAL INFORMATION

U11

www.mybeach.com.au



WOODSIDE NIPPERS

Program

The U11 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 11's are required to demonstrate 50 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 U11'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 11'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 U11 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



U11 OUTCOMES

INDIVIDUAL SAFETY

The U11 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)

2. IDENTIFY : and demonstrate the SunSmart guidelines

- Q. What are the SunSmart guidelines?**
- A. SLIP (on clothing), SLOP (on sunscreen), SLAP (on a hat), SEEK (shade), SLIDE (on sunglasses) – (Have some examples of these ready to put on)

3. UNDERSTAND : the consequences of skin damage caused by sunburn Ask participants:

- Q. Can they recall times they may have been sunburnt and what it was like?**
- A. Can be painful, peeling and irritated, dehydrated and tired
- Discuss a consequence of sunburn is skin cancer...
- Melanoma:** Doesn't just occur where you get burnt, can come up anywhere, often look like moles on your skin, gets worse with age, very important to protect our skin when you are young

4. IDENTIFY : different safety signs on the beach and their meaning

Ask and discuss:

Q. Why is signage used at the beach?

- A. To provide information on safety and the environment to beach users, tourists non English speaking people
- Take participants for a walk looking for signage that provides the public with information, points out hazards or warnings
 - For each sign you come across ask Nippers what the sign is for? Information (dune rehabilitation, weather, etc.), Warning (rocks, cliff), Instruction (no swimming, board riders permitted)
 - Note the 3 types of symbols on signs:
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

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

Revise and discuss:

- See if Nippers know any safety tips already, suggest a way to remember them is with the... FLAGS acronym:
 - (F) Find the red and yellow flag and swim between them (safest place to swim, patrolled by lifesavers)
 - (L) Look out for safety signs (alert you to important information)
 - (A) Ask a lifesaver for some good advice (if you are unsure of dangers or conditions ask a lifesaver)
 - (G) Get a parent to swim with you (ensure someone will be there to look out for you)
 - (S) Stick your hand up for help (best way to attract attention)



U11 OUTCOMES

SURF AWARENESS

The U11 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. UNDERSTAND : what the red and yellow flags mean

- Using the red and yellow flag as a prop, discuss with the participants the role of the red and yellow flags – The flags represent the area patrolled by lifesavers and lifeguards, they mark the safest place to swim
- If a patrol is operating at the beach, find a spot where you can see the flagged area, start a discussion on what you can see:
 - Q. **What dangers can be seen nearby?** A. Rocks, rips, waves, surfers
 - Q. **Why are the flags where they are?** A. Safest place on the beach
 - Q. **Where are the lifesavers located?** A. Centre of the flags
 - Q. **Is everyone swimming in the flags? Why/Why not?** A. Surfers should be outside the flags

2. EXPLAIN : the three different types of waves

- Q. **What are the three different types of waves?**
 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) – Best waves to play in, wave crumbles, a gentle wave suitable 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
- Q. **Why it is important you never go in the water without an adult?**
 - A. If you get into trouble the adult can help you

3. UNDERSTANDING : of waves and how conditions can change

- 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 break on a shallow sandbank
 - Discuss: 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 rips and what they look like

- 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:
 1. PERMANENT – Remains in the same spot for many years (near groin, headland)
 2. FIXED – Long established hole/gully, lasts for months
 3. FLASH – Temporary, due to large surf build up in a short time
 4. TRAVELLING – Moves along the beach
- Discuss how you could use rips in a positive way:
 - Help you get out through the surf faster

U11 OUTCOMES

LIFESAVING

The U11 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 : a knowledge of signals

Revise and demonstrate:

- Discuss the importance of using signals to attract attention, get help and as part of day to day lifesaving activities.
- **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 above the head, closed fist
- Form students into a large circle facing outwards and as you call out signals have students demonstrate them

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

- 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)
- D** Danger: Check for danger (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 to emergency services: fire, police, ambulance - If you see something, tell an adult/lifesaver who will call 000

3. RECOGNISE : dangers at the beach and how to prevent them

- Q. **What is an unsafe behaviour?**
A. An action that could hurt you or somebody else
- Q. **What are some behaviours that may be dangerous at home or at school?** A. Putting your hand under a hot water, leaving a towel on a heater, climbing trees etc.
- Q. **What are behaviours which may be dangerous at the beach?**
A. Jumping off rocks, fishing on rocks in large surf, not swimming between flags, swimming alone, being too tired to swim
- Using these examples, discuss how you would identify people that need assistance e.g.; Washed off rocks & can't get back up, swimmer has raised arm, swimmer is 'climbing the ladder'
- Discuss how some of these incidents could have been prevented and discuss how lifesavers perform preventative actions on patrol, talking to people before a situation happens

4. DEMONSTRATE : basic first aid for common 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

5. KNOW : the rolls and responsibilities of a patrolling member

Ask participants to interview a patrol member:

- This could be completed in pairs, small groups or one large group. Please refer to appendix for questions.
- Nippers to ask volunteer lifesaver interview questions



U11 OUTCOMES

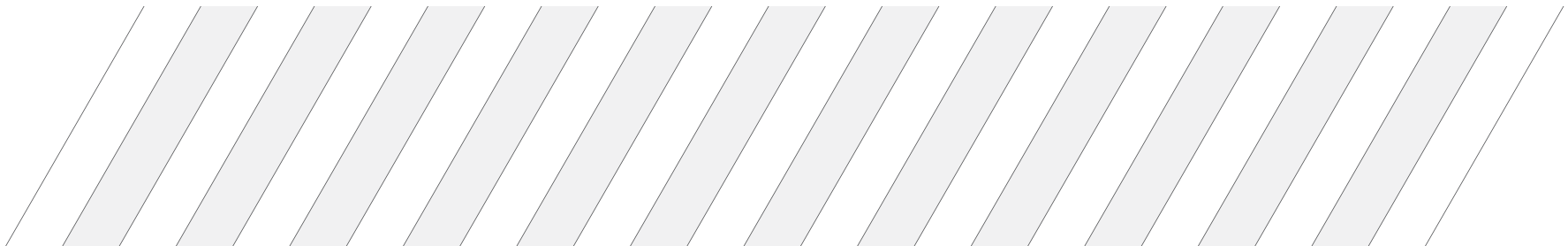
SURF SPORT SKILLS

The U11 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



LIFESAVING

Demonstrate knowledge of signals

Respond to emergency (DRSABCD)

Recognise dangers at the beach and how to prevent them

Demonstrate basic first aid

Know roles and responsibilities of a patrolling member

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.

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

U11 OUTCOMES



WESTERN AUSTRALIA



LIFESAVING

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Respond to emergency (DRSABCD)

Recognise dangers at the beach and how to prevent them

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Know roles and responsibilities of a patrolling member

SURF SPORT SKILLS

Complete a Run-Swim-Run

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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

U11 OUTCOMES



INTERVIEW

U11 INTERVIEW APPENDIX – PATROL MEMBER QUESTIONS

PATROL MEMBER INTERVIEW

- Q. How does your patrol day begin?
- Q. How did you get into surf lifesaving?
- Q. Why is patrolling important?
- Q. What are your strengths as a lifesaver?
- Q. What kind of person makes a good lifesaver?.....
- Q. What do you consider a success on patrol?
- Q. What is the best part of patrolling?
- Q. What tips would you give someone who wanted to become a lifesaver?



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WESTERN AUSTRALIA

WOODSIDE NIPPERS

U11 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 or the club (club coaches etc.)
- Discuss additional training times for those interested
- Discuss competition requirements (skills evaluation)

- 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

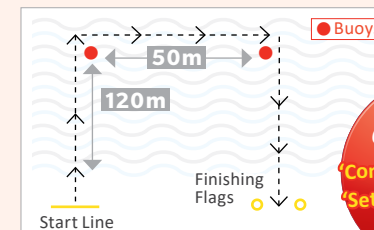
- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

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 turning can/finishing flags

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
- Repeat

Coaching Tips – Start

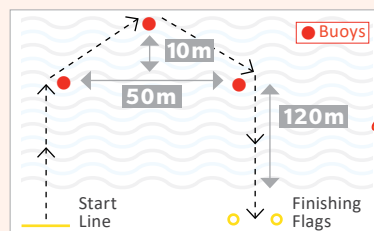
- > Check water entry/exit for best conditions and potential hazards
- > Toes on the line, preferred foot forward slightly bent knee
- > Extend back foot to comfortable position
- > Board facing correct way, turn slightly into the wind
- > Carry board under your arm holding the outer rail of the board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

CULMINATION GAME (15 minutes)

Cameron Relay – Board-Run-Swim-Run

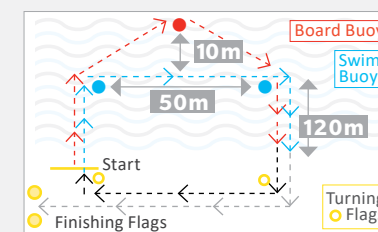
- Break into teams of four (2 runners, 1 swimmer, 1 paddler)
- Explain how the race works and tagging technique
- Race around buoys in the water and cones/flags on the beach
- Repeat if time permits and have participants switch what they did e.g. runners switch to swimming/paddling and vice versa

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

U11 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

- Ask the participants to recall the SunSmart guidelines:
 - 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)

- Ask participants to recall times they may have been sunburnt and what it was like?
Can be painful, peeling and irritated, dehydrated/tired
- Discuss a consequences of sunburn is skin cancer...
Melanoma: Doesn't just occur where you get burnt, can come up anywhere, often look like moles on your skin, gets worse with age, very important to protect our skin when you are young

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 THROUGHS (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

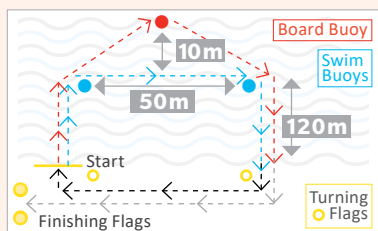
Coaching Tips

- > 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
- 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 – 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

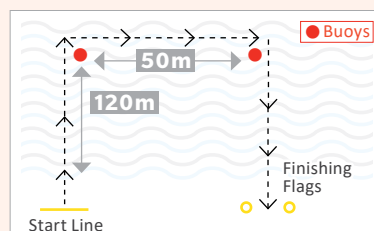
Questioning

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**



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 three buoys in the water and cones /flags on the beach
- Repeat if time permits and switch up the order of paddlers

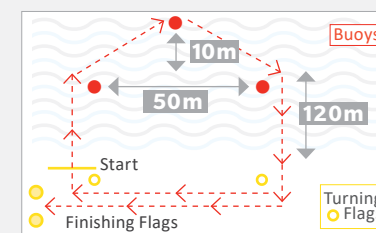
Coaching Tips – Race

- > 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 – last paddler runs between the finishing flags
- > Each person in the team must help out by collecting their team mates boards, e.g. last paddler grabs first paddlers board

Questioning

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

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

U11 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 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)

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

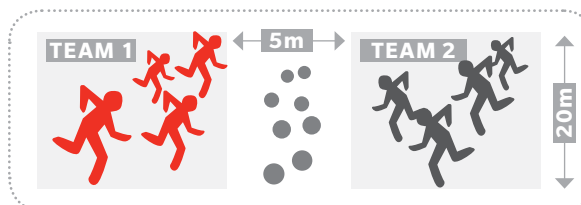
WARM-UP DRILL (15 minutes)

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

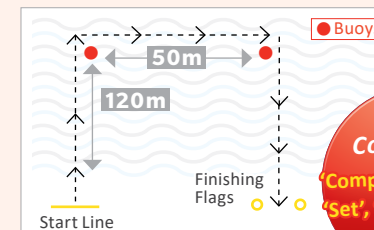


SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

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 are 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 & a few steps then 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 & 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**

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 and doesn't work for those paddling
- If you have large numbers and to decrease waiting time, have swimmers swim out in line with two buoys rather than to a certain can, then you are able to run more teams at once

Coaching Tips

- > Each team is designated a buoy, only nine teams can participate at any time
- > On 'go', swimmer swims out to their designated can, placing one arm over the can and the other waving in the air signally for assistance (if there is no can, simply raise arm)
- > Once the swimmer arrives at the can and signals, the board paddler leaves the beach to pick them up
- > Board paddler paddles behind the can, swimmer climbs on
- > Once both people are on the board they can make their way over the string line and back to shore
- > Both paddlers must hold the board as they run across the line
- > Front paddler to be as far forward on the board as possible without the nose sinking with legs slightly apart
- > Back paddler to lay half way up the front paddler with legs apart to help with balance
- > Both paddlers to paddle as normal and in time with each other

Questioning

- Q. What are the main things to remember in a board rescue race?
- 1. Clearly signal once swimmer reaches the can/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 10m 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

U11 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 call '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)

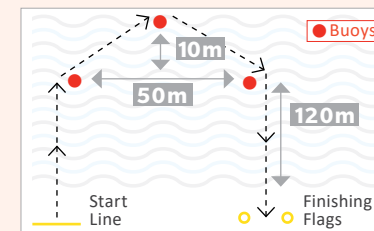
NOTE: If you have large numbers you can break the group up and do these activities on rotation or simply run one after the other as a whole group

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 come 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**

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

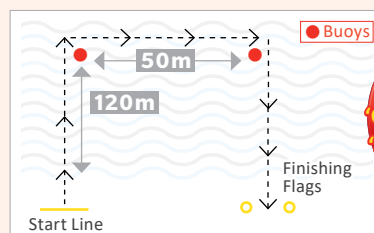
Questioning

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**



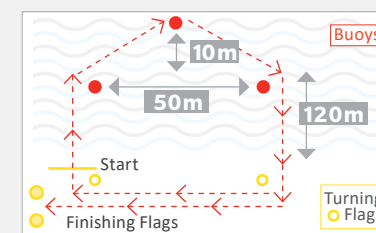
CULMINATION GAME (20 minutes)

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 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 team mates 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

U11 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 ensure buoys are set in the water

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

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, 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 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

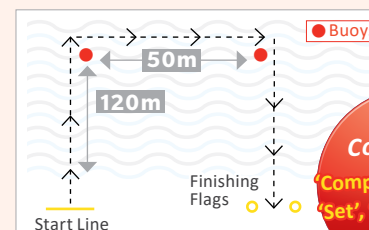
- Revise skills for getting out through surf
- Break the participants up into groups (e.g. male and female)
- On 'go' participants race around the buoys and back into the beach to finish between the flags/cones
- Run the next group after the first one finishes

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 off the sand bank to move forward



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

INTRODUCTION (5 minutes)

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

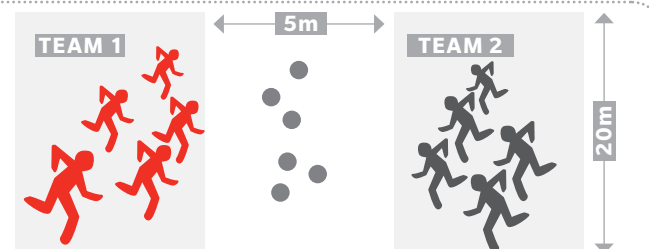
DISCUSSION (10 minutes)

Danger

- Ask participants what an unsafe behaviour is?
An action that could hurt you or somebody else
- Ask participants to mention some behaviour that may be dangerous at home or at school?
Putting your hand under a hot water, leaving a towel on a heater, climbing trees
- Now ask participants to identify some behaviours which may be dangerous at the beach –

DODGEBALL WARM-UP

- Dodge balls start between team zones



SKILL DEVELOPMENT ACTIVITIES

ACTIVITY 2 – Board Rescue

- Have a board rescue course set up either using two buoys or a stringline
- Split Nippers into pairs, one swimmer and one board paddler
- Explain the best pickup method
- In their pairs, allow five 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 gone
- For those that are waiting for their turn, have them watch and see what works/doesn't work for the people paddling

Coaching Tips – Pickup Technique

- > Swimmer should sit a few metres off the back of the buoys
- > 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

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 back across the line and head back to shore**

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
- 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 and 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 (20 minutes)

Interview

- Ask nippers to interview a patrol member. This could be completed in pairs, small groups or one large group.
- Nippers to ask the volunteer lifesaver the following questions;
 - > How does your patrol day begin?
 - > How did you get into surf lifesaving?
 - > Why is patrolling important?
 - > What are your strengths as a lifesaver?
 - > What kind of person make a good lifesaver?
 - > What do you consider a success on patrol?
 - > What is the best part of patrolling?
 - > What tips would you give someone who wanted to become a lifesaver?

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

U11 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, break in shallow water and can push you to the bottom, can be dangerous & 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'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**

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 (20 minutes each)

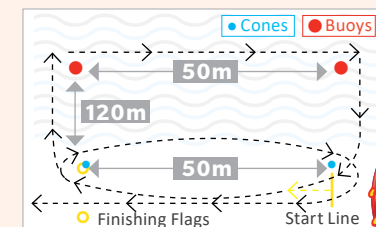
NOTE: If you have large numbers you can break the group up and do these activities on rotation or simply run one after the other as a whole group

ACTIVITY 1 – Run-Swim-Run

- Encourage participants to use wading and porpoising skills and correct surf stroke
- 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**



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

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 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 – 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

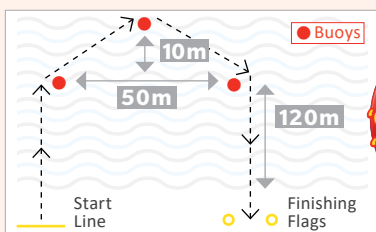
Wave Catching

- > 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



ACTIVITY 3 – Beach Flags

- Explain some race technique and rules for flags
- 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 people knocked out can help by calling the start and setting flags
- Starters commands are 'competitors ready', 'heads down', 'go' or whistle

Coaching Tips

- > When you stand up pick a flag directly in front of you
- > Take note of an alternative flag if you see someone else going for the same flag that is ahead of you
- > You cannot use arms to grab or impede another competitor
- > No tripping other competitors

Questioning

Q. What is a way you can try block a competitor from getting a flag?

A. **You can use your body to an extent to cut someone off by adjusting your course, e.g. running wide (you can not physically push someone with your arms)**

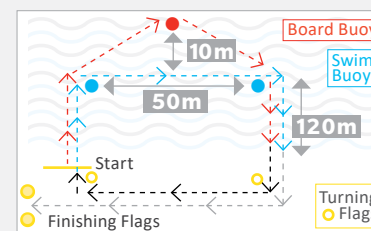
CULMINATION GAME (20 minutes)

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 & above the water line



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

U11 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)

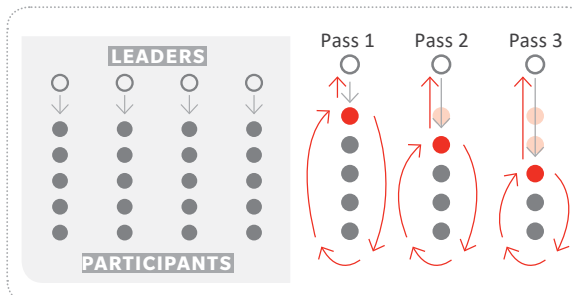
Warm Up Run & Stretches (5 minutes)

- 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 the Flag

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

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?

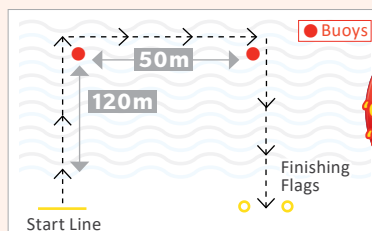
A. It is too long to go 100% for the whole race so you should focus on each section. It also allows you to improve on different aspects of your race

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



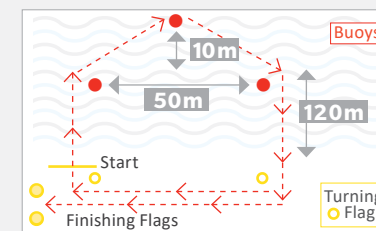
CULMINATION GAME (20 minutes)

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 team mates 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

U11 LESSON 08

EQUIPMENT

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

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 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 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 – Board Rescue

- Split participants into pairs (one swimmer and one 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 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

"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"

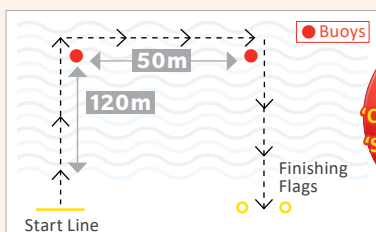
SKILL DEVELOPMENT ACTIVITIES (20 minutes per activity)

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/dolphin where you can)
- > Run hard across the finish line

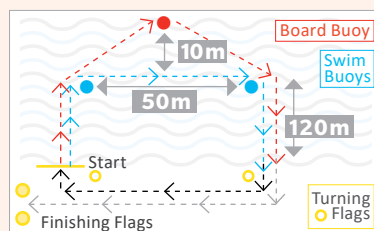


ACTIVITY 3 – Ironman/woman

- 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 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

U11 LESSON 09

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 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)

Signage

- Ask and discuss the following questions with Nippers:
 - Q. Why is signage used at the beach?
 - A. **To provide information on safety and the environment to beach users, tourists non English speaking people**

- Take participants for a walk around the beach looking for signage that provides the public with information, points out hazards or warnings

- For each sign you come cross ask Nippers what the sign is for?
 - **Information (dune rehabilitation, weather)**
 - **Warning (rocks, cliff)**
 - **Instruction (no swimming, board riders permitted)**

- Note the three types of symbols on signs:

Red circle with a line crossed through it – Shows you what can't be done

Yellow diamond – Warning of a danger

Blue Square – Extra information on patrol locations, disabled access etc.

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)

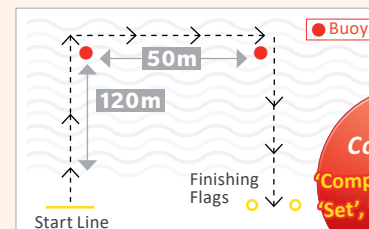
Coaching Tips

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**



Starter Commands

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

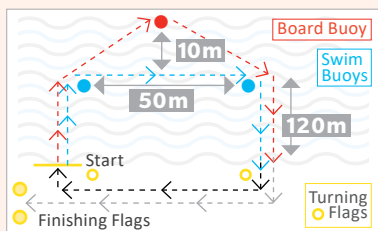
SKILL DEVELOPMENT ACTIVITIES (20 minutes per activity)

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



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

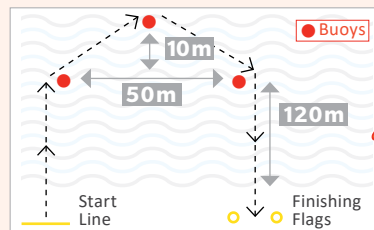
- > The turning strokes are away from the board in a circular motion with the right arm back and left arm forward
- > Two turning strokes are usually enough
- > Drop the inside foot in the water to assist

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 on) 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



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U11 LESSON 10

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 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, (referral to minimise bleeding and swelling)
 - Stingers** – Wash off with warm water and if welts appear apply ice
 - Snake bites** – Patient should move as little as possible, call an ambulance 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)

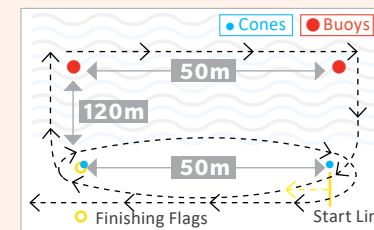
- Divide the participants into groups of 6-8 people and line them up
- On 'go' leader throws ball to first person in line, who places ball on the ground and runs a full lap around their team
- When they get back to their position, they pass ball back to leader and sit down
- Leader will then throw the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



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 you have large numbers and to decrease waiting time have swimmers swim out in line with two buoys rather than to a certain can then you are able to run more teams at once

Coaching Tips

- > Each team is designated a buoy, only nine teams can participate at any time
- > On 'go', swimmer swims out to their designated can placing one arm over the can and the other waving in the air signally for assistance (if no can simply raise arm)
- > Once the swimmer arrives at the can and signals, the board paddler leaves the beach to pick them up
- > Board paddler paddles behind the can, the swimmer climbs on
- > Once both people are on the board they can make their way over the string line and back to shore
- > Both paddlers must be holding the board as they run across the line
- > Front paddler to be as far forward on the board as possible without the nose sinking with legs slightly apart
- > Back paddler to lay half way up the front paddler with legs apart to help with balance
- > Both paddlers to paddle as normal and in time with each other

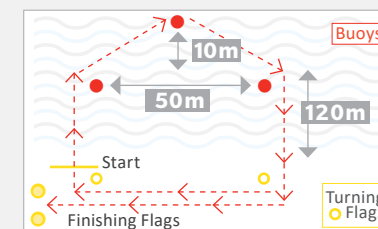
CULMINATION GAME (20 minutes)

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 tag 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 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

