



SURF LIFE SAVING[®]
NEW ZEALAND



Surf Lifeguard Award

Instructor Lesson Plan Respect

Updated: September 2023

In it for life



Lesson plan notes

These lesson plans and activities are a guide only. You do not have to stick to these plans or these activities.

You may run the sessions in full or break them down into smaller sessions to suit your set up. You may add, substitute or take activities out as required. These are intended to guide your session to appeal to many learner preferences and provide a positive learner environment.

We encourage your creativity – create new activities, try new things and let us know your thoughts and ideas.

Sharing of ideas and resources is encouraged so all members of Surf Lifesaving New Zealand can benefit from your creativity, knowledge and skills in the instruction space.



Lesson plan	Physical environment	
Manual section	Respect	
Learning objectives	At the conclusion of this lesson, learners will be able to: <ol style="list-style-type: none"> Describe features of the surf environment. Identify wave types, tides, winds rip currents, holes and channels. 	
Online learning	Online learning covers: <ul style="list-style-type: none"> Waves and swell Wind Tides Rip currents and holes Inshore holes and channels 	
Resources required	<ul style="list-style-type: none"> Beach access Surf Lifeguard Award – Respect PowerPoint Identify wave types activity How can lifeguards utilize these waves activity Identify rips activity Beach access 	
Total lesson time	75 minutes	
Duration	Activity	Additional resources
5 minutes	Introduction Introduce the lesson to learners. Discuss with learners the focus on this lesson and how the session will run.	
15 minutes	Recap and whakawhanungatanga If the session is taking place at a surf club and there is beach access, take learners to a high point where they are able to see beach conditions. Have learners: <ul style="list-style-type: none"> Identify the type of wave/s seen on the beach today. Identify if it an offshore or onshore wind. Identify any rips and the type of rip that they are. As the instructor, take note of any gaps in knowledge and fill them as necessary.	<ul style="list-style-type: none"> Beach access



<p>15 minutes</p>	<p>Knowledge acquisition Take learners through the PowerPoint covering vital information in slides 3-5 on waves, wave types and wind.</p> <p>Allow learners to ask questions as required throughout the lesson.</p> <p>Wave types activity Using the Identify wave types activity, have learners identify the different waves types in a surf environment.</p> <p>As an extension, using the How can lifeguards utilize these waves activity, have learners identify how lifeguards could utilize these different wave types.</p>	<ul style="list-style-type: none"> • Surf Lifeguard Award – Respect PowerPoint • Identify wave types activity • How can lifeguards utilize these waves activity
<p>15 minutes</p>	<p>Knowledge acquisition Take learners through the PowerPoint covering vital information in slides 7-11 on tides, rips and inshore holes and channels.</p> <p>Allow learners to ask questions as required throughout the lesson.</p> <p>Rips Looking at the identify rips activity, identify where the rips are in each picture. Discuss the dangers of the rips and how to escape from rips if required.</p>	<ul style="list-style-type: none"> • Identify rips activity
<p>20 minutes</p>	<p>Beach knowledge If all learners are part of the surf club where the session is taking place – take learners for a familiarization of the beach. Identify landmarks, dangerous conditions, regular holes and any other beach specific information.</p>	



	If learners are from different clubs and beaches, discuss how to identify such conditions and what needs to be known about the beach. Have images of each learners beach if possible.	
5 minutes	Conclusion Summarise with learners the learning from the session. Ensure you inform learners of the next session and pre-learning that is required to be completed prior to attending. Allow learners time to ask any questions they may have.	