

Surf Lifeguard Award

Instructor Resource

RESPECT



SURF LIFE SAVING[®]
NEW ZEALAND



Surf Lifeguard Award

Instructor Resource

Wave Types

Activity



SURF LIFE SAVING[®]
NEW ZEALAND



Wave types

1. Use the following images to identify what types of waves they are.
2. Then using the same images, describe how lifeguards could utilise these different waves types.
3. For further information on wave types, refer to SLA training manual page 34.
4. Additional follow up question;
What beaches would you find these types of waves at?

Note: This resource can be printed or used on a screen.



SURF LIFE SAVING
NEW ZEALAND



Wave 1



SURF LIFE SAVING®
NEW ZEALAND



Wave 2



SURF LIFE SAVING®
NEW ZEALAND



Wave 3



SURF LIFE SAVING[®]
NEW ZEALAND



Wave 4



SURF LIFE SAVING®
NEW ZEALAND



Wave 5



SURF LIFE SAVING®
NEW ZEALAND



Wave 6



SURF LIFE SAVING[®]
NEW ZEALAND



Wave 7



SURF LIFE SAVING[®]
NEW ZEALAND



Wave 8



SURF LIFE SAVING[®]
NEW ZEALAND



SURF LIFE SAVING[®]
NEW ZEALAND

