



**SURF LIFE SAVING**<sup>®</sup>  
NEW ZEALAND



## **Surf Lifeguard Award**

# **Instructor Lesson Plan Respond Beach Session**

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.



<b>Lesson plan</b>	<b>Respond – Beach session</b>	
<b>Manual section</b>	<b>Respond</b>	
<b>Learning objectives</b>	<b>At the conclusion of this lesson, learners will be able to:</b> 1. Demonstrate key water related Surf Lifeguard skills including swimming, tube rescues, tows and releases in the surf.	
<b>Resources required</b>	<ul style="list-style-type: none"> <li>• Beach</li> <li>• Rescue tubes</li> </ul>	
<b>Total lesson time</b>	<b>35 minutes</b>	
<b>Duration</b>	<b>Activity</b>	<b>Additional resources</b>
5 minutes	<b>Introduction</b> Introduce the lesson to learners. Discuss with learners the focus on this lesson and how the session will run.	
10 minutes	<b>Entering the water</b> Discuss with the group how best to enter the water – run, wade, porpoise/dolphin dive then demonstrate how to enter the water.  Have each learner practice entering the water.	<ul style="list-style-type: none"> <li>• Beach</li> </ul>
10 minutes	<b>Exiting the water</b> Discuss with the group how best to exit the water – swim until hands touch the bottom, wade, run then demonstrate these techniques to exit the water.  Have each learner practice exiting the water.	
20 minutes	<b>Swimming in the surf</b> Discuss with learners how best to negotiate the surf – head up as often as possible. If swell hits, dive under early and get as low as possible. Discuss basic signals to use while at the beach (return to shore proceed further out to sea, assistance required) Keep eye on beach for signals also	<ul style="list-style-type: none"> <li>• Rescue tubes</li> </ul>



	<p>Using a rescue tube and fins, have each learner practice these basic techniques.</p> <p>Once comfortable, put entering the water, negotiating surf and exiting the water together and provide opportunities for practice.</p>	
5 minutes	<p><b>Conclusion</b></p> <p>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.</p> <p>Allow learners time to ask any questions they may have.</p>	