



SURF LIFE SAVING[®]
NEW ZEALAND



Surf Lifeguard Award

Instructor Lesson Plan Respond – Pool Session

Updated: September 2023

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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	Respond – Pool session	
Manual section	Respond	
Learning objectives	At the conclusion of this lesson, learners will be able to: 1. Demonstrate key water related Surf Lifeguard skills including swimming, releases and tow and tube rescues in a pool.	
Resources required	<ul style="list-style-type: none"> • Pool <ul style="list-style-type: none"> • Swim cap, fins – to be provided by the candidates • Whistle • Stop-watch • Rescue tubes 	
Total lesson time	80 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.	
10 minutes	Defensive position and blocking techniques <ul style="list-style-type: none"> • Before getting into pool/ocean DISCUSS with the group the importance of approaching a conscious person with caution and DEMONSTRATE defensive positions and blocking techniques (see manual for reference) <ul style="list-style-type: none"> ○ Defensive position, foot up blocking the patient • In PAIRS candidates should run through a dry practice of defensive positions and blocking techniques • In PAIRS candidates practice the defensive positions and blocking techniques in the water 	<ul style="list-style-type: none"> • Rescue tubes • Flippers
10 minutes	Escape techniques <ul style="list-style-type: none"> • DISCUSS the escape techniques that can be used (see manual for reference) <ul style="list-style-type: none"> ○ Wrist grasp ○ Ankle grasp 	



	<ul style="list-style-type: none"> ○ Front grasp ○ Rear grasp ● In PAIRS candidates should run through a dry practice of escape techniques ● In PAIRS candidates practice the escape techniques in the water 	
5 minutes	<p>Cross chest tow</p> <ul style="list-style-type: none"> ● DEMONSTRATE a cross chest tow in the pool ● Candidates to PRACTICE a cross chest tow in PAIRS 	
5 minutes	<p>Double armpit tow</p> <ul style="list-style-type: none"> ● DEMONSTRATE a double armpit tow in the pool ● Candidates to PRACTICE a double armpit tow in PAIRS 	
10 minutes	<p>Task</p> <p>One of the tows needs to be demonstrated correctly in an aquatic environment over 10m</p> <ul style="list-style-type: none"> ● Once completed the task can be signed off by the instructor in the candidate workbook 	
5 minutes	<p>Basic pool swimming</p> <ul style="list-style-type: none"> ● Gauge ability and fitness levels <p>Encourage participants to swim a few lengths of the pool to gauge fitness and ability.</p> <p>Discuss some basic techniques and points.</p>	<ul style="list-style-type: none"> ● Pool ● Swim cap, fins
15 minutes	<p>400m swim test</p> <ul style="list-style-type: none"> ● Time participants as they swim 400m in pool. ● Set goal for next mock test (within next few weeks) ● If candidates complete the swim time well under 9 minutes, record the 400m swim in 9 min or under task completed in their candidate workbooks. 	<ul style="list-style-type: none"> ● Whistle ● Stop watch
10 minutes	<p>Swimming with a tube</p> <ul style="list-style-type: none"> ● Candidates to swim a few lengths of pool with tube on. ● Practice tying and untying tubes on pool side. 	<ul style="list-style-type: none"> ● Rescue tubes
5 minutes	<p>Conclusion</p>	



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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.

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