

U8 Session Plan



Induction

Introduction	Junior Surf Coordinator or Group Leaders to formally welcome all participants and whānau to the season
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Section	Matrix link	Equipment
Knowledge		
Dry Activities	<p>1. Tour of the club and spaces. Ensure everyone knows where everything is, how to safely get in and out in an emergency evacuation. Highlight dangers, known hazards and no-go zones. Include key lifesaving equipment and AED access to empower all club members.</p> <p>2. Getting to know each other. Split up into season groups with group leaders. Short introduction activity, once adults have been introduced then over off health and safety session. Participants and group leaders set up icebreaker activities.</p> <p>3. Parent help and safety briefing. Junior Surf Coordinator and/ or water safety lead explain and demonstrate the following.</p> <ul style="list-style-type: none"> ▪ Safety ratios, in water helpers, surf lifeguards. ▪ SLS risk assessment process. ▪ Setting up a water area. ▪ How to signal for help and help someone in trouble. Reach/ throw rescues. ▪ Safeguarding children ▪ Peer support, wellbeing and Benestar. ▪ Training and development opportunities. 	<p>First aid AED – (Defibrillator) Trauma pack.</p> <p>Surf Lifesaving Patrol flags Rescue board Tube and Fins</p>
Wet Activities	<p>Team Building activities including adults.</p> <ul style="list-style-type: none"> ▪ Obstacle courses. ▪ Tag games. ▪ Photo orienteering. ▪ Capture the flag/ ki o rahi. ▪ Slip and slide. <p>Could be a water-based activity.</p>	<p>Activity card list.</p>
Recap	<p>Shared lunch and catch-up time. Invite back previous juniors and wider club to discuss journey and connect with junior surf participants.</p>	










U8 Session Plan



Are we safe to swim

Introduction	This week we are learning about how we can use our swimming and floating skills to keep safe in the water. Including understanding where our progress is at, at the start of the season.
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Section		Matrix link	Equipment
Knowledge	<p>3 surf safety rules and knowing to call 111 if someone needs help.</p> <ul style="list-style-type: none"> Swim between the flags. Have an adult with you. Listen to the lifeguard's advice. 	 <p>1. Know</p>	Activity card.
Dry Activities	<p>Play an instructions-based game and use surf safety knowledge as part of the game.</p> <ul style="list-style-type: none"> Lifeguards coming. Lifeguard says or similar. 	 <p>2. Group</p>	
Wet Activities	<p>Floating</p> <ul style="list-style-type: none"> Practice safe entry into water then trying a float. Float with any 'floaty' object comfortably. Compare floating with different objects. Signal for help while holding a floaty object. <p>Streamline</p> <ul style="list-style-type: none"> Practice streamline position standing then gliding from the edge in shallow water. Stuck in the mud in the pool. Hula hoops or other obstacle swimming. <p>Swim</p> <ul style="list-style-type: none"> Fun relays using different strokes and floatation equipment or fins. How far can your pair swim in a relay? Swim challenge, how far can you swim freestyle? <p>Surf Survival</p> <ul style="list-style-type: none"> Practice stopping and starting swimming in different depths like what happens when you catch waves. Safely get into deep water (with a PFD if needed) and then float with or without equipment. 	 <p>1. Swim</p>  <p>4. Surf survival</p>  <p>1. Rescue</p>  <p>2. My safety</p>	Rescue Tubes. Hula Hoops. Pool Noodles. Assorted objects for floating with. Buckets. Balls.
Recap	<p>How did it feel challenging yourself today? How do you feel when you learn new things? Do you have some goals for your swimming skills this season?</p>	 <p>4. Hauora</p>	

U8 Session Plan



What can I do

Introduction	This week we are working to understand where we are at with our skills, allowing our leaders and whānau to choose safe activities for us.
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Section		Matrix link	Equipment
Knowledge	Lifeguards refresh their swim, tube rescue, theory, and CPR every season checking they haven't forgotten, and to ensure they are up to date with their skills. Today is a chance for you to see what you can do and will help your group leader choose activities.	 1. Swim	
Dry Activities	Fun warmup games like <ul style="list-style-type: none"> Group juggle. Lifeguard says. 	 2. Group	
Wet Activities	Surf negotiation <ul style="list-style-type: none"> Over, under, through challenge. Stuck in the mud in the pool. How far can you streamline? Pick something up from off the bottom of pool. Surf Survival <ul style="list-style-type: none"> Roll and stay calm. Escape from the whirlpool. Float challenge. Get on and off a paddle board. Swim <ul style="list-style-type: none"> How far can you swim without stopping. 	 3. Surf negotiation  4. Surf survival  1. Swim	Hula hoops. Pool noodles. Floatation equipment.
Recap	Adult lead discussion about how participation in today's activities made everyone feel. What might their next steps be to try when swimming? What would they like to be able to do? What is a goal for them for the season? How did it feel when you tried to go as far or as fast as you could?	 4. Hauora	

U8 Session Plan



Teamwork makes the dream work

Introduction	Today's activities are focused on building our teamwork skills and connecting with the people in our group.
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Section		Matrix link	Equipment
Knowledge	<p>A series of challenges to build team rapport and self-confidence.</p> <ul style="list-style-type: none"> Line ups. Red light, green light. <p>Review previous group contract and add any new ideas or create one if not previously done.</p>	<div style="background-color: #ff8c00; padding: 5px; text-align: center;">  2. Group </div> <div style="background-color: #ff0000; padding: 5px; text-align: center;">  3. Team </div>	Activity card.
Dry Activities	<p>Introduce signalling for help and calling 111 if someone needs help.</p> <ul style="list-style-type: none"> Role play what you could say when you call 111. <p>Use a 'fun' game like 'Lifeguard Says' to practice. Review 3 surf safety rules and any other rules that we might use to stay safe at the beach. Running and surf negotiation skills practice that also uses teams.</p> <ul style="list-style-type: none"> Relays, and tag games. Over hurdles, hoops, or obstacles as pairs. Rob the nest Holey bucket or not a cup 	<div style="background-color: #0056b3; padding: 5px; text-align: center;">  1. Know </div> <div style="background-color: #0056b3; padding: 5px; text-align: center;">  2. My safety </div> <div style="background-color: #ffff00; padding: 5px; text-align: center;">  2. Run </div>	<p>Photos. Posters.</p> <p>Cones or markers. Hoops. Balls. Buckets. Sponges or cups.</p>
Wet Activities	<p>Activities using surf negotiation skills.</p> <ul style="list-style-type: none"> Beached whales or sand grab. Relays -Wading, dolphin diving. Tag games in the water. Noodle surfing. Obstacles in the water. Floating with pool noodles or balls. <p>Board- Practice running with board, placing it on water, paddling and catching waves.</p> <ul style="list-style-type: none"> Relays. 'Surfing challenges'. Guided discovery through demonstrating a skill then allowing participants opportunities to practice it at own pace in a set area. 	<div style="background-color: #ffff00; padding: 5px; text-align: center;">  3. Surf negotiation </div> <div style="background-color: #ffff00; padding: 5px; text-align: center;">  1. Swim </div> <div style="background-color: #ff0000; padding: 5px; text-align: center;">  2. Board </div>	Pool noodles. Bodyboards.
Recap	<p>Discuss in pairs the following ideas. What did it look like, sound like, feel like when we worked as a team today?</p>	<div style="background-color: #ff8c00; padding: 5px; text-align: center;">  4. Hauora </div>	

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The surf zone – ins and outs

Introduction	The focus of our session today is to further develop confidence to go in the surf and choose the way we go over, under or through a wave.
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Section		Matrix link	Equipment
Knowledge	<p>Look at a picture of a busy day at the beach.</p> <ul style="list-style-type: none"> Identify all the activities people are doing. Identify anyone not following one of the 3 surf safety rules. Discuss how the waves change size and type. 	 1. Know	Activity card.
Dry Activities	<p>Warmup</p> <ul style="list-style-type: none"> Red light, green light. Lifeguard says. Lifeguard is coming – four directions game. <p>Use a series of stations either as individuals or in relays to practice surf negotiation skills running, wading, dolphin diving.</p> <ul style="list-style-type: none"> Speed ladder or human ladder. Small hurdles or cones. Tyre or hoops offset. Tunnels or under objects going from running. Weaving through cones or markers. Obstacle course. 	 2. Run	Mini hurdles. Hoops. Cones. Speed ladder.
Wet Activities	<p>Build confidence using a sequence of activities to develop surf negotiation skills running, wading, dolphin diving.</p> <ul style="list-style-type: none"> Holey bucket or not a cup. Wave smash or human chain. Beached whales. Weaving in and out of parents. Human ladder or beach flags in shallows. Great sand grab. Over, under, through. <p>Self-rescue and floating skills in open water.</p> <ul style="list-style-type: none"> Hopping on and off a board in the wave zone. Catching broken waves Pool noodle 'surfing' 	 3. Surf negotiation	Rescue tubes. Paddle boards. Pool Noodles. Balls. Buckets.
Recap	<p>What are the surf safety rules?</p> <p>How many did we do today?</p> <p>How did you find going over waves with a body board compared to dolphin diving under?</p>	 1. Swim	
		 3. Team	

U8 Session Plan



Staying on top of the water

Introduction	Our focus today will be on increasing our confidence when catching waves on a board and body surfing. Being confident and knowing what to do in different waves means we can have more fun.
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Section		Matrix link	Equipment
Knowledge	Review 3 surf safety rules. <ul style="list-style-type: none"> ▪ Fill in the gaps. ▪ Guess the rule from a picture or role play. Develop knowledge of the first two of the 3 R's <ul style="list-style-type: none"> ▪ Relax and float on your back. ▪ Raise your arm to signal for help. 	 1. Know	Activity card.
Dry Activities	Use activities that focus on participants exploring different foot and leg movements to change running technique. <ul style="list-style-type: none"> • Mini hurdles or speed ladder. • Human ladder or weaving. • Running around different shapes of cones. ▪ Obstacle course with different skills. ▪ Modified beach flags. 	 2. Run	Cones or markers. Obstacles. Pool noodles.
Wet Activities	Build confidence by getting progressively more immersed while practicing surf negotiation and surf survival skills. <ul style="list-style-type: none"> ▪ Beach flags into or out of the water. ▪ Tag games in the water. ▪ Diving over/ under or through hoops. ▪ In and outs or around/ through parent boundary. ▪ Pool noodle or rescue tube wave catching or floating. Board skills or practice. <ul style="list-style-type: none"> ▪ Getting on and off the board in shallow water, progress to getting on at speed and gliding. ▪ Getting on and of the board in deeper water like recovering from a wipe out. ▪ Weaving board through a 'slalom course' of in-water supervisors. ▪ Ins and outs in the waves with a focus on getting over and catching waves with the best technique for the situation. 	 4. Surf survival	Bodyboards. Pool noodles. Rescue tubes.
	 3. Surf negotiation		
	 1. Swim		
		 2. Board	
Recap	Act out the first two of the 3 R's in shallow water or on sand at the end of the session. Discuss the importance of holding on to any floatation device if in trouble.		

U8 Session Plan



How to look after myself and others

Introduction	Our focus this week is on communicating as part of keeping ourselves safe and identifying dangers. A key rule for surf lifeguards is to always consider their own safety before helping others.
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Section		Matrix link	Equipment
Knowledge	<p>Play a fun game based on communication skills. Share some ideas with the group around how we need to use our words and body language to communicate.</p> <ul style="list-style-type: none"> Yes, lets. Line ups – with and without talking. <p>Identifying dangers before going in the water.</p> <ul style="list-style-type: none"> Brainstorm common dangers at the beach. Are these the same for everyone? When should we call 111 and who can help? Role play calling 111 and giving your location/ position and that a person needs help. What actions do you take to keep safe everyday. 	<div style="background-color: #ff8c00; color: white; padding: 5px; text-align: center;">  1. Communicate </div> <div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;">  2. My safety </div> <div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;">  1. Know </div>	Surf Lifeguard manual communication section.
Dry Activities	<p>Warmup with a communication heavy game.</p> <ul style="list-style-type: none"> Group juggle. What's the time Mr Wolf. <p>Beach flags modifications</p> <ul style="list-style-type: none"> Landmine flags or in and out of the water flags. <p>Rescue skills</p> <ul style="list-style-type: none"> Tube rescues dry walk through including raising arm to signal for help. Progress to relays and running with tube. What other everyday objects could you use if you found yourself in trouble. 	<div style="background-color: #ff0000; color: white; padding: 5px; text-align: center;">  1. Rescue </div> <div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;">  2. My safety </div>	<p>Cones or markers. Floatation equipment. Beach flags or balls.</p>
Wet Activities	<p>Floating and rescue skills.</p> <ul style="list-style-type: none"> Discuss, model and as a group observe the water before entering, then walk in feeling the current and searching for holes in sand. Tube rescues, noodle rescues, relays. Floating and practicing the 3 R's, use lifeguard says game in the water. <p>Paddle board or inflatable paddle board in flat water.</p> <ul style="list-style-type: none"> Practice falling off safely and climbing back on. Fall off then grab onto another floating object. 	<div style="background-color: #ffff00; color: white; padding: 5px; text-align: center;">  4. Surf survival </div>	<p>Rescue tubes. Pool noodles. Foamie paddle board or inflatable board if flat.</p>
Recap	Importance of calling 111 and holding on to any floatation if you are in trouble in the water.		

U8 Session Plan



Surf is fun

Introduction	This week we are focused on applying our surf lifesaving skills to keep ourselves safe. Having an opportunity to practice our 3 R's and board paddling in open water.
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Section		Matrix link	Equipment
Knowledge	<p>Dress up in surf lifeguard uniform and have an opportunity to ask questions with a qualified lifeguard. Show the group essential patrol equipment and ask them to guess what lifeguards use it for.</p> <p>Role play.</p> <ol style="list-style-type: none"> Asking your friends to wait until your adult gets down to the water before going in. Telling your adult that you have drifted out of the flags and need to get back into them. Telling your friends or adult that you are feeling uncomfortable and want to go back in. 	 <p>2. My safety</p>	Patrol equipment.
Dry Activities	<p>Use one or more active communication activities to warm the group up physically and emotionally.</p> <ul style="list-style-type: none"> Mirroring movements or Lifeguard says. Bump or chain tag Rob the nest. Lifeguard relays. Dress up in lifeguard uniform and carry equipment then swap gear to next person. 	 <p>1. Communicate</p>  <p>3. Lead</p>	
Wet Activities	<p>Demonstrate, then practice surf negotiation skills including wading, dolphin diving, catching waves recovering from being tumbled.</p> <ul style="list-style-type: none"> Wave smash or human chain. Sand grab or beached whales for submersion. Relays using different skills for different parts. Water tag games. Over- under – through or hoops/ obstacles. <p>My safety and experience</p> <ul style="list-style-type: none"> Pair up 1:1 adult to participant. Adult works with participant to support them to float and signal for assistance in open water. Participants supported to swim without touching the bottom. Allow wearing fins and PFD's for confidence. 	 <p>4. Surf survival</p>  <p>1. Swim</p>  <p>3. Surf negotiation</p>  <p>3. Experience</p>	Fins. PFD's.
Recap	What do adults need to know before we go to the beach as a whānau? How do we identify safe swim areas?		

U8 Session Plan



Festival day








Introduction	The aim of today's session is to share our learning with participants from different clubs (this could be other surf lifesaving clubs, events or other water sports) and have fun.
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Section		Matrix link	Equipment
Knowledge	<p>Short quiz or problem-solving task focused on surf safety and getting to know the local area.</p> <ul style="list-style-type: none"> Photo orienteering. Question and answer task. Complete a puzzle type task. 	 <p>1. Know</p>	Activity dependent.
Dry Activities	<p>Warm up whole group using a fun and active game or series of games. Can engineer this to create teams for the rest of the day. Examples.</p> <ul style="list-style-type: none"> Red light/ green light. Lifeguard says. Giants, wizards, elves. Terminator tag. <p>Team challenge, create a series of activities for groups to complete that leads on to the next activity. Examples.</p> <ul style="list-style-type: none"> Make a stretcher. Carry a patient through an obstacle course. Solve a puzzle or riddle. Put on a lifeguard uniform. Run in and out of water, collecting water to fill something. Holey bucket, not a cup activity. Obstacles or slip and slide. Tie knots or make something. Rob the nest or team versions of beach flags. 	 <p>2. Run</p>  <p>3. Team</p>  <p>2. Group</p>	Activity dependent.
Wet Activities	<p>Depending on groups at festival day. Either have a series of opportunities to learn and improve surf negotiation, swim, and board skills.</p> <ul style="list-style-type: none"> Relays. Wave smash, over- under – through. Completion of challenges. Individual or team races. <p>Or if swapping with another water sport then teaching each how to paddle or catch waves using different craft.</p>	 <p>3. Lead</p>  <p>3. Surf negotiation</p>	Activity dependent.
Recap	Celebrate and identify things we saw or heard others do today that were good team members and supporters.		

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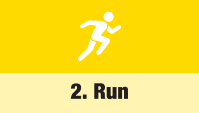




In our neighbourhood

Introduction	Today we are learning about the environment at our beach and how we can best look after it.		
Section	Matrix link	Equipment	
Knowledge	<p>Discuss how rubbish enters water when it isn't put into bins or recycled properly.</p> <p>Rubbish is blown by wind into drains, many drains go direct into streams/ rivers and beaches. Once the rubbish is in the ocean it will only leave there if it is removed by people or breaks down naturally.</p> <p>Plastic does not break down it just breaks up into smaller pieces.</p>	 4. Kaitiakitanga	Science learning hub website Plastic pollution website
Dry Activities	<p>Rubbish collection activity.</p> <p>This age group can self-select into groups and select from pre identified areas to clean up. Have an adult with each group to ensure no rubbish is picked up that could be dangerous to participants.</p> <p>Finding our spot to swim.</p> <p>Observe and discuss if participants can see anything that they think could be a danger. Decide where the group would choose to swim and why. Do the waves break the same everywhere? Discuss how the group could check or find the safest place to swim? Who could help with this?</p>	 4. Kaitiakitanga  2. My safety	<p>PPE. Gloves. Hand sanitiser. Buckets.</p> <p>Cones or flags.</p>
Wet Activities	<p>Tag games out of water then in shallow water to warmup.</p> <p>Workshops style splitting into small groups to practice individual choices to improve.</p> <p>Allocate or match with adults or surf lifeguards who can support each group.</p> <p>Swim and surf negotiation.</p> <ul style="list-style-type: none"> ▪ Catching broken waves using streamline from standing. ▪ Wading in and out of waves. ▪ Diving under waves. <p>Board</p> <ul style="list-style-type: none"> ▪ Catching waves. ▪ Using different techniques to go out through waves. 	 1. Swim  2. Board  3. Surf negotiation	<p>Paddle boards. Bodyboards. Pool noodles . Hand planes or kickboards.</p>
Recap	<p>Individual worksheets or verbally ask...</p> <p>"When I do Junior Surf I...</p> <p>-feel good going in the water. -enjoy seeing my friends.</p>	 4. Hauora	Worksheets

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Making choices









Introduction	This session develops our decision-making skills, we can use these to keep ourselves safe at the beach or decide which beach flag to aim for.		
Section	Matrix link	Equipment	
Knowledge	<p>Review the actions that individuals need to take to keep themselves safe from the sun. Use the New Zealand Cancer society model – SunSmart.</p> <ul style="list-style-type: none"> ▪ Slip on clothing. ▪ Slop on sunscreen. ▪ Slap on a wide brimmed hat. ▪ Wrap on sunglasses. ▪ Slide into shade. <p>Introduce the danger of getting too hot or too cold.</p>	 <p>1. Know</p>	SunSmart website
Dry Activities	<p>Decision making running games to practice change of direction, agility, and quick reactions.</p> <ul style="list-style-type: none"> ▪ Rob the nest. ▪ Rats and Rabbits. ▪ Lifeguards coming – direction game. <p>Modified beach flags, with opportunities to try different skills and tactics.</p> <ul style="list-style-type: none"> ▪ Team flags or nobody out points flags. ▪ Landmine flags. ▪ Up or down a hill. ▪ Rats and Rabbits style. <p>Tube rescue practice.</p> <ul style="list-style-type: none"> • Mock rescues on land. • Running relays but tube rescue. 	 <p>2. Run</p>	<p>Cones or markers. Balls. Beach flags.</p>
Wet Activities	<p>Tag games in the water</p> <ul style="list-style-type: none"> ▪ Chain tag or noodle tag. ▪ Stuck in the mud or seaweed. ▪ Holey bucket or not a cup. <p>Surf negotiation practice</p> <ul style="list-style-type: none"> ▪ Wave smash or sand grab or beached whales. ▪ Lifeguard says. ▪ Ins and outs relays. ▪ Obstacle swims if flat with hoops, splash zone, swimming under a board. ▪ Board wave surfing or tag team surfing. ▪ Board relays. 	 <p>3. Surf negotiation</p>  <p>1. Swim</p>  <p>2. Board</p>	<p>Pool noodles Obstacles. Bodyboard or paddle boards.</p>
Recap	<p>Discussion about making choices to keep everyone safe. We must listen to adults about how to keep sun safe, where it is safe to swim and what equipment we need to be safe.</p>	 <p>2. Group</p>	

U8 Session Plan



End of season festival

Introduction	Choose a set of challenges, activities, and tasks to showcase the skills that your group have developed across the season. A mixture of participation, knowledge skills, surf lifesaving and lifesaving sports gives more people a chance to experience success.
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Section		Matrix link	Equipment
Knowledge	Quiz activity, create a short quiz that includes fun club type knowledge and surf safety. Individuals or teams.	 1. Know	
Dry Activities	Create a circuit or series of activities for individuals or groups to complete to challenge a range of skills. <ul style="list-style-type: none"> ▪ Running races. ▪ Novelty relays like 3 legged. ▪ Team or points beach flags. ▪ Photo orienteering. ▪ Beach flags. ▪ Obstacle course. ▪ Problem solving physical challenge type amazing race task. ▪ Identifying patrol basic equipment including choosing a safe spot to swim. ▪ Simple scenario to get information from (4Ps) 	 2. Run  4. Lifesaving sport  3. Team	Obstacles. Cones or markers. Balls. Beach flags. Parent event officials.
Wet Activities	Series of activities that allow for both fun and participation. <ul style="list-style-type: none"> ▪ Run swim run. ▪ World wave or body surfing competition. ▪ Run wade run. ▪ Relays and novelty tasks. ▪ Board races and relays. ▪ In water tag games. ▪ Relays. ▪ Responding as a group to a scenario. 	 3. Surf negotiation  1. Swim  2. Board  4. Lifesaving sport	Parent and lifeguard in water support. Parent event officials. Rescue tubes. Fins. Paddle boards. Other craft or surf lifesaving resources as required.
Recap	Celebrate progress, participation, and excellence.		