

U10 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>	

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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 fitness is at for the start of the season.		
Section	Matrix link	Equipment	
Knowledge	5 surf safety rules including 3 R's and knowing 111. <ul style="list-style-type: none"> • Swim between the flags. • Have an adult with you. • Listen to the lifeguard's advice. • If you see someone in trouble, call 111. • Be aware of rips and use the 3 R's. 	 1. Know	Activity card.
Dry Activities	Play an instructions-based game and use surf safety knowledge as part of the game. <ul style="list-style-type: none"> • Lifeguards coming. • Lifeguard says or similar. 	 2. Group	
Wet Activities	Streamline <ul style="list-style-type: none"> ▪ Practice streamline position. ▪ Stuck in the mud in the pool. ▪ Hula hoops or other obstacle swimming. Floating <ul style="list-style-type: none"> ▪ Practice safe entry into water then recovering into a float. ▪ Float with any 'floaty' object comfortably. Swim <ul style="list-style-type: none"> ▪ Fun relays using different strokes. ▪ How far can your pair swim in a relay? ▪ Swim challenge, how far can you swim freestyle without stopping? Surf Survival <ul style="list-style-type: none"> ▪ Practice recovering from a wipe out by curling up in a ball and then moving into a float. ▪ Could use jumping in if deep in a 'bomb' or shutting eyes and 'pushing' each other over from standing if shallow. 	 1. Swim  4. Surf survival  1. Rescue  2. My safety	Rescue Tubes Hula Hoops Pool Noodles Assorted objects for floating with. Buckets. Balls.
Recap	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?	 4. Hauora	

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What can I do

Introduction	This week we are working to understand where we are at with our skills, allowing our group leaders and whānau choose safe activities for us. There will be an opportunity to complete your 200m swim badge during the session if you are ready, otherwise there will be more chances.
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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 glide? Surf Survival <ul style="list-style-type: none"> ▪ Roll and stay calm. ▪ Escape from the whirlpool. ▪ Float challenge. ▪ On and off an object. Swim <ul style="list-style-type: none"> ▪ How far can you swim without stopping. ▪ Those who want to can attempt 200m swim badge, work with whanau to make decisions that empower participants. 	 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	

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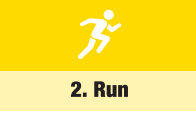





Teamwork makes the dream work

Introduction	Today's activities are focused on building our teamwork skills and connecting with the people in our group.	
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. How many on a towel. Human knot. <p>Review previous group contract and add any new ideas or create one if not previously done.</p>	Activity card dependent
Dry Activities	<p>Introduce the 3 R's to apply floating skills if we are in trouble in the water.</p> <ul style="list-style-type: none"> Relax and float on your back. Raise your hand and signal for help. Ride the current until it stops moving. <p>Use a 'fun' practice activity like 'lifeguard Says".</p> <p>Review other rules that we might be able to use to stay safe at the beach.</p> <p>Relays with running and surf negotiation skills.</p> <ul style="list-style-type: none"> Running in various ways, relays, and tag games. Over hurdles, hoops, or obstacles. Dry tube rescues. 	Photos Posters
Wet Activities	<p>Relays using surf negotiation skills.</p> <ul style="list-style-type: none"> Wading. Dolphin diving. Pairs holding pool noodles. Shallow tube rescues practicing approach. <p>Rescue practice.</p> <ul style="list-style-type: none"> Build up depth and challenge of activity based on groups prior experiences. Focus on using common equipment to self-rescue and 'reach or throw' to others. Example- Paired up one person goes out to parents and raises arm to signal for help, person two runs out with a pool noodle, lifejacket, or rescue tube and passes this safely. Both return to shore but without actively pulling the other in. 	Rescue tubes Pool noodles. Paddle Boards.
Recap	Discuss in pairs the following ideas. What did it look like, sound like, feel like when we worked as a team today?	

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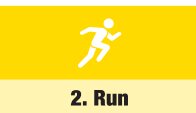




The surf zone – ins and outs

Introduction	The focus of our session today is to develop and apply skills that assist us to go in and out through waves. This recovery from a wipe out and following the 5 surf safety rules.		
Section	Matrix link	Equipment	
Knowledge	Look at a picture of a busy day at the beach. <ul style="list-style-type: none"> Identify all the activities people are doing. Identify anyone not following one of the 5 surf safety rules. Identify any other dangers. 	 1. Know	Activity card.
Dry Activities	Warmup <ul style="list-style-type: none"> Red light, green light. Lifeguard says. Lifeguard is coming – four directions game. Skills stations to practice surf negotiation skills running, wading, dolphin diving. <ul style="list-style-type: none"> Speed ladder of human ladder. Small hurdles or cones. Tyre or hoops offset. Tunnels or under objects going from running. Tag games. 	 2. Run  3. Surf negotiation  3. Team	Mini hurdles. Hoops. Cones. Speed ladder.
Wet Activities	Build confidence using a sequence of activities to develop surf negotiation skills running, wading, dolphin diving. <ul style="list-style-type: none"> Wave smash or human chain. Tag games – stuck in the mud is great. Weaving in and out of parents. Human ladder or beach flags in shallows. Great sand grab. Over, under, through. Self-rescue and floating skills in open water. <ul style="list-style-type: none"> Float with different equipment and compare. Hopping on and off a board in the wave zone. Flat water option build a raft or raft boards together and walk along them. 	 3. Surf negotiation  1. Swim  1. Rescue	Rescue tubes Paddle boards Pool Noodles Balls Buckets Foam cushions.
Recap	What are the surf safety rules? How many did we do today? What equipment was the easiest to float with?		

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Staying on top of the water

Introduction	Our focus today will be on catching waves on a board and developing body surfing skills.		
Section	Matrix link	Equipment	
Knowledge Review 5 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 3 R's <ul style="list-style-type: none"> • Relax and float on your back. • Raise your arm to signal for help. • Ride the current until it stops. 	 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 Demonstrate and practice streamline to dive under and catch waves. <ul style="list-style-type: none"> • Beach flags into or out of the water. • Stuck in the mud in the water. • World wave or body surfing challenges. • 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 bunny hop. • Getting on and of the board in water where participants can't touch the bottom progress to eskimo roll of board. • Weaving board through a 'slalom course' of bouys of lifeguards floating with tubes in flat water. • 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  3. Surf negotiation  1. Swim  2. Board	Board Rescue Skills Rescue Paddle boards. Pool noodles. Rescue tubes.	
Recap	Act out 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.		

U10 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.	
Section	Matrix link	Equipment
Knowledge	<p>Play a fun game based on communication skills. Share some ideas with the group around how other people's emotions and responses can impact on us.</p> <ul style="list-style-type: none"> Identify emotions from facial expressions. 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? What information should we give to police when calling 111. 4 P's. What actions do you take to keep safe. 	Surf Lifeguard manual communication section.
Dry Activities	<p>Warmup with a communication heavy game.</p> <ul style="list-style-type: none"> Lifeguard says or lifeguards coming. 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"> Throw rescues – practice throwing balls and ropes to targets. Can play a target type game for a fun practice. Tube rescues dry walk through and relays. <p>What other everyday objects could you use if you found yourself in trouble.</p>	<p>Cones or markers. Floatation equipment. Beach flags or balls or small bean bags.</p>
Wet Activities	<p>Floating and rescue skills.</p> <ul style="list-style-type: none"> Tube rescues, noodle rescues, relays. Rescues where they take out a suitable object and pass it to patient using defensive position. Floating and practicing the 3 R's, use Lifeguard says game in the water. <p>Paddle board or inflatable paddle board.</p> <ul style="list-style-type: none"> Practice falling off safely and climbing back on. Fall off then swim to a floating object in the water or get group together and do the HELPP huddle. 	
Recap	Importance of calling 111 and holding on to any floatation if you are in trouble in the water.	

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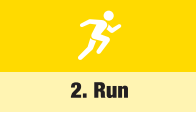




Surf is fun

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.	
Section	Matrix link	Equipment
Knowledge	<p>Role play and discuss in small groups what you would do in the following scenarios.</p> <ol style="list-style-type: none"> 1. Your friends wanting to swim at a non-lifeguarded beach. 2. Swimming with no adults watching you. 3. Going to jump off rocks into deep water. <p>Show the group essential patrol equipment and ask them to say what it is.</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. 	
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. ▪ Relays using different skills for different parts. ▪ Water tag games. ▪ Over- under – through or hoops/ obstacles. <p>Perform the 3 R's in open water where participants can touch the bottom, but is challenging.</p> <ul style="list-style-type: none"> ▪ Observe and identify currents and waves. ▪ Ensure all participants have swum in open water first. ▪ Allow wearing fins and PFD's for confidence. ▪ Ensure sufficient in water supervision from confident adults (1:5 or lower) and lifeguards (1:20 or lower) <p>No surf options.</p> <ul style="list-style-type: none"> ▪ Whirlpool float. ▪ Kickboard wave tunnel. 	Fins. PFD's.
Recap	<p>What do we need to know before we go to the beach? How do we identify safe swim areas?</p>	

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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.		
Section	Matrix link	Equipment	
Knowledge	Short quiz or problem-solving task focused on surf safety and getting to know the local area. <ul style="list-style-type: none"> ▪ Photo orienteering. ▪ Question and answer task. ▪ Complete a puzzle type task. 	 1. Know	Activity dependent.
Dry Activities	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. <ul style="list-style-type: none"> ▪ Red light/ green light. ▪ Lifeguard says. ▪ Giants, wizards, elves. ▪ Terminator tag. Team challenge, create a series of activities for groups to complete that leads on to the next activity. Examples. <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. 	 2. Run  3. Team  2. Group	Activity dependent.
Wet Activities	Depending on groups at festival day. Either have a series of opportunities to learn and improve surf negotiation, swim, and board skills. <ul style="list-style-type: none"> • Relays. • Wave smash, over- under – through. • Completion of challenges. • Individual or team races. Or if swapping with another water sport then teaching each how to paddle or catch waves using different craft.	 3. Lead  3. Surf negotiation	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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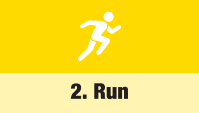




In our neighbourhood

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>	 <p>4. Kaitiakitanga</p>	<p>Science learning hub website</p> <p>Plastic pollution website</p>
Dry Activities	<p>Rubbish collection activity.</p> <p>This age can divide up into groups and choose their individual areas from within an allocation. They will likely be motivated by competing about the most/ biggest/ unusual items.</p> <p>Finding our spot to swim.</p> <p>Identify types of waves on the beach and any other hazards. Introduce how wind and weather impact the waves. Decide where the group would choose to swim and why. Would that be different if they wanted to go surfing or body boarding? Does everyone like the same type of wave.</p>	 <p>4. Kaitiakitanga</p>  <p>3. Experience</p>	<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 body surfing. ▪ Recovering from a wipe out. ▪ Diving under waves. <p>Board</p> <ul style="list-style-type: none"> ▪ Catching waves. ▪ Using different techniques to go out through waves. ▪ Flat water raft making, lifeguard says on a board 	 <p>1. Swim</p>  <p>2. Board</p>  <p>3. Surf negotiation</p>	<p>Paddle boards Body boards 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>	 <p>4. Hauora</p>	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 Review the actions that individuals need to take to keep themselves safe from the sun. Use the New Zealand Cancer society model – SunSmart. <ul style="list-style-type: none"> ▪ Slip on clothing. ▪ Slop on sunscreen. ▪ Slap on a wide brimmed hat. ▪ Wrap on sunglasses. ▪ Slide into shade. Discuss the danger of getting too hot or too cold.	 <p>1. Know</p>	SunSmart website	
Dry Activities Decision making running games to practice change of direction, agility, and quick reactions. <ul style="list-style-type: none"> ▪ Rob the nest. ▪ Rats and Rabbits. ▪ Lifeguards coming – direction game. Modified beach flags, with opportunities to try different skills and tactics. <ul style="list-style-type: none"> ▪ Team flags or nobody out points flags. ▪ Landmine flags. ▪ Up or down a hill. ▪ Rats and Rabbits style. Tube rescue practice. <ul style="list-style-type: none"> • Mock rescues on land. • Running relays but tube rescue. 	 <p>2. Run</p>	Cones or markers. Balls. Beach flags.	
Wet Activities Tag games in the water <ul style="list-style-type: none"> ▪ Chain tag or noodle tag. ▪ Stuck in the mud or seaweed. Surf negotiation practice <ul style="list-style-type: none"> ▪ Wave smash or sand grab. ▪ 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>	Pool noodles Obstacles Body board or paddle boards.	
Recap	Discussion about making choices to keep ourselves safe. We must work with our adults to make decisions about how to keep sun safe, where it is safe to swim and what equipment we need to be safe doing our activities.	 <p>2. Group</p>	

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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 competition, participation, knowledge skills, surf lifesaving and lifesaving sports gives more people a chance to experience success.		
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	<p>Create a circuit or series of activities for individuals or groups to complete to challenge a range of skills.</p> <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. ▪ Setting up a 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	<p>Series of activities that allow for both participation and fun. Include options for fins and different boards to match skills and confidence.</p> <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. ▪ Rescues races and 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.		