



U12 Session Plan










Induction

Introduction	Junior Surf Coordinator or Group Leaders to formally welcome all participants and whānau to the season	
Section	Matrix link	Equipment
Knowledge	Welcome and introduction of key people who are involved in the season (group leaders, committee, surf lifeguards)	
Dry Activities	<ol style="list-style-type: none"> 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. 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. 3. Parent help and safety briefing. Junior Surf Coordinator and/ or water safety lead explain and demonstrate the following. <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> <div data-bbox="1034 1099 1233 1211" style="text-align: center;">  2. Group </div>
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 cards.</p> <div data-bbox="1034 1641 1233 1753" style="text-align: center;">  3. Team </div>
Recap	Shared lunch and catch-up time. Invite back previous juniors and wider club to discuss journey and connect with junior surf participants.	

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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	Small groups <ul style="list-style-type: none"> Each group gets a 'Danger scenario' card. Groups analyse/ discuss what they would do and share back with the whole group. Extension - Role play how they would let their friends/ the people in the scenario know what the right thing to do is.	 2. Group	Activity card.
Dry Activities	Tag Games Choose a tag game to warm up.	 2. Group	
Wet Activities	Swim <ul style="list-style-type: none"> Fun relays using different strokes. Swim challenge, how far can you swim freestyle without stopping? Streamline <ul style="list-style-type: none"> Practice streamline position. Stuck in the mud in the pool. Hula hoops or other obstacle swimming. Tube rescue <ul style="list-style-type: none"> Demonstrate and practice defensive position and clipping a patient into a tube. Tube rescue relays Board rescue <ul style="list-style-type: none"> Paddling in pairs Getting on and off the board with another person. Floating <ul style="list-style-type: none"> Practice safe entry into deep water then recovering into a float. Choose the right rescue equipment scenario. 	 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. There will be an opportunity to complete your 200m swim badge during the session.	
Section	Matrix link	Equipment
Knowledge	<p>Why we need to carry out annual refreshers of key skills in a surf lifesaving context.</p> <p>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.</p>	 1. Swim
Dry Activities	<p>Fun warmup games like</p> <ul style="list-style-type: none"> • Group juggle. • Lifeguard says. 	 2. Group
Wet Activities	<p>Surf negotiation</p> <ul style="list-style-type: none"> ▪ Over, under, through challenge. ▪ Stuck in the mud in the pool. <p>Surf Survival</p> <ul style="list-style-type: none"> ▪ Escape from the whirlpool. ▪ Man, overboard scenario. ▪ Float challenge. <p>Swim</p> <ul style="list-style-type: none"> ▪ 200m swim badge ▪ How far can you swim in a set time. 	<p>Hula hoops. Pool noodles. Floatation equipment.</p>  3. Surf negotiation  4. Surf survival  1. Swim
Recap	<p>Adult lead discussion about how participation in today's activities made everyone feel.</p> <p>What might their next steps be?</p> <p>What would they like to try?</p> <p>What might be a goal for them for the season?</p>	 4. Hauora

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Teamwork makes the dream work

Section	Matrix link	Equipment
Introduction Today's activities are focused on building our teamwork skills, but using opportunities that relate to our beach and Junior Surf programme.		
Knowledge A series of challenges to build team rapport and self-confidence. <ul style="list-style-type: none"> Group juggle. How many on a towel. Human knot. 	 1. Communicate	Activity card.
Dry Activities Introduce the 3 R's to apply floating skills if we are in trouble in the water. <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. Review other rules that we might be able to use to stay safe at the beach. Relays with running and surf negotiation skills. <ul style="list-style-type: none"> Running in various ways. Over hurdles or obstacles. Dry tube rescues. 	 1. Know  4. Surf survival  2. Group	Photos Rip Current Activity
Wet Activities Relays using surf negotiation skills. <ul style="list-style-type: none"> Wading. Dolphin diving. Pairs holding pool noodles. Shallow tube rescues practicing approach. Tube and/ or board rescue practice. <ul style="list-style-type: none"> Build up depth and challenge of activity based on groups prior experiences. Focus on conscious patient clip in and/ or pick up. Include demonstration of how to negotiate and then practice coming back through the surf zone with a patient. 	 1. Rescue	Rescue tubes Pool noodles. Paddle Boards Board Rescue Skills Rescue
Recap Discuss in pairs the following ideas. What did I learn today? So, what do I need to work on? Now what am I going to do next?		

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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 includes reading the surf through identifying wave types and where rips and currents are.		
Section	Matrix link	Equipment	
Knowledge	10 Surf Safety Rules <ul style="list-style-type: none"> • Discuss why we have rules. • Brainstorm what rules the surf lifeguards might have. • Charades of the rules. 	 1. Know	Activity card.
Dry Activities	Warmup <ul style="list-style-type: none"> • Red light, green light. • Lifeguard says. • Rats and rabbits. 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. 	 3. Surf negotiation  2. Run	Mini hurdles. Hoops. Cones. Speed ladder.
Wet Activities	Skills stations to practice surf negotiation skills running, wading, dolphin diving. <ul style="list-style-type: none"> ▪ Tag games – stuck in the mud is great. ▪ Weaving in and out of parents. ▪ Human ladder or beach flags in shallows. ▪ In and out including running up around a marker. ▪ Noodle surfing, world wave from standing. Rescue skills broken into parts. <ul style="list-style-type: none"> ▪ Putting on fins and coming back in with fins. ▪ Catching broken waves together on a board. ▪ Rescue relays ▪ 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. Board Rescue Skills Rescue
Recap	What are the 10 surf safety rules? How many did we do today?		

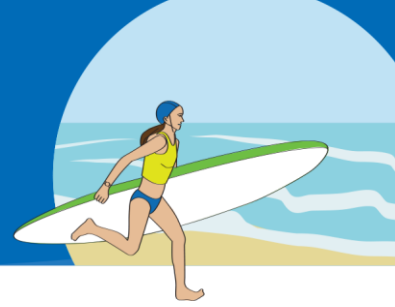
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Staying on top of the water








Introduction	Our focus today will be on catching waves on a board and developing body surfing skills.		
Section	Matrix link		Equipment
Knowledge	Review 10 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	
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. ▪ Tag game to apply skills. 	 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"> ▪ Stuck in the mud in the water. ▪ World wave or body surfing challenges. ▪ In and outs. 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. ▪ Board ball tag or lifeguard says in flat water. ▪ Weaving board through a 'slalom course' of buoys 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 resource. 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, seeing what everyone recalls.		

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How to look after myself and others

Introduction	Our focus this week is on ways that we can help keep ourselves safe around the water by 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 Play a fun game based on communication skills. Share some ideas with the group around good communication. Positive body language, tone, and clarity. <ul style="list-style-type: none"> ▪ Help me – come here or traffic jam. ▪ Line ups – with and without talking. Identifying dangers before going in the water. <ul style="list-style-type: none"> ▪ Brainstorm common dangers around water. Are these the same for everyone? ▪ What actions can be taken to avoid or prevent. ▪ When should we call 111 and who can help? ▪ Example Danger – not knowing where the rips or currents are at a beach. Solution – swim at a lifeguarded beach, identify rips and currents. 	<div style="background-color: #f4a460; padding: 5px; text-align: center;">  1. Communicate </div> <div style="background-color: #0070c0; padding: 5px; text-align: center; margin-top: 5px;">  2. My safety </div> <div style="background-color: #0070c0; padding: 5px; text-align: center; margin-top: 5px;">  1. Know </div>	Surf Lifeguard manual communication section.
Dry Activities Recovery position and getting help. <ul style="list-style-type: none"> ▪ Watch a video or a trained person doing CPR, on a mannikin and placing in the recovery position. ▪ Practice putting each other in recovery position. ▪ Highlight the importance of calling 111 and describing the situation. Rescue skills <ul style="list-style-type: none"> ▪ Throw rescues – practice throwing balls and ropes to targets. This is a safe for everyone. ▪ Tube rescues dry walk through and relays. What other everyday objects could you use if you found yourself in trouble.	<div style="background-color: #0070c0; padding: 5px; text-align: center;">  1. Know </div> <div style="background-color: #e31a1c; padding: 5px; text-align: center; margin-top: 5px;">  1. Rescue </div> <div style="background-color: #0070c0; padding: 5px; text-align: center; margin-top: 5px;">  2. My safety </div>	CPR mannikin and trained person. CPR Video here Recovery Position Video here
Wet Activities Floating and rescue skills. <ul style="list-style-type: none"> • Tube rescues, noodle rescues, relays. • Rescues using different boards. • Rescues where they swim out a suitable object and pass it to patient using defensive position. IRB Hull – safe boating <ul style="list-style-type: none"> ▪ Using an IRB hull with no engine attached. ▪ Practice falling out safely and climbing back into IRB hull in flat water. 	<div style="background-color: #fff9c4; padding: 5px; text-align: center;">  4. Surf survival </div>	IRB hull no motor. Helmets. PFD's. IRB or canoe paddles.

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	<ul style="list-style-type: none">▪ Wear PFD's and see how that changes your ability to swim, float, climb in.▪ Fall out then swim to a floating object in the water or get group together and perform HELP huddle.▪ Confident groups can paddle hull.▪ This activity must be delivered by a qualified surf lifeguard.		
Recap	Importance of calling 111 and taking the best available equipment to a rescue.		

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Surf is fun

Introduction	This week we are focused on experiencing how we can apply our surf lifesaving skills to keep ourselves safe.	
Section	Matrix link	Equipment
Knowledge	<p>Use one or more active communication activities to warm the group up physically and emotionally.</p> <ul style="list-style-type: none"> Traffic jam or Electric fence. Beach towel challenge.. Human knot or Hula hoop pass. 	 <p>3. Lead</p>
Dry Activities	<p>Role play and discuss in small groups what you would do in the following scenarios.</p> <ol style="list-style-type: none"> Your friends want to swim at a non-lifeguarded beach. Swimming with no adults watching you. Going to jump off rocks into deep water. <p>Identify the key equipment that lifeguards use to setup a patrol at your beach.</p>	<p>Patrol equipment.</p>  <p>1. Communicate</p>  <p>2. My safety</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"> Skills circuit/ course with stations or sections of course in which skills must be used. Relays using different skills for different parts. Water tag games. World wave/ team challenge Extension activity, add in putting on fins. <p>Perform the 3 R's in open water if confident have water depth where participants can't touch.</p> <ul style="list-style-type: none"> Observe and identify currents. Ensure all participants have 200m swim badge and can comfortably swim 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. 	<p>Fins. PFD's.</p>  <p>4. Surf survival</p>  <p>1. Swim</p>  <p>3. Surf negotiation</p>  <p>3. Experience</p>
Recap	Review the need to put your safety before everyone else and using any floatation available to perform the 3 R's	

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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 or lifesaving sport events).	
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. 	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. ▪ Recovery position or DRSABCD. ▪ Swim/ board rescue. ▪ Put on a surf lifesaving uniform. ▪ Run in and out of water, collecting water to fill something. ▪ Obstacles or slip and slide. ▪ Tie knots or make something. 	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. • Completion of challenges. • Individual or team races. <p>Or if swapping with another water sport then teaching each how to catch waves using different craft.</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>The older age groups can be involved in sorting and counting the rubbish into different categories to report back on what the juniors found or can collect in the more challenging areas like water's edge and sand dunes.</p> <p>Set up a patrol.</p> <p>Identify types of waves on the beach and any other hazards. Decide where the group would set up the patrol area. If time allows place substitute equipment. Or if flags are already in place, discuss why lifeguards have placed them there.</p>	 4. Kaitiakitanga  3. Experience	<p>PPE. Gloves. Hand sanitiser. Buckets.</p> <p>Cones or flags. Junior surf equipment to substitute for patrol items.</p>
Wet Activities	<p>Tag games in shallow water to warmup.</p> <p>Workshops- split up into small groups to practice specific skills individuals choose to improve for swimming and surf negotiation.</p> <p>Allocate or match with adults or surf lifeguards who can support each group.</p> <ul style="list-style-type: none"> ▪ World wave or relays to practice skills after workshops. <p>Workshops- split up into small groups to practice specific skills individuals choose to improve for board paddling including surf negotiation.</p> <ul style="list-style-type: none"> ▪ Tag team surf off. ▪ Flat water raft making, lifeguard says on a board 	 1. Swim  2. Board  3. Surf negotiation	<p>Paddle boards Body boards Pool noodles Hand planes or kickboards.</p>
Recap	<p>Individual worksheets with sentence starters about how people feel when they do Junior Surf.</p> <p>"How do I feel when I work with other people in a team at Junior Surf...."</p>		Worksheets

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Making choices









Introduction	This session develops our skills around making decisions and choices to keep ourselves safe at the beach.		
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>Discuss the danger of getting too hot or too cold.</p>	 1. Know	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, giving opportunities to try different skills and tactics.</p> <ul style="list-style-type: none"> ▪ Team flags or nobody out. ▪ Landmine flags. ▪ Up or down a hill. ▪ Into or out of the water. <p>Tube rescue practice.</p> <ul style="list-style-type: none"> • Mock rescues on land. • Running relays but tube rescue. 	 2. Run	<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. <p>Surf negotiation practice</p> <ul style="list-style-type: none"> ▪ World wave or body surfing challenge. ▪ Ins and outs relays. ▪ Obstacle swims if flat with hoops, splash zone, swimming under a board. ▪ Paddle board ins and outs ▪ Paddle board wave surfing ▪ Paddle board relays or rescues. 	 3. Surf negotiation  1. Swim  2. Board	<p>Pool noodles Obstacles Body board or paddle boards.</p>
Recap	Discussion about how we must make a choice to keep ourselves safe. We must work with our adults to make decisions about where it is safe to swim and what equipment we need to be safe doing our activities.	 2. Group	

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End of season celebration

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.
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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. ▪ 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	Series of activities that allow for both competition and participation. Include options for fins and different boards to match skills and confidence. <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. ▪ Soft top or paddle board 'surfing'. ▪ 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.		