



U14 Session Plan



Induction

Introduction	Junior Surf Coordinator or Group Leader to formally welcome all participants and whānau to the season.
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Section	Matrix link	Equipment
Knowledge		
Dry Activities	 <p>2. Group</p>	<p>First aid AED – (Defibrillator) Trauma pack.</p> <p>Patrol flags. Rescue board. Rescue tube and fins.</p>
Wet Activities	 <p>3. Team</p>	Activity card.
Recap		

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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, at the start of the season.
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Section		Matrix link	Equipment
Knowledge	<p>Small groups</p> <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. <p>Extension - Role play how they would let their friends/ the people in the scenario know what the right thing to do is.</p>	 <p>2. Group</p>	Activity card.
Dry Activities	<p>Tag games</p> <p>Choose a tag game to warm up.</p>	 <p>2. Group</p>	
Wet Activities	<p>Swim</p> <ul style="list-style-type: none"> Fun relays using different strokes/styles. Swim challenge, how far can you swim freestyle without stopping? <p>Streamline</p> <ul style="list-style-type: none"> Review streamline position and using it as a patient and in waves. Hula hoops or other obstacle swimming. Kicking on back with pool noodle or rescue tube. <p>Tube Rescue</p> <ul style="list-style-type: none"> Demonstrate and practice defensive position and clipping a patient into a tube. Compare with lifesaving sports style clip in. Tube rescue relays. <p>Floating</p> <ul style="list-style-type: none"> Practice swimming to an object and floating with it. Boat rescue scenario. 	 <p>1. Swim</p>  <p>4. Surf survival</p>  <p>1. Rescue</p>  <p>2. My safety</p>	<p>Rescue Tubes. Hula Hoops. Pool Noodles. Assorted objects for floating with. Buckets. Balls.</p> <p>Tube Rescue Video here</p>
Recap	<p>How did it feel challenging yourself today?</p> <p>How do you feel when you learn new things?</p> <p>Do you have some goals for your swimming skills this season?</p>	 <p>4. Hauora</p>	

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What can I do

Introduction	This week we are working to understand where our skills are at. There will be an opportunity to refresh your 200m swim badge during the session.
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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 warm-up games like</p> <ul style="list-style-type: none"> Group juggle. Lifeguard says. How many on a towel. 	 2. Group	
Wet Activities	<p>Surf negotiation</p> <ul style="list-style-type: none"> Over, under, through challenge. <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 safety badge swim How far can you swim in a set time. 	 3. Surf negotiation  4. Surf survival  1. Swim	Hula hoops. Pool noodles. Floatation equipment.
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

Introduction	Today's activities are focused on building our teamwork skills, but using opportunities that relate to our beach and Junior Surf programme.
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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"> Group juggle. How many on a towel. Human knot. 	 <p>1. Communicate</p>	
Dry Activities	<p>Identify a rip activity. Either with a walk and viewing from an elevated position or using photos.</p> <p>Review the 3 R's that were practiced in the previous swim skills sessions.</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>Relays with running and surf negotiation skills.</p> <ul style="list-style-type: none"> Running in various way. Over hurdles or obstacles. Dry tube rescues. 	 <p>1. Know</p>  <p>4. Surf survival</p>  <p>2. Group</p>	<p>Photos. Posters.</p> <p>Rip Current Activity</p>
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>Tube and/or board rescue practice.</p> <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. 	 <p>1. Rescue</p>	<p>Rescue tubes. Pool noodles. Paddle Boards.</p> <p>Board Rescue Skills Rescue</p>
Recap	<p>Discuss in pairs the following ideas.</p> <p>What did I learn today?</p> <p>So, what do I need to work on?</p> <p>Now what am I going to do next?</p>		

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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 the type of wave and where rips and currents are.	
Section	Matrix link	Equipment
Knowledge	<p>Review how to identify a rip.</p> <ul style="list-style-type: none"> Rip identification activity card. <p>Discuss the types of waves and how we can identify these.</p> <ul style="list-style-type: none"> Wave identification activity card. Shore break, surging wave, spilling wave, dumping or plunging wave. <p>Video or coastal walk with a lifeguard to identify and discuss waves and currents. Lifeguard to discuss how lifeguards use rips and the risks to different groups of beach users of rips and different wave types.</p>	<p>Wave Type Activity</p> <p>Rip Current Activity</p>
Dry Activities	<p>Skills stations 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. Tag games. 	<p>Mini hurdles. Hoops. Cones. Speed ladder.</p>
Wet Activities	<p>Skills stations to practice surf negotiation skills running, wading, dolphin diving.</p> <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. <p>Tube and Board rescue parts practice.</p> <ul style="list-style-type: none"> Relays. Putting on fins and coming back in with fins. Use soft boards if not confident on fiberglass or to do something different. Rescue relays. Flat water option build a raft or carry a patient post rescue. 	<p>Rescue tubes. Paddle boards. Pool Noodles. Board Rescue Module.</p> <p>Board Rescue Skills Rescue</p>
Recap	<p>What are the 3 R's? How would we identify a rip when we turn up at a beach?</p>	

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Staying on top of the water








Introduction	Our focus today will be on catching waves on a board and using body surfing skills.		
Section	Matrix link	Equipment	
Knowledge	Review 3 R's and how to identify a rip. Draw or sculpt a model of a rip on the sand.	 1. Know	
Dry Activities	Use activities that focus on participants stopping and starting, adapting their speed and stride length. <ul style="list-style-type: none"> Red light, green light. What's the time Mr Wolf? Obstacle course. Noodle tag or chain tag. 	 2. Run	Cones or markers. Obstacles. Pool noodles.
Wet Activities	<p>Demonstrate and practice streamline to dive under and catch waves.</p> <ul style="list-style-type: none"> Stuck in the mud in the water. World wave or body surfing challenges. In and outs. Pool noodle or rescue tube wave catching. <p>Board skills or practice.</p> <ul style="list-style-type: none"> Getting on and off the board in shallow water, progress to bunny hop. Getting on and off 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 or 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	Board Rescue Skills Rescue Paddle boards. Pool noodles. Rescue tubes.
Recap	Quiz or similar of 3 R's and identifying features of a rip.		

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How to look after myself and others

Introduction	Our focus this week is ways we can assist people in difficulty in the water while keeping ourselves safe. A key rule for training surf lifeguards is to consider their own safety before they do anything to try and help someone else.
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Section	Matrix link	Equipment
Knowledge	<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	<div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;">  1. Know </div> <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>	Rescue tubes. Mannikins and PPE. Rescue tubes. Balls and other throwing equipment. CPR Video here Recovery Position Video here
Wet Activities	<div style="background-color: #ffff00; color: black; padding: 5px; text-align: center;">  4. Surf survival </div>	IRB hull no engine. Helmets. PFD's. IRB or canoe paddles.

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	<ul style="list-style-type: none">▪ 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 and others safe.
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Section		Matrix link	Equipment
Knowledge	Use one or more active communication activities to warm the group up physically and emotionally. <ul style="list-style-type: none"> Traffic jam or electric fence. Beach towel challenge. Human knot or hula hoop pass 	 1. Communicate	
Dry Activities	Role play and discuss in small groups what you would do in the following scenarios. <ol style="list-style-type: none"> Approaching someone about to go into a rip. Approaching someone who is in the water in a dangerous place but not yet struggling. Approaching someone struggling in the water. Demonstrate and then practice on dry land the patient approach part of a tube rescue including the defensive position.	 2. My safety	Activity Card. Tube Rescue Video here
Wet Activities	Demonstrate, then practice surf negotiation skills. <ul style="list-style-type: none"> Individual practice time. Relays. Water tag games. Skills circuit/ course with stations or sections of course in which skills must be used. World wave/ team challenge. Extension activity, add in putting fins and a rescue tube on. Swim in an inshore current, small surf rip, tidal flow. <ul style="list-style-type: none"> Watch a person or object float in the current first. Ensure all participants have 200m swim badge and comfortably swim in open water first. Allow wearing fins and PFD's as confidence and skills develops. Ensure sufficient in water supervision from confident adults (1;5 or lower) and lifeguards (1:20 or lower) No surf options. <ul style="list-style-type: none"> Whirlpool float. Kickboard wave tunnel. 	 4. Surf survival  1. Swim  3. Surf negotiation  3. Experience	Fins. Rescue tubes. PFD's.
Recap	Review the need to put your safety before everyone else. Using reach and throw rescues and the defensive position.		

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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 DRSABC. ▪ Swim/ board rescue. ▪ Put on a lifeguard 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> <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.
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Section		Matrix link	Equipment
Knowledge	<p>Discuss how rubbish enters the water cycle when it isn't put into bins or recycled properly. 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. 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. The older age groups can be involved in sorting and counting the rubbish into different categories to report back on what the juniors found.</p> <p>Set up a patrol. Identify waves and currents on the beach and decide where the group would set up the patrol area. Or if flags are already in place, explain why lifeguards have placed them there.</p>	 4. Kaitiakitanga  3. Experience	<p>PPE. Gloves. Hand sanitiser. Buckets.</p> <p>Surf Lifeguard Training Manual Reference</p>
Wet Activities	<p>Tag games in shallow water to warmup. Workshops- split up into small groups to practice specific skills individuals choose to improve for swimming and surf negotiation. 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. "When I do Junior Surf my physical wellbeing/ taha tinana is better because..."</p>		Worksheets

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Making choices

Introduction	This session develops our skills around making decisions and keeping ourselves safe at the beach.
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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. 	 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"> 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. 	 2. Run	Cones or markers. Balls
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	Pool noodles Obstacles Body board or paddle boards.
Recap	<p>Discussion about how we make decisions all day every day. When we go to the beach or to swim any where we must make decisions about where it is safe to swim or whether it is safe to swim.</p>	 2. Group	

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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.
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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 performance and participation. Include skills that are judged rather than fastest if possible. 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.		Body Text style