

U8 Activity Card



Surf negotiation - dolphin dive

Equipment

In- water supervision.
Hula hoops.
Markers or cones to boundary on land.

Matrix link



3. Surf negotiation

Diagram



Instructions

Dolphin diving is used after wading and before full swimming when heading out to sea. This is usually in water between knee and waist depth as wading becomes difficult. The aim is to keep the momentum built up during the run into the water and wading stage.

The parts of the dolphin dive.

1. Dive forward from waist-depth water with arms outstretched to the sea floor.
2. Grab the sea floor as you bring your feet and hands together in a crouch.
3. Push off the sea floor with your feet, maintaining your forward momentum to repeat another diving movement.
4. Take another breath as you exit the water and complete another dive.
5. Repeat the process until you reach a depth where your progress is slowed.
6. Look ahead to time your approach to the next wave and then start swimming.

Many under eight's will not be ready for swimming yet, but it is important that we build confidence going under waves and dolphin diving even for those not yet fluently swimming in a pool or open water.

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Activities

Beached whales.

- Group lies down on water's edge and when a wave comes, they let it wash over them.
- Aim is for participants to confidently shut eyes and mouth and let wave wash over their whole body.
- Confident groups can then transition to crawl and move further out between waves.
- When a wave comes, they stretch arms out in front and do the dolphin dive technique from on their knees recovering to kneel in the water on the other side of the wave.

Great sand grab.

- Participants are challenged to go out to an in-water helper and dive under to get a handful of sand.
- They then hold onto their sand and take it back to the group leader on the shore.
- The onshore leader sends them back out and the in-water helper moves around within the water boundary varying depth and position.

Wave smash.

- group line up on shore holding hands with adults spaced between participants.
- Walk out slowly and stand in a wide legged 'strong' stance to let a wave smash past them.
- As the group gets more confident in water, they can trial kneeling and letting a wave smash past.
- Then they can kneel and submerge heads – let go of hands for this so that hands can go out in front to protect your head.

Relays.

- Set the turn around point at a depth where most of the group would begin to swim. Participants combine running, wading and dolphin diving to complete the course and return to tag their teammates.

Hula hoop dives.

- In-water helpers hold hula hoops approximately two meters apart partially submerged.
- Participants dive through hoops one at a time, with distance between hoops and depth of submergence altered to create more challenge.
- This activity is best for flat water for under eight age group.

Tag games.

- Regular tag games but played in water depth that requires the use of dolphin diving.
- Stuck in the mud in the water where participants must dive under the legs in the water to free people.

Top tips

- Sometimes you will be able to dolphin dive over a white-water wave.
- It's ok for young participants to struggle with timing and getting submerged.
- The aim for our youngest participants is to be comfortable submerging their face and body and getting into the streamline position to dive under water and eventually waves.