

U10 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.

Some under 10'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 completing the 200m swim badge and participating in open water swimming activities.



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Activities

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.

Advanced beached whales.

- For confident groups they can skip out the first few stages of laying on the water's edge and go straight to crawling in shallow water.
- The group crawl as far and as fast as they can 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.

Advanced wave smash.

- Line up in small chains like wave smash (2-3 participants and an adult if needed).
- Walk out slowly standing in a wide legged 'strong' stance to let a wave smash past them.
- As the water gets deeper the group 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.

Top tips

- Sometimes you will be able to dolphin dive over a white-water wave.
- The extension of this skill is to dive under a wave from swimming in water depths where participants cannot push off the bottom first.

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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.

Over, under, through.

- One person is the caller. This role can move along the line after each wave.
- Group lines up in the water – the aim is only to move to negotiate the wave and then stand back up in a line.
- As a wave approaches the caller loudly yells – one of; over, under, through.
- The group uses the technique called out to negotiate the wave.
- Over= dolphin dive over. Under = dolphin dive under. Through = stand in a strong position and let the wave wash past.