

# U14 Activity Card



## Surf negotiation - wading

### Equipment

In-water safety supervision.  
Tennis balls.  
Markers or cones for showing boundaries on sand.

### Matrix link



### 3. Surf negotiation

### Diagram



### Instructions

Follow on from land based wading activities. Allow specific demonstration, practice, and feedback. Best practice before doing any wading is for group to walk in and check the sand bottom for holes and hazards.

The quickest way to get through the shallows is to use the high hurdle-type stride known as wading. This is achieved by lifting the knees high and then swinging the legs out to the side.

- Swing legs out and away from the midline of the body.
- Maintain a high knees/ thighs action to clear the water.
- Arms swing wide for balance and to drive legs.
- Body position is upright, not leaning forwards too much.

1. Human ladder (caterpillar) activity in shallow water going across the water's edge (on hands and knees rather than lying down).
2. Tag games in shallow water.
3. Relays.
4. Decision making games in shallow water – Rats and rabbits is great for this.
5. Beach flags into the water with tennis balls in place of flags.

### Top tips

- An excellent opportunity to get in an older lifesaving sports athlete to demonstrate and work with your group.
- Keep it fun with frequent breaks as wading is high intensity skill.
- Any game or activity that can be played in shallow water is an opportunity to practice wading.