

U14 Activity Card



Paddle board

Equipment

Foam or composite surf lifesaving paddle boards up to and including 10ft 6inch for participants with 200m swim badge.
In- water supervision.
Cones or markers to show edge of water activity area.

Matrix link



Diagram



Instructions

Paddling a board is a core skill for surf lifeguards used on patrol and to participate in lifesaving sports events. Additionally, being able to paddle a board offers independence and fun catching waves or exploring the coastline. Refining a complex skill like paddling a board requires opportunities for both guided discovery and practice of specific parts of skills in a range of conditions (calm water, windy and waves).

There are two ways of paddling a surf lifesaving paddle board, lying on your stomach paddling with alternate arms or kneeling on the board using both arms simultaneously.

Lying down technique.

- Arms should dive well into the water, not slap down.
- Arms should dive as deep as possible into the water.
- Hands and arms should pull straight down the side of the board.
- Elbows should be high during recovery, with arms along the side of the board.

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Kneeling technique.

- Knees and feet should be placed as wide as possible, to form a stable base of support on the four points.
- Position yourself in the middle of the board, which when paddling will ensure the board is gliding across the water. The nose of the board should not be too high or low.
- Avoid bouncing of the board, as this will reduce your board speed.
- Reach as far forward as possible without losing balance to take the stroke.
- Drive arms into the water as deep as possible.

Getting out through waves.

The eskimo roll is used to avoid large broken waves and to ensure you maintain your current position in the surf zone.

- Approach the wave with speed, either on your knees or lying down.
- Before the whitewash hits, grab both hand straps at the front of the board and roll upside down.
- Keep your body vertical under the water, as it will act like an anchor to hold you in place.
- Drive the nose of the board into the wave and down while holding on tightly, as it hits the white water.
- Once the wave has passed, roll back onto the board.

Popping waves can be used to get over small to moderate sized white water, while knee paddling.

- It is important to maintain speed as you approach a wave.
- Having more momentum increases your likelihood of making it through or over the wave successfully.
- Timing is critical and takes some practice to get right.
- Before the white water hits you transfer your weight back on your board by lifting upwards and leaning backwards so the nose of the board comes up.
- Once the board is up onto the white water the paddler takes an aggressive stroke to transfer their weight forwards and lift the back of the board clear of the wave.
- Once you are over the wave you need to keep paddling hard to get moving as fast as possible before you take on the next wave.
- Extension of this skill is the seated pop technique; this involves sitting back on the board by where the back handles are located with legs astride the board.
- As the wave approaches you pull up on the nose of the board and then dive forwards to transfer the weight to get up and over the white water in a similar style to knee popping.



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Catching waves.

- Paddle to get some speed up which makes it easier to catch the wave.
- Catch the wave while it is still green.
- Keep your weight forward on the board to make the tail lift.
- Once the wave is caught, move to the back of the board by putting your hands on the rails and sliding back. You can also put your arms out to the side to assist with stability and/or direction on the wave.

Activities.

Wave zone.

Ins and outs.

- Group paddles out spaced apart with group leader and in- water helpers giving guidance as everyone practices paddling on stomach and knees and navigating through the wave zone.
- Once they reach the turn around point, participants sit up on board and spin to face into shore.
- Either in participants own time or on the signal of the group leader participants make their way back to shore catching waves.
- As confidence increases add in running in and out of the water carrying board on hip or one handled drag.
- Extension – group leader makes rules about techniques that can be used in going through waves.

Relays.

- Create teams that allow for equal racing. Set an achievable course that allows skills to develop in paddling a board. Participants complete course and tag next team member.
- Extensions -vary start or finish distance of run, vary size of tagging zone, vary course distances.
- Extensions- change the course shape; box shaped course, M shaped course, triangle/ apex type course.

Surfing relay/ tag team.

- Create equal teams with a range of skills and abilities in paddling in and catching waves.
- One person at a time paddles out in the competition area and catches a wave. The appointed judges give them a score. Once they have caught their wave they paddle in and tag the next person.
- Set a time limit - so if people take a long time to catch a wave there is less time for others in the team.

Top tips

[Board Rescue Module Resources](#)

[SLSNZ youtube](#)

[SLSNZ coaches toolbox](#)

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Flat water.

In and out of the parents.

- In-water parents line up either heading out from shore or parallel from shore roughly two meters apart.
- Participants paddle their boards through the parent's zig zagging from side to side.

Roll over.

- Participants line up parallel to shore.
- They begin paddling towards the other side of their water area, along the beach.
- The group leader blows a whistle to signal to roll over. You can have another signal to change paddling technique from knees to lying down or back again.
- Participants roll off their board and then recover to start paddling again.

On and off – over and under.

- Participants line up sitting on their boards with legs astride parallel to shore and at least 2 meters apart.
- The group leader blows a whistle or signals and participants hop safely off their board, dive/ swim to the other side and hop back on again.
- The next extension is to lie down, roll off and get back on.
- The next extension is to have everyone set up as at the start, the first person hops off their board and an in-water helper holds their board, so it doesn't drift away while the participant swims to the opposite end of the line of boards.
- Once they get to the other ends the dive under each board coming up in between and then climbing onto the empty board at the end.

Rafts.

- Participants raft up by sitting up or lying on boards and holding onto the handles of their neighbours' boards.
- This can be done in a line or circle.
- One at a time participants can then attempt to walk/ crawl along the boards without falling into the water.

Board tag.

- All the same basic ideas of a running tag game, an area is marked out to play in, using in- water supervisors and cones on land.
- The easiest way to play board tag and reduce the risk of collisions between boards is to use a soft ball or sponge to tag by throwing. To tag someone you throw the ball, and it must hit the board or participant to make that person in. The person with the object is now 'in' and chases down a new tagger.