

U10 Activity Card



Paddle board

Equipment

Soft (foam) nipper boards for participants with 200m swim badge either 6-foot 6 inch 'Nipper board' or 8 foot 10 inch 'Cadet Board'.

In- water supervision.

Cones or markers to show edge of water activity area.

Matrix link



Diagram



Instructions

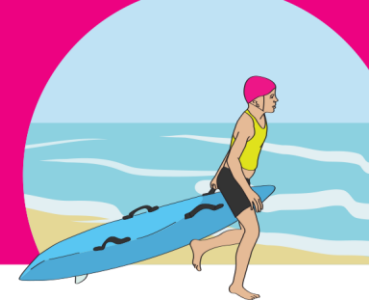
Paddling a board is a core skill for surf lifeguards used on patrol and to participate in lifesaving sports events. Additionally, being able to paddle a board offers independence and fun catching waves or exploring the coastline. Learning a complex skill like paddling a board requires opportunities for 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.

U10 Activity Card



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.

Activities.

Wave zone.

Ins and outs.

- Group paddles out spaced apart with group leader and in-water helpers supporting them practicing paddling on stomach and knees as they navigate through the wave zone.
- Once they reach the turn around point, participants sit up on board and spin to face into shore.
- Either in their own time or on the signal of the group leader participants make their way back in aiming to catch waves.
- Extension – group leader makes rules about techniques that can be used in going through waves.
- Extension – running in and out of the water carrying board on hip or one handed drag.

Relays.

- Create teams that allow for equal racing. Set an achievable course that allows skills to develop in paddling a board before focus on negotiating turns and paddling close to others.
- Participants complete course and tag next team member.
- Can vary start- finish and tagging zone to create interest.
- Traditional box course, M shaped course or single out and back course are all good options.

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.
- There is an overall set timeframe so if people take a long time to catch a wave there is less time for others in the team.



U10 Activity Card



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 are in a line parallel to shore.
- They begin paddling towards the other side of their water area.
- The group leader blows a whistle to signal to roll over.
- 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 be the tag item. To tag someone you throw the ball, and it must hit the board or participant to make that person it. The person with the object is now 'in' and chases down a new tagger.

Top tips

[Board Rescue Module Resources](#)

[SLSNZ youtube](#)

[SLSNZ coaches toolbox](#)