

# **SLSA COACHING MANUAL** **FOR JUNIORS**



The **SLSA Coaching Manual for Juniors** has been developed to assist clubs, coaches and age managers to conduct and successfully deliver club junior surf sports days and training. The manual will be best used in conjunction with other SLSA coaching resources.

Competitions are conducted by SLSA across a wide range of ages, commencing from under eight years to sixty years of age and over, the coverage and types of competitions are shown in the SLSA Surf Sports Manual.

The aim is to encourage all children to have fun, participate safely and develop skills and confidence in surf life saving sport through the spirit of fair play. More specifically the aims are:

1. Encourage children to participate in and enjoy surf life saving sports activity.
2. Assist children to develop and improve their surf life saving sports knowledge and skills.
3. Improve the self-image of children by developing self-confidence and social interaction skills.
4. Involve parents and interested members of the community as leaders, coaches and administrators.
5. To provide a sporting opportunity for all children involved in Surf Life Saving.

All activities should focus on fun and participation, and courses both on land and water should be set in such a way that the majority of the participants can complete the event in safety, taking into account the age of the participants, the surf and beach conditions. During these activities a strong emphasis should be placed on the educational aspects and encouragement that can be given to the weaker participants in an effort to help them complete the event.

## **Acknowledgments**

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# **INTRODUCTION TO JUNIOR SURF SPORT**

## **1. Sport Development and Children**

### **The value of sport**

Regular participation in sport promotes growth and body awareness, assists fitness, the acquisition of skills and provides opportunities for the development of many personal and social skills. Sport provides a medium through which the individual is able to develop a positive self concept and greater confidence. Enjoyable and rewarding experiences in sport at a young age help in developing lasting self esteem and a positive attitude to physical activity and health.

### **Why children play sport**

- Have fun
- Be with friends
- Get better at sport
- Get exercise
- Compare to others
- Keep fit
- Be part of a team
- For the challenge
- Be good at something
- To win

### **Provide challenges**

Don't underestimate the motivational value of small-sided competitive activities or seemingly frivolous challenges.

### **Vary practice programs**

A variety of practice routines and activities will reduce the possibility of boredom. Challenging your young participants to invent a routine to practice a particular skill can be very successful in a number of ways. This way the juniors learn to take some responsibility for their own training and you as an age manager may learn a new and innovative activity.

### **Make practice fun**

Regardless of the level of competition or the ability of the participants, most young people take part in sport for enjoyment and fun. Ensuring that young people have fun encourages them to maintain their involvement.

Fun and enjoyment come from the personal satisfaction of achieving goals, receiving recognition, mastering skills and participating in competition. Modify the rules of your sport to ensure laughter. Don't ignore the contribution a few jokes and laughs have on motivational levels.

It is imperative that coaching, playing the game and competitions are conducted within SLSA's Surf Education curriculum.

The opportunity to gain the maximum benefit from sport is very largely dependent on the attitudes and behaviour of those involved.

## 2. Fair Play

Fair Play and overall good sporting behaviour cannot be left to chance but requires planned and assertive action. These are as important principles as developing skills or team tactics.

The Australian Sports Commission has developed the Junior Sport Codes of Behaviour to remind and encourage all Australians involved in junior sport to support and nurture all of our young participants. These Codes of Behaviour identify a series of key principles on which young participants, parents, coaches, teachers, administrators, officials, the media and spectators should base their sporting involvement. They provide the basis for fair play for young people and encourage fun, friendly and safe environments.

## 3. Membership Safety and Wellbeing

Child Protection is about keeping children safe from abuse and protecting them from people who are unsuitable to work with children by:

- protecting members from harassment, abuse, discrimination and other forms of inappropriate behaviour
- adopting appropriate measures to ensure the right people are involved in an organisation, particularly in relation to those involved with juniors
- providing education
- promoting and modelling positive behaviour.
- Members who undertake the delivery and supervision of these younger age groups need to give special consideration to their safety and well-being.

Under SLSA's Member Safety and Wellbeing Policy our organisation is required to:

1. Identify positions (paid and voluntary) that involve working with people under the age of 18 years.
2. Check a person's referees (verbal or written) and interview a person about his/her suitability for the role and his /her suitability for working with children for both paid and voluntary positions.
3. Ask people applying or reapplying for any position whether paid or (voluntary) that involves regular, direct and unsupervised contact with people under the age of 18 years to sign a consent form for a national police check (Information on police checks and forms can be found at [www.ausport.gov.au/ethics/policechecks.asp](http://www.ausport.gov.au/ethics/policechecks.asp)).
4. Request a national police check from our relevant police jurisdiction for people applying or reapplying (whether paid or voluntary) that involves regular, direct and unsupervised contact with people under the age of 18 years.

Further details are available from the club administration, including the legislation that applies to your state.

## 4. Age Managers

Shall be responsible for on-the-day sports activities of the particular group to which they are assigned.

Shall ensure the complete safety of those participating in their group.

Shall liaise with Club personnel regarding safety support in water events and other on beach activities.

## 5. Age Managers Course

The Age Managers Course has been developed to provide an introduction for people who wish to become involved in Junior Surf Education activities and may not have background or experience to deliver the programs.

The course outlines the fundamental role in the delivery of a learning program that encourages and develops junior surf lifesavers.

## 6. Surf Coach

Surf Sports offers many opportunities to those involved in Surf Life Saving including a pathway from managing age groups, coaching, officiating, team managers, sports administration and athlete development.

Your club is required to have accredited coaches to train and assist in the development of members with an interest in Surf Sports.

Each State regularly conducts coaching courses that comply with SLSA standards. Information on courses may be found on each states website, detailing time, place, costs and enrolment procedure.

## 7. Surf Sports Officials

Accredited Surf Sports officials are essential to the success of any surf carnival or event. SLSA have designed an 'Officials Education Program' to raise the standard of Surf Sports.

Officials are required at all levels of competition. Each state regularly conducts officiating courses. The details may be found on each states website, along with the enrolment details.

## 8. Risk Management

In order for a Junior Sports activity session to be run efficiently and successfully we suggest the following water guidelines are adhered to and that all Water Safety personnel are suitably qualified and proficient:

Only proficient Surf Rescue Certificate and Bronze Medallion qualified members are eligible to act as Water Safety Officers for any SLSA activities. Clubs are to ensure that all SLSA aquatic activities have water safety coverage commensurate with the activity and the number, experience and type of members involved in the activity.

The following are the minimum standards for water safety:

- i. The ratio of Water Safety officers to Junior Activities members will be;
  - one (1) Water Safety Officer to five (5) participants (competition, training and educational activities);
- ii. 50% of those Water Safety Officers should be on rescue craft;
- iii. It is highly desirable that those Water Safety Officers not on rescue craft wear swim fins and make use of rescue tubes as flotation aids.

Clubs should show extreme caution when operating IRB's in close proximity to Junior Activities.

- All juniors need to be identifiable with a suitable coloured cap; most clubs provide different coloured caps for different groups.
- The Age Manager should also wear easily identifiable uniform or shirt.

## 9. Surf Safety & Injury Prevention

Many injuries in organised sport are easily preventable by the use of well organised programs. Prevention requires the clear understanding of requirements and potential hazards pertaining to a particular sport.

Each Age Manager should be aware and maintain a list of any medical conditions e.g.; asthma, diabetes or allergies etc within their group.

When using SLSA craft it is essential that any training and education must include clear instructions on how to use the equipment particularly in regards to injury prevention and survival in the event of any possible accident or loss of craft.

With paddle boards always have juniors wash down their boards with fresh water after use and stored away properly.

Age Managers should also check boards for any sharp or rough edges prior to being used by junior members.

**Remember: Teach juniors how to properly wax boards before use.**

## 10. Resumption of activities following injury or illness

Children should not return to sport unless they are completely healthy and restored in strength, range of movement, coordination and flexibility and be quite pain free. It is important that careful and regular warm up and stretching exercises are undertaken after any soft tissue injury.

## 11. Fluid Replacement & Sun Protection

Always have cool fluids on hand during the sessions, enough for all the participants. Encourage them to drink before they go out in the sun, during the session and after the session. Remember thirst is a poor indicator. The body is in need of fluid long before it feels thirsty. It is a good practice for each child to have their own drink bottle (with their name labelled on it).

Ensure that the participants have adequate sun protection, including hat, sunscreen, and rash shirt. Provide adequate shade options for all participants, always ensure sunscreen is re-applied regularly.

## 12. Physical growth and development of children

It is important to realise that variation occurs in the growth patterns and rates of maturity in children. Because of this variation, differences may exist between 'chronological' (or birthday) age and 'optic age' which is the age a child appears. This is a major consideration for the organisation of junior sports activities. There may be a difference of two years or more either way in their skeletal, social, skill or psychological development. The adolescent growth spurt is the phase when the most dramatic changes appear in the growth pattern. This can occur at different ages. Generally girls enter into this period between 10 1/2 and 12 1/2 years and boys between 12 1/2 and 15 years. Before this time there is little difference in the height and weight of boys and girls.

### Activity sessions depending upon age

#### 7–8 years

- short concentration span – keep them interested
- short energy bursts
- skills taught should be very basic with emphasis on total body movement
- Keep it 'fun'

#### 9–11 years

- increase the speed of performing tasks
- combine skills and highlight their decision-making process
- arrange children into groups of similar skill ability (if possible)

#### 11 + years

- session longer in more challenging conditions
- include drills with pressure applied
- emphasise fitness

# SKILLS AND TECHNIQUE

## 13. Sports Skills

This following section provides some ideas to surf lifesaving age managers about the appropriate skills to teach young athletes in a surf lifesaving environment.

The skill sets are each supported with a set of fun games that will supplement their understanding of the basic skill techniques. The skills listed are;

- **Beach Sprint**
- **Beach Relay**
- **Beach Flags**
- **Water Activities**
- **Surf races**
  - Wading
  - Dolphin diving (porpoising)
  - Body Surfing
  - Tactics
- **Board Paddling**
  - Board Rescue

Before starting any sports activity: Please remember to fill out your risk management sheets. Liaise closely with club person responsible for junior member safety.

## 14. Beach Sprint



### Start

#### **Standing start (recommended for U8-U10 years)**

- Toes on line
- Dig small foot chocks for both feet
- Have body leaning forward, weight on front foot
- Knees slightly bent
- On 'go' drive forward from front foot



### Crouch Start (U11-U14 years)



- Take the 'on your mark' position
- Hand positions slightly more than shoulder width apart
- Thumb and forefingers (form a bridge) on start line
- Front foot chock approx 30cm back from start line
- 'On set' lift hips to slightly higher than the shoulder height and rotate shoulder forward weight is on the hands
- Eyes looking 20-30 centimetres down track for 'Ready' position
- On 'go' explosive movement from blocks driving off front foot
- Keep low with head down for up to 10m
- Come to upright sprinting position.
- Run through the finish line

#### TIP

- Place back foot block to suit height of the participant

### Running



- Point feet straight ahead and place them in a straight line.
- Maintain high knee lift
- Bend elbows at 90 degrees
- Hold hands slightly clenched.
- Swinging hands to eye level on forward swing
- Lean body slightly forward and relax arms, body, shoulders and head
- Hold head steady in normal position looking 20–40m down the track

### Finish

- Head back, lean forward from hip so chest crosses the line first.
- Do not dive across line.

## 15. Beach Relay

- Incoming runner hold baton up early
- Outgoing runner to form a 'V' with hands and look through 'V' at the baton.
- Focus only the baton, not on other teams or runners.
- Accelerate onto baton – try to take at top speed
- Take baton as close to the changeover line as possible
- Incoming runner to keep slightly to one side of track on changeover
- Outgoing runner to take baton in centre of track.
- The actual running style for relay races is similar to the Beach Sprint.

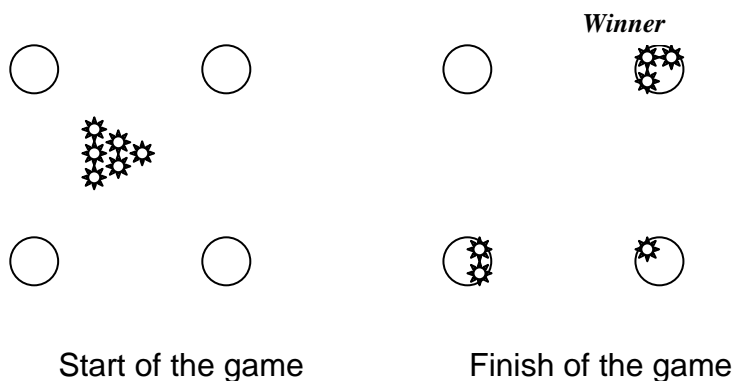
#### TIP

- With younger children allow for some margin behind changeover line when taking the baton

## 16. Games to make Beach Sprints Fun

### ***Rob the Nest***

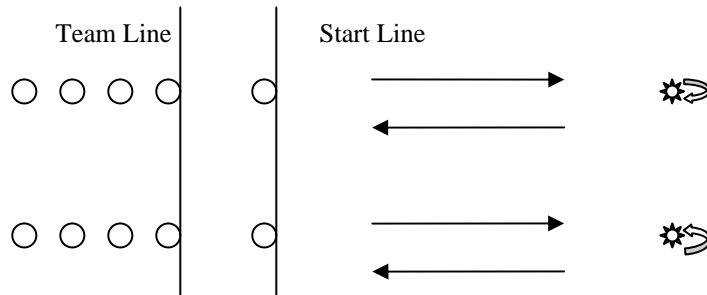
- Set up a square course with 15-20m sides
- On each corner of the square place a hoop or ring
- Place six tennis balls in the centre of the square
- Divide the athletes into 4 evenly numbered and evenly talented teams and position 1 team on each of the corners of the square
- The aim of the game is to get 3 tennis balls into your hoop
- Athletes can obtain balls from the middle of the square and from the other teams hoops
- Once an athlete has obtained a ball, they go to the end of the team line and the next team member obtains a ball and so on.
- The winning team is the team who obtains 3 balls in their hoop at the one time.



### ***Acceleration Relays***

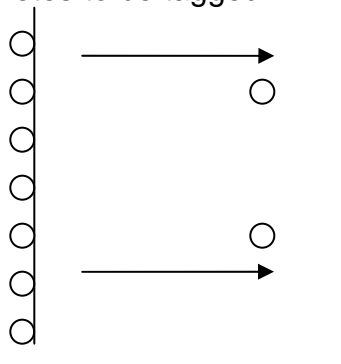
- Divide the athletes into evenly numbered and evenly talented teams
- Set a course up that has the teams in separate and parallel lines beside each other about 5-10m apart, all athletes facing forward. Draw a line in the sand for the team to line up behind. Draw a starting line about 5m forward of the team line. Place a turning marker in the sand approx 20m forward of the starting line
- The first relay runner lies on their stomach with their head on the start line, facing the turning marker.
- The start command is the same as per normal competition.
- The first runner completes a flags start and runs around the turning marker and back to the start line. While the first runner is running, the second runner gets into the same start position on the start line
- The first runner tags the second runner on the head or shoulder and then sits down at the end of the team line.
- The second runner then completes the course and tags the third runner and so on. The winning team is the first team to have all runners sitting down on the team line
- Change the starting position for each run through of the relay. Alternative starting options are –

- Flags start
- Athlete on their back, head on start line towards the turning marker
- Athlete on their back, feet on start line towards the turning marker
- Standing start
- Block start



### **Red Rover**

- Set up two lines in the sand or markers 20-50m apart.
- All athletes line up along one of the lines.
- One or two people are chosen as 'IT' and stand in the middle of the two lines.
- 'IT' calls out a name of one of the other athletes or a group of athletes.
- The athlete/s has to run to the opposite line whilst 'IT' tries to tag them. If someone is tagged before reaching the opposite line then they become 'IT' as well.
- 'IT' then calls out a name of one of the other athletes or a group of athletes and the athlete/s has to run back to the original line whilst 'IT' tries to tag them. If someone is tagged before reaching the opposite line then they become 'IT' as well and so on
- If 'IT' calls "BULL RUSH" then everyone must run to the opposite line.
- 'IT' accumulates in size as more people are tagged. The winner of the game is the last athletes to be tagged.



### **Smiley/Sad Cards**

- Create a pack of blank cards so each athlete gets a card
- Draw a sad face on each card except one. On that one card draw a happy face.
- Hand out the cards to the athletes but don't let them see each other's card.
- Collect the cards
- Send the athletes for a jog around the oval as a group. The athletes must jog in a group travelling at the same pace as the slowest athlete

- Set a designated sprinting zone with two markers. This zone can be as long or as short as you want (50-200m)
- When the group of athletes are in this sprinting zone, the athlete with the smiley card, can break away from the group at any stage in this zone.
- When the athletes with the smiley card breaks away from the group, this is the stimulus for the rest of the group to sprint and it is a race to the finish line (the end of the sprinting zone)
- When the athletes cross the finish line they can either have a rest period or continue to jog around as a group and repeat the exercise

## 17. Beach Flags



Be sure to check the sand for bits of glass, sticks, pebbles and uneven surface etc before practising for beach flags.

### Turning



*The following principles apply to all turning styles.*

#### **When turning and sprinting**

- On 'go' keep turning foot on start line
- Head and shoulders kept low throughout turn
- Push backwards towards the flag as well as upwards
- Use vigorous leg and arm action

#### **Running**

- Keep a low body position
- Lean body forward
- Drive with arms and legs
- Quickly move in front of a competitor if possible

#### **Diving for Baton (flag)**

- Dive low for the baton (flag)
- Keep eyes on flag
- Have both hands extended
- Grasp flag firmly and bring to body

## **18. Games to make Beach Flags Training Fun**

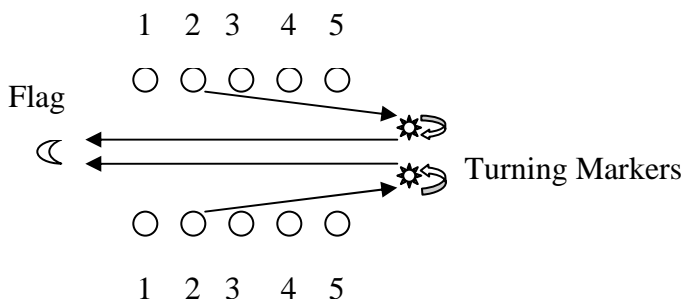
### ***Team Flags***

- This activity works best with 6-8 athletes
- Divide the athletes into 2 evenly numbered and evenly talented teams
- Distinguish the two teams (e.g. Red vs. blue vests, shirts vs. no shirts, hats vs. no hats etc.)
- Set up a normal beach flags course
- Start the flags run through in the normal manner
- Competition rules are the same as any normal beach flags competition except the object of the game is to –
  - A- obtain a beach flag for yourself
  - B- legally (within competition rules) assist your team mates to obtain a beach flag
- Team flags can be conducted in a number of methods
  - an elimination event to see which team survives with the most members
  - an elimination point score event where each person eliminated is allocated points depending on what position they came (e.g. 6<sup>th</sup> = 1pt, 5<sup>th</sup>=2pts, 4<sup>th</sup>=3pts etc)
  - a point score event where no one is eliminated. The team who successfully obtains a flag for all members receives one point and the points accumulate over successive run-throughs. All athletes participate in each run through. (E.g. 10 run-throughs with all athletes participating. Red team accumulates 6 points, blue team accumulates 4 points. Red team is the winner)

### ***Dog and Bone***

- This activity works best with 8-20 athletes
- Divide the athletes into 2 evenly numbered and evenly talented teams
- Give each member of both teams a number. Make sure that the athletes in opposing teams who receive the same number are evenly talented. (e.g. Number 1 in the blue team should be evenly talented with number 1 in red team and so on)
- Set a course up that has the two teams in two separate and parallel lines about 10m apart and facing away from each other. At one end of the course put two turning markers (one for each team). At the opposite end of the course, put one flag in the sand.
- The athletes start the game set in the usual flags starting position, facing away from each other.
- The starting command is “competitors ready, heads down” and then call out a number
- The two athletes from opposing teams that were allocated the number that is called out, perform a flag start, then run around their teams turning marker, and then race for the one flag at the opposite end of the course.

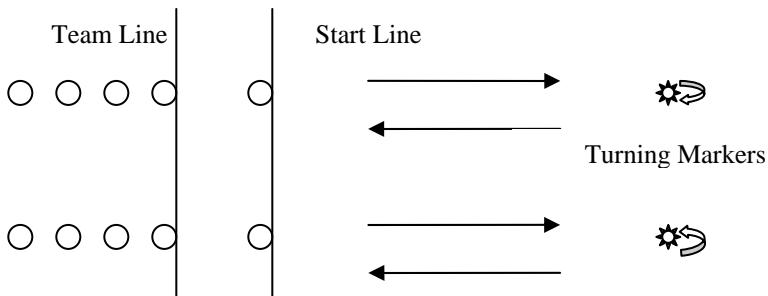
- The successful athlete's team receives one point and it is an accumulated point score tally over successive runs.
- When a team has accumulate the nominated amount of points e.g. 5pts, swap the teams over, so red team is now on the blue team's starting line and vice versa. This will make the athletes turn and run the opposite direction that they were doing in the first run through



“Competitors Ready, Heads Down, TWO”

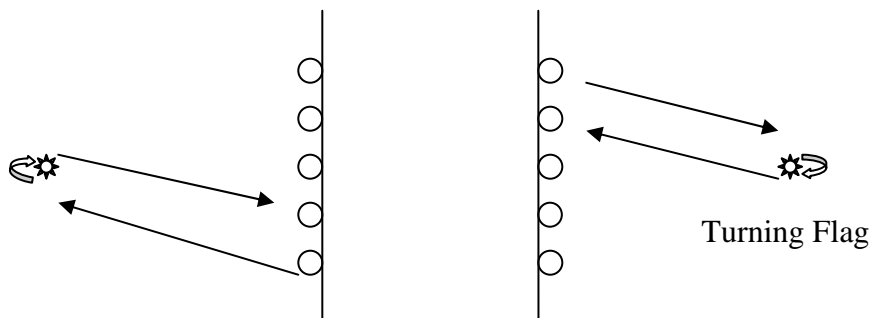
### ***Beach Flag Relays***

- Divide the athletes into evenly numbered and evenly talented teams
- Set a course up that has the teams in separate and parallel lines beside each other about 5-10m apart, all athletes facing forward. Draw a line in the sand for the team to line up behind. Draw a starting line about 5m forward of the team line. Place a turning marker in the sand approx 20m forward of the starting line
- The first relay runner gets into the flags start position on the starting line and faces away from the turning marker
- The start command is the same as per normal competition.
- The first runner completes a flags start and runs around the turning marker and back to the start line. While the first runner is running, the second runner gets into the flags start position on the start line
- The first runner tags the second runner on the head or shoulder and then sits down at the end of the team line.
- The second runner then completes the course and tags the third runner and so on. The winning team is the first team to have all runners sitting down on the team line



- Alternatively, you can line the teams up parallel to each other about 10m apart and each team facing each other.
- Place a turning marker about 20m behind each team in the centre of the team line
- The start command is the same as per normal competition.

- The first runner (at the start of the line) completes a flag start and runs around the turning marker and back to the start line.
- The first runner tags the second runner on the head or shoulder and then sits down in their original starting position.
- The second runner then completes the course and tags the third runner and so on. The winning team is the first team to have all runners sitting down on the team line
- An alternative option can be starting the relay at opposite ends of the team line



### **Water Flags**

- Draw a start line in the sand parallel to the water line and about 20m up the beach from the waterline
- Line the athletes up along the start line, in the flags position, facing up the beach.
- Throw tennis balls into the water (make sure there is one less ball than there is athletes)
- Conduct the beach flags competition as per normal competition, except the athletes have to run into the water and obtain a ball rather than run across the sand and obtain a baton.
- For alternative options, you could play team flags and coloured flags in this method as well.

## **19. Water Based Activities**

### **Before carrying out Water Activities**

Children should be taught the 'Assistance required' signal before beginning any of the water events. Have children practice the signal with their partner. Have children use this signal with their partner/buddy. Tell children to use this signal if they need help in the water in any water events.

***Always count the number of competitors before they enter the water and after they finish.***

## **20. Surf Races**

### **Start**

- Take note of water depth and any potholes etc
- Place preferred leg forward with toes on start line and dig toes into sand.
- Place other leg back to enable stability
- On 'go' drive back leg forward and commence run to waters edge.

### **Run to Water**

- Maximum speed to be maintained
- Maintain running technique through to ankle deep/mid calf depth and then commence to wade.

## Wading



- Important that legs swing out and away from midline of body (not lifting straight forward and up as in sprinting).
- Maintain a high knees/thighs action to clear water.
- Arms swing wide for balance and to drive legs.
- Stance should be upright not leaning forward

### TIP:

- As water depth increases it is beneficial to lean body to side to assist with leg lift (i.e.; if lifting right leg – lean upper body to left)
- As water depth increases, it may be necessary to swing arms higher to assist momentum.
- Once water depth is too deep to lift legs clear of water, and/or forward momentum is diminishing (i.e.; slowing down) it may be necessary to commence dolphin diving.

## Dolphin Diving (Porpoising)



- Commence when water is too deep to 'wade', this is generally around waist depth or slightly shallower)
- Dive forward and into the water with arms together and out stretched (Dolphin motion).
- It is important to angle your dive 45 degrees towards the bottom and dig hands into sand (this will prevent being dragged backwards by wave)
- Bring legs/feet forward to where hands are and drive/spring 45 degrees forward and upwards with hands/arms out stretched ready to repeat dolphin dive.
- When water depth becomes too deep to continue dolphin diving, commence swimming.



- When diving under large waves, important to dive down early and stay down for an extra couple of seconds prior to pushing back up to surface, as this stops the risk of being caught in white water/back wash of the wave.



## Body Surfing



- Increase stroke rate to timing with swell
- Keep head down
- Keep body stiff with hands out in front
- Strong fast high kick
- To breath take a single arm stroke with one hand out in front and breathe to side

### TIP

- If diving onto a wave from a standing position, it is important to dive forward as the wave hits the buttocks.
- Beginners can be assisted with use of small kick boards and the use of swim fins.

*Age Managers may need to assist beginners with assisting them onto waves.*

## Tactics

### Pre-Race and at the Start

- Check conditions for currents/sweep, wave zone, sand banks
- Identify landmarks for return to beach
- Check water depth at both start and finish areas for potholes or banks.

### Negotiating Waves in deep water

- Dive deep under large waves
- If you can reach bottom, grab hold of sand with hands
- Stay down for an extra couple of seconds to allow wave to pass.

### Swimming to Buoys

- When on the top of a swell lift head up and look forward when taking breath to keep on course to buoys.

### Turning Buoys

- Look for inside run if possible
- Maintain speed and stroke rate
- Try to stay clear of other competitors arms and feet.

### Returning to Shore

- When on the top of a swell lift your head to take regular look forward to identify finish landmark

### Finish

- Keep your landmark in focus
- Swim until your hand touches the sand
- Stand, wade to edge and run to finish
- Finish on feet

## 21. SURF SWIMMING – SUGGESTED SKILLS FOR THE VARIOUS AGE GROUPS

SKILLS	SESSIONS/WEEK
<p style="text-align: center;"><b>Under 8</b></p> <ul style="list-style-type: none"> <li>• Learning rules</li> <li>• General safety</li> <li>• Gain confidence in the pool before entering the surf</li> <li>• Wading skills</li> <li>• Understanding basic ocean conditions e.g. rips, currents, inshore holes, wave types, sandbanks</li> <li>• Dolphin diving under waves</li> </ul>	<p>General 1-2 sessions/week</p>
<p style="text-align: center;"><b>Under 9</b></p> <ul style="list-style-type: none"> <li>• A continuance of all the skills learnt in under 8</li> <li>• Further developing from under 8 understanding the ocean &amp; winds</li> <li>• Further develop wading, dolphin diving skills</li> <li>• Introduce body surfing skills</li> <li>• Encourage enjoyment</li> </ul>	<p>2-3 sessions/week</p>
<p style="text-align: center;"><b>Under 10</b></p> <ul style="list-style-type: none"> <li>• Once again it should be a continuance of the skills learnt in the under 8 and under 9's.</li> <li>• Further develop body surfing, dolphin diving, wading</li> <li>• Introduce technique for catching broken waves while swimming</li> <li>• Starts</li> <li>• Enjoyment</li> </ul>	<p>2-3 sessions/week</p>
<p style="text-align: center;"><b>Under 11</b></p> <ul style="list-style-type: none"> <li>• Continue skills from previous years &amp; build on the progress of each child</li> <li>• Safety</li> <li>• Breathing techniques for going through larger surf</li> <li>• Further development of body surfing skills</li> <li>• Introduce more in's &amp; out's</li> <li>• Teaching how to use the ocean &amp; the conditions for the benefit of the athlete</li> </ul>	<p>2-4 sessions/week</p>
<p style="text-align: center;"><b>Under 12</b></p> <ul style="list-style-type: none"> <li>• Further progression of the skills already learnt</li> <li>• Continue with developing body surfing skills – more developing for technique in catching broken waves</li> <li>• Understanding head, feet &amp; body positions in regards to wave catching &amp; general ocean swimming</li> <li>• Introduction of racing techniques/tactics</li> <li>• Understanding swimming in 'packs' or groups</li> <li>• Continue to develop understanding of the ocean</li> </ul>	<p>2-4 sessions/week</p>

<b>Under 13 &amp; 14</b>	
<ul style="list-style-type: none"> <li>• Start to refine specific skills already learnt in earlier age groups. Start being more selective, assist with weaknesses</li> <li>• Enhance the qualities already learnt</li> <li>• Teach how to race to the strengths of the athletes</li> <li>• How to maintain direction when swimming in the ocean</li> </ul>	3-5 sessions/wk

## 22. Games to make surf swimming fun

- **Beach Whales** – In groups, participants go behind the shore break and one at a time call a wave to catch. Each group is then challenged to catch the wave the furthest. Participants who hold the wave will eventually stop due to reaching sand. Participants then compare each other (some will be washed up the beach) to find the winner of each group. Points may be awarded. **Key Points include:** keeping body stiff, keep head down and breathe to the side not straight up.
- **Swimming in groups** – a participant picks a number between 1 and 6 and this is how many participants have to swim together. They all have to stay within 2 metres of all group members and work as a team i.e. strong swimmers help and encourage less competent swimmers.
- **Surf Elimination** - this is a great event. Introduce the imaginary World Title Belt for the winner and the kids will love it. Count number of participants (know the number to make up a quarter e.g. 20 participants = elimination of 5 each round. All participants start at a designated distance from shore e.g. can, person or behind shore break. At the drop of a flag, participants race back to shore to finish between the finish flags with the last quarter e.g. 5 finishers being eliminated (they now become judges). The qualifiers now go back out again until there are only 5 left in the final. Winner gets the imaginary World title Belt presented to them. The person, who wins, holds the belt until the next time it takes place, where they will present it to the winner.
- **Human Body board** – in pairs, one partner acts as a ‘stiff’ body board while the other will attempt to catch a wave beside them and position themselves on top of the human body board with hands on human body boards shoulders.

### Bad Condition Options

- **Surf Safety Talk and Beach Design** – look and talk about rips, types of waves, tides, swell etc. Participants may be given a piece of paper and are asked to draw the beach as if you were sitting in the lifeguard tower, labelling sand, waves, rips, gutters, flags, surfers etc. Best design wins a prize.
- **Teams Challenge** – split group into 2. Question challenge. Questions may be e.g. name 3 board manufacturers, who is the present World Board Champion, who is the present Australian Board Champion, what is a board made of, describe a Board race, Board Rescue race, Cameron relay race etc.

## 23. Board Paddling



### Start

- Always check water and exit area for the best conditions and also check for hazards such as potholes.
- Identify a landmark for finishing.
- Toes on line
- One foot forward to line
- Preferred foot forward and slightly bent knee to give drive on 'go'
- Back foot extended to comfortable position and make a starting block
- Eyes looking forward for a clear water entry.
- Board facing correct way
- Board held in correct hand (preferred left or right)
- Board facing 90 degrees to start line.
- If windy – slightly face board position into the wind.
- If going to run with board under arm - Hold outer rail of board or use recess grip
- If going to drag board - Hold front top handle

### TIP

- Hold board or handle very firmly

### Carry or dragging board to water



**CARRYING**



**DRAGGING**

- If carrying board keep parallel to sand.
- If dragging board keep fin out of sand
- Keep head up and look towards water entry point

#### TIP

- Speed from the start line to water is critical

## Entry into the Surf Zone

- The run in should continue to water reaches knee depth.
- Hold board away from legs
- Lift feet above water (refer to wading section)

## Bunny Hopping



- When at knee depth on a sand bank place board on water by extending arms to prepare for 'Bunny Hopping'
- Hold rails of board with a hand on each side with thumbs on board deck, with inside hand slightly forward of other hand.
- Hand/arms to be slightly in front of body
- Have feet staggered with the outside leg in front and push forward by extending arms and driving forward with the legs in a bounding (hopping) motion.
- The feet move uniformly both leaving and entering the water at the same time.
- The board should take the weight of the body as both legs/feet clear the water.
- Aim to land feet next to board
- Keep repeating motion

#### TIP

- Maintain speed to transfer momentum to board
- Make hop as far as possible
- Drive off front outside leg with body slightly positioned towards the board while leaning forward.

## Deep water entry

If carrying board under arm, when at knee depth, bend forward place board on water while driving forward with the legs and dive onto the board to begin paddling.



If dragging board pull the board forward and dive onto it.

## Body Position on Board



### For beginners

- Lay flat in centre of board, find 'sweet spot' for good trim
- Chin slightly raised
- Knees slightly apart
- Feet in water (act as training wheels)
- Paddle in a slow freestyle action

### Non Beginners

- As for beginners (take training wheels off), so both knees and feet are only slightly apart on top of board (not in water)
- Feet can be slightly raised to assist as balance improves.
- Increase paddling stroke rating
- Kicking the legs from the knees will develop an increased arm rating. The legs should not go past the vertical position when kicking. Best to kick the legs outwards so that they move in as circular path.
- Paddle with alternate arms as though you are freestyle swimming and kick with the opposite foot.

## Negotiating the Break

There are three main methods for negotiating the break, these are to either 'lay' or 'sit' over the white wash or to 'roll' under it. Under 14's using a full Malibu may be able to 'kneel' on board when negotiating broken waves. (for more detailed descriptions of these skills refer SLSA Coaching Manual or DVD).

### Sit over broken wave



- Just before foam hits, go to a sitting position about  $\frac{3}{4}$  of the way the board with legs over the side and hold the back handles with both hands.
- Lean back and pull on the handles to raise the nose of the board.



- Just before the foam hits, lean forward with your left arm outstretched and grab the left handle pushing the front of the board down with your chest and left hand.
- Start a stroke, so as to not get dragged backwards.
- When balanced start paddling.

## Rolling a broken wave



- Move forward, grab handles while lying along the board, then roll over.
- While under water, keep the body parallel to the board and pull board forward and down as the foam hits.
- After wave has passed, turn the board back over.
- Get back on board and quickly start paddling.

## Paddling through a broken wave



- Approach broken wave head on at 90 degrees
- Increase paddling speed
- Arch your back before the broken wave reaches nose of board
- Reach out and take a stroke over the broken wave with one arm
- Resume normal paddling technique or repeat if necessary.

## To Buoys and Buoy turning

- Keep first turning buoy in focus
- Try to get an inside position
- Maintain 'trim' and balance
- Try to secure the inside turn for buoy
- Paddle wide with outside arm (inside foot in water to steer)

## Return to Shore

- Identify finishing land mark
- Increase stroke rate to get assistance from waves (runners)
- Move forward or back on the board to adjust trim to suit surf conditions

- To catch a runner, keep chin close to deck of board
- To prevent nose diving on runner, lift chest so as to lift nose of board

### Wave Catching



- Increase board speed as swell/wave approaches.
- When on the wave paddle for at least two more strokes
- Grab back handle and slide the body back enough to prevent nose diving
- If wave reforms, move forward to normal paddling position
- Keep feet apart for balance
- Steer board to best dismount area for run to finish

### Dismount

- Stay on till knee deep water or when your hand can just touch the sand to indicate shallow depth
- Keep eyes on strap/handle
- Grab front handle
- Stand and run to finish, dragging the board
- Finish on feet in control of board.
- Remember finish is judged on chest, not the board.

## 24. Games to make board paddling fun

- **Continuous waves** – a marker is placed at the waters edge (ankle depth) or just on high tide mark. Participants paddle behind the wave area and catch the first available wave back to the beach, run around the pole (always clockwise or anti-clockwise) and back out the behind the break to catch the first available wave etc. The break may be the shore break or a bit further out, it will be up to the Age Leaders discretion.
- **Pair Paddling** – in pairs (board rescue style), each group will start as per the Competition Manual, both will then jump on the board together and paddle in sync out and around the standard board course to finish between the finish flags. This may be handicapped and once



through, they may be performed again but positions reversed (front and back). This activity is best performed when swell is small.

- **Board starts and Finishes** – in groups of 10 each group perform a start to designated area e.g. behind the shore break or to a can 15 metres off the beach. Participants then line up and at the drop of the Age Leaders hand, and then race in to perform a proper finish between two flags. **Key points of a start:** Anticipate the start, Aggression running in, running speed to paddling speed, get arm rating up once on the board, attack the waves approaching and make the right decision, paddle through, sit & pop or roll. **Key points of a finish:** look for finish line, paddle in front of wave (if possible), off board quick (in front of the wave) & accelerate up the beach to run through the finish line.
- **Board Elimination** – Count number of participants (know the number to make up a quarter e.g. 20 participants = elimination of 5 each round. All participants start at a designated distance from shore, either at cans, from a designated person or just behind the shore break. At the drop of a flag, participants race back to shore to finish between the finish flags with the last quarter e.g. 5 finishers being eliminated (they now become judges). The qualifiers now go back out again until there are only 5 left in the final. Winner gets a prize of Age Managers choice.
- **Reverse Board Rescue** – similar to a standard Board Rescue event, but instead the board paddler goes out first with the swimmer waiting for the hand raise at the can from the board paddler, to swim out. Once swimmer reached can, both then paddle back to the beach to cross the line together.

### **Bad Condition Options**

- **Board Design Competition** – ideal for miserable days. Participants are given a template of a nipper board and some pencils and are to design a board of their desire. Best design wins a prize.
- **Teams Challenge** – split group into 2. Question challenge. Questions may be e.g. name 3 board manufacturers, who is the present World Board Champion, who is the present Australian Board Champion, what is a board made of, describe a Board race, Board Rescue race, Cameron relay race etc.

# COMPETITION

## RUNNING A CLUB JUNIOR SURF SPORT COMPETITION

### 25. Basic Guidelines

All activities should focus on fun and participation, and event courses both on land and water should be set in such a way that the majority of the participants can complete the event in safety, taking into account the age of the participants and surf conditions. During these activities a strong emphasis should be placed on the educational aspects and encouragement can be given to the weaker participants in an effort to help them complete the event.

### 26. RUNNING A CLUB JUNIOR SURF SPORTS DAY

**Successful clubs have found that it is important to present a varied program to ensure retention of motivated athletes. Below is an example of the program used by the very successful Cronulla club.**

On a junior sports day, normally a Sunday, the activities run for a maximum of 2 hours. During this time each age group participates in three 40minute sessions. There are sessions run for 9 different activities so it will take an age group three weeks to complete all the activities. On the sports day (Sunday) of the fourth week, all age groups will do competition i.e. races. The next week they start the cycle again, naturally the activities have different sessions.

Many of the activities will also be practiced in mid week training sessions which are coordinated with the Sunday sessions.

WEEK	SESSION	BOARD	RUN	BODY BOARD	FLAGS	SWIM	LIFE SAVING (AWARDS)	IRON PERSON	RELAYS	BOARD RESCUE	COMPET.
1	1	U/8	U/9	U/10	U/11	U/12	U/13	U/14			
	2		U/8	U/9	U/10	U/11	U/12	U/13	U/14		
	3			U/8	U/9	U/10	U/11	U/12	U/13	U/14	
2	1	U/14			U/8	U/9	U/10	U/11	U/12	U/13	
	2	U/13	U/14			U/8	U/9	U/10	U/11	U/12	
	3	U/12	U/13	U/14			U/8	U/9	U/10	U/11	
3	1		U/12	U/13	U/14			U/8	U/9	U/10	
	2			U/12	U/13	U/14			U/8	U/9	
	3				U/12	U/13	U/14			U/8	
4										ALL	

NOTE – Under 8's do wading and bunny hopping for swim and board

An example time table might be:

TIME	SESSION
9am – 9.40am	1
9.40am – 10.20am	2
10.20am – 11am	3

Age Managers move with their groups. There is an 'Organiser' for each activity who stays with the activity all morning and negotiates with each age manager the content of the session.

The result of this very successful system is that the juniors only do an activity once every 4 weeks.

## **Planning**

Age Managers need to carefully plan for the days training activities to ensure that not only are the juniors practicing skills and having fun, but the program of activities is varied from week to week.

A carefully planned session increases the coach's confidence and this effort will rub off and help motivate athletes. Making sure enough equipment is available for the number of participants involved is often underestimated as a motivating factor. Nothing bores or frustrates young people more (often leading to disruptive behaviour) than waiting in long lines, or watching the more talented athletes dominate the equipment.

## **27. Warm-Up and Warm Down**

Warm-ups and Warm downs will reduce the chance of injury in any activity. The colder the weather is, the greater the need for a warm-up.

### **Warm-Up game**

- Preparation should involve physical and mental preparations.
- Aims to prepare muscles and joints for movement and flexibility while the cardiovascular system and temperature is prepared for activity.
- The game should be followed by some dynamic stretching (especially for the older age groups) e.g. jog in circle while doing dynamic stretches, pause jogging when necessary
- The warm up would normally only be needed at the start of the groups first session for the day.

### **Warm Down game**

- To reduce muscle strain warm down with light physical activity and then spend 5-10 minutes stretching (static), holding each stretch for at least 20 sec.
- The warm down would normally only be needed at the end of the groups last session for the day.

Before starting any sports activity please remember to fill out your risk management sheets and liaise closely with club officer responsible for junior member safety.

# 28. SAMPLE JUNIOR ACTIVITY SESSION PLANS

The following are examples of an activity session plans, which will assist you to get started.

## SESSION 1

**AGE GROUP:** U/8'S (24 kids) **WHERE:** SLSC **DATE:** 12th Nov 200x

**FOCUS TOPIC:** "PROCEDURES", NEGOTIATING BROKEN WAVES IN SURF RACES, IMPROVE BEACH FLAG STARTS

**AIM / OBJECTIVES:** (By the end of the session, the juniors will be able to)

- name the Age Managers and up to three new friends in the group
- recognise where we are to meet and the general "Procedures" for the morning
- say they had fun and enjoyed 'jumping' and 'diving' under waves in the shore break

	<u>CONTENT</u>	<u>METHODS</u> (Key Points)	<u>RESOURCES/ EQUIPMENT</u>
<b>INTRODUCTION.</b>	Names of the Age Managers and the age group. General outline of the morning's activities	Sit in a circle and 'say their name' and info.... "Today we are going to be...."	Grass area or beach area where using....
<b>AWARD TRAINING (book)</b>	Surf Awareness (Beach Conditions)	Question the kids about the conditions....(Surf, sweep, wind, tide, patrol)	Whole group Semi-circle Question / Answer....
<b>WARM-UP</b>	Games of 'Bullrush" and 'Stuck in the mud' Dynamic stretching (optional)	Explain the game, Set up area, (involve Age Managers and parents...) - Follow Age managers lead	Four poles to mark a GRID close to the water and along the shoreline.
<b>DEMONSTRATION [Number One] * (repeat if needed)</b>	Negotiating broken waves in shallow water similar to the start of a surf race	Jumping over if below knees, Diving under if above knees (grab sand & timing)	Relatively safe shoreline with consistent (smallish) wave area.
<b>PRACTICE [Number One] * (repeat if needed)</b>	Jumping Over Diving Under	As per demonstration (give feedback and encourage)	Use poles to mark area across the shoreline. Kids all spread across
<b>GAME / ACTIVITY</b>	WADE RELAYS	4 TEAMS OF 6 DOLPHINS, SHARKS WHALES, JELLYFSH	GRID USING WATER SAFETY & POLES

## SESSION 2 – same group

**FOCUS TOPIC:** IMPROVE BEACH FLAG STARTS

**AIM / OBJECTIVES:** By the end of the session, the juniors will be

- more skilful at Flags
- aware of the rules and commands of beach flags

	<u>CONTENT</u>	<u>METHODS</u> (Key Points)	<u>RESOURCES/ EQUIPMENT</u>
<b>DEMONSTRATION</b>	Rules and Starts	Starting Position Start "Commands"	Flag Arena, Poles & Flags Helpers...
<b>PRACTICE</b>	"Beach Flags"	As per demonstration (give feedback and encourage)	Use arena. Kids spread across in Teams of 4 or 6
<b>GAME / ACTIVITY</b>	"Beach Flags" Competition	Proper Starting and Rules....	Use arena. Kids spread across in Teams of 4 or 6
<b>WARM DOWN</b>	Stretch Wash-off	A few static stretches (group in circle) Gain feedback.... "How was your day? etc	Whole group
<b>FOR NEXT WEEK...?</b>	Swimming, Sprints, Relays, Signals...	Tell the group about next week	Whole group Semi-circle

## SESSION 3

**AGE GROUP:** U/10 (24 kids)

**WHERE:** SLSC /beach

**DATE:** 30th Nov 200x

**FOCUS TOPIC:** WAVE RIDING ON BOARDS

**AIM / OBJECTIVES:** (By the end of the session / morning, the juniors will be able to)

- demonstrate good technique for riding a wave with a board
- be more aware of the easier course to take to negotiate the surf
- say they had fun and enjoyed 'jumping' and 'diving' under waves in the shore

	<b><u>CONTENT</u></b>	<b><u>METHODS</u></b> (Key Points)	<b><u>RESOURCES/ EQUIPMENT</u></b>
<b>INTRO.</b>	Review board skills taught previously Discuss the activities of the session	Sit the group facing away from the waves and sun	White board
<b>AWARD TRAINING (book)</b>	Surf Awareness (Beach Conditions)	Question the kids about the conditions....(Surf, sweep, wind, tide, rips)	Whole group Semi-circle Question / Answer....
<b>WARM-UP</b>	5min jog 6min paddle – 'follow the leader in 3s, each person leads for 1min	Paddlers of similar ability line up behind each other in groups of 3. They paddle off in a given direction. Whistle blows after 1 min to change leaders	Stopwatch, whistle
<b>DEMONSTRATIONS</b>	Riding a Wave - paddle at 100% to get on the wave, take 2 strokes more than necessary - grab the handles slide back - keep feet spread apart -move forward as wave dies	Demonstrate the skill 3 times: 1. on the sand 2. in flat water 3. on waves	1 competent paddler to demonstrate Rip or hole to paddle out in plus spilling waves up to 4 feet or 1m
<b>PRACTICE</b> <b>[Number One]</b> <b>* (repeat if needed)</b>	After each demo get the paddlers to immediately practice what they saw.	They must do each stage correctly before progressing to the next stage	Boards, a sandy beach – dig a hole for the fin Flat water – probably at the back of the break 1m spilling waves
<b>GAME / ACTIVITY</b>	3 sets of 'continuous waves or races' (see board paddling games) Race around a buoy 10m past the break, in, around a flag 10m up the beach. Repeat this rotation.	1. How rotations in 6min 2. everyone does 4 rotations 3. Handicap - paddlers have to 4,3 or 2 rotations 4. Relay – 3 per team	1buoy 1flag
<b>WARM DOWN</b>	5min paddle 3 body waves stretch Wash-off	A few static stretches (group in circle) Gain feedback.... "How was your day? etc	Whole group
<b>FOR NEXT WEEK...?</b>	Swimming, Sprints, Relays, Signals...	Tell the group about next week	Whole group Semi-circle
<b>EVALUATION:</b>	Good, Bad, Ugly	Chat between Age Managers...	Small group

## 29. Age Limits

The minimum age should be 7 years. The maximum age to be 13 years. For the purpose of determining an age group, all participants will have a common birth date calculated as at midnight on 30 September and the age at that date in the season shall determine their age for events that season. In team events younger participants may be brought up to fill the next older age group team but under no circumstances will participants be allowed to come down from a higher age group. Refer to the exception rule for Under 8's in the Surf Sports Manual.

## 30. Caps and Swimming Costumes

All participants should wear the appropriate Club uniform (cap, costumes, and rash vests).  
Teach juniors to tie their caps securely on their head

## 31. Junior Participation Skill Evaluation

This is required to be completed prior to participation in any junior activity each season by all junior activities members (including participating in a run-swim-run and surf Ed training)

## 32. Junior Competition Skill Evaluation – Timed Pool Swim & Run- Swim- Run

A Run-Swim-Run and a timed pool swim (known as proficiency must be successfully completed as prescribed for their particular age award, before a junior activities member is eligible to compete at recognized carnivals.

Junior Participation Skill Evaluation		Junior Competition Skill Evaluation	
Age	Distance/survival float	Timed Pool Swim	Run-Swim-Run
Under 8	25 metre swim (any stroke) 1 minute survival float	Not applicable	Not applicable
Under 9	25 metre swim (any stroke) 1 minute survival float	200m pool swim within 6 minutes	Run-Swim-Run (50m-50m-50m)
Under 10	25 metre swim(freestyle) 1.5 minutes survival float	200m pool swim within 6 minutes	Run-Swim-Run (50m-50m-50m)
Under 11	50 metre swim (freestyle) 2 minutes survival float	200m pool swim within 5 minutes	Run-Swim-Run (50m-100m-50m)
Under 12	100 metre swim(freestyle) 2 minute survival float	200m pool swim within 5 minutes	Run-Swim-Run (50m-100m-50m)
Under 13	150 metre swim(freestyle) 3 minute survival float	200m pool swim within 5 minutes	Run-Swim-Run (100m-100m-100m)
Under 14	200 metre swim(freestyle) 3 minute survival float	200m pool swim within 5 minutes	Run-Swim-Run (100m-100m-100m)

\* Note: U/14 members who have successfully completed the Surf Rescue Certificate or SRC proficiency after 1<sup>st</sup> July and prior to commencing Junior Activities for the season are not required to complete the Junior Participation Skill Evaluation or Junior Competition Skill Evaluation.

### 33. Board Usage

SLSA has various standard size paddle boards for different age categories, Age Managers need to be aware of the following equipment specifications for competition.

Age Category	Equipment Use.
U/9-U/10	Foam 'Nipper' Boards (Max length 2.0 metres – intra/inter club competition) (Minimum Structural weight – not specified)
U/11-U/13	Fiberglas 'Nipper ' Boards (Max length 2.0 metre – intra/inter club competition) (Minimum Structural weight 4.5kg)
U14	Full Length 'Malibu' Boards (Max length 3.2 metres – intra/inter club competition) (Minimum Structural weight with pads and handles 7.6kg)

Note 1:All designated U/14 age category board events are to be conducted on 3.2m boards.

Note2: Proficient Under 13's with their relevant age award (Surf Education award) may compete in Under 14 category **team events** but will be required to use the equipment designated for the U/14's.

Note 3:Proficient Under 13 Surf Rescue Certificate holders who complete in Under 14 and Under 15 age category events will be required to use the equipment designated for the U/14's.

### 34. Club Point Scores

Most clubs conduct a monthly point score or an annual club championship event for various age categories.

These could be conducted on handicap basis to create interest and allow for varying levels ability.

# Event Rules & Area and Equipment Set Up

Age Managers should make themselves conversant with the more detailed information on course layouts, distances and event rules by referring to the SLSA Surf Sports Manual or the SLSA electronic version located on the SLSA web site.

## 35. Beach Events

### Beach Sprint

<p><b>Age Group/ Ability Level</b></p> <p>All</p>	<p><b>Safety requirements</b></p> <ul style="list-style-type: none"> <li>❖ No more than 10 participants per race.</li> <li>❖ Clear track of any hazards (sharp shells etc).</li> <li>❖ Ensure even beach area.</li> <li>❖ Course no longer than: 70m</li> <li>❖ Years U8 - U14's</li> </ul>
<p><b>Equipment</b></p> <p>Start/ finish line marker poles Starting whistle *Lane ropes are recommended</p>	<p><b>Judging</b></p> <ul style="list-style-type: none"> <li>❖ Placing order over finish line.</li> <li>❖ Finish is judged on chest over line and must be on their feet.</li> <li>❖ Moving before 'go' command shall be considered a 'break 'and a false start declared.</li> </ul>
<p><b>Starting Procedure</b></p> <p>On your mark = 'Ready' Get set = 'Set' Go = 'Whistle'</p>	<p><b>Method</b></p> <ul style="list-style-type: none"> <li>❖ Competitors run from start line to finish line.</li> </ul>

### Beach Relay

<p><b>Age Group/ Ability Level</b></p> <p>All</p>	<p><b>Safety requirements</b></p> <ul style="list-style-type: none"> <li>❖ No more than 10 teams per race.</li> <li>❖ Clear track of any hazards (sharp shells etc).</li> <li>❖ Ensure even beach area.</li> <li>❖ Course length as specified for Beach Sprint.</li> </ul>
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<p><b>Equipment</b>  Start/ finish line marker poles  Baton 1 per team  (300mm long/25mm diameter)  *Lane ropes are recommended</p>	<p><b>Judging</b></p> <ul style="list-style-type: none"> <li>❖ Team members (4) with 2 members placed at either end of the course track</li> <li>❖ Baton must be handed over behind changeover line.</li> <li>❖ No part of body/hands to cross changeover line before baton has changed team.</li> <li>❖ Judges required at both ends to check changes.</li> <li>❖ Batons must be handed not thrown.</li> <li>❖ If baton dropped, can be picked up and team continues.</li> <li>❖ Finish is judged on chest of last runner over the finish line on their feet.</li> </ul>
<p><b>Starting Procedure</b>  On your mark = 'Ready'  Get set = 'Set'  Go = 'Whistle'</p>	<p><b>Method</b></p> <ul style="list-style-type: none"> <li>❖ Teams of four, two at each end.</li> <li>❖ Each member runs and the race is finished when last member crosses finish line.</li> </ul>

## Beach Flags

<p><b>Age Group/ Ability Level</b>  All</p>	<p><b>Safety requirements</b></p> <ul style="list-style-type: none"> <li>❖ 10 participants per round (maximum 16).</li> <li>❖ Clear arena of hazards (sharp shells etc)</li> <li>❖ Ensure even beach area.</li> <li>❖ Distance U8-U14's 15m</li> <li>❖ Batons are spaced 1.5m apart.</li> </ul>
<p><b>Equipment</b>  Start/ finish line marker poles  Starting whistle  Beach (flags) Batons  300mm length/25mm diameter</p>	<p><b>Judging</b></p> <ul style="list-style-type: none"> <li>❖ Chest must be flat on sand.</li> <li>❖ Dead heats are called and 2 participants will have <i>one</i> rerun.</li> <li>❖ No deliberate impedance of another competitor is allowed.</li> </ul>
<p><b>Starting Procedure</b>  'Competitors Ready'  'Heads down'  'Whistle'</p>	<p><b>Method</b></p> <ul style="list-style-type: none"> <li>❖ There shall always be one less baton than participants.</li> <li>❖ The participant/s that do not gain a (flag) baton are eliminated.</li> <li>❖ Participants lie face down with toes on start line, heels together, and hands placed finger tips to wrist, with one on top of the other, with head up.</li> <li>❖ On the command heads down, chins are placed upon hands.</li> <li>❖ At the whistle participants get to their feet, run and attempt to gain (flag) baton.</li> </ul>



## 36. WADING

<p><b>Age group/ Ability level</b></p> <p>7 years (Under 8's)</p>	<p><b>Safety Requirements</b></p> <ul style="list-style-type: none"> <li>❖ Adjust course to suit ability/ conditions.</li> <li>❖ Course no further than 15m from waters edge.</li> <li>❖ 16 (maximum) participants per race.</li> <li>❖ Head count children at start and finish.</li> </ul>
<p><b>Equipment</b></p> <p>Start Poles/ finish flags          * For Wading Relay an additional set of turning flags will be needed.          3 Water Safety Personnel act as water markers.          Waist depth at time of race.          Starting whistle</p>	<p><b>Judging</b></p> <ul style="list-style-type: none"> <li>❖ Participants must go around (on outside) all markers standing in waist depth water.</li> <li>❖ In relay event, visible tags to be made on shoreward side of changeover line.</li> <li>❖ Final placing order judged on participants chest.</li> </ul>
<p><b>Starting Procedure</b></p> <p>On your mark = 'Ready'          Get set = 'Set'          Go = 'Whistle'</p>	<p><b>Method</b></p> <ul style="list-style-type: none"> <li>❖ Participants on start line approx. 5m away from waterline.</li> <li>❖ Upon start participants wade, dive or swim around the water section of the course from left to right and return to shore to finishing line.</li> <li>❖ A <b>Wading Relay</b> shall consist of 4 participants.</li> <li>❖ No 1, shall enter water, round the water markers, leave the water, round the two turning flags and tag the next Wader on the changeover line, this will be repeated for No's 2 and 3.</li> <li>❖ When No 3 tags the last participant (No 4) will repeat the process, but after rounding the first turning flag on beach will run to finish between the two finish flags.</li> <li>❖ The finish is judged on the chest of the last wader (No 4) crossing the finishing line on their feet.</li> <li>❖ (this event somewhat replicates Iron Person and Board Relay event courses for older age groups)</li> </ul>

## 37. Run Swim Run

<p><b>Age Group/ Ability Level</b></p> <p>U11-14 years</p>	<p><b>Safety requirements</b></p> <ul style="list-style-type: none"> <li>❖ Course minimum distance to swim buoys is 120m from knee depth.</li> <li>❖ 15-20 participants per race (maximum 32).</li> <li>❖ Head count children at start and finish.</li> </ul>
<p><b>Equipment</b></p> <p>Start/ finish flags Turning flag * Minimum 2 buoys @ 10m apart Starting whistle</p>	<p><b>Judging</b></p> <ul style="list-style-type: none"> <li>❖ Participants must go around all swimming buoys (right hand in).</li> <li>❖ Placing order over finish line.</li> <li>❖ The finish is judged on the chest of the competitor crossing the finishing line on their feet.</li> </ul>
<p><b>Starting Procedure</b></p> <p>In the hands of the starter</p> <p>On your mark = 'Ready' Get set = 'Set' Go = 'Whistle'</p>	<p><b>Method</b></p> <ul style="list-style-type: none"> <li>❖ Competitors shall commence from the start line.</li> <li>❖ Upon the starting signal competitors run along the beach and round flag.</li> <li>❖ Competitors then enter the water and swim around the set of swim buoys.</li> <li>❖ Upon returning to shore competitors again round the flag and run through the two green flags at the finish line.</li> </ul>

## 38. Surf Race

<p><b>Age Group/ Ability Level</b></p> <p>9-13 Years</p> <p>SLSA suggests that the surf race be used as a prerequisite to the board race.</p>	<p><b>Safety requirements</b></p> <ul style="list-style-type: none"> <li>❖ 15 -20 Participants per race (maximum 32)</li> <li>❖ Distance U9 –U10 Min 70m             <ul style="list-style-type: none"> <li>○ U11-U14 Min 120m</li> </ul> </li> <li>❖ Head count children at start and finish.</li> </ul>
<p><b>Equipment</b></p> <p>Start Poles/ finish flags Swim buoys (full set) * For U9-U10 two single buoys laid 10m apart. Starting Whistle</p>	<p><b>Judging</b></p> <ul style="list-style-type: none"> <li>❖ Participants must go around (outside) of turning buoys.</li> <li>❖ Placing order over finish line.</li> <li>❖ Finish judged on participants chest across finish and be on their feet.</li> </ul>
<p><b>Starting Procedure</b></p> <p>On your mark = 'Ready' Get set = 'Set' Go = 'Whistle'</p>	<p><b>Method</b></p> <ul style="list-style-type: none"> <li>❖ Participants swim from left to right round course and return to shore .and run to finish line.</li> </ul>

## 39. Board Race

<p><b>Age Group/ Ability Level</b></p> <p>U9-U14 years</p>	<p><b>Safety requirements</b></p> <ul style="list-style-type: none"> <li>❖ 16 (maximum) participants per race.</li> <li>❖ Distance U9 - U10 = 100m U11 – U13 = 170m U14 = 220m</li> </ul> <p>*Apex buoy is placed another 10m further to sea for all above distances.</p> <ul style="list-style-type: none"> <li>❖ Head count children at start and finish.</li> </ul>
<p><b>Equipment</b></p> <p>Start poles / finish flags 3* buoys with anchors Starting whistle</p>	<p><b>Judging</b></p> <ul style="list-style-type: none"> <li>❖ Placing order over finish line.</li> <li>❖ Participants must go around (outside) of all marker buoys.</li> </ul>
<p><b>Starting Procedure</b></p> <p>On your mark = 'Ready' Get set = 'Set' Go = 'Whistle'</p>	<p><b>Method</b></p> <ul style="list-style-type: none"> <li>❖ Race starts approx 5m from waters edge.</li> <li>❖ Paddlers complete course from left to right and outside of marker buoys and runs up beach to finish in contact with their board.</li> <li>❖ The finish is between two flags 20m apart and 15 metres from waters edge.</li> <li>❖ The finish on judged on the paddlers chest and they must be on their feet.</li> </ul>

## Board Relay

<p><b>Age Group/ Ability Level</b></p> <p>All</p>	<p><b>Safety requirements</b></p> <ul style="list-style-type: none"> <li>❖ 16 participants per race (maximum)</li> <li>❖ Distance - see Board Race.</li> </ul>
<p><b>Equipment</b></p> <p>Start poles/ finish flags 2 turning flags 3 buoys</p>	<p><b>Judging</b></p> <ul style="list-style-type: none"> <li>❖ Placing order over finish line of final (3<sup>rd</sup>) paddler.</li> <li>❖ Paddlers must go around (outside) all of the markers buoys.</li> <li>❖ Paddlers can lose board and swim remainder of the course after rounding last turning buoy.</li> <li>❖ Visible tags must be paddler to paddler not equipment.</li> </ul>
<p><b>Starting Procedure</b></p> <p>On your mark = 'Ready' Get set = 'Set' Go = 'Whistle'</p>	<p><b>Method</b></p> <ul style="list-style-type: none"> <li>❖ Teams consist of 3 paddlers.</li> <li>❖ First paddler completes water course, leaves board at waters edge, runs around the two marker flags and tags paddler 2 on the shoreward side of the changeover line.</li> <li>❖ Paddler 2 repeats this process and tags</li> </ul>

	<p>paddler 3 who completes water course, leaves board at waters edge and runs around first turning flag and finishes race by crossing finish line in contact with board.</p> <ul style="list-style-type: none"> <li>❖ The finish is judged on the chest of the third paddler, who must finish on their feet.</li> </ul>
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## Board Rescue

<p><b>Age Group/ Ability Level</b></p> <p>U11 – U14 years</p>	<p><b>Safety requirements</b></p> <ul style="list-style-type: none"> <li>❖ 9 (maximum) teams per race.</li> <li>❖ Course Distance 120m (min) from knee depth.</li> <li>❖ Head count children at start and finish.</li> </ul>
<p><b>Equipment</b></p> <p>Start/ finish flags. Swim buoys (full set 9 buoys) Starting whistle</p>	<p><b>Judging</b></p> <ul style="list-style-type: none"> <li>❖ Paddlers must go from left to right around allocated buoy and be on the seaward side of the buoy when swimmer picked up.</li> <li>❖ Teams must finish between flags and in contact with the board.</li> <li>❖ Placing order over finish line.</li> </ul>
<p><b>Starting Procedure</b></p> <p>On your mark = 'Ready' Get set = 'Set' Go = 'Whistle'</p>	<p><b>Method</b></p> <ul style="list-style-type: none"> <li>❖ Teams consist of 1 swimmer and 1 paddler.</li> <li>❖ On start swimmers race to allocated buoy, and signal arrival by raising arm.</li> <li>❖ Paddler begins at swimmers signal.</li> <li>❖ On reaching swimmer, paddler pick swimmer up ensuring that they are on the seaward side of the buoy and round buoy from left to right.</li> <li>❖ Team jointly paddles back to shore and runs up beach to finish</li> <li>❖ Paddler and swimmer finish between flags, both in contact with the board and on their feet.</li> </ul>

## 40. Iron Person Race

<p><b>Age Group/ Ability Level</b></p> <p>U11 - U14 years</p>	<p><b>Safety requirements</b></p> <ul style="list-style-type: none"> <li>❖ 16 Participants per race (maximum)</li> <li>❖ Course distance:</li> <li>❖ Swim – 120m (min)</li> <li>❖ Board – 170m (min)</li> <li>❖ Head count children at start and finish.</li> <li>❖ Handlers may be required to clear boards ASAP if board is first leg of event.</li> </ul>
<p><b>Equipment</b></p> <p>Start poles (2)/ turning flags (2)          finish flags (2)          Set Swimming Buoys ( 9 buoy string)          4 Board buoy string (black/white)          Starting Whistle</p>	<p><b>Judging</b></p> <ul style="list-style-type: none"> <li>❖ Participants must go around (outside) all markers.</li> <li>❖ Placing order over finish line.</li> </ul>
<p><b>Starting Procedure</b></p> <p>In the hands of the starter</p> <p>On your mark = 'Ready'          Get set = 'Set'          Go = 'Whistle'</p>	<p><b>Method</b></p> <ul style="list-style-type: none"> <li>❖ The order of legs (swim and board) shall be drawn by ballot.</li> <li>❖ The participant/s either swims or paddles around the swim or board buoys, returns to beach, runs around both turning flags.</li> <li>❖ Re enters the water and completes the last leg by swim or board.</li> <li>❖ Leaves water, runs around first turning flag and runs to finish between the two finish flags.</li> <li>❖ The finish is judged on participant's chest and they must be on their feet when they cross the finish line.</li> </ul>

# Cameron Relay

<p><b>Age Group/ Ability Level</b></p> <p>U11-14 years</p>	<p><b>Safety requirements</b></p> <ul style="list-style-type: none"> <li>❖ 16 Team (maximum) per race.</li> <li>❖ Distances same as Iron Person</li> <li>❖ 4 members per team</li> <li>❖ -1 Swimmer</li> <li>❖ -2 Runners</li> <li>❖ -1 Board Paddler</li> <li>❖ Head count participants in and out of water including start and finish.</li> <li>❖ Handlers will be required to clear boards from water ASAP.</li> </ul>
<p><b>Equipment</b></p> <p>Start/ finish flags Same set up as Iron Person event. Whistle</p>	<p><b>Judging</b></p> <ul style="list-style-type: none"> <li>❖ Participants for swim and board legs must go around (outside) all buoys for their leg.</li> <li>❖ Placing order over finish line.</li> </ul>
<p><b>Starting Procedure</b></p> <p>In the hands of the starter</p> <p>On your mark = 'Ready' Get set = 'Set' Go = 'Whistle'</p>	<p><b>Method</b></p> <ul style="list-style-type: none"> <li>❖ The order of legs (swim and board) shall be drawn by ballot.</li> <li>❖ The swimmer completing course from left to right around the swim buoys, and tags the first runner at the waters edge. The first runner runs up beach and around the two turning flags and tags the board paddler at the start/changeover line.</li> <li>❖ The board paddler proceeds around the four black and white buoys, returning to the beach, tags the 2<sup>nd</sup> runner at the waters edge.</li> <li>❖ The final (2<sup>nd</sup>) runner runs up the beach around the turning flags and through the finish flags to complete the event.</li> <li>❖ The finish is judged on the chest of 2<sup>nd</sup> runner who must be on their feet when they cross the finish line.</li> </ul>

*Please note: for further detailed rules refer to the SLSA Surf Sports Manual.*

**Note: Work is currently under way to introduce additional sections on:  
2 Person R&R and March Past.**

**Version - March 2008.**