

SESSION PLAN - BEACH SURF SPORTS

Overview

These sessions can be run like a Nippers' session whereby stations are set up for participants to rotate through. These activities, however, are focused on beach surf sports and include:

1. Beach sprinting
2. Beach Flags
3. Beach Relay
4. Wading



The following sessions have been created as focus sessions where each beach surf sport above is demonstrated and practiced. Clubs can choose to implement Beach Surf Sports however it best suits participants and club capacity.

Equipment:	Safety Notes:
<ul style="list-style-type: none"> - Surf lifesaving flags (batons) - Cones (to mark locations) - Soft football - Cricket bat and soft ball - Volleyball net and ball - Goggles and swim cap (individual items) 	<ul style="list-style-type: none"> - Be aware of closest first aid equipment and lifeguard assistance. - Participants should always work at their own pace. - The warm-up period is a good time to assess your participants for physical limits, injuries or concerns. - Beach events and activities should be modified to reduce risk of injuries. - Try to choose a running area free of rocks, undulations and obstacles. - Mark the area with cones or witches' hats to signal to the public that you are using the area.

SESSION 1: INTRODUCTION TO BEACH SPRINTING

- Slow and rhythmical warm-up (could include easy walking or light jogging, on beach, stairs, pathway, adjacent park)
- Briefing – introduction of surf lifesaving beach sprinting
 - Nippers 8-14 years and Masters 30+ compete over 70m
 - Open competitors compete over 90m
- Sprinting technique
 - Run tall
 - Keep arms and shoulders relaxed
 - Body weight balanced and leaning slightly forward
 - Knees tracking straight ahead and toes pointed forward
 - Hands relaxed
 - Arms at 90degrees
 - Arms driving upward and forward with opposite knee
- Further study can be done on running action, stride pattern, frequency, length, recovery and speed endurance
- Drills
 - Standing arm swings (wrists shoulder high on upswing and drive back to hip on backswing)
 - Butt kicks (jogging slowly with the heel trying to kick the butt)
 - High knees (running slowly lifting knee high).
- A game of Bulrush to finish.

SESSION 2: INTRODUCTION TO BEACH FLAGS

- **Please note: Beach flags should be modified to a standing start and no diving allowed. The potential for shoulder and knee injury in this event is high.**
- Slow and rhythmical warm-up (easy walking or jogging on beach, upstairs, pathway or adjacent park)
- Briefing – introduction to beach flags.
 - Up to 15 competitors are placed about 1.5m apart on a line.
 - The flags are placed approx. 20 away from them.
 - If there are 15 competitors, only 14 flags are placed in the sand.
 - The competitors lay on their stomach facing away from the flags, arms bent so that hands are on top of one another, chin on hands, ankles together. On the command 'heads down', they place their chin on hands, on 'GO', they get up turn and run to retrieve a flag. The competitor that does not grab a flag is out and 14 competitors remain.
 - Next heat there is 14 competitors and 13 flags. This continues until only one is left.
- Sprint drills should be used as a warm-up and practice before flags
- Take participants through a full flag's competition enforcing the following rules –
- No movement allowed after 'heads down' and no pushing or obstructing other competitors during the run.
- Eliminated participants can be used as flag 'setters' and judges.
- Another option is to run two heats culminating in a final of 8-10 competitors.
- **Beach Flag Game.**

Divide group into 2. Form into 2 lines standing one behind each other. Place a flag in the sand approx. 20m from start line in front of both lines. On 'Go' the first in each line runs to their flag picks it up and returns to runner No. 2 and tags him/her. The leader places a new flag in the sand for each group. The next runner runs again to the flag picks it up and returns to runner No. 3 and tags him/her. The relay continues until one team finishes first.

SESSION 3: INTRODUCTION TO BEACH RELAY

- Slow and rhythmical warm up
- Sprint drills
- Briefing – Introduction to beach relay. Typically, the beach relay is held with 4 people in a team of the same age and sex over 70m. Two members are dispatched to each end. The baton is passed to each member of the team at the end of each run. Team members 2, 3 and 4 can have a running start but must not cross start line before the baton interchange.
- The technique for carrying the baton and the interchange is flexible
- Start practicing with short distances and slow interchanges and build up gradually with speed and confidence.
- Use your imagination to vary the way of getting to each end e.g.
 - Skipping
 - Hopping,
 - Side stepping etc.
- Use different batons e.g.
 - Tennis ball
 - Football
 - Volleyball.

SESSION 4: INTRODUCTION TO WADING

- **Please Note: Risk assessment** - a thorough risk assessment should be made of the route to be taken by participants, entry and exit points. Check for potholes, rocks, sand banks, rips, sweeps and board riders.
- Slow and rhythmical warm up
- Sprint drills
- Briefing – Introduction to wading. Wading is an important part of any surf lifesaving race which enters the water. It forms part of the surf race start and finish, ironman transitions, tube race and to an extent the board race. A quick wade can get a lifesaver out to a drowning patient quicker. Wading is taught to nippers and practiced by the elite athlete.
- **Step 1** - walk the group out into the water gauging water depth and the distance to the deeper water. Do this again this time jogging and counting steps. Instruct people to run lifting the knees high with arms outstretched to the sides for balance. Arms are very important in wading to drive the legs and balance. The more flexible person can bring the knee out to the side with thigh parallel to the water, swing foot around to front, placing onto the sand ready for the opposite leg to repeat the process. Rest, then practice the run in. Rest and Repeat.
- **Step 2** - Jog the participants out into the water practicing the wade. At waist depth introduce the porpoise dive keeping forward momentum going, drive with the legs off the bottom diving forward under the oncoming wave, arms streamlined and chin on chest, the swimmer digs hands into sand to avoid being dragged backwards, bring feet forward to hands, plant feet and push off again. Rest. Practice the run in. Rest and repeat.
- **Wade Relay**. Divide group into 2 teams. Start first 2 team members off into the water, estimate the number of wading steps e.g. 10, then turn right, 5 porpoise dives, turn right and wade back into the beach. Run around a marker and return to the group and tag 2nd member of team. Continue until all members have finished. Your own beach may differ in number of wading steps & porpoise dives.
- **Wade Relay with handicap**. Same course. Set the same teams off again this time handicapping the faster team. Try to have teams finishing together.