

# Closed Skills Development

**Activity 1**      **Swimming in a closed environment**

**Time**            30 minutes (1 unit)

## **Activity**

- Swimming in a closed environment is essential to the development of good swimming skills prior to swimming in the surf
- Where possible you should try to have an ASCTA accredited swim coach, an Austswim accredited swim instructor or a SLSA accredited coach deliver this activity
- This activity must take place in a swimming pool or sea pool / baths
- Have the participants participate in a range of activities to develop their swimming skills in a range of different strokes

## **Activity 2     Running in a closed environment**

**Time**            30 minutes (1 unit)

### **Activity**

- Running in a closed environment is essential to the development of good beach sprint and flag participants
- Where possible this activity should be delivered by an SLSA accredited coach
- This activity must take place on a flat even surface (i.e. a running track, field or oval)
- Have the participants participate in a range of activities designed to develop their running skills

**Activity 3      Paddling a board in a closed environment**

**Time**            30 minutes (1 unit)

**Activity**

- Paddling a board in a closed environment can help develop good technique in participants' stroke, balance and body position prior to applying these skills to open conditions.
- Where possible this activity should be delivered by an SLSA accredited coach
- This activity must take place in a swimming pool, sea pool / baths or protected inlet
- have the participants participate in a range of activities designed to develop their board paddling skills