

Surf Sports

Surf sports play an important part in the development of all surf lifesavers. Surf Sports are designed to develop skills and fitness in surf lifesavers.

It is important that all junior activities members develop good skills.

These activities are based on surf sport skill development not on surf sports competition. Competition is not a bad thing to participate in however it is important that when approaching any competition activity it must be done carefully. When asking children to participate in competition, it must be remembered that the competition must be appropriate both the age of the participant and for each specific individual.

Below are a range of example activities. Do not be afraid to add your own ideas.

Skill Evaluation

Refer to requirements from your state centre

Closed Skills Development

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| Activity 1 | Swimming in a closed environment |
| Activity 2 | Running in a closed environment |
| Activity 3 | Paddling a board in a closed environment |

Open Skills Development

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| Activity 1 | Board Starts |
| Activity 2 | Board Paddling |
| Activity 3 | Turning Cans on a Board |
| Activity 4 | Bunny Hopping on a Board |
| Activity 5 | Negotiating the Surf on a board |
| Activity 6 | Coming in and Catching a Wave on a Board |
| Activity 7 | Board Finishes |
| Activity 8 | Swim Start |
| Activity 9 | Running the Bank / Wading |
| Activity 10 | Dolphining |
| Activity 11 | Body Surfing |
| Activity 12 | Sand Running |
| Activity 13 | Sprint Starts |
| Activity 14 | Sprint Finish |
| Activity 15 | Flags Set Up |
| Activity 16 | Flags Turns |
| Activity 17 | Flag Diving |
| Activity 18 | March Past |
| Activity 19 | Rescue & Resuscitation |

Surf Sport Participation

Surf Sports Participation is all about the participants taking part in surf sports with the emphasis on fun, participation and developing skills. This is **not** Surf Sports Competition and is **not** about the winner of a race. This is about Participants taking part to help them develop as surf lifesavers.

Below is a list of surf sports events that junior activities participants take part in. To keep away from competition overriding participation it is sometimes useful to modify the activities and / or have the participants take part in equally able teams. Do not be afraid to modify these traditional activities or make up some of your own.

Refer the SLSA Competition Manual for rules of each activity. Some useful diagrams and tips can also be found in the Surf Sports Events Resource developed in conjunction with the Age Managers Course.

Activity 1	Rescue & Resuscitation
Activity 2	Surf Race
Activity 3	Surf Teams
Activity 4	Wading Race
Activity 5	Wading Relay
Activity 6	Board
Activity 7	Board Relay
Activity 8	Surf Board Riding
Activity 9	Ironman / Ironwoman
Activity 10	Cameron Relay
Activity 11	Board Rescue
Activity 12	Sprint
Activity 13	Flags
Activity 14	Beach Relay
Activity 15	All Age Relay
Activity 16	March Past
Activity 17	Pool Events (refer International Lifesaving Rules)

More Information

For more information contact [SLSA](#)