

Surf Sport Skills Development

Activity 1 Board Starts

Time 30 minutes (1 unit)

Activity

There are two techniques when it comes to board starts; carrying the board and dragging the board. A good board start is one that is able to successfully transfer the speed developed from running into board speed. In training it is beneficial to start slowly and then to increase the speed of the start once the paddler has perfected the start technique at the slower speeds. It is important to always practice the preferred starting technique of the paddler in every training session thereby exposing them to, and giving the paddler experience in various conditions. It is also very important to do some starts in the pre-event warm-up so the paddler knows what conditions to expect.

Key Points (written for a right handed person)

- Prior to the start, the paddler should check the water depth and profile of the sand bank directly in front of their start position
- The paddler should lean forward, bending at the knees and hips. The left foot is placed on the start line, with the right foot and left arm back ready for the start
- For the carrying start, the centre left rail of the board is pressed firmly into the right hip with the nose pointing slightly in to the wind and the right hand holding the right rail (thumb on the deck, fingers on the rail or in the holding groove)
- The left hand is left free swinging while the paddler runs
- As the paddler reaches water deep enough to jump on (usually just below knee deep), the left hand grabs the left rail
- The paddler achieves the jump on by bending at the hip, lowering the board and pushing forward and upwards (off the bottom) with their feet which leave the water, and land on the kneeling pads (Malibu board only) or on the chest (for Malibu or short board) after coming across the left hand side of the board. The feet should leave the water before or as the board hits the water.
- The paddler must look at the paddling position on the board when jumping on
- For the dragging start, the paddler should have hold of the front left handle with their right hand of the board by their side
- To jump on the board, the paddler should:
 - Throw the board forward with their right arm
 - Bend over grab both rails in the middle of the board
 - Using their feet, push off the sand in a forward direction
 - Look at the board
 - Jump on in the kneeling or lying position

- The kneeling paddler should jump onto the board allow it to skim, then reach forward and set themselves in the catch position in one fluent, smooth motion
- The laying paddler should jump onto the board allow it to skim and commence paddling
- Some common faults include
 - Not looking at the board when jumping on and missing the board/falling off
 - Jumping too high so landing too hard on the board, damaging knee/board
 - Pushing the board forward with arms the pulling it back to get on
 - Feet dragging in the water after the board hits the water, slowing you down
 - Slowing down before jumping onto the board
 - Not jumping on at the correct depth.

Activity 2 Board Paddling

Time 30 minutes (1 unit)

Activity

A correct paddling technique is essential to maximize speed and reduce fatigue however a paddler's technique will vary depending on their body size, shape, gender, skill level, strength and maturity.

Like all new skills, board paddling technique is best learnt in the gym using pulleys or a paddle machine, secondly in the flat water and finally in the surf and chop. Observing the technique of other paddlers is also helpful but it should always be remembered that members of different ages may use different technique owing to their physical abilities and limitations.

Generally, board paddlers use a combination of paddling both on their knees and their stomachs (Malibu board) or solely on their stomachs (short board). There are several fundamental differences in these techniques that need to be looked at separately.

Lying Position

- Nose of the board should clear the water for good trim
- There is less power per stroke than with kneeling but the speed and momentum are more constant
- Chin kept close to board at all times
- Legs should kick from the knee. The left leg should kick with the right arm pulls and vice versa in order to balance each other.

Catch

- Extend the arms with the hand still slightly relaxed and fingers spread slightly
- Hands should enter the water flat or facing slightly out

Pull

- The pull can use a modified swim stroke that utilises a down-sweep, in-sweep and acceleration phase
- Hands should not cross too far under the edge of the board and never in the midline
- When the right arm is ready to start the pull, the left lower leg makes an angle of about 45° with the board and the right leg is almost horizontal.
- As the right arm begins to pull, the left leg commences to kick moving downwards and outwards. At the same time the left arm and the right leg begin recovery, the leg does this in an upward vertical motion.

Push

- Similar to the acceleration phase of the swim stroke

- The hand is pushed back towards the tail of the board and is kept slightly cupped and held firm
- The hand should finish its drive in a position where the thumb is next to the rail of the board
- The left leg continues its downward motion but moves back in towards the board and finishes up almost touching the board.
- The left arm and right leg continues to recover with the right leg finishing at an angle of about 45° to the board.

Recovery

- The hand is lifted out of the water by lifting the elbow
- The fingers should be fully relaxed and should trail just above the water (i.e. Shortest path back to the catch position)
- Elbows are kept high so hands are able to be kept as close to the board as possible
- The elbow is extended and the body may be slightly rocked side to side setting up for the next catch phase
- The paddler must exhibit sound balance and a fluent movement of each stroke and throughout all phases
- The paddler must also keep the board running flat and in trim at all times

Activity 3 Turning Cans on a Board

Time 30 minutes (1 unit)

Activity

At the turning buoys, the paddler can negotiate the turn on their knees or lying. If there is a large group of competitors or there is a large chop or tricky conditions, paddlers will often lie down around the turning buoys to make sure they do not fall off.

Key Points

- The paddler should try to have the board horizontal (flat) to avoid pushing too much water.
- The turning strokes are away from the board in an arc with the right arm back and left arm forward (for both lying and kneeling)
- Two turning strokes are usually enough
- If lying through the turn, drop the inside foot into the water
- If kneeling then a low body position is necessary for stability.
- Most paddlers find it advantageous to move back on the board as they approach the turn

Activity 4 Bunny Hopping on a Board

Time 30 minutes (1 unit)

Activity

Bunny hopping the board is used when there is a long sand bank that is at the awkward depth that is too shallow to paddle in, but too deep to run with the board. It can be used successfully by both the kneeling and the laying paddler.

Key Points

- Hands positioned on each rail of the board with thumbs on the board's deck
- Hands should be near the centre of the board with the closest hand being slightly forward
- The paddler should drive with the legs in a modified bounding motion
- After driving the legs, all the weight should be placed on the arms and shoulders allowing the legs to fully clear the water and then repeating the action

Activity 5 Negotiating the Surf on a board

Time 30 minutes (1 unit)

Activity

When paddling out through the surf, the methods for negotiating the wave will vary immensely between paddlers, between races and even between starting alleys on the beach. A broken wave will rarely be a uniform line of water that has equal size and force. It is for that reason that it is essential to complete adequate training in the surf to allow the board paddler to know what their abilities will allow them to do. There are essentially three main methods for negotiating a broken wave going out through the surf. They are to either 'kneel' (Malibu board) or 'sit' over the white wash or to 'roll' under it.

Key Points

To kneel over a broken wave:

1. Point the board at right angles to the oncoming wave
2. Don't stop paddling, so that the foam is hit with speed
3. Adjust your timing so that you finish a stroke just before hitting the foam, (it may be helpful to think about finishing this stroke approximately a metre out from the foam) then sit back on your heels to raise the board's nose (lifting your knees will also help)
4. Take a stroke over the foam while keeping low to the board with hands in the water until balanced then start paddling

To sit over a broken wave

1. Just before the foam hits, go to a sitting position about $\frac{3}{4}$ of the way down the board with legs over the side and hold the back handle(s) with the right or both hands
2. Lean back and pull on the handle(s) to raise the nose of the board
3. As 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 with the right arm and hold on to the water so as not to get dragged backwards.
4. When balanced start paddling

To roll under a broken wave:

1. As the wave approaches, move forward, grab the handles while lying along the board, then roll over
2. While under water, keep the body parallel to the board and pull board forward and down as the foam hits (so that the board is moving and its nose is down) The front handles of the board must end up level with or forward of your head
3. After the wave has passed, slide one hand down the board along the rail then push the board over with this hand while throwing leg and body onto the board, then quickly paddle off

Activity 6 Catching a Wave on a Board

Time 30 minutes (1 unit)

Activity

In a board race, the most distance can be gained or lost on the way back to the wave area. A paddler who catches a wind chop may be able to speed away while other paddlers are left in dead water and paddling at normal speed. Like other skills on the board, chasing chops or runners requires a great deal of practice and perseverance. A competitor plans the course they will take before the race and will start considering: the position of the finish line, the conditions at the finish line, the position of rips, reefs and sand banks, the prevailing wind, waves and chops.

Key Points

- Paddlers should not look back at the wind chop itself, but rather at the hollow behind the chop in front of them
- The board should be square to the line of the wind chop (i.e. perpendicular) and be paddled at top speed when chasing it.
- The paddler should wait until the board has increased speed before trying to straighten and angle back towards the finish area
- The paddler may have to constantly adjust their position on the board in order to keep it running on the chop
- Good paddlers plan their course prior to the race and are aware of useful landmarks

There will not always be times in a race situation where a paddler will be able to get onto a wave from right out the back and negotiate it without any trouble. An instance such as missing the first wave and having to do a late take-off on the next wave are a common occurrence. This is why the paddler should never sit out the back and wait for waves in training. The paddler needs to become familiar with waves hitting them from behind or having to take-off late on a wave that is steep. All of these skills should be regularly practiced at training in order to become an entrenched skill that the paddler can call on if needed.

Key Points

- The paddler should ensure they are in a good position to catch the wave and once properly on the wave, position their hands on the rails behind their knees (usually grabbing hold of the back handles) then slide the body back so as to lie with the stomach on the back of the board.
- The paddler's legs are apart for balance and steering while the arms are in front slightly bent with hands holding the back handles, prepared to lift the nose of the board if necessary.
- The paddler slides forward if the wave starts to die out
- If kneeling on a wave you should keep your hands in the water, palms forward, to steer and for balance.
- If the board is not perpendicular to the wave, then keep the outer rail (or shore side) higher.

Activity 7 Board Finishes

Time 30 minutes (1 unit)

Activity

Often, there will be multiple paddlers on a wave and the final positions will be determined solely by the paddler's ability to jump off the board cleanly and run to the line. It is for this reason that the paddler should simulate a race finish every time they return to the beach during every training session.

Key Points

- The paddler who is normally in the kneeling position should start to sprint to the line before they attempt to jump off in order to remain slightly ahead of the wave and prevent the board from being washed around
- The paddler should not attempt to jump off the board until they can see the actual water depth or have some other indication of water depth (i.e. a handler standing there)
- To jump off the board the paddler should kneel as far forward as is practical place the hands on the rails so that the right hand is behind the knees and the left hand in front
- To leave the board the paddler should push off the right hand (getting off the left side of the board), jumping forward off the board with the left leg landing in front of the right in a running position. The eyes should now focus on the left handle and while using the left hand to lift the left side of the board up, slide right hand across board and grabbing left handle.
- The paddler should run past the finish line so they are not overtaken by those running up and finishing behind them.

Activity 8 Swim Start

Time 30 minutes (1 unit)

Activity

- Take note of the water depth and how many paces can be taken before wading and/or porpoising / dolphining
- Check for pot holes, rocks or other places to avoid
- Check the direction of the current
- Adopt a wider stance for stability and to prevent being knocked over by fellow competitors.

Activity 9 Running the Bank / Wading

Time 30 minutes (1 unit)

Activity

- Clear the knee from the water at the side so the thigh is horizontal to the water
- Swing the leg around to the front keeping thigh horizontal to the water
- When the leg comes around the front, throw the foot out and place onto sand ready for the other leg to repeat the process
- Arms should be bent at around 90° at the elbow
- The arms should swing around horizontal to the water in a circular motion, to add momentum for the legs to clear the water
- Whilst wading along a shallow sand bank or river edge it is important to learn correct technique.
- It is also important to run in and out of the surf to get used to such variables as an uneven bottom, potholes, waves and an unexpected change in the water.

Activity 10 Dophining

Time 30 minutes (1 unit)

Activity

- The swimmer waits until the water is at waist depth or they are no longer able to wade effectively
- The swimmer drives off the legs diving forward under the oncoming waves
- The swimmer digs their hands into the sand as the wave passes over to stop them being dragged back
- Bring the feet forward to where the hands are and dive forward pushing off with the legs

Activity 11 Body Surfing

Time 30 minutes (1 unit)

Activity

- When catching a wave, the swimmer's head should be kept down and the hands should be held out in front while kicking the legs hard
- The swimmers head should only be lifted to the side to breathe and should not be lifted forward or held up.
- To ensure the swimmer doesn't drop off the back or lose the 'push' of the wave, a single arm stroke can be used as a side breath is taken, then returning both hands out in front with the head down and kicking legs hard in the stream lined position.
- Catching a wave body surfing is one of the hardest skills to master and should be practiced frequently.
- Each competitor may have an individual style or technique but it should always be based around these general concepts.

Catching a broken wave is the hardest skill for any surf swimmer to master but it can often mean the difference between winning and coming in mid-field. When attempting to catch a broken wave the swimmer should try and increase their speed by increasing their stroke rating and by changing to a 6-beat kick. The goal is to match the speed of the wave and also to get the body as high in the water as possible prior to the wave hitting.

A good technique for helping gain this initial push from the wave is to lift up one foot only moments before the wave hits the swimmer so that the downwards kick of the swimmer is actually against the wave. This will aid in getting the body clear of the white-water so that the arms are free to pull through in order to ensure being on the wave. Once the swimmer is safely and comfortably on the wave, they should reassume the streamlined position with the head down and kicking the legs to help ensure that they get the most out of the wave.

Key Points

- Increase swimming speed before the white-water hits by increasing stroke rating and changing to a 6-beat kick
- Goal is to be travelling at the same speed as the wave and to be as high in the water as possible when the white-water hits
- Lifting a foot just prior to the white-water hitting so that a downward kick pushes off the wave itself can be a useful way to help gain that extra push from the wave and keep the arms free to pull through
- Catching a broken wave is the hardest skill to perfect and so should always be practiced when doing any surf based swimming sessions or skill sessions.

Activity 12 Sand Running

Time 30 minutes (1 unit)

Activity

Beach sprinting is a highly complex movement that integrates both the upper and lower body in perfectly timed sequences.

Basic Technique Checklist

- Must run tall
- Must relax – no undue tension
- Head alignment with the body
- Arms relaxed at the side
- Body weight balanced towards the balls of the feet
- Knees straight ahead
- Feet slightly apart and pointing forward

Body Position

- Trunk tall
- Shoulders steady and relaxed to avoid twisting action
- Body tilted to maintain balance: lean forward on the tip of toes until the point of overbalancing

Arm Action

- Arms are flexed to about 90°
- Hands lightly clenched
- Arm swings forward and upward as opposite knee is swung forward and upward
- At the forward limit of the arm swing, hands are at about shoulder height
- Shoulders should not contribute to arm action

Running Action

The running stride can be broken into four key phases: lift, support, drive and recovery. When these phases are implemented smoothly this is known as the basic running technique or running 'form'.

Lift

'Lift' is used to develop forward momentum. The power for knee lift comes during the acceleration phase and can be worked on by the use of sessions including hill sprints and acceleration runs up to a distance of 80m.

- Knee pulled up aggressively towards the hip joint, aiming to get knee to hip height
- One arm/hand thrusts backwards past the shoulder
- Elbow steady at 90°
- Hands closed slightly, but not clenched
- Hip rotates slightly inward as foot is pulled out of sand
- Foot is lifted and relaxed as the knee lifts

Support

- Knee extended to approximately 150° upon landing
- Both arms and hands are at the hips – one going backwards, the other forwards
- Hips kept steady to support the leg action
- The foot should land just over the centre of gravity and on the ball of the foot
- Foot should land straight towards the finish line

Drive

Drive strength is used to improve and develop reaction and forward propulsion, power and impulse for starting and the push during the acceleration. Drive strength can be developed by the use of training programs incorporating the use of weight training, plyometrics, tyre pulls, stair climbs or block work.

- The knee should be extended to around 170° during the push/pull sequence
- The goal is a short push/pull time (i.e. amount of time the foot is in contact with the surface)
- Opposite hand to drive leg should be near shoulder, with the elbow contracting to slightly less than 90°
- The hip rotates slightly outwards as the foot pushes into the sand
- The toes and ball of the foot push/pull on the sand for final release
- The foot should 'paw' the sand in a straight line

Recovery

- The knee is flexed to less than 90° as the leg pulls out of the sand
- Opposite arm to recovering leg should be moving upwards past the hip towards the shoulder
- Hips are drawn back to the midline to balance the running action
- The foot relaxes and is pulled backwards towards the buttocks

Summary Checklist

- Body lean: body weight forward of the driving leg
- The athlete drives behind the body
- The front knee is high to allow the drive off the back foot to be completed
- Run tall – hips high and in
- Vigorous arm action co-ordinates with leg drive
- Head is steady, eyes forward, shoulders square, chin in

Activity 13 Sprint Starts

Time 30 minutes (1 unit)

Activity

Starts

The start in a sprint event can be where the race is won or lost. Because the sprint is over in such a short period of time, a sprinter needs to have their starting technique perfected both in training and in race conditions. The analogy of the sprinter feeling as though they were ready to 'shoot' down the track is often a good way to describe to beginners or novices how they should feel in the start position.

- Starting blocks should be dug out with the sprinter facing away from the track
- The sand should be scooped out towards the track, to allow the back of the blocks to be flat and close to vertical, giving the sprinter a solid base to push off
- Do not dig the holes too deep
- Clear the excess sand dug out from the blocks away from in front of the sprinter to help ensure an even surface
- At the starter's command of "on your marks" the sprinter should crouch down with both hands on the front start line facing outwards.
- The feet are positioned slightly apart in a way that the sprinter feels comfortable and able to exert a firm 'push' with when needed.
- Sprinters must 'pull' themselves out of the sand blocks rather than 'push', because if they push too hard on soft sand the sand blocks will collapse
- The stronger of the two legs will be placed slightly behind the other, to a distance to a distance to which the sprinter feels comfortable.
- As the starter calls "Set" the sprinter should transfer their weight onto their arms in a smooth movement.
- The sprinter must transfer this weight from the hips in a forward, not in an upward direction.
- The sprinter is now ready for the start and should hold that 'locked' position without rocking, ready for the starter's pistol.

Key Points

- Beginners or novices can be given the analogy of feeling like a giant spring waiting to uncoil when in the start position
- Start blocks should be dug out facing away from the track to ensure a solid base to push off
- Sprinters should place their arms about shoulder width apart

- Feet should be a comfortable distance apart with one behind the other to a comfortable distance
- On the “set” command the sprinter should transfer their weight onto the arms and shoulders in a forward direction only, not allowing any upward movement
- The sprinter should lock the set position awaiting the starter’s pistol without rocking or shaking

Acceleration

Although the initial movement from the start of a sprint can mean the difference between a good and bad result, the acceleration over the first 20-40m can also affect the outcome of the race.

- After the start , the sprinter should stay as low as possible driving their arms and legs with their weight still forward over their stomach and hips
- To help a sprinter stay low they should think of a plan taking off and remember this is the same type of take-off from the blocks they are aiming for, smooth but hard.
- It is often useful not to look up to the finish line until after the first 10-20m. They should gradually raise their head as they progress down the track.
- During acceleration, the arms are pumped forward and up, plus backward and down as quickly and strongly as possible to help drive the legs and accelerate to top speed.

Key Points

- Accelerate from a low to high striding position
- Keep head down for the first 10-20m, before focusing on the finish line ahead
- Arms are to be ‘pumped’ as quickly and forcefully as possible to aid the legs in achieving good acceleration to top speed
- Once moving fast another burst of effort may be required, to avoid running the same speed, or slowing through the race

Activity 14 Sprint Finish

Time 30 minutes (1 unit)

Activity

The sprinter maintains their technique as they approach the finish line. Often, this is the area where fatigue will set in and the sprinter will lose their form and speed. The sprinter should keep their eyes focused on the finish line and drive through past the finish concentrating on maintaining all aspects of technique. Just before crossing the line, a sprinter can lunge forward by thrusting their chest out, helping to propel them forward and over the line.

Key Points

- Drive through to the finish line
- Hold form until the finish line
- Lean forward (not too far) and thrust chest in a lunge over the last 2-3 metres propelling the body forward when close to the finish
- Keep eyes on the finish line and arms shoulder high

Activity 15 Flags Set Up

Time 30 minutes (1 unit)

Activity

The set-up is the part where the flag competitor is asked to take a position on the sand.

- Prepare a suitable area to lie on, fitted to your body shape
- Heels must be together and not spread
- Fingers on one hand must be over/under your fingers of the other hand
- Elbows must be upward, out and straight
- Flex your buttock ready to turn
- Breathe in on the set and hold your breath until the whistle blows
- Only concentrate on the commands of the starter, rather than the people next to you or in the crowd. People who concentrate well with distractions make better flag competitors.
- You must listen to the first noise of the whistle and then react
- You must be ready for the call back if someone breaks

Activity 16 Flag Turns
Time 30 minutes (1 unit)

Activity

Turns last less than one second. There are two main types of turns:

- Jump turns (used by children or beginners)
- Pivot turns used by natural flaggies or trained athletes

The pivot turn is thought to be the fastest turn of all. It is also a turn that means the body can be moved from a starting line to position closer to the starting line – or over the start line in advanced flag competitors.

Jump Turn

- Push off with arms like a fast push-up
- Jump up fast in the air and start turning body around to the finish line
- Try and keep front foot as close to the start line as possible when landing
- After landing, accelerate low and hard

Basic Pivot Turn

- Push up with arms like a fast push up
- Spin on knee/s to turn toward the finish line
- Twist body with the turn and get arms ready to propel you forward
- Try to keep front as close to the start line as you can
- Accelerate low and hard

Activity 17 Flag Diving

Time 30 minutes (1 unit)

Activity

Diving is an important part of flag racing. Many athletes get flags by brilliant dives.

Remember:

- Don't dive too far out from the flag
- Dive for a flag with both arms preferably and cover the flag by your body
- If it is close use one arm dive
- A sideways dive can give you a few more inches in a pinch but is open to some challenges on the baton over the top

Activity 18 March Past

Time 30 minutes (1 unit)

Activity

March past competition is one of surf lifesaving's great traditional events. The event allows club members of all ages and fitness levels to train and compete. March past is a qualitatively judged event, which makes it very technical to coach.

It is strongly recommended that march past coaches own a copy of the latest competition manual to guide them on the intricacies of the event. Excellent coaching resources and assistance are available through the state and national march past panels.

Technique

Each of the following technique components should be uniform within the team. Judging will be based primarily on the uniformity of the team action as well as the general techniques outlined below.

Body Carriage

- The body should be upright, not leaning forward or backward with the head held slightly high but generally with the eyes looking straight ahead
- The whole body should be relaxed with no apparent stiffness

Arm Action

- The arm should swing naturally from the shoulders with no excessive movement of the top part of the body
- The arm should be slightly bent but on no account should there be any "hooking" at the elbow or a rigid stiffness of the arm
- If the arm swing is correct, it should be uniform within the team and should swing forward and behind the body, but in no way be restricted
- Hands should be closed, not tightly but naturally, with the thumb pointing forward along the top of the first finger

Leg Action

- The movement of the leg must spring from the haunch and be free and natural
- The legs should be swung forward freely and naturally from the hip joints, each leg, as it swings forward, being bent sufficiently at the knee to enable the foot to clear the sand
- The toe of the moving foot shall clear the sand and should be uniform throughout the team
- The foot should be carried straight to the front and, without being drawn back, placed firmly upon the sand with the knee straight without jerking the body

Timing and Length of Pace

- The rate of marching shall be 100 – 105 paces to the minute
- The normal length of pace shall be 47 centimetres

- Each person shall step off with their left foot keeping time with the standard bearer

Wheeling

- On reaching the wheeling point the standard bearer and belt person, in succession, shall move around a quarter of the circumference of the circle having a radius of 2.7 metres in nine equal paces of approximately 47 centimetres
- When the centre (or axis) of the reel reaches the wheeling point the pivot persons shall move around a quarter of the circumference of the circle (the left hand pivot person at a radius of 1.2 metres in nine equal paces of approximately 21 centimetres and the right hand pivot person at a radius of 4.2 metres in nine equal paces of approximately 73 centimetres)
- The reel part shall move around a quarter of the circumference of the circle so as to facilitate the pivot person's remaining in line with the centre (or axis) of the reel which requires that the front handle reel person's wheel approximately one pace past the wheeling point
- When the rear rank reaches the wheeling point the left hand person shall follow the left pivot person and the extreme right hand person shall follow the right hand pivot person. The remaining persons in the rear rank shall maintain their dressing and spacing, whilst the rear rank shall proceed around a quarter of the circumference of the circle.

Drills

March Past is essentially a drilling discipline. Each segment of which (if not all) should be part of every session.

- Each of the techniques i.e. body carriage, arm swing, leg action, length of pace and timing should be reviewed at every section for each team member
- The standard bearer should be continually assessed for their ability to maintain the correct rate and timing of marching with and without music
- Ensure each team member, but most importantly the pennant bearer, can consistently march the correct length of pace i.e. 47 centimetres and this can be assisted by regularly performing drills requiring team members to march between two given points, say 9.4 metres apart in twenty equal paces
- As the season progresses wheeling drills should be undertaken by the different elements of the team i.e. standard bearer, belt person, reel party including pivots and the rear rank separately and as a team

Key Points

- Conduct technique drills at all sessions
- Length of pace drills are important
- Undertake drills on both hard and soft sand
- Timing of marching is the correct rate

Activity 19 Rescue and Resuscitation

Time 30 minutes (1 unit)

Activity

Rescue and Resuscitation (R & R) is one of surf lifesaving's premier events. The event allows club members of all ages and fitness levels to train and compete. R & R is a qualitatively judged event, which makes it technical to coach. It is strongly recommended that R & R coaches own a copy of the latest R & R competition manual to guide them on the intricacies of the event.

Skill	Coaches Checklist
Stand Easy	Feet not moving No talking No slouching
Marching	Paces between 110 to 120 paces per minute Step off with the left foot Head and body in position of attention Toes pointed slightly downward Foot carried to front Body in upright position Eyes looking straight ahead Arm slightly bent Arm swing to waist height and back behind body Hands closed and thumb to the front Moving foot clearing the sand Correct length of pace
Running	To move at a pace faster than walk with both feet never on the ground at once
Attention	Heels in line Feet at an angle of 45° Body naturally erect Body even over thighs Shoulders level Head looking straight ahead Arms relaxed but not stiff Hands in the centre of the thighs Body balanced on both feet Wrists straight Hands closed Fingers clenching thumb Head balanced evenly Eyes straight to the front
About turn	Keeping body erect Weight even Keep arms by the side Bring heels together
Kneel at Ease	Toes extended backwards Toes flat on the ground Hands even on thighs Head and eyes observing patient Sitting on heels
Kneel at	Knees together

attention	<p>Hand position at thighs Hands closed Toes extended backwards Toes in line with body Head and eyes watching patient Arms, head and body in position of attention</p>
Continuous Movement	At the correct speed without pause or stops in order to co-ordinate team work
Halt	<p>Bring heels together Feet at 45° angle Feet in position of attention Correct body carriage</p>
Lift or down reel	<p>Correct positioning on reel Timing correct Correct body carriage and knees apart Correct grips on handles Steadiness of reel</p>