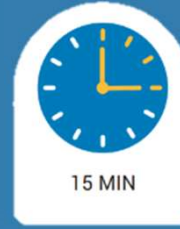


Board race

Extension for Iron challenge



Lifesaving
education programs

Lifesavers use board activities to develop their board and paddling techniques. The rescue board provides a fast and reliable means of reaching people in the water and can support multiple people

Equipment

- ☐ Markers or buoys
- ☐ Nipper boards

Instructions

- 1) Set up a board race course
- 2) Choose one or more of the following techniques to explain and demonstrate:
Bunny Hopping; Positioning and Paddling; Wave Catching; Dismount
- 4) Have participants practice skills and provide advice and assistance as required
- 5) Once they have the basic technique right, break participants into groups
- 6) Have them paddle out around two points with an instructor on a board stationed at deepest point, and return to shore

