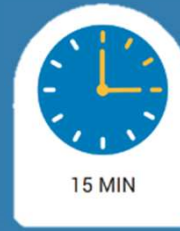


Board relay

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
- ☐ Board handler

Instructions

- 1) Set up a board relay course
- 2) Explain and demonstrate some board skills – give participants 5 minutes to practice.
- 3) Break into groups of three, explain and demonstrate the course.
- 4) Each paddler starts on the line and paddles out around the three points. An instructor can be the “marker” at each point whilst supervising
- 5) When they reach the shoreline, the paddler will drop the board, run around two points and tag the next paddler waiting on the line.
- 6) Each person in the team must help by collecting their teammates board, e.g., the last paddler grabs first paddlers board.
- 7) Last paddler runs between the finishing flags.

Course Layout

