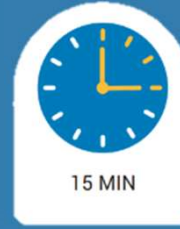


Surf race

Extension for Iron challenge



Lifesaving
education programs

A surf race is used by lifesavers to develop and practice their skills negotiating different water conditions. Using prevailing conditions such as wind, rip currents and waves to your advantage is essential if you are trying to help someone

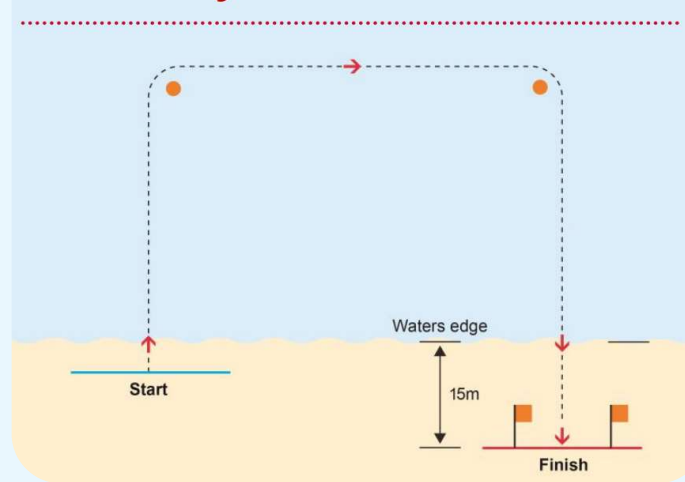
Equipment

- ☐ Markers or buoys
- ☐ Goggles

Instructions

- 1) Set up a swim course
- 2) Choose one or more of the following techniques to explain and demonstrate: Start, stroke, navigating the surf, bodysurfing, finishing.
- 3) Give participants time to practice the technique and provide assistance as required
- 4) Once competent, complete a surf race
- 5) Use correct starters commands: "competitors ready, set, go".
- 6) On "go", participants run in to the water, swim around two points and back into the beach to finish between the markers

Course Layout



Tips for navigating surf

Entering the water

- 1) Start swimming by the time you're hip deep.
- 2) Dive into water about 3m before hitting the wave. Dive with hands in front of you to protect head.
- 3) Exhale air when diving.

Breathing

- 1) Don't hold your breath – breath naturally and consistently.
- 2) Breathe every 2 strokes, on the side away from the waves.
- 3) Look forward briefly to check direction on exhalation.

In choppy conditions

- 1) Strong, fast strokes to work through the surf. In currents, compensate drifting by swimming on an angle into the current
- 2) Check your direction by looking forwards often
- 3) Keep mouth away from water by turning away from waves on breath stroke