

Iron challenge



DIFFICULTY:
HARD



WATER
BASED



LAND
BASED



Lifesaving
education programs

In this activity, participants will combine their running, swimming and board skills to complete an Iron relay race.

Outcomes:

- Demonstrate some of the multi-disciplinary skills required for lifesaving.
- Develop board skills of balance, paddling and kicking
- Ability to follow official instruction
- Working together as a team

Equipment:

- ☐ Buoys, cones or flag markers (use instructors as markers)
 - ☐ Lifejackets / body boards / nipper boards / rescue equipment
- * board should be chosen suitable to the size and ability of the participant

Key messages:



Know what to do in an emergency situation



Call for help



Be aware and be prepared



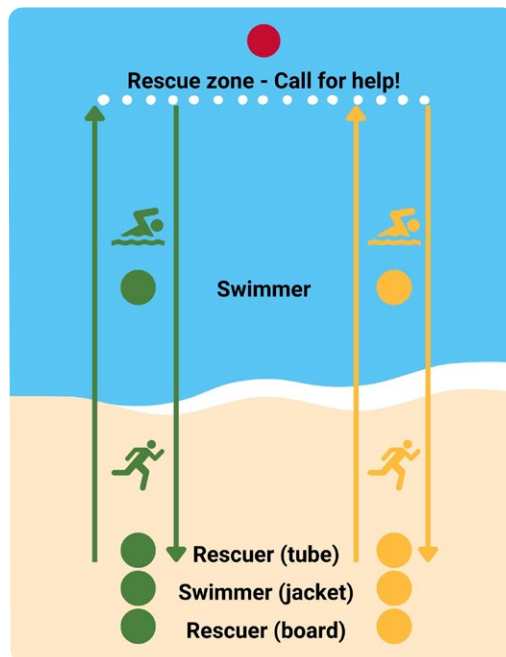
Iron challenge

Instructions:

- 1 Set up Iron challenge course, explaining each stage of the race.
- 2 Depending on numbers, divide participants into even groups and line up at the start line.
Assign each group member with a section of the course according to the skill level of participants, so that everyone can participate.
- 3 Instructor to demonstrate the iron course.
- 4 Position each team mate at their designated section.
- 5 #1 on each team runs, then swims to the "rescue zone" in front of the instructor in the water.
- 6 After #1 calls for help, #2 on each team swims with a rescue tube, and rescues #1 - returning to shore together.
- 7 #3 on each team puts a lifejacket on and swims to the rescue zone.
- 8 #4 on each team paddles on a board, and rescues #3, returning to shore together.
- 9 First team with everyone sitting down in their original spots is the winner!



Iron challenge course layout



Get adults involved!

Adults can be given jobs* during the Iron challenge to create an atmosphere that encourages and celebrates the participant's achievements:

- Cheer squad
- Referee
- The marker on land showing where students need to run to
- Take photos and videos (with media consent)
- Reset equipment between rounds
- Help put lifejackets on

**Be sure to obtain Working With Children Checks of any parent helpers or volunteers before having them join your program*

Video demonstration



Prompt questions:



Q. Why are Iron races important to Lifesaving?

A. It improves Lifesavers' fitness and endurance, while practicing navigating through different water and environmental conditions (wind, rip currents, wave conditions); essential if you are trying to help someone.

Q. Why are wading and dolphin diving useful techniques in an iron challenge?

A. These techniques help you move faster and easier through the water.

Q. What do you need to do before an iron race?

A. Organise all equipment (lifejackets, rescue tubes and boards), pick a partner to grab your equipment, check the start and finish points and check the order and course. You should also ensure all participants are aware of their role.

Variation:

- Walk or run out and swim back.
- Stagger calls so one number gets a head start.
- If you have more than 4 per team, include 2 person rescues to even out numbers.
- Adjust distances and equipment based on skill level to make more achievable or more challenging. Always have a supervisor at the deepest point.