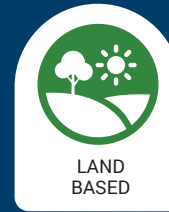


Sprints/ beach flags



Lifesaving
education programs

In this activity, participants will learn how to sprint efficiently over a short distance, which is essential when trying to help someone in an emergency situation.

Outcomes:

- Ability to follow official instruction
- Demonstrate some of the fundamental movement skills required for lifesaving

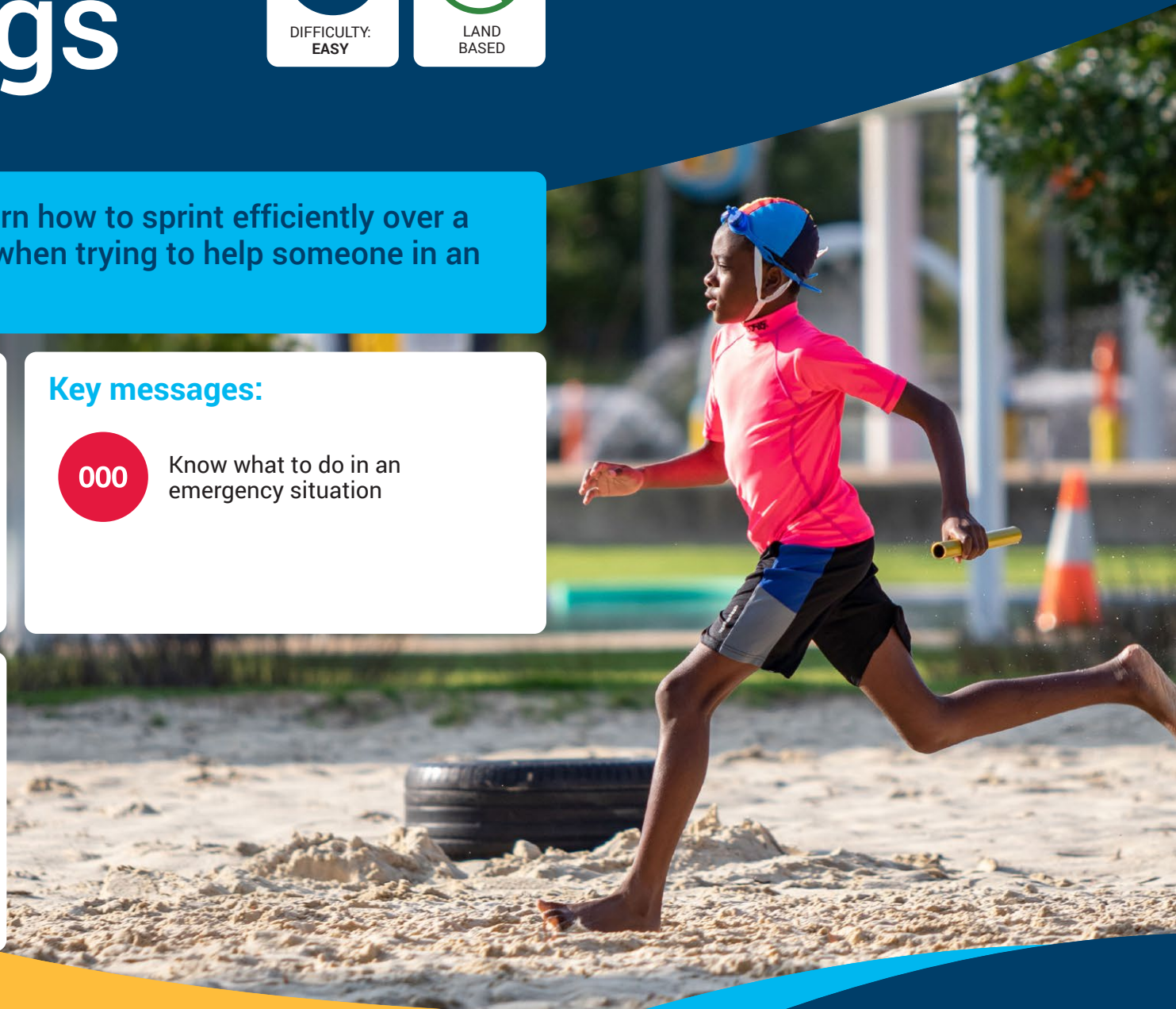
Key messages:



Know what to do in an emergency situation

Equipment:

- ☐ Cones, markers or rope
- ☐ Flags – small lengths of hose, flags, plastic tubes (to be used in suitable sandy locations only)
- ☐ Be “rescue ready”



Sprints/beach flags

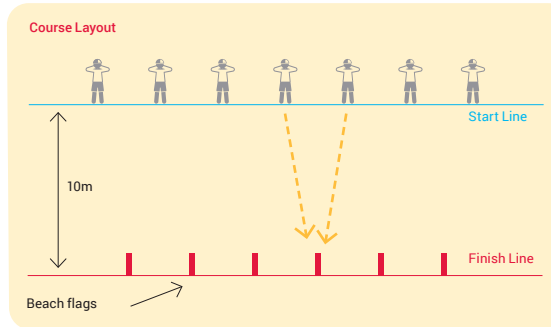
Instructions:

Complete the preparation checklist. Only conduct sprints on soft grass or sand and never around pools, where there is a risk of slipping.

Preparation

- ☐ Complete venue check
- ☐ Set up sprint/flag area
- ☐ Rake if necessary
- ☐ Explain purpose of sprint events in lifesaving
- ☐ Discuss safety considerations

- 1 Explain and demonstrate the 'standing start' technique.
- 2 Begin activity with a warm up game to trial standing start technique. Refer to the rocks and rips extension card for instructions for a fun way to warm up!

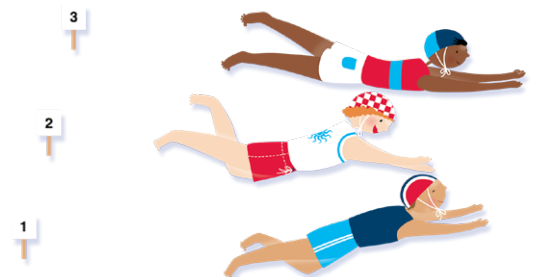


- 3 Set up a beach flags course with a start and finish line 10 metres apart. Place flags/hose pieces in the sand along the finish line.

Position participants along the start line, facing away from the finish line. Participants should:

- Lie down on their stomach with both hands under their chin and elbows facing out.
- Position toes touching the start line.
- On the command "Heads down - Go", participants get up, turn around and dive for a flag.

- 4 Remove one flag every round, so that participants are eliminated, until there is only one winner. Alternatively, allocate points for the individual that got to the flag first and progress through the round to determine who has the highest score.



Video demonstration



Key questions:



Q. Why are running events important component of lifesaving?

- A. Run events not only promote the sporting benefits of lifesaving, but ensure lifesavers keep their skills up-to-date and maintain the fitness required for conducting rescues.

Q. Why are sprints important?

- A. Being able to sprint efficiently over a short distance is essential when trying to help someone. Sprints improve running technique, speed, agility and fitness on a variety of surfaces.

Q. Why do lifesavers need to learn how to run on both sand and soft grass?

- A. Lifesavers need to have the ability to run quickly over sand to perform rescues. Barefoot running also uses different muscles to wearing shoes, so it is best to train on to build endurance.

Variation:

Mix up the sprints by having participants skip/crawl/side-step/crabwalk or run backwards.

Add a bit of fun to the beach flag event by re-positioning the flags once participants have their heads down, or keep repeating the "heads up/heads down" command, so that they can't anticipate when they will hear "Go".

If the ground is not suitable for participants to be diving into the ground swap this out for the following extension activities:

- Rocks and Rips
- Relay races
- Fill the bucket
- Eggs and spoon races