

Board relays



Lifesaving
education programs

Extension for safe boarding

Participants will take their newly learnt boarding skills to compete as a team and complete a relay course.

Equipment:

- ☐ Body board or Nipper Boards
- ☐ Land markers (cones, spots etc.)
- ☐ Buoys (optional)

- 1 Set up the relay course:**
 - In appropriate water depth for student ability
 - Length ways across a pool
 - OR in a U shape around buoys or an instructor in open water
- 2** Demonstrate and allow students to practise the course before breaking into teams.
- 3 Race!**
 - Use correct starter's commands: "Competitors ready" "Set" "Go"
 - Encourage those not racing to cheer on their team
- 4 And to mix things up:**
 - Introduce a time limit
 - Leg paddling only
 - Single handed-paddle
 - Add challenges or obstacles like man made waves, currents or rain!

