

Iron skills



Lifesaving
education programs

Extension for ironman/woman

These three life saving skills will help you enter and exit the water quickly and efficiently for your Iron race!

Equipment:

☐ Nipper boards

Video demonstration

How to bunny hop



1 Board dismount & carry:

- Stay on board until in knee deep water or when your hand can just touch the ground to indicate shallow depth
- Keep eyes on strap/ handle
- Grab front handle
- Stand and run to finish, dragging the board
- Finish on feet in control of the board
- Remember finish is judged on chest, not the board crossing the line

2 Bunny Hopping:

- When at knee-deep (where it is too deep to run at top speed and too shallow to paddle), place board on the water
- Hold rails of the board with a hand at each side
- Place your hands a little in front of your body
- Have your outside leg in front of your inside leg
- Push the board forwards as you hop with your legs

- Both feet should leave and enter the water at the same time
- Aim to land feet next to board
- Keep going until you are too deep to hop, then start paddling

3 Popping

- As the wave come towards you, go to sitting position towards the back of the board with legs over the side and hold the handles
- Lean back and pull on the handles to raise the nose of the board
- As the foam hits, lean forward holding the board by one side handle and with the other arm outstretched, and push the front of the board down
- Start a stroke with the one arm and start paddling as soon as possible

