

The gauntlet



Lifesaving
education programs

Extension for safe boarding

Rough water conditions can make swimming on your board more difficult! See if you can get through the waves created by your friends to make your way through The Gauntlet!

Equipment:

- ☐ Nipper boards, body boards or kick boards

- 1 Give Participants some practise time paddling in the water.
- 2 Explain and demonstrate how to duck dive:
 - Push board down under wave
 - Once wave has passed, pop up out other side
- 3 Simulate a wave channel by having participants in 2 lines facing each other. Using boards, they create waves to go through.
- 4 Where possible, practise duck diving under waves, giving each participant a turn.

Modification:

To make this activity more challenging:

- Try a barrel roll while in the middle of the gauntlet
- Have participants fall off, and then recover in the middle of the gauntlet
- Swim through the gauntlet without a board!

