



Age Manager – Hints and Tips



2007/2008

About the Age Manager – Hints & Tips

Each lifesaving club will have a different number of nippers, volunteers and indeed resources to conduct both Surf Education Programs and coaching programs. However, putting aside specific programs it is important for the kids on the beach to have fun and learn the basic fundamental skills of becoming a lifesaver in the future.

For an Age Manager one of the biggest challenges is giving kids variety in their program and activities. This document will assist Age Managers in teaching points and variations to activities to assist in giving your club's nippers program some variation and indeed some success.

Within this document it will have guides on how to instruct the following activities and skills.

Activities included:

- Swimming Wading and Dolphining
- Board paddling
- Bucket Relays
- Beach Sprinting
- Beach Flags
- Tube Rescues
- Beach Safety & Awareness
- Body Boarding
- Survival Skills
- Ski skills

The guide also provides examples of games that can be played on the beach. What equipment you need and how to set them up.

Safety Considerations / Risk Management

Site Inspection

There is no substitute for a site inspection!

Things to assess are:

- Cleanliness of area; amount of rubbish, syringes, rocks, drift wood etc
- Wave size and shape - will this present too much of a challenge to the age group you are dealing with?
- Rips and lateral drifts - Rips can usually be detected from the shore. Sideways drift assessment may require you to get into the water before the session begins
- Wind - Offshore winds can be very hazardous for craft activities. Onshore winds actually flatten the surf and make the surf safer. However onshore winds are often cold and can limit your water based time.

Whilst understanding that it is rare for a surf beach to be void of hazards, it will be your judgement as to how it will affect the planned activities. If you deem the drift too dangerous you may have to alter the scheduled activities.

Weather Conditions

- If numbers permit, in cold weather, to keep the participants as warm as possible, conduct the dry activities first and then the wet activities as this will prevent the nippers spending too much time in the wind and cold when they are wet.
- Conduct both wet and dry activities but swap the wet groups with other wet groups and the dry groups with other dry groups. Once they have done all activities in the group (wet or dry) swap the groups over (ie wet to dry).

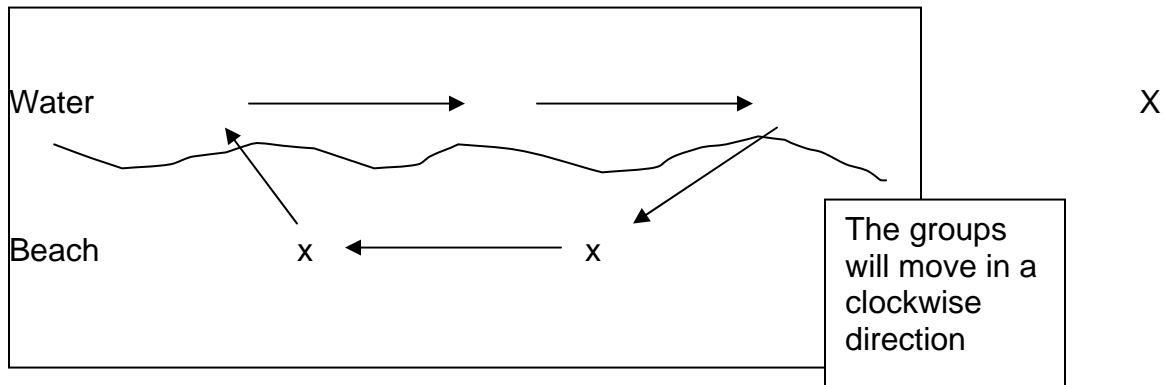
Selection of water / beach areas

- When selecting the water site, the above points will obviously need to be considered
- If lifesavers or lifeguards are patrolling, it would make sense to keep close to the patrol area
- On crowded days be mindful of the general public who may not necessarily understand what you are doing
- Also be mindful of surfers who are using the same water space
- Prior to conducting any beach activity, eg. Flags, sprints, etc, mark off an area conduct a venue check. It can also be helpful to get the Nippers to walk slowly in file, arms length apart, collecting stones, drift wood, etc. Tell Nippers **NOT** to pick up any sharp objects (glass, needles), but to get a lifesaver or their Age Manager.



Program Set Up

Typical Beach Activity Set Up



When setting up your program for a session it is important to ensure you have enough room in each section to conduct the activities you want to instruct. Try to have the swim, wade, dolphin section between board paddling and tube rescues so that if anyone gets into danger we have rescues aids on either side.

When you have too many nippers to manage on your beach look at running different age groups at different times. This allows your Age Managers and assistants to have the room to teach the essential lifesaving skills.

When conditions change make sure you change the program to ensure all participants are safe when participating in the program.

Warm Up Games at the Beach

Use these games as:

- warm up activities
- filler activities if you have time to fill
- alternative to normal activity if your session isn't running to plan
- conclusion activity

1) Chain Tiggy

Ages: 5-14

Area: Open sandy or grass area

Skill: Speed, teamwork

Description:

- Mark out an area with flags
- Make sure it has been cleared of all debris
- Depending on the size of the group, designate one or more Nippers as 'it'
- When a Nipper gets tagged, they must link arms, chains should break into two when they get bigger than 5 people
- Encourage groups of chains to work together to tag single people (i.e trap them in a corner of the playing area)

Equipment: Witches hats or flags

2) Hospital Tiggy

Ages: 7- 14

Area: Open sandy or grass area

Skill: Speed, agility

Description:

- Mark out an area with flags
- Make sure it has been cleared of all debris
- Depending on the size of the group, designate one or more Nippers as 'it'
- When a Nipper gets tagged, they must grab their elbow with their hand as if they have an injury and run like this
- They can still stay in the game
- When they get tagged a second time, they must grab their knee, with the hand of the injured elbow, and run around like this
- When they get tagged a third time they must lie down and die

Equipment: Witches hats or flags

3) Team Slalom Running

Ages: 5-15

Area: Clear stretch of beach - 300m or more

Skill: Speed, agility, teamwork

Description:

- Even teams form straight lines with about 2m between each person.
- The starting runner is at the end of the line.
- At the word "go" he/she begins to run slalom style around each runner until they reach the start of the line
- The runner calls "go", takes their place at the start of the line, and the next runner will start
- Continue this action until all participants have completed the task.

Equipment: Witches hats or flags

4) Lifesaver Tiggy

Ages: 5-13

Area: Open sandy or grass area

Skill: Speed, agility

Description:

- Mark out an area with flags
- Make sure it has been cleared of all debris
- Depending on the size of the group, designate one or more Nipper as 'it'.
- When a Nipper is tagged they must stand with one hand shading their eyes, other hand on their hip, and their legs shoulder width apart.
- To be freed and allowed back into the game, another Nipper must crawl through their legs.

Equipment: Witches hats or flags

5) Octopus

Ages: 5-13

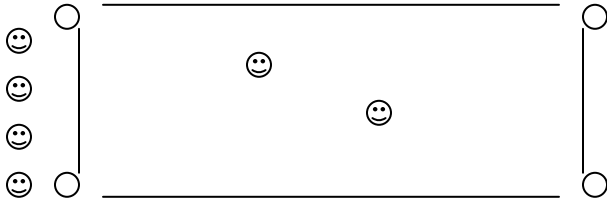
Area: Open sandy or grass area

Skill: General Information. Discuss octopus and jelly fish. Find out how much information the children know and briefly discuss the dangers and what you should do if you are stung etc.

Description:

- Set up a designated area with witches' hats
- Nominate 1-2 participants to be 'it'
- They will stand inside the designated area. The rest of the participants stand outside the designated area
- Their aim is to run from one side to the other with out being 'tagged'
- If the participants are tagged they must stand still and try to 'tag' other participants as they run past.

Equipment: Witches hats or flags



6) Flags with a ball

Ages: 5-16

Area: Clear beach and water area with no rocks and seaweed

Skill: Speed, agility

Description:

- Similar to beach flags except this is a wet and dry activity
- The participants line up on the beach with their feet towards the water
- The leader will throw a ball into the water, no further than waist deep
- The participants then have to get up and retrieve the ball from the water as quickly as they can

Equipment: Ball

7) Under the Sea

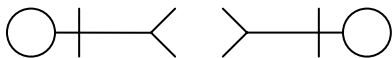
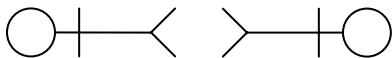
Ages: 7 - 13

Area: Open sandy or grass area

Skill: Speed, listening

Description:

- Nippers pair up with a partner
- They must lie with their feet touching in the beach flags position
- They should be about a metre away from the next pair
- Each pair should be given a sea creatures name or a number
- The leader should call out one name and those two Nippers must jump up and run, jumping across the legs of the other Nippers, running around the outside of the group and back to their position
- The leader can call more than one pair at a time



8) Soccer Screen

Skill: Accuracy. When rescuing a victim it is important that the rescuer can throw the rope accurately to them.

Description:

- Throw a weighted rope or a throw bag through a soccer target from a set distance
- Witches hats will depict the distance, which will vary depending on age and personal ability.

Equipment: Throw bags/ weighted rope
Soccer target
Witches Hats

9) Rope Throw

Skill: Distance and Accuracy. When rescuing a victim it is important that the rescuer can throw the rope far enough and accurately to them.

Description:

- Participants stand behind witches' hats, coil the rope and throw it to a distant target
- The leader running the activity measures the throw even if it doesn't hit the target

Equipment: long ropes
Witches hats
Hula Hoops
Athletics measuring tape

10) Flags

Skill: Speed, manoeuvrability

Description:

- Practice start technique a few times first with out the flag in place
- Participants don't have to run the full length of the course as it is just starting technique practice
- After this put the flag in place (using one flag only so that participants are not eliminated) and get the participants to run the full course
- If there are a large number of participants you can do this in waves. The first wave will walk back down the side while the second wave begins.
- Alternatively using the correct amount of flags have several groups running simultaneously so that when the participants are eliminated from the first group they then move to the second group and are still active.

Equipment: Flags

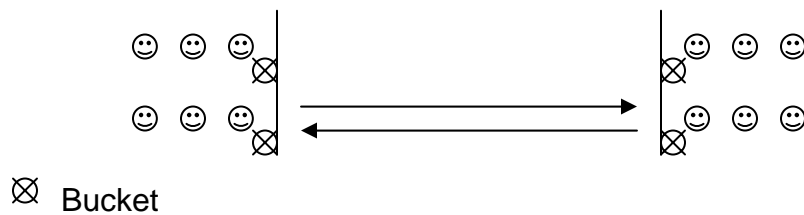
11) Flag Relay with Buckets

Skill: Speed, hand eye co-ordination

Description:

- Each team has two buckets
- Split the group into two
- Half of the group is at one end of the course opposite the rest of their team
- One of the participants starts with a flag and runs to the opposite side, placing the flag in the bucket of sand when they get there
- The next person then retrieves the flag and runs back to where the first team member came from repeating the process until all team members have had a turn.

Equipment: Buckets
Flags
Witches Hats



12) Flag Relay – tapping feet

Skill: Speed

Description:

- Similar to the 'Bucket Relay' except the participants are all in the starting position for flags
- Once they get to their opponent they have to tap them on the feet and the next person will go.



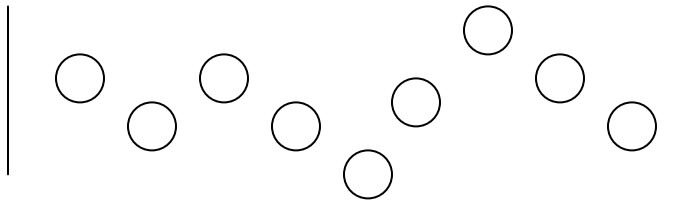
13) Obstacle Course

Skill: Speed, agility.

Description:

- Set up hoops as seen below, having a few hoops standing up right so that the participants can crawl through them (participants can help to hold these when it is not their turn)
- The participant will be timed to see how long they take to get from the starting line to the finish, carrying a rope with them
- They must place at least one foot in each hoop if they are not crawling through them.

Equipment: Hoops
Rope
Witches Hats



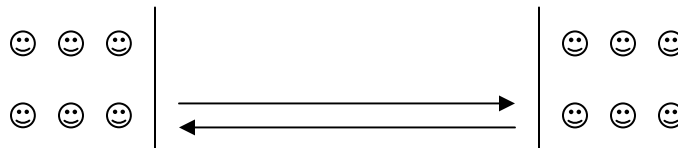
14) PFD Challenge

Skill: Learning how to wear and put on a PFD.

Description:

- Have participants standing in two lines opposite each other about 10 – 20 meters apart with a PFD on the ground in front of them
- When the leader blows the whistle the first participant will put on the PFD and then run to their group member opposite them. Once they get there they have to take off the PFD and give it to the next person who will put it on etc
- Keep going until all the members in the team have had a go.
- Alternatively this can be done using a rescue tube.

Equipment: PFD
Witches hats



Lesson Plan – Board Paddling

Session	Activity	Teaching Points	Organisation
Board Paddling	<ul style="list-style-type: none"> • Demonstrate to Nippers the correct board paddling technique; this may include balancing, turning, duck diving, paddling and wave riding (according to Nipper's abilities). Let them practice on land. • Get the Nippers to practice paddling, out around two buoys set about 10m from the shore • Stop Nippers and provide feedback, get them to complete the circuit another 2 times • Set up a relay for the Nippers 	<ul style="list-style-type: none"> • Paddling one arm at a time • Correct body position on the board • Set a landmark that Nippers can watch for to maintain orientation • Correct any wrong techniques, offer tips to Nippers, make sure everyone is included and having a go. • Provide lots of encouragement. 	<ul style="list-style-type: none"> • Have Nippers in a semi circle around you sitting on their boards • Set Nippers off in groups of 4 to ensure that are not paddling on top of each other • You or a parent helper pick teams as it is quicker
Board Rescue	<ul style="list-style-type: none"> • Demonstrate a conscious patient board rescue, using a Nipper as your patient • In pairs Nippers are to try a board rescue. • There is to be one swimmer and one board paddler. • Swimmers are to swim out to the buoy, then wave their hand for their board paddler to come and rescue them. • Once the board paddler reaches the patient, the patient is to be assisted onto the front of the board. • If time permits allow Nippers free surfing 	<ul style="list-style-type: none"> • Paddle to your patient • Aim to keep on the shore side of the patient • Tell the patient to reach across and take hold of the hand grips • Grasp the patients nearest leg, to pull the patient onto the craft • Take a paddling position between the patients legs and paddle to safety • Paddle together <u>in time</u> back to the shore, this makes it much easier. 	<ul style="list-style-type: none"> • Have Nippers sitting at the waters edge • Only paddle a short distance so Nippers can see what is happening

Lesson Plan – Swimming

Session	Activity	Teaching Points	Organisation
Wading	<ol style="list-style-type: none"> 1) Demonstrate the wading technique to Nippers 2) Get Nippers to wade around yourself and a parent helper, both standing in calf deeper water, about 10m apart. They should be running in knee deep water for one section and ankle deep for the next 3) Get Nippers to complete 3 laps 	<ul style="list-style-type: none"> • Lifting legs out to the side of body as high as possible (emphasize this) • Using arms to gather momentum 	<ul style="list-style-type: none"> • Have Nippers standing at the shore line • Set Nippers off 4 at a time to avoid crashing into each other
Porpoising	<ol style="list-style-type: none"> 1) Demonstrate how to porpoise 2) Get Nippers to wade, porpoise then swim into deep water, around a buoy and back to shore 	<ul style="list-style-type: none"> • Pushing off sand with both feet • Arms stretched out in front in a diving position • Diving under the surface of the water • Swim with head down, looking up every ten strokes to ensure they are on course 	Set Nippers off 4 at a time to avoid crashing into each other
Tube rescue (BAY)	<ol style="list-style-type: none"> 1) Demonstrate on a Nipper how the tube works 2) Get Nippers to practice with a partner how to use the tube, firstly out of the water and then in the water 3) The patient should swim out to the buoy, float on their back and raise and wave their arm until rescued 	<ul style="list-style-type: none"> • Reach tube out to patient so they can hold onto it • Place tube under patients arms • Clip the tube according to the patients size • Rescuer swims breast or side stroke back to shore whilst patient kicks their legs 	Have water safety in the water behind the buoy
Diving Under Waves	<ol style="list-style-type: none"> 1) Verbally explain and then demonstrate to Nippers how to dive under a wave 2) Get Nippers to stand in thigh/waist deep water diving under waves 	<ul style="list-style-type: none"> • Pushing off sand with both feet • Arms stretched out in front in a diving position • Dive deep enough under the white wash • If touching the bottom grab onto the 	Give Nippers boundaries as to where they can go Ensure water safety knows these boundaries

		sea floor with hands <ul style="list-style-type: none"> • Push with feet off sea floor back to surface 	
Body Surfing	<ol style="list-style-type: none"> 1) Demonstrate how to catch a wave 2) Using your judgment on the surf conditions and Nipper ability, set a boundary as to how far the Nippers can go 3) It may only be appropriate to catch broken waves 	<ul style="list-style-type: none"> • Wait until wave is just about to break • Push off ground with feet • Swim hard • Arms in torpedo position, head either up or down 	Give Nippers boundaries as to where they can go Ensure water safety knows these boundaries

Lesson Plan – Beach Sprinting

Session	Activity	Teaching Points	Organisation
Beach Running	<ol style="list-style-type: none"> 1) Complete some warm up drills <ul style="list-style-type: none"> • Running with high knees over 20m • Run backwards • Tail kicks • Crab walk 2) Organise races for the Nippers, tell the Nippers they are able to dig starting blocks in the sand to help push off. 3) Run a couple of races over about 60 metres, emphasise that it's not all about who's the best or fastest runner. 	<ul style="list-style-type: none"> • Teach the Nippers to try and stand up tall when they are running, don't let yourself get bogged down in the sand. • To dig blocks they are to get down in a comfortable position and dig small holes for their feet to go into. • The commands are "Take your marks" "Set" "Go" clap or whistle. 	<ul style="list-style-type: none"> • Mark a running area with flags or cones • Get Nippers to walk thru marked out area collecting stones, drift wood, they are not to pick up any sharp objects, this is your job • Put Nippers into groups with five running at a time and spread them out over the area
Relays	<ol style="list-style-type: none"> 1) Run a few beach relays 2) Encourage team support, cheering, etc 	<ul style="list-style-type: none"> • Have two arms out in front of body to receive the baton • Take off from the back of the 5 metre change box a couple of metres before your team mate reaches the front line. • Baton change must occur within the 5 metre change over box, if the baton is dropped, Nippers must go back over the line before continuing running. • When running with the baton, don't forget to hold it up early so your team mate can receive it 	<ul style="list-style-type: none"> • Put Nippers in teams of 4

Lesson Plan – Beach Flags

Session	Activity	Teaching Points	Organisation
Beach Flags	1) Demonstrate a start and how to run in a beach flag run off 2) Get Nippers to practice starts	<ul style="list-style-type: none"> • Use both hands and feet to push body off stand and turn around • Dive a couple of metres from the hose • You are not allowed to push or shove; it is non contact, except when you dive. • Nippers are to lie down on the sand with their toes on the line and their head towards the sand • Nippers must have their ankles together and their elbows out. • Nippers place one hand on top of the other with their head held off their hands • The commands are “heads down” and then “go” or whistle or clap. 	<ul style="list-style-type: none"> • Mark a running area with flags or cones • Get Nippers to walk thru marked out area collecting stones, drift wood, they are not to pick up any sharp objects, this is your job

Lesson Plan – Surviving the Surf

Session	Info	Activity
Intro	<p>Talk to the Nippers about:</p> <ul style="list-style-type: none"> • How you came to be involved in Surf Lifesaving • Qualifications that you need to gain to become a patrolling lifesaver • Your patrolling and club responsibilities as a lifesaver • Being involved in a club • Qualifications that you need to gain to become a lifeguard <p>Give Nippers some time to ask questions.</p> <p>📖 Surviving the Surf (Duration - 10 minutes)</p> <p>As a lifesaver there are three surf safety hints I always look out for when I go for a swim.</p> <ol style="list-style-type: none"> 1. Always swim at beaches patrolled by lifesavers or lifeguards. 2. Swim between the red and yellow flags. They mark the safest area for swimming and boogie boarding. 3. Always swim under supervision. NEVER swim alone. <p>Revise the hints throughout the session to make sure that they are remembered.</p> <p>RIPS A rip is a strong current of water running out to sea. Rips usually occur when a channel forms because of water rushing back out from the beach.</p> <p><u>Signs to look out for:</u></p> <ul style="list-style-type: none"> ~ A darker colour, because the water is deeper. ~ A smoother surface – generally with smaller waves. ~ Debris floating on the surface of the water eg. Seaweed, foam, rubbish. 	

Getting out of a rip

- ~ A rip doesn't pull you down to the bottom, it will only take you out to sea a little way.
- ~ Stay calm and float - don't panic.
- ~ Tired and poor swimmers – float out with the current. When past the breaking waves, swim across the rip and with the current. Do not try to swim against the current, as you will only tire yourself.

WHAT TO DO IF A FRIEND GETS IN TROUBLE. (Duration 10 min)

- ~ Stay calm
- ~ Go and get help – ask the first person you see
- ~ Don't try to help the person yourself, as you will only get yourself into trouble.

EMERGENCY CONTACTS.

If a friend gets into trouble in the surf call the ambulance and the police.

WHO, WHERE, WHY, WHAT?

If you have to phone for help, dial “000” then tell the operator: **112 for Mobiles**

WHO you are

WHERE the accident is and WHERE you are calling from

WHY you are calling

WHAT has happened and what is being done

WAIT for advice.

- SLSV Instructor must remember to speak at an appropriate level to the participants. Questions asked should be brief and use only necessary language required to convey intent.
- Encourage questions.

SUN SAFETY (Duration 10min)

SLIP, SLOP, SLAP, SEEK, SLIDE.

- **Role play** with the Nippers how to get out of a rip
- Use Nippers for form water on sides of rip and get one Nipper to be the swimmer in trouble
- You could also have a Nipper act as the patrolling lifesaver

Role Play

- Pick three volunteers, one will be the lifesaver – dress them up, one will be a teenager looking after their younger brother or sister.
- Tell them that the teenager and the sister/brother are swimming and they're getting tired when the young one gets caught in a rip. The teenager has to decide what to do.
- Solution: they should get the lifesaver and tell the lifesaver what the problem is. Discuss correct solution with class.

SLIP on a t-shirt. One with a high round neck, sleeves to the elbow and that you can't see through.

SLOP ON SUNSCREEN. Maximum 15+ water resistant applied 15 minutes before going into the sun.

SLAP on a hat. The best is one with a broad brim.

SEEK shade.

SLIDE on some sunglasses with the 100% UV filter.

Ask some questions to grasp Nipper understanding.

- Can you get burnt on a cloudy day?
- What time should you stay out of the sun?

Lesson Plan – Body Boarding

Session	Activity	Teaching Points	Organisation
Approach to the water	<ul style="list-style-type: none"> Explain and demonstrate on the beach, the technique to move over the waves and also paddling techniques Ensure that Nippers have their arm band attached Ask Nippers to move through the surf until they reach the other instructor 	<ul style="list-style-type: none"> Hold the board out in front and to the side of the body with hands on either sides of the board Push the board over the top of broken waves, with arms slightly bent, but allowing the board to take the force of the wash When deep enough hop on the board 	<ul style="list-style-type: none"> Send Nippers off in groups of five to avoid crashing into each other
Paddling Technique	<ul style="list-style-type: none"> Paddle with arms only Kick with legs only Paddle with both Have paddle races over short distances 	<ul style="list-style-type: none"> Lying on the board in a prone position, back arched and hips over the tail of the board, use arms in a similar way to freestyle Keep arms close to the board and enter the water cleanly with a cupped hand Keeping flippers in the water, kick with long straight legs 	
Turning	<ul style="list-style-type: none"> Paddle and turn around a partner Have a game where by Nippers are in pairs and must try to wrestle their partner off their board They must only touch the board NOT their partners body They mustn't touch the ground 	<ul style="list-style-type: none"> To complete a right turn increase power of left stroke and decrease power of right Steer by leaning whole body to one side of the board 	<ul style="list-style-type: none"> Only do this activity in still water
Catching Waves	<ul style="list-style-type: none"> Give Nippers about 50% of the lesson to surf 	<ul style="list-style-type: none"> When a unbroken wave is approaching, paddle and kick hard As the board is taken by the wave, reposition body weight to avoid nose diving Hold onto the front of the board with both hands 	<ul style="list-style-type: none"> Set out two coloured flags on the beach as a boundary for Nippers to stay in

	<ul style="list-style-type: none"> • Breaths • Compressions • Defibrillation 	<ul style="list-style-type: none"> • Instruct the correct steps for putting a patient in the lateral position. • Legs and arms put into position first • Then we roll a patient protect the head • Look, Listen & Feel for breathing <ol style="list-style-type: none"> 1. Look for the rise and fall of the chest 2. Listen next to the mouth for breathing 3. Feel for the rise and fall of the stomach • If patient is not breathing give 2 slow rescue breaths (2 normal breaths). • There are ways that we can find the centre of the chest but these methods are slow. • TEACHING METHOD ONLY. Teach Nippers to ensure the hands are in the chest area (between the nipples) • 30 compressions and 2 breaths <ul style="list-style-type: none"> ○ 2 hands for Adults ○ 1 or 2 hands for children ○ Infants 2 fingers • 5 cycles in 2 minutes • The Paramedics or Fire-fighters will use a Defibrillator. • Defibrillators give an electric shock to the casualty to attempt to Jump Start their heart. • That is why it is important to call 000 as soon as you have checked for a <i>Response</i>. 	<p>and assist where possible in correcting the technique of all components of the DRABCD management</p>
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More Information:

If you need further information about the Nipper Programs or any other assistants in relation to program set up and management please contact:

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