



Surf Life Saving Queensland

Games Manual

Version 1.

“Educating our future lifesavers through play, participation & fun”



Acknowledgements

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Reference to:

Sharon Brennan
Peter White
Surf Life Saving New Zealand's Junior Surf Manual

Introduction

Surf Life Saving Queensland is pleased to provide you with an exciting resource that can be utilised by your Junior Activities Age Group Leaders and Junior Coaches and Instructors.

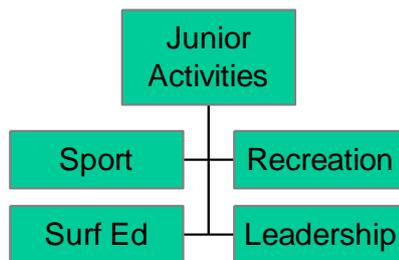
The Junior Activities Surf Life Saving Games Manual has been compiled by Surf Life Saving Queensland with the assistance and guidance of Surf Life Saving New Zealand’s “Junior Surf Manual”.

The games outlined in the manual are not designed to replace the Assessment Criteria required to be completed by the members to obtain their Surf Ed Award, but rather the games are an avenue to introduce recreation, leadership and fun into the nippers weekly training days.

The manual should be used in conjunction with the Surf Education Program.

REMEMBER: Junior Activities is about teaching the skills of having fun as well as developing our children.

Activities conducted in Junior Activities should be categorised into four key areas:



Junior Activities should provide a balanced mix of the key area’s listed above to stimulate participation.

In closing, the beach is one of Australia’s most valuable natural assets and people should be encouraged to enjoy all it offers. So, as part of your Junior Activities Program, include some of the games suggested in this manual which should provide VARIETY to your training sessions.

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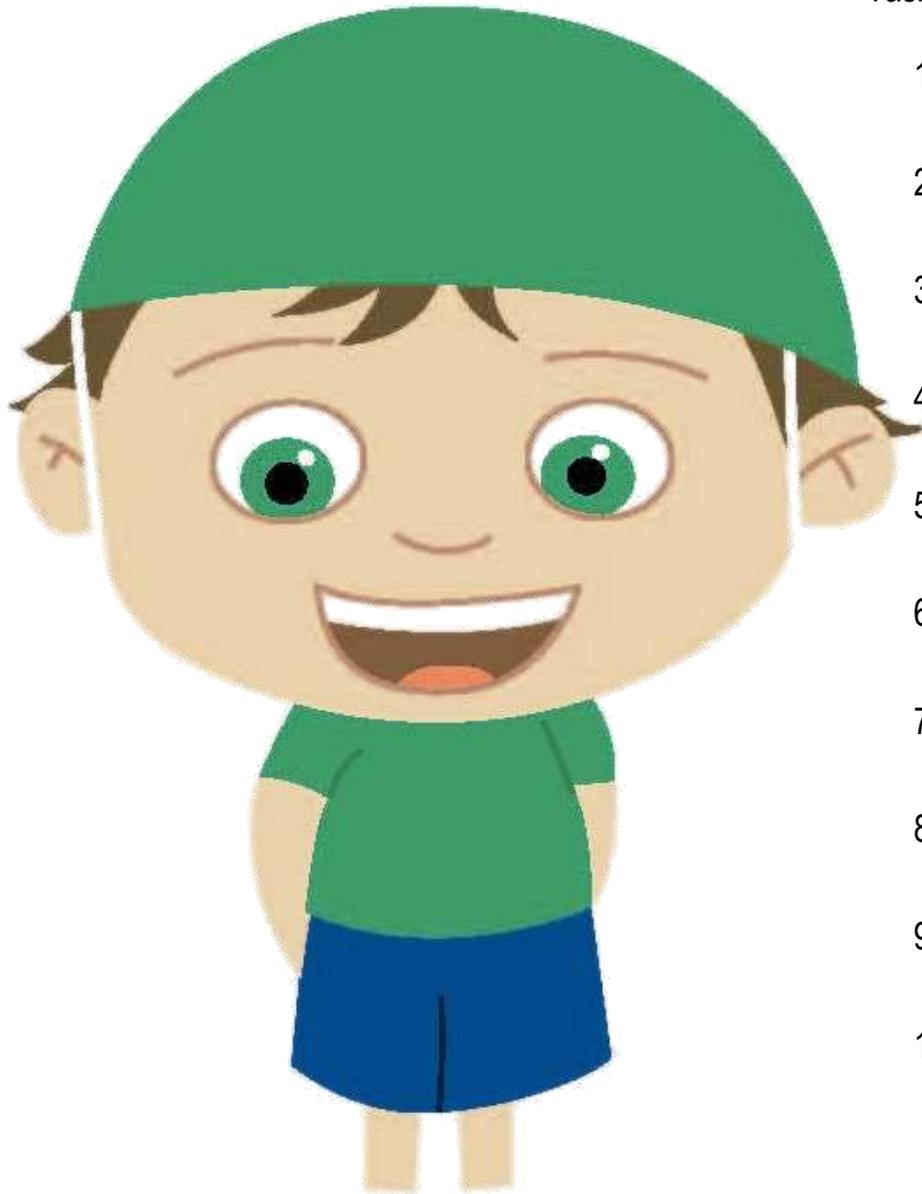
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Chapter One
Ice Breakers



Human Hunt Worksheet 1



Task: Find at least one person in the group who fits into each category listed below:

1. Has the same first name as you. _____
2. Was born in the same city as you. _____
3. Is younger than you. _____
4. Has been in lifesaving over five years. _____
5. Has blue eye. _____
6. Is a twin. _____
7. Has represented their state in sport. _____
8. Has lived overseas. _____
9. Wears boards short instead of Speedos. _____
10. Has not seen the movie *Happy Feet*. _____

Human Hunt Worksheet 2



Your task is to work in pairs to find a different person to fit each category and to write in their name. You cannot out the same person in more than one category. You have 20 minutes. Do not share your hunted humans with other pairs.

Your name:

1. _____ 2. _____

Find two people who:

- Have the same last number in their phone number as you.

1. _____ 2. _____

- Were born in the same month as each of you.

1. _____ 2. _____

- Likes the same ice-cream flavour as each of you.

1. _____ 2. _____

- Are wearing shoes similar to those worn by each of you.

1. _____ 2. _____

- Has the same cereal for breakfast as each of you.

1. _____ 2. _____

- Are taller than both of you.

1. _____ 2. _____

- Have the same number of letters in their combined first and surname as both of you.

1. _____ 2. _____

Human Hunt Worksheet 3

FIND:

1. A person who can speak two languages.

Their name is: _____

2. A person who has been to a concert.

Their name is: _____

3. Someone who has two different coloured eyes.

Their name is: _____

4. A person with a younger brother or sister.

Their name is: _____

5. A person who can roll their tongue.

Their name is: _____

6. Someone who has more than one pet at home.

Their name is: _____

7. A person who woke up with a smile this morning.

Their name is: _____

8. Someone who has been horse riding in the past year.

Their name is: _____

9. A person who likes to invent things.

Their name is: _____

10. Someone who can touch their nose with their tongue.

Their name is: _____



Silent Alphabet

Objective

To position the group in alphabetical order of the participants first name without speaking.

Pre- Requisite

Ensure that the participants have engaged in other communication/ leadership activities prior to this game. **No Name Tags should be worn during the activity.**

Numbers

Attempt with entire group first. If this is too big, split the group into two.

Judges

Judges should overview the activity to ensure that there is not talking or cheating.

Evaluation

After sufficient time has been given, have the participants call their name from A-Z to see how close/successful the group was.

A Little Bit about Myself

This activity is to help participants introduce themselves to the group.

Introduce yourself

I am from _____ school.

I am in year _____.

I started lifesaving _____ years ago.

I like _____.

Introduce yourself

Representing _____ Surf Life Saving Club.

I've been involved in Surf Life Saving for _____ years.

I currently hold _____ position at the club.

I joined Surf Life Saving because _____.

One of my highlights in Surf Life Saving is _____.

One of my future goals in Surf Life Saving is _____.

Three Ball Pass

This is a mini “group juggle”. Using something that is easy to catch, establish a pattern around the room as follows:

Leaders say someone’s name and tosses them the ball; they choose another person, say there name and toss them the ball; continue in this manner until each person has caught the tossed ball once. The ball will end the pattern in the hands of the leader who started the game.

Repeat this pattern until it can be done quickly. Also introduce a second and third ball to challenge the participants. You can all do it in reverse!

Two Truths and a Lie

This energizing activity is a great re-entry after holidays.

Have each person write down three things about themselves. For example:

- Their worst habit
- Their favourite music
- Their greatest achievement
- Which football team they support
- The scariest moment in their life
- The closest they have come to a famous person
- Their favourite past time
- How many siblings they have
- Their favourite holiday destination
- A strange fact about themselves

Of these statements, two must be true and one must be a lie. The lie should not be obvious and does not have to be last. The rest of the group must guess which one is the lie.

Spider Web

Equipment

- Ball of yarn

Instructions

1. Ask the participants to sit in a large circle.
2. Explain that during the activity each student will have an opportunity to share him or her name and something special about themselves.
3. Have one participant start the activity by stating their name and something special about themselves. The participant then holds the end of the yard and rolls in to someone across the circle.
Example: “My name is Sue and I am wonderful at organizing things”
4. After every participant has had a turn a introducing themselves, have the participants stand and hold the web above their heads to see what they have created.

Name Game

Instructions

1. Have the group sit in a circle.
2. Have one participant begin the activity by stating his or her name.
3. The person to the left of the first person needs to repeat the first person's name and state theirs.
Example: Person one "I'm Todd."
Person two "You're Todd, I'm Scott."
4. The person to the left of the second person needs to repeat the first and second person's name.
Example: Person three "You're Todd, You're Scott and I'm Karen"
5. Repeat this around the whole circle.

Variation

Use alternative adjectives "Terrific Todd", favourite foods "Tim Tam Todd", activities "Football Todd".

Chapter Two
**Lifesaving
Specific Games**



Land Based Games

Caterpillar

Equipment

- Flat sandy or grass surface
- Cones (optional)

Minimum Numbers

- Five per group

Objective

Participants will identify the importance of running on their toes to allow them to move between their team members quickly and effectively.

Related Events

- Beach flags
- Beach sprints

Instructions

1. Form into line with about 1m between each person.
2. On the command, the participants at the back have to zigzag in and out of their team members and take the position at the front of the line.
3. Once the participant who started the activity has returned to the back, the team has completed the caterpillar.

Cat and Mouse

Equipment

- Flat sandy or grass surface
- 4 x cones

Minimum Numbers

- Five per group

Objective

The participant will identify the importance of running on their toes and allow them to move quickly around the course. A running style with high knees and 90 degrees at the elbow is the ideal running position.

Related Events

- Beach flags
- Beach sprints

Instructions

1. Set up four markers in a square shape approximately 10m x 10m (5m x 5m for younger participants).
2. Break up into two even groups.
3. Groups will start diagonally from each other with one group the cats and the other the mice.
4. On the command, one participant from each team is to run in a clockwise direction around the cones.
5. The cats need to try and catch the mice.
6. Once a cat has completed the course and returned to their starting point they tag the next cat to continue the chase.
7. When the mouse is caught the teams swap over the role of the cat and mouse.
8. If the mouse is not caught the mice win and then the teams swap over.
9. The best out of three are the winners.

Squares

Equipment

- Flat sandy or grass surface
- 4 x cones

Minimum Numbers

- Five per group

Objective

The participant needs to get over the line called as quickly as possible. The last one to the line is eliminated. For younger age groups, there is no elimination.

Related Events

- Beach flags
- Beach sprints

Instructions

1. Set up a square approx 20m x 20m marked with cones.
2. All the participants are to start by sitting inside the square.
3. Identify each side of the square as board, tube, IRB and helicopter.
4. Ensure that every participant knows which line is which.
5. On the command the age manager calls out a side of the square, for example 'IRB'.
6. Participants are to sprint to the line called.
7. The last participant across the line is eliminated until there is only one left.

Other Options:

- Participants start on their stomachs then run over the line.
- Participants start on their bottom then run over the line.
- Participants need to find a friend before sprinting over the line.

Stuck in the Mud

Equipment

- Flat sandy or grass surface
- 4 x cones

Minimum Numbers

- Five per group

Objective

Participants are to avoid being 'stuck in the mud'.

Related Events

- Beach flags
- Beach sprints

Instructions

1. Mark out a square approx 20m x 20m with the cones.
2. Ensure the participants know the boundaries before starting.
3. Choose one or two people to be 'UP', while all the other participants must try not to get tagged by the person(s) who are up.
4. Outside the boundaries is an instant 'Stuck in the mud'
5. When a participant is tagged, they are 'stuck in the mud' which is standing with their feet apart.
6. The other participants are to free the 'stuck' participant by crawling through their legs.
7. A participant cannot be tagged whilst freeing someone who is 'stuck'

Other Options:

- Increase the amount of participants who are 'UP'.
- This game can also be played in shin deep water with water safety the markers (this would make them practice wading).

Chain Tag

Equipment

- Flat sandy or grass surface
- 4 x cones

Minimum Numbers

- Five per group

Objective

Participant need to work as a team to get every participant to be part of their chain.

Related Events

- Beach flags
- Beach sprints

Instructions

1. Set up a square approx 20m x 20m.
2. Choose one or two participants to be 'IT'.
3. On the command the other participants are to try and avoid being tagged, whilst still staying within the boundaries of the square.
4. If a participant is tagged then they become part of the chain. The chain is linked by holding hands.
5. The chain needs to make every participant part of the chain.

Other Options

- When four participants are part of the chain they can split up into pairs.
- Can be played in shallow deep water (this would make them practice wading).

Catch Me If You Can

Equipment

- Flat sandy or grass surface
- 4 x cones
- Same number of flags as participants

Minimum Numbers

- Five per group

Objective

Participants need to obtain a flag before being caught and return to their starting line.

Related Events

- Beach flags
- Beach sprints

Instructions

1. Set up a square approx 10m x 10m with the flags positioned in the middle of the square.
2. Participants are split up into two teams. Team 'Red' and team 'Yellow'.
3. The teams start opposite each other.
4. Team 'Red' will be starting in a sprint position ready to obtain a flag, while team 'Yellow' will be starting in a flag starting position facing away from the other team.
5. On the command, team 'Red' must sprint to get a flag and return to their starting line without being tagged by team 'Yellow'.
6. On the command, team 'Yellow' is to turn and try and tag a team 'Red' member.
7. The game continues until its one on one.

Other Options

- Team 'Red' can start in the water.

Novelty Relays

Equipment

- 5 x hoops
- 10 x tennis balls
- 5 x rescue tubes
- 4 x patrol uniforms
- 10 x rope ties

Minimum Numbers

- Five per group

Objective

To work as a team and complete the relay as quickly as possible.

Related Events

- Beach flags
- Beach Sprints

Instructions

1. Set up rectangle 20m x 10m.
2. Relays are the same as normal relays however novelty activities are added.

Novelty Activities

- Crab crawl (backwards)
- Hoop hops (skipping in the hoop)
- Rescue tube runs (runs and swaps the tube with the next person)
- Tennis ball (used the same as a relay baton)
- Lifesaver dress up (participants are to fully dress up in a full patrol uniform and run to the other end and swap it over with the next participant)
- Three legged relay

Obstacle Course

Equipment

- 5 x hoops
- 5 x tubes
- 3 x nipper boards
- 5 x buckets
- 10 x chairs
- 2 x buoys
- 1 x long rope

Objective

A course is set up with a series of obstacles that the participants are to navigate through.

Related Events

- Negotiation of a situation.

Instructions

1. Set up a course that is appropriate to the age group.
2. A brightly coloured rope may be used to help participants identify the course.
3. The water can also be included.
4. Make sure that the participants are clear on the course.

This activity can be a team work activity or a competitive relay.

Water Flags

Equipment

- Tennis balls (one for each participant in each round)

Objective

Start in the flags position on short and on the command turn and run into the surf to retrieve the tennis ball.

Related Events

- Beach Flags
- Wading

Instructions

1. Mark a line 10m from the shoreline, this is the starting line.
2. Participants are to lie facing away from the shoreline in the flags starting position.
3. Waiting participants or supervisors are to throw the tennis balls approx 10m out to sea.
4. On the normal flags commands, participants turn and retrieve the tennis balls.
5. The balls are returned to the supervisor.

Other Options

- One participant can be knocked out each time.
- Balls can be dropped out the back and participants need to swim or paddle out to them.

Back-to-Back Flags

Equipment

- Flags (enough for each participant)

Minimum Numbers

- Six per group (three pairs)

Objective

On the command, pairs are to stand up and retrieve the flag then return to their starting line.

Related Events

- Beach flags
- Team events

Instructions

1. Mark out a square approx 10m x 10m.
2. Participants pair up with someone around the same height.
3. Participants sit down back-to-back with their partner, arms linked on the start line.
4. The flags are placed in the sand at the other end of the square, opposite the start line.
5. On the flags commands, the pairs must stand up without breaking the link and run to get a flag
6. The pairs must pick up a flag and return to the starting line.

Other Options

- Linking three participants together.
- Water back-to-back flags (similar to water flags but participants are linked).

Team Flags

Equipment

- 20 x flags
- Blind folds (optional)

Minimum Numbers

- Five per group

Objective

Two flags courses are set up behind each other. The first team member stands on the command, while the second needs to wait until the first person has retrieved their flags and yelled out their name before they can go. The last pair are the winners.

Related Events

- Beach flags
- Team events

Instructions

1. Two 10m long flags courses are set up behind each other with a 2m gap between them.
2. Participants are split up into pairs. One person from each pairs is in each area.
3. All participants start in their flags starting position. However, person one has their head up while person two starts with their head down.
4. On the command, person one turns and runs to retrieve a flag.
5. Once they have obtained the flag they need to yell their partners name before person two is allowed to retrieve their flag.
6. This continues as an elimination game like a normal game of flags.
7. The last pair is the winner.

Other Options

- First person is blind folded.
- Three courses are set up.

Lifesaver Dress up Relay

Equipment

- 2 x set of full patrol uniforms (more uniforms if needed)
- 10 x markers

Minimum Numbers

- Four per group

Objective

Participants experience the importance of the lifesaving patrol uniform and teamwork.

Related Events

- Lifesaving awareness

Instructions

1. Set out the course area on a flat surface with the markers 5m apart.
2. Place the uniforms at the starting marker for each group.
3. On the command, participants (one at a time) are to get dressed into the uniform and run around the marker.
4. When they return to the start they are to take the uniform off and give it to the next participant.
5. Repeat this until all members have had a turn.

Other Options

- Participants have to run in and out of the water.
- Obstacles are set for the participants to go through.

Lifesaving Cue Cards Activity

Equipment

- 2 x sets of resuscitation cue cards

Minimum Numbers

- Two per group

Objective

Participants experience the importance of resuscitation through cue cards.

Related Events

- Lifesaving awareness
- Memory skills

Instructions

1. Develop cue cards with the resuscitation technique in word and picture form.
2. Explain the order to the group and their importance.
3. Shuffle the cards up.
4. Ask the group to place the cards in their correct order.

Other Options

- Rescue cue cards
- First aid cue cards
- Signal cue cards
- Dangerous marine creature cue cards
- Lifesaving history cue cards

Bucket Relay

Equipment

- 2 x plastic buckets with holes in the bottom
- 2 x large buckets with marked lines on them

Minimum Numbers

- Five per group

Objective

Participants experience teamwork and sand running while participating in a fun activity.

Related Events

- Beach flags
- Beach sprints

Instructions

1. Divide the group into two even teams.
2. Mark out a 20m course to the waters edge. At 10m place the bucket with the marked requirement line. The bucket with the holes in it starts with the first person in each group.
3. On the command, the first person in each group runs down to the waters edge, fills up their bucket and pours the water into the bucket in the middle with the marked lines.
4. Teams repeat this until one reaches the line on the bucket.

Other Options

- Smaller buckets/cups.
- Blind fold the first participant.

Water Based Games



Please ensure that for all water games, sufficient water safety is organized to ensure the safety of all participants. The *Patrol Operations Manual* states that there is to be one water safety item (tube or board) for every five participants and one IRB for every 20 participants.

Wading Bull Rush (surf or flat water)

Equipment

- 4 x water safety officers/parents used as markers

Minimum Numbers

- Five per group

Objective

Participants are required to wade from each side without getting tagged by the person who is 'IT'. If a participant is tagged then they are 'IT' as well.

Related Events

- Wading

Instructions

1. Mark out the area with four water safety officers/parents in the participant's knee depth of water.
2. Choose one or two participants to be 'IT'
3. The 'IT' person calls out the name of a participant who then has to run across the course without getting tagged.
4. Participants start at the northern end of the course and must wade to the southern end without being tagged.
5. If a participant is tagged then they are 'IT' as well.
6. Game continues until one person is left and caught.

Other Options

- Boards bull rush

Duck Diving Race (surf or flat water)

Equipment

- 4 x water safety officers/parents used as markers

Minimum Numbers

- Six to eight per group

Objective

On a command, participants are to duck dive through the surf out to water safety officers. Water safety officers have a tube and the participants are to touch the tube and place an arm up in the air to signal that they are finished.

Related Events

- Surf swim
- Duck diving
- Wading

Instructions

1. Set the water safety officers in the surf at about waist depth with a rescue tube (depths will change per age group).
2. Six - eight participants start out in shin depth water lying on their stomachs.
3. On the command, participants are to push up and duck dive to their water safety officer.
4. Once they reach the water safety officer they must place one hand on the tube and the other in the air to signal that they are finished.

Other Options

- In flat water they can duck dive parallel to the shoreline.
- Diving through hoops.

Body Surfing 'Party Wave' (surf only)

Equipment

- Water safety
- 6 x cones

Objective

Participants are to stay in one line and, on the command, all body surf into the beach on the same wave. Once reaching the shore they need to wade up to the cones.

Related Events

- Body surfing skills
- Wading

Instructions

1. Water safety officer ratio must be met before going to the surf.
2. One water safety officer is positioned at each end of the group and two in the middle. Participants must stay between the two outside water safety officers.
3. Participants must be at the ready to catch the wave called by one of the officers.
4. When the officer gives the command all participants are to body surf into the beach and run to the cones.
5. If a participant is unsuccessful in catching the wave they are to wade the rest of the way and try to beat the others.

Other Options

- Start behind the break.
- Can use it as an elimination game.

Tube Surfing 'Party Wave' (surf only)

Equipment

- Water safety
- 6 x cones
- Tubes (one for each participant)

Objective

Participants are to stay in one line in the surf and, on the command, use the rescue tube to body surf into the beach on the same wave. Once reaching the shore they need to wade up to the cones.

Related Events

- Body surfing skills
- Wading

Instructions

1. Water safety ratio must be met before going to the surf.
2. One water safety officer is positioned at each end of the group and two in the middle. Participants must stay between the two outside water safety officers.
3. Participants will have a rescue tube with them.
4. The officer calls the command and all participants' tube surf into the beach and run to the cones.
5. When catching a wave the participants reach out with the tube and place it under their body, hands on both sides of the tube and head above the water.
6. If a participant is unsuccessful in catching a wave they are to wade the rest of the way and try to beat the others.

Other Options

- Start behind the break.
- This could be used as an elimination game.

Body Surfing Flags (surf only)

Equipment

- 10 x tennis balls

Objective

On the command, participants are to body surf into the shore and collect a ball or flag.

Related Events

- Surf skills
- Body surfing skills

Instructions

1. Water safety officer ratio must be met before going to the surf.
2. One water safety officer is positioned at each end of the group and two in the middle. Participants must stay between the two outside water safety officers.
3. Participants are to wait in the ready position.
4. A water safety officer will call the command and all participants are to body surf into the beach.

5. At the same time the other participants throw the tennis balls into the shore line.
6. Participants need to navigate their way through the surf and collect a ball.

Other Options

- Tube surf in and collect a ball.
- Increase the number of balls they need to collect.
- Increase the size of the balls for younger age groups.

Body Board Challenge (surf only)

Equipment

- 1 x body board for each participant (may have to do two groups)
- Water safety

Objective

To teach the participants balance, surf negotiation skills and paddling techniques. This is a fun way to start younger members off on body boards.

Related Events

- Boards
- Negotiating the surf

Instructions

1. Participants attach the write leach to their wrist.
2. Participants place the board on the sand and lie on top of them.
3. The instructor gives them key coaching points on how to handle the board.
4. Water safety officers are set out in the water at waist depth.
5. Participants must stay between the water safety officers.
6. Participants are instructed to enter the water on the instructors whistle and catch 5 waves to the shore.
7. Once completed they must return to the starting position on the beach.

Other Options

- Participants are to kneel on the boards while on a wave.
- Participants are to 'hang ten' while catching a wave.
- Participants are to do a 360 degrees turn while catching a wave.

Water Tag (surf or flat water)

Equipment

- 4 x buoys (10m x 20m apart)
- Water safety

Minimum Numbers

- Four

Objective

To teach the participants to negotiate the surf environment in a fun and active way.

Related Events

- Surf Swimming

Instructions

1. Buoys are set 10m x 20m apart out past the break (the age of the participants will determine the buoy set up).
2. Water safety officers need to be positioned prior to participants entering the water.
3. Choose one or two people to be 'IT'.
4. The 'IT' person needs to swim or wade to tag the other swimmers; once someone is tagged they become 'IT'.

Other Options

- Link water tag.
- Tag with a rescue tube.
- Board tag out past the break for older age groups.

Water Bull Rush (surf or flat water)

Equipment

- 4 x buoys (10m x 20m apart)
- 1 x board for every participant
- Water safety

Minimum Numbers

- Four

Objective

To teach the participants board paddling skills and team work.

Related Events

- Board paddling

Instructions

1. Buoys are set 10m x 20m apart out past the break.
2. Water safety officers need to be positioned prior to participants entering the water.
3. Choose one or two people to be 'IT'.
4. The other participants start on one side of the buoys.
5. The 'IT' calls over one other paddler or calls bull rush, they need to try and tag the other board paddlers.
6. The other board paddlers need to try and get to the other side without been tagged.
7. If tagged they are 'IT' as well.
8. Game continues until one paddler is left.

Other Options

- Tube tag
- Tube bull rush

Water Immunity (surf or flat water)

Equipment

- 4 x buoys (20m x 20m apart)
- 4 x more buoys
- Water safety

Minimum Numbers

- Four

Objective

To teach participants swimming skills in a surf environment. Teamwork is also incorporated in the activity.

Related Events

- Surf Swimming

Instructions

1. Set up the boundary area with four buoys.
2. Set the additional four buoys randomly in the marked area. These are safety zones – participants are safe if they are touching the buoy.
3. Choose one or two participant to be 'IT' and they must tag as many people as possible.
4. If someone is tagged they become it as well.
5. Only one person is allowed on each buoy at any one time. Once a new person comes, the old person must find another buoy.

Other Options

- Set a time limit for safety on the buoys (e.g. 30 seconds)

Roll Over Relay (surf or flat water)

Equipment

- 4 x buoys (20m x 20m apart)
- Boards for participants
- Water safety

Minimum Numbers

- Four

Objective

To teach the participants how to do a board roll over with and without a patient.

Related Events

- Board paddling

Instructions

1. Set up the boundary area with four buoys.

2. Break the group up into two or more even teams, with even numbers at each end of the marked area.
3. The groups are to travel back and forward rolling the board over on the way to the next person.
4. The instructor determines how many rolls the participants need to do before handing the board over to their team mate.

Other Options

- Set a higher number of rolls
- A patient can be placed and picked up in the middle of the course.
- Patient number can be increased.

Signal Challenge (surf or flat water)

Equipment

- 1 x set of signal flags
- Water safety

Minimum Numbers

- Four

Objective

To teach the participants to recognise, respond to and remember surf signal flags

Related Events

- Surf Rescue Certificate and Bronze Medallion.

Instructions

1. Choose one participant to be on the beach with the signal flags. They will be giving signals to the rest of the group.
2. The rest of the participants are to start in waist deep water and follow the signals given by the person on the beach. For example, proceed further out to sea, investigate submerged object, and pick up swimmers.

Other Options

- Participants are on boards.
- Participants have tubes.

Two Person Tube Challenge (surf or flat water)

Equipment

- 2 x tubes per group of three
- Water safety

Minimum Numbers

- Six

Objective

To teach the participants skills to do a tube rescues in a surf related environment.

Related Events

- Surf rescue certificate and Bronze medallion.

Instructions

1. Participants are to form into groups of three.
2. Each group is given two rescue tubes. Two people are the rescuers and one person is the patient.
3. Water safety officers are to set a mark which the patients are to swim to.
4. Once all the patients are set, the instructor gives the command for the rescuers to enter the water.
5. The rescuers swim out to their patient, one rescuer attaches the tube to the patient as normal, and the second rescuer attaches their tube to the ring of the tube around the patient.
6. Both rescuers swim the patient back to the shore.
7. Rotate so that everyone gets a turn doing each of the rescues. You may like to make it a race.

Other Options

- More patients and rescues working together (ensure water safety requirements are met).

Tube Rescue Battle

Equipment

- 1 x tube per groups of two
- Water safety

Minimum Numbers

- Four

Objective

To teach the participants swimming skills with a tube.

Related Events

- Tube rescue

Instructions

1. Participants are to divide into pairs. One partner is the patient, the other the rescuer.
2. On command from the instructor, the patients proceed out to sea as fast as they can.
3. Once they reach a point behind the break designated by the instructor, the patient raises their arm
4. Once their arm is raised the rescuer can then proceed out to sea and rescue them.
5. Rescuers should ensure they calm the patient and talk to them before attaching the tube and swimming back to shore.
6. The fastest team back to shore are the winners.

Other Options

- Board rescue.
- Two patients need to be rescued.
- Board/tube relay.

Three Person Board Relay (surf or flat water)

Equipment

- 1 x board per group of three
- Water safety

Minimum Numbers

- Six

Objective

To teach the participants to negotiate the break, paddling a board with and without a patient. This activity also incorporates teamwork.

Related Events

- Board rescues

Instructions

1. Form participants into groups of three.
2. One person swims out to the marked area indicated by the water safety officers.
3. The other two stand at the waters edge.
4. On the command of the instructor, the first paddler paddles the board out to the person in the water.
5. The first person then gets off the board and the second person paddles the board back to the beach, where they swap again and the third person swims out to the first person.
6. The participants continue to rotate until the third board paddler rescues the second paddler and they return to shore doing a board rescue.
7. The winner is the first group back to shore with the rotation completed.

Other Options

- Increase the number of participants in the group

Team Board Relay (surf or flat water)

Equipment

- 1 x board per group
- 1 x buoy
- Water safety

Minimum Numbers

- Eight

Objective

To teach the participants to negotiate the break and paddling a board. This activity also incorporates teamwork.

Related Events

- Board rescues and relay

Instructions

1. Break participants up into groups of about four (ensure all groups have even numbers).
2. Set up a buoy just behind the break and ensure water safety is established.
3. On the command from the instructor, the first person in each group paddles out around the buoy and back to the waters edge to swap with their next team member.
4. Each group continues this until the whole group has completed the course.

Other Options

- Team tube relay.
- Participants pair up and complete the course as a pair.

Board Series (surf or flat water)

Equipment

- Boards
- Water safety

Minimum Numbers

- Four

Objective

To teach the participants to identify a person in difficulty, as well as prioritise, rescue and recover a patient.

Related Events

- Rescuing an unconscious patient
- Surf Rescue Certificate/Bronze Medallion

Instructions

1. Participants are to be in groups of four.
2. Number one is on the beach with a board. Number two is at chest depth in the water. Number three is treading water just behind the break and number four is an unconscious patient out the back.
3. On the command of the instructor, number one paddles out to number two.
4. Number one gets off the board and number two paddles to number three.
5. Number two gets off the board and number three paddles to number four.
6. Number three must roll the board and use the roll over procedure to get number four on.
7. Number three must then paddle number four back to shore like a regular board rescue.
8. On the way back in number two and one get on or hang onto the board to assist number four into the beach.

Other Options

- All patients are conscious.
- Using rescue tubes.

Hula Hoop Dives (flat water)

Equipment

- 4-8 hula hoops (large)
- 4-8 people to hold the hoops

Minimum Numbers

- Four

Objective

Participants learn the importance of duck diving.

Related Events

- Water skills
- Duck diving

Instructions

1. Skills are performed in knee to waist depth water for the participants, parallel to the shore.
2. 4-8 people need to hold the hula hoops approximately 2m apart.
3. The hoop is half under the water.
4. The participants one at a time are to dive through the hoops.
5. Gradually increase the distance of the hoops, wading will also be required.

Other Options

- The hoops are placed throughout the surf.

Swim the Channel (flat water)

Equipment

- Kick boards for each participant
- Water safety

Minimum Numbers

- Five

Objective

Participants experience what rough water conditions would be like in a fun way.

Related Events

- Surf swimming

Instructions

1. Participants form two parallel lines each holding a kickboard in a vertical position.
2. Participants push on the water with their kickboards to make waves.
3. One at a time participants swim through the channel between the lines.

Other Options

- Beginners can paddle through using a kickboard or body board.

Water Under & Over's (flat water)

Equipment

- 2 x balls (large and small)
- Water safety

Minimum Numbers

- Five per group

Objective

Participants are in the water to understand surf conditions and awareness.

Related Events

- Water skills

Instructions

1. Divide the group into two even teams at waist depth for the participants.
2. On the command, the person at the start of the line passes the ball under their legs; the second person takes the ball and passes it over their head.
3. Continue this under over action until the ball reaches the last person who will then wade to the front of the line and start the action again.
4. The team rotates through the group until everyone is back to their original position.

Other Options

- Performed in a pool.
- Performed out past the break in deeper water.

Water Baseball (flat water)

Equipment

- 1 x soft bat
- 1 x soft ball
- 3 x buoys or water safety as bases
- 1 x marker (home base)
- Water safety

Minimum Numbers

- Five per team

Objective

Participants to improve their wading, swimming, duck diving skills and to work as a team to reach the desired outcome.

Related Events

- Water events (wading, swimming, duck diving)

Instructions

1. Set up the playing area the same as a normal game of baseball but smaller. Use the buoys or water safety officers as the bases.
2. The batter starts in knee-depth water and fielders are in waist to chest-depth water.
3. Divide the group into two even teams (five per side).
4. Batter hits the ball and wades, swims or duck dives around the bases.
5. The same rules apply as regular baseball and a foul area will have to be established.

Other Options

- Large ball
- Bases further apart

Water Dodge Ball (flat water)

Equipment

- 6 x large soft balls
- Water safety
- 4 x buoys
- 1 x 20m long rope

Minimum Numbers

- Four per side

Objective

Participants to improve their wading, swimming, duck diving skills and to work as a team to reach the desired outcome.

Related Events

- Water skills (wading, swimming, duck diving)

Instructions

1. An area 20m x 20m is marked out for the playing area with the rope positioned in the middle with the balls.
2. The group is divided into two teams.
3. Teams are to start at the opposite ends of the square.
4. On the command, participants on both teams can try to retrieve a ball.
5. They need to try and hit the opposing team with the ball.
6. When a member is hit with the ball they are out and must move to their home base side.
7. When all the members on one team have been hit the game is over and the opposing team wins.

Other Options

- Lots of small soft balls.
- Add limitations to the participants (i.e. rescue tubes)
- Behind the break on boards.

Other Activities



Clubbie Command

Gather participants so that the supervisor can see everyone.

Teach the participants the following commands and their respective actions:

- Mark time – march on the spot
- Plunging wave – in wipe out position
- Never swim or surf alone – buddy up
- Assistance required – raise one arm and wave
- IRB returns to shore – right arm 45° and wave
- Off shore wind – surfing position

Once the commands are taught, the supervisor calls out one of the commands and all participants need to respond with the correct action.

If a wrong action is performed (or the slowest person to respond) is given the letter D. Every time a mistake is made the participant is given another letter to make up the word DROWNED. The game is over when either one or all participants have drowned.

Human Knot

Form into groups of 6 – 14 (the more people the harder it is). Each participant is to put their right arm into the circle and grab the hand of someone else in the circle (but not the person next to them). Everyone then puts their left arm in and grabs someone else's hand (not the person next to them and not the same person they joined right hands with). Now that everyone is tangled up, they need to work as a group to untangle themselves and form a circle. Hands must not be dropped at anytime.

Spot the Leader

Participants sit in a circle. One person is chosen to be in the middle. They must then shut their eyes whilst a supervisor selects one person as the leader. The leader begins an action and the rest of the group follows, the leader can change the action at anytime. The person in the middle has to try and guess who the leader is. Ensure that the group does not constantly watch the leader or they will give it away.

Alphabet

Form into groups of about 10 participants. The supervisor then calls a letter of the alphabet and each group needs to form into a recognizable representation of that letter. The first team to do this wins a point.

Do This and Add Something

Participants need to sit in a large circle. One participant starts the game by going into the centre of the circle and performs an action of their choice. The person then returns to their place. The next person in the circle moves to the centre and repeats the action of the first person and then adds their own. The next person repeats the action of the first two and adds their own and so on, until it is too difficult to remember. The rest of the group can help if someone forgets an action.

Tug a War

Equipment

- Rope
- Whistle

Draw a line in the sand between two markers. Form participants into two even groups and line them up in single file, facing each other and formed on each side of the line. The rope is laid along the line. At the whistle they pick up the rope and get a good grip. At the second whistle the teams begin to pull in opposite directions. When a member of one team is pulled across the line onto the other teams side, they must stop and go to the back of the other teams' line. When the full team is pulled over the other team wins.

Captain, Airplane, Submarine

Minimum Numbers

- Minimum number is four; this game can be played with a large group

Objective

Warm up activity for beach flags that teaches participants the importance of reacting quickly after hearing a command.

Related Events

- Beach Flags

Instructions

1. This activity can be carried out on a large grass area or flat sandy area.
2. Participants are to spread out allowing significant room between each other.
3. The instructor is to demonstrate the actions:
 - Captain is standing upright saluting with one hand.
 - Airplane is lying face down on grass/sand with arms spread out on each side.
 - Submarine is lying on the back with one arm stretched out in front.
4. The game is similar to 'Simon Says'. The instructor is to yell out the commands and the participants have to perform the action. The last participant to perform the action is out of the game (they can then act as the judge).
5. The game continues until there is only one person left standing.

Other Options

- For a variation, substitute the captain, airplane and submarine actions with the following:
 - Attention – individuals stand to attention, saluting with their right hand.

- Swab the Deck – Individuals get down on their hands and knees and scrub the decks.
- Sailor Overboard – Everyone drops to the floor.
- Lifeboats – Three people form a single file line, sit down and pretend to row a boat.

Mirror Image

Equipment

- A flat open space

Minimum Numbers

- Minimum of two people

Objective

- Ice breaker/warm-up game

Instructions

1. Ask the participants to find a partner who is about their height and gather around.
2. Start with a demonstration, inviting a volunteer to face you standing about half a meter apart. You initiate the action while the other person becomes your 'mirror image'. You must emphasize that it is a 'mirror image', so if I extend my left arm out to my left-side, my partner will extend their right arm out their right-side.
3. The intention is to make your movements interesting and slow enough for the other person to mime as if he or she were a full length mirror.
4. The enjoyment level is definitely enhanced by an initial zany presentation of unself-conscious stretching. Try mixing it up by imitating a routine. For example 'morning wake up' routine that includes having a shower, dressing in stretchy trousers and a jumper.
5. Facial expressions are extremely amusing.
6. Swap roles after appropriate.

Other Options

- After each partner has had a turn, ask them to try the anti-mirror image – during which the follower tries to mime exactly the opposite of their partner's movements. Total confusion is sure to follow.

Chapter Three
**Large Group
Activities**



Group Tie

Equipment

- 1 x long thick rope
- 10 x cones for an obstacle course

Instructions

1. The group is to form a circle.
2. Alternatively one person faces into the circle while the person to their right faces away from the circle. This is to be repeated around the whole circle.
3. A leader then takes the rope and tangles it up within the group.
4. The group is then asked to slowly walk closer together until they form a cluster.
5. Make sure the rope is moderately tight.
6. Direct the group to the obstacle course that you have set up with cones.
7. They cannot touch or move the cones and the whole group needs to navigate its way through the course.
8. Once the group has completed the course, participants need to work together to free everyone from the group.

Larry the Lifesaver Says

Similar to 'Simon Says' but it is 'Larry the Lifesaver'.

Example: "Larry the lifesaver says paddle a board", participants simulate on the ground paddling a board, "Now do the flags starting position". Any participants who did the flags starting position are out because Larry the lifesaver did not say so.

Surf Lifesaver Hangman

Instructions

1. One person is the leader and thinks of a lifesaving word.
2. They then make the number of marks for each letter on a white board or piece of paper. For example: LIFESAVER _ _ _ _ _ _ _ _
3. The group is to guess the letters to make the word.
4. If a letter is correct it is placed in the position of the letter, if incorrect the letter is noted on the side and the Surf Lifesaver hangman is started.
5. Participants need to guess the word before the Surf Lifesaver hangman is completed.

Balloon Battle

Equipment

- String and a balloon for each participant

Instructions

1. A balloon is tied to every participant's ankle.
2. A designated area is set out which the participants must stay within.
3. On the whistle participants need to pop the other balloons without getting theirs popped.
4. The last participant with an inflated balloon wins.

YeeHaa

Instructions

1. Participants are in a circle.
2. One person starts by yelling the word 'YeeHaa' as loud as possible and performing a front scoop like a cowboy/girl.
3. The next person to which the direction of the scoop needs to continue the 'YeeHaa'.
4. There cannot be any waiting time and it must be passed on quickly.
5. Participants can also stop the 'YeeHaa' by saying 'Barn House' and making a house point above their head or by pointing to someone and saying 'Don't you touch that moo cow (name)', they then start a new 'YeeHaa' around the circle.
6. If a participant is too slow or does not do the right call/direction they are out.
7. The game is continued until there is only one person left.

Fruit Basket

Instructions

1. Participants sit in a circle.
2. The leader goes around the circle and whispers the name of a different fruit to each participant.
3. One of the participants is chosen to stand in the centre and call the names of two fruits.
4. The two participants immediately change places.
5. The participant standing in the centre tries to get one of the swapping fruits position.
6. The participant without a spot is now in the centre.
7. At any time the participant in the centre may say 'fruit salad', all the participants now must change places.

Clap-and-Slap-Along

Instructions

1. Participants sit in a circle.
2. A leader established a rhythm. For example, the leader slaps their thighs twice, claps twice and snaps their fingers twice.
3. Once the rhythm is established a participant is picked to start it.
4. The participant performs the rhythm and on the first snap says their name, then on the second says someone else's.
5. The participant's name to which they said then performs the rhythm.
6. The pattern continues.

Pass the Buck

Equipment

- 5 x tennis balls

Instructions

1. Have the participants standing where they are.
2. Give the ball to one participant in the group.

3. Their task is to get the ball around the whole team in such a way that it does not pass onto the person sitting next to them.
4. Time the activity
5. Once completed tell them how long it took and tell them they need to halve it.
6. After they have had another go get them to get it down to 10 seconds.

Trailer Construction

Equipment

- 2 x rolls of sticky tape
- 50 x straws for each group
- 4 x blindfolds for each group
- 20 x foam pieces to represent boards

Instructions

1. Divide the group up into two teams.
2. Within these teams, they are divided up evenly into the workers, the designers and the supervisors.
3. The designers are to design a gear trailer to hold ten boards. This design is then given to the supervisors.
4. The workers are blindfolded and must build the trailer, as per the design, with instructions from the supervisors. The supervisors are the only ones who can communicate with them.
5. The teams are given 15 minutes to complete a trailer to hold ten foam boards.
6. At the end of the time limit both trailers are tried and tested to see whose design was the most successful.

Chapter Four
**Small Group
Activities**



Croc Pit

Equipment

- 5 x start pickets
- 1 x 2m plank
- 1 x 30cm plank
- 1 x 5cm plank
- 2 x milk crate
- Rolls of twine

Mission

You are all aircrew escaped from a prison camp heading to a known safe house. You have to cross a crocodile infested, fast flowing river. The river is defined between the pickets. Your mission is to cross the river to get to the safe house. You have 20 minutes to complete the crossing as the enemy is closing in behind you.

Requirements

1. You are required to move your team, yourself and all your equipment across the river.
2. You and any member of your team or any equipment are not to touch the twine, pickets or river.
3. If any equipment falls into the river it cannot be retrieved and there will be no substitute.
4. There will be a penalty for 1 minute per touch of the twine, pickets or river and the member will return to the start.
5. If a member falls into the river, they are lost and a one minute penalty will apply.
6. During any time penalties there will be no activity and no talking.
7. You, your team and equipment may only pass safely between the top and bottom twine.

The Grid

Objectives

To find the hidden path through the grid, in the shortest amount of time and with the least amount of penalties. Teams are to compete against each other. Each team's mission is to get all team members from a starting square to a finishing square in the shortest time whilst incurring a few penalties as possible. The game can be won or lost on penalties.

Instructions

1. All team members must participate as a walker.
2. The first team starts on the starting side, while the others watch.
3. A grid map is presented to the umpire with the route made by the opposite team.
4. Only one walker at a time is allowed inside the grid.
5. If an incorrect square has been touched by any part of the body or clothing the walker must retrace their correct steps back to the entry point.
6. Each misplaced foot is counted as one penalty point in both forward and backwards directions. One point equals 5 seconds which will be added onto their time at the end.
7. Individuals that do not correctly retrace their steps by moving directly to the outside of the grid will receive a 1 minute penalty.
8. Treading anywhere on the grid edge markings is also a penalty point.
9. The walking team must commit all moves to memory. Methods that are totally prohibited include:
 - a. Marking the route on the ground, paper, rock etc.
 - b. Team members writing it on paper.

10. When a team successfully finds the route, one by one they need to make their way through the grid.

Grid 1

■				
	■			
		■		■
			■	

Grid 2

■		■		■
	■		■	

Grid 3

		■		
■	■		■	
				■

Traffic Jam

Equipment

- 11 x pieces of paper

Instructions

1. Lay the paper in a straight line on the floor/grass with the middle square marked with an X.
2. Split the teams into two groups.
3. The team must move all the members on the left side to the right and vice versa.
4. Members must be facing the same direction they will be going and must stay that way.

The following moves are legal:

- A person may move onto an empty square in front of him or her.
- A person may move around a person who is facing him/her into an empty space.
- Both feet must be on a disk after each move.

The following moves are illegal:

- Any moves backwards.
- Any moves around someone facing the same way you are.
- Any moves which involves two or more persons moving at once.

Overturnd Boat

Equipment

- 1 x tarp
- 1 x towel
- 1 x tea towel

Instructions

1. Teams consist of 8-10 participants.
2. Place the tarp in front of the group.
3. Every member of the group needs to stand on the tarp.
4. The group needs to turn the tarp over without anyone touching the floor with any part of their body or clothing.
5. Teams progress from the tarp to the towel and finally the tea towel with the same number of group members.

On the Square

Equipment

- 1 x piece of butchers paper per group
- 1 x stop watch

Instructions

1. Place the butcher's paper in front of the team.
2. Each member takes a position on the paper.
3. Every 30 seconds an edge section of the paper is ripped off by one of the leaders.
4. The paper will continue to get smaller and smaller every 30 seconds therefore, teams need to adjust.
5. If a member touches the floor they are out.
6. The group with the smallest piece of paper and highest number of people left will be the winners.

Hoop Relay

Equipment

- 4 x hoops per group

Instructions

1. Split the group into two even teams.
2. The team need to line up one behind the other.
3. Each person reaches back through their legs with their left hand and links hands with the person in front with their right hand.
4. The leader places the hoop over the first persons head.
5. The team is to pass the hoop along the line without breaking the line.
6. Teams are to get all four hoops to the end of the line as quickly as possible without breaking the line.

Swamp Crossing

Equipment

- 9 x carpet square per team of 10
- 4 x blindfolds

Mission

You are to get your team across the large swamp. However, one foot must be on one of the squares at all times and four of your members must be blindfolded. The squares in one row will not make it across the swamp. If a member touches the swamp with any part of their body or clothing then the group loses a square.

Instructions

1. Mark out the swamp.
2. Give the squares to the first person.
3. Teams need to position the blindfolded people wisely.
4. Teams have a 20 minute time limit.

Blind Square

Equipment

- 1 x blindfolds for each team member
- Large flat area free of obstructions
- 1 x 75-150ft length rope

Instructions

1. Set up the area and make sure that there are no obstructions.
2. Place the blindfolds on the participants prior to positioning them in the area.
3. Walk them down and into the area.
4. Tell them about the area as you are positioning them within the square they need to be holding onto the rope.
5. They cannot move from their position until told and there is no verbal communication throughout the activity.
6. On the command, the group needs to move into a perfect square.
7. Teams are timed and the quickest team are the winners.

Desert Island Survival Test

Read this very carefully.

Your ship has run ashore on a desert island. You managed to get a distress signal off before the crash. You knew a rescue airplane would take about two days to find you. All other equipment was destroyed except for twelve items listed.

Your crew's survival depends on you, so you must choose the most critical items available to last you two or more days. Your task is to rank the twelve items in terms of their importance for survival.

After you have ranked the items individually, you will form a group and re-do the exercise with the benefit of other people's contributions.

List of items - Rank in order of importance for survival.

Name: _____

Object	Rank
50m of nylon rope	
Two 45 calibre pistols	
Magnetic compass	
Food concentrate	
Box of matches	
Sails	
35 litres of water	
Map of your area	
Solar powered FM receiver/transmitter	
Signal Flares	
First aid kit containing injection needles	
Self-inflating life raft	

Ranking and Reasoning

1. **35 litres of water** - Most important for preservation of life. More important than food.
2. **Food concentrate** - Life-giving energy for the journey ahead.
3. **Sails** - Protection from the elements. Could be used as a bag with all the items in it.
4. **50m nylon rope** - To build your shelter with
5. **Box of matches** - To build warmth while on the island and to attract attention.
6. **Signal flares** - To attract attention of the rescue airplane.
7. **Solar powered FM receiver/transmitter** - Used for communication.
8. **Map of your area** - To help pin point your location.
9. **First aid kit containing injection needles** - In case someone is injured or need an injection.
10. **Magnetic compass** - Not as important because you have a map but will help with navigational purposes.
11. **Two 45 calibre pistols** - Protection for any unwanted creatures.
12. **Self-inflating life raft** - Unless you are planning to leave the island you won't need the life raft. You are better to stay on the island but it could be used for shelter as well.

Chapter Five
Individual Activities



Personal Profile

Individual

Name: _____ Age: _____

Preferred name: _____

General

School: _____

Favourite subject at school: _____

Best friend: _____

Favourite colour: _____

Favourite song: _____

Favourite Sport: _____

Something I am good at: _____

Something I can improve: _____

How long have you been involved in lifesaving: _____

Why did you join Surf Life Saving: _____

Favourite aspect of lifesaving: _____

What would you like to achieve out of Surf Life Saving _____



Goal Setting

Equipment

- Worksheet
- Coloured pens and pencils

Instructions

1. Talk to the participants about goal setting.
2. Outline the differences between major goals (long-term goals) and minor goals (short-term goals).
3. Get the participants to use colours on their worksheet.
4. Explain to the participants that minor goals can be used as stepping stones to achieving major goals.
5. Explain to the participants that goals must be realistic.
6. Have the participants set a major goal that they would like to achieve either at the end of the season or around 2 to 5 year's time.
7. Have the participants write the major goal on the worksheet.
8. Have the participant's think of the step by step minor goals they have to achieve to achieving the major goal.
9. Have the participants look at the 10 minor goals they wrote on the worksheet and assess if they are realistic.
10. Have the participants take their worksheet home and place it somewhere where they can see it every day.
11. Also when they have achieved a minor goal it needs to be marked off.

Goal Setting Worksheet



- Step 1 _____ Minor Goal 1
- Step 2 _____ Minor Goal 2
- Step 3 _____ Minor Goal 3
- Step 4 _____ Minor Goal 4
- Step 5 _____ Minor Goal 5
- Step 6 _____ Minor Goal 6
- Step 7 _____ Minor Goal 7
- Step 8 _____ Minor Goal 8
- Step 9 _____ Minor Goal 9
- Step 10 _____ Minor Goal 10
- Final Step _____ Major Goal

Lifesaving Plan

Name: _____ Club: _____

Who are my mentors and why?

Experiences I would like to obtain:

In 12 months _____

In 2 years _____

In 5 years _____



Goals in Surf Life Saving in the next:

12 months _____

2 years _____

5 years _____

Career pathway – How to get from here to where I want to be:

My ultimate goal in Surf Life Saving is:

Who can assist me to achieve this goal?

Other comment/plans:

Time Management Sheet

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am							
7:00-8:00am							
8:00-9:00am							
10:00-11:00am							
11:00-12:00pm							
12:00-1:00pm							
1:00-2:00pm							
2:00-3:00pm							

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:00-4:00pm							
4:00-5:00pm							
5:00-6:00pm							
6:00-7:00pm							
7:00-8:00pm							
8:00-9:00pm							
9:00-10:00pm							

Live Wire

Equipment

- 1 meter long wire
- A4 paper
- Coloured pens/pencils
- Paper clips

Objective

For the participants to construct a 'Life to Date' with significant trends, patterns and events of his/her life thus far.

Instructions

1. Using the paper and pens provided, construct your life and paper clip them to the wire.
2. Have each person share their live wire with the rest of the group.
3. Great activity for participants to get to know each other.

Positive Thinking

Equipment

- Worksheet
- Pieces of card 5cm x 5cm (five per participant)
- Pens and markers

Instructions

1. Explain to the participants the benefits of positive thinking.
2. Have the participants explain how they feel when they are thinking positively.
3. Have the participants compare how they feel when they are thinking positively compared to when they are not.
4. Have the participants discuss how they think that positive thinking may help them in their lives.
5. Go through the positive thoughts on the worksheet and explain to the participants that they can use thoughts like this to help them think positively.

Positive Thought Control Worksheet



'First be a believer then an achiever.'

Believing in your self is an important part of achieving anything. Highlight some pleasing things you like about participating in Surf Life Saving and things that you would like to achieve.

Think of a phrase that is positive and will help you focus on achieving this goal (i.e. I can do this).

Write this particular phrase on a card, concentrate on these words and re-read it over and over again to help you focus on achieving.

Build a bank of positive phrases to help you achieve your goals. Whenever you think of something you can say to yourself to help you achieve, write it on another card.

Example phrases:

- I am in control
- I can do this
- I know I will do well
- I will achieve and be successful
- I know I have trained hard for this
- This is for me
- I am prepared
- I am happy with myself