

Junior Surf Guiding Principles

Key outcomes...

Diverse and inclusive opportunities for participants and their whānau

Personal and interpersonal skills

Knowledge of the coastal environment

Physical movement skills

Surf and beach safety skills

Surf lifesaving and lifesaving sport knowledge and techniques

JUNIOR SURF

Is SLSNZ's education programme that develops our under 14 members and their whānau.

Is delivered by clubs with support from regional and national staff through a nationally lead framework.

Our programme is designed to...

Enrich the lives of the participants and their whānau

Use engaging and fun activities focused on an authentic surf lifesaving environment

Create water safe people – tangata moana



Junior Surf key outcomes



Diverse and inclusive opportunities for participants and their whānau

- All programmes are actively working to ensure that they engage with both the wider community and existing members to tailor the experience to meet the needs and desires of these people.
- Programmes grow and nurture social, emotional and physical development in a fun and safe environment.
- Retention and progression of members through to the next age and stage is a core focus for clubs within youth programmes.



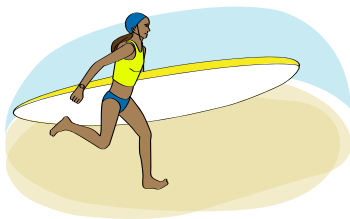
Personal and interpersonal skills

- Participants in programmes are actively taught through modelling and instruction on how to develop their personal and interpersonal skills including positive teamwork and friendships.
- Focused around SLSNZ's volunteer strategy values of wellbeing, respect, growth, support and relationships.
- Identification of how involvement in surf lifesaving contributes to an individual's hauora (wellbeing).



Knowledge of the coastal environment

- Participants have opportunities to explore the physical, historic and cultural aspects of their local coastal environment.
- Participants have opportunities to develop kaitiakitanga (guardianship) relating to their local area and of their decision making around activities in coastal environments.
- Provide opportunities and experiences that builds knowledge and skills at the participant's beach and club.



Physical movement skills

- Participants have structured development opportunities to explore fundamental movement skills relevant to surf lifesaving and lifesaving sports.
- Participants build a lifelong love for physical activity and movement to support wellbeing and health, through exploration of fundamental movement skills across a wide range of Junior Surf activities.
- Participants have opportunities to learn, experience and develop a range of movement skills for lifesaving sports activities in a manner that meets their physical development needs.



Surf and beach safety skills (authentic open water)

- Participants will learn surf safety rules, how to identify wave types and how to use waves in a range of situations.
- Participants will learn what to do in an emergency, including some commonly encountered surf lifesaving and lifesaving sports situations.
- Participants will learn how to identify rips, the 3R's and how to apply them in practical situations.



Surf lifesaving and lifesaving sport knowledge and techniques

- Participants will learn what to do in case of an emergency including; calling for help, self-rescue and survival using the 3R's.
- Basic identification of patrol operations including first aid and awareness of environmental risks to personal safety.
- Introduction to and participation in lifesaving sports activities including rules and race techniques in an age appropriate way.