

U14 Development Progression Pathway

Advanced junior skills: 'Saving a life'

Craft: Fibreglass board 10'6"



Fundamental movement skills | Ngā pukenga matua



1. Swim

Swim continuously 200 m freestyle in less than 5 minutes in a pool or flat open water.

Tread water or survival float for at least 2 minutes.



2. Run

Change running technique to complete different distance run legs. e.g. sprint or beach flags.



3. Surf negotiation

Combine wading, dolphin diving and streamline to navigate in and out of the surf zone.



4. Surf survival

Use floating in a streamline position as a patient in a rescue scenario or race.

Float with unexpected objects in a scenario.

Surf lifesaving skills | Ngā pukenga whakaora ngaru



1. Rescue

Perform a conscious patient board rescue.

Perform a tube rescue using fins including negotiating in and out of the surf zone.



2. Board

Identify and use surf zone negotiation techniques in a variety of waves.



3. Team

Perform multiple roles within a team.



4. Lifesaving sport

Apply race skills in organised events, e.g. getting around a turning point in a group.

Teamwork | Mahi tahi



1. Communicate

Use the 4P's and introduce basic surf lifesaving radio communication.



2. Group

Identify individual responsibilities as a group member.



3. Lead

Take on a leader's role in a practical activity or a scenario.



4. Hauora

Identify how an individual can enhance their wellbeing through participating in surf lifesaving activities.

Safety | Marutau



1. Know

Know basic life support and DRABC.

Place a patient in the recovery position.



2. My safety

Use a rescue tube and defensive position to safely approach a patient.



3. Experience

Identify a rip.

Swim in a rip or current with fins and a qualified surf lifeguard to support.



4. Kaitiakitanga

Participate in an activity learning about actions that can be taken to care for our local beaches.