

## Rookie Sport: Beach Running

Beach Sports: Beach Running is an experiential award to introduce Rookies to specific aspects of Lifesaving Sport. It can be completed during visits to the beach or in a suitable outside area.

It is recommended that Beach Sports: Beach Running is completed after the Beach Activities Award as the Beach Activities Award provides an excellent introduction to safety at the beach. It is advised that the Beach Activities Award is completed at a beach.

Rookies should not enter the water during either of these awards.

### Guidelines

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#### General

In this award the term 'beach' refers to a shoreline area at the edge of the sea, a lake, riverbank or river estuary. This award can be completed in any suitable area, for example, a school field.

#### Instructors

This award must be trained and assessed by a registered Rookie Instructor. Additional guidance and help can be sought from others who are familiar with Lifesaving Sport or those who are specialists in a particular area, for example, an athletics coach. For more detailed descriptions, please refer to the Lifesaving Sport Manual.

The Rookie Instructor must ensure that safety cover complies with site specific operational procedures and RLSS UK Guidelines.

#### Candidates

Any Rookie is allowed to undertake this award, which can be taken at any stage of progression through the Rookie Lifeguard programme. However, it is recommended that this award is completed after the Beach Activities award.

#### Safety

A Risk Assessment for this activity should be completed by the award leader or suitably qualified person.

The beach / activity area chosen for the award should have access to toilet facilities and good access for emergency services.

#### Equipment

To complete these awards the Rookie Instructor will need to have access to: batons. These can be made from a hose pipe.

#### Resources and equipment available from Lifesavers Direct

A range of resources and equipment are available from Lifesavers Direct, recommended to support the delivery of these awards.

- Lifesaving Sport Manual
- The Lifesaving Manual for Instructors

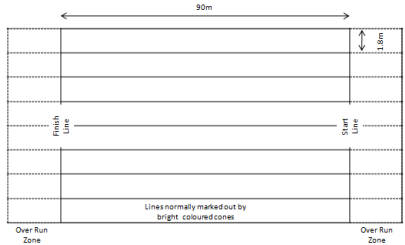
Lifesavers Direct (The Royal Life Saving Society UK's online store and catalogue)

[www.lifesaversdirect.co.uk](http://www.lifesaversdirect.co.uk)

## Rookie Sport: Beach Running

### Beach Sprint

This is a simple 90 metre sprint on a sand course. This is adapted to a team event in the form of a 4x90 metre sprint relay with a baton.



### Start

When starting on sand, you can dig out sand so that your feet have a platform to push against. This can take some getting used to so practise before any race.

#### Standing start

- Toes on line
- If on sand, dig small foot holes for both feet
- Body weight leaning forward, weight on front foot
- Knees slightly bent
- On start, drive forward from your front foot
- Swing arms hard and fast to help acceleration



#### Crouch start



- If on sand, dig small foot holes for both feet
- Take the 'on your marks' position
- Position hands slightly more than shoulder width apart
- Thumb and forefingers (form a bridge) on start line
- Place your front foot a knee length behind the start line
- Place your back foot a knee length behind your front foot ("knee to toe" foot placement)
- On 'set', lift hips to slightly higher than shoulder height and rotate shoulder forward to move weight to arms and hands
- On 'go', explode off the start line driving off the front foot. Swing arms and drive legs to get maximum acceleration

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### Beach Running

- After start, keep low with head down (for up to 10 metres)
- Come to upright sprinting position
- Point feet straight ahead and place them in a straight line
- Land flat footed rather than toe first
- Maintain high knee lift
- Bend elbows at 90 degrees
- Hold hands slightly clenched
- Swinging hands to eye level
- Lean body forward and relax (body, arms, shoulders and head)
- Hold head steady and chin in



During finish, it is best to lean forward from the hip so that your chest crosses the line first. Make sure you run through the finish line and do not slow down as you move towards it.

### Beach Relay

- Incoming Rookie holds baton up early
- Outgoing Rookie holds out their hand making a 'V' shape
- Accelerate onto the baton
- Try and take the baton as close to the changeover line as possible
- Incoming Rookie to keep slightly to one side of the track
- Outgoing runner to take baton in centre of track

### Teaching point

With younger children, allow for some margin behind changeover line when taking the baton

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### Beach Flags

This needs to be completed on sand or some other suitable surface. Be sure to check the surface for bits of glass, sticks and pebbles before practising beach flags.

### Beach Flags Running



- Keep a low body position
- Lean body forward
- Drive with arms and legs
- Quickly move in front of a competitor if possible

### Start position

- Flatten the sand
- Lie down with head away from the flags
- Toes on the line (dug into the sand / ground)
- Heals together
- Hands crossed in front of you (finger tips to wrist)
- Elbows out to sides

'Heads up' is the call that starts the event (very much the same as 'take your marks'). On the call 'heads down', take a deep breath.



## Rookie Sport: Beach Running

### Turning



- On 'go' (or the whistle) keep turning foot on the start line
- Push upwards and backwards (towards the flag) with your shoulders
- Move your second foot forwards (you should now be in a 'set' position)
- Head and shoulders should be kept low throughout the turn
- Push with shoulders towards flags, rotating as quickly as possible (aim to rotate as close to 180 degrees as possible before sprinting)
- Once flag is in sight, break into sprint

During beach flags, sprint position is low, leaning your body forward ready for the dive.

### Diving for the Flag

- Keep eyes on the flag
- Dive low for the flag
- Extending both arms and hands
- Grasp flag firmly and pull to body

### Teaching points

Rookies should keep their mouths shut during the dive to stop sand entering.

It is important for competition that Rookies are able to grab the baton / flag with both hands, so ensure that all Rookies attempt this.



## Rookie Sport: Beach Running

Items should be completed in order, but need not be done in a single session.

### Rookie Lifeguard Sport: Beach Running Award Card

1. Explain what should be done before practising beach sprints or flags
2. Demonstrate a standing beach sprint start
3. Demonstrate beach sprint running
4. Demonstrate a crouched start
5. Complete a 90m sprint
6. Demonstrate a beach flag turning start
7. Demonstrate a beach relay baton change
8. Demonstrate a beach flag dive \*
9. Participate in a beach sprint race
10. Participate in a beach relay race

\* If the surface is unsuitable, the candidate can demonstrate understanding of how to perform this skill