



IRB Racing

Yearly Training Plan

March 2016



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Overview

Training Plan

The IRB racing season runs from the beginning of May up until the end of July each year and consists of a 4 or 5 round State Series, State IRB titles and the Australian IRB titles. This training plan focuses on the four months leading up to race season. IRB Competition varies from state to state, but events are generally every fortnight. Training during the competition season is intermittent and should focus on strengths and weaknesses found during competition. This training plan is for developing teams (typically their first year of racing IRBs) and is based on one 4 hour training session per week. As teams develop they should look at supplementing this training plan with fitness sessions.

A general overview of the plan is as follows:

Month 1 – an introduction into IRB racing. The training plan focuses on developing skills in all components of IRB racing.

Month 2 – refining skills. The training plan focuses on developing skills learnt during the first month. Coach feedback is essential for athletes to learn from their mistakes. Repetition is important in developing skills. By the end of this month teams will have practiced each component of racing hundreds of times. With effective coaching athletes will continue to learn and refine skills to target the 1 percenters that you want to work on coming into an IRB racing season.

Month 3 – refining skills and introducing fatigue. The training plan continues to combine components of IRB racing but also introduces fatigue by making crews practice racing components numerous times in a row. This firstly assists in race fitness and also helps replicate race conditions where a person still needs to perform under difficult conditions.

Month 4 – refining skills by working with individuals focusing on their weaknesses. Introduction of full races and discussions on race strategies prepares teams for racing conditions. If there are enough resources, set up two boats so teams can practice competing against each other.

Safety

It is important that coaches are aware of the safety requirements required by your state for IRB training. In general, coaches should ensure the following minimum standards are met:

- Training logs are used for all training sessions (each member training must sign the log and state any pre-existing injuries)
- A risk assessment is undertaken prior to training commencing (this is usually approved by the Patrol Captain)
- Appropriate PPE is worn by all members (life jackets and club caps for all training and helmets for all patients)
- Life saver training area signs are in place
- Injuries are reported in accordance with SLSA requirements and depending on the state reporting may also be required to the relevant Government Authority

Routine Components of Training

The training plan briefly notes warm up and cool down procedures, it is vital that coaches develop a suitable warm up and cool down procedures for all training sessions. Once the gear and equipment is set up it is important to warm up both our bodies and the IRB engines. A light run and stretching exercises should be undertaken prior to training commencing. Coaches should develop a suitable set of stretches for the team to undertake during the warm up and be sure to include stretches for all core muscle groups from the calves up through the core and to the upper body and arms. SLSA has a number of resources, including the Coaching Manual, which provide information on stretches. On the completion of training it is important to warm down, again with a light jog and stretches. IRB equipment should be washed down appropriately and stowed away correctly.

Resources

The training plan is a brief outline of IRB race training, there are additional resources that can be used to assist coaches. The SLSA Members Portal contains a number of videos under **Library/Sport/Coach Education/SLSA/Development/IRB** and **Library/Sport/Coach Education/SLSA/Development/Sport Coaching Resources**. The SLSA Coaching Manual also has valuable information on IRB Competition including techniques, a breakdown of each of the components of IRB racing, training drills, fitness training and race strategies.

February – Week 1

Session 1					
Venue	Beach	Equipment required: <ul style="list-style-type: none"> • IRB • motor • PPE • Lane markers (x2) • turning pole (x1) 	Broad purpose of the training session: Learn about IRB racing, learn the basics for starts and finishes		
Duration	4 hours		Key skill area 1 Race familiarisation	Key skill area 2 Start Process	Key skill area 3 Finish Process

List of Key Activities		
START OUT (warming up) Explain the race format Warm up run, stretch Dry starts and finishes (boat on boat on sand)	GET INTO IT (main session activities) Starts – Go through the start process in detail (and relevant rules), look at where the driver and crew start, how handlers should position the boat, the crewperson's role once they reach the boat, the driver's call when to enter the boat (depth and waves considered), suitable hand placement for entering the boat, starting the motor, calling the crewperson into the boat, suitable entry for the crewperson. Finishes – Go through the finish process in detail (and relevant rules), look at where in the lane to aim on the finish, what speed to approach the beach, when to kill the motor, how to hit the beach (motor positions and crew positions), how to exit the boat.	FINISH UP (cooling down) Warm down run, stretch Wash down and stow equipment
Key Coaching Aspects		
<p>Explain the race format – go through the four types races in IRB racing to familiarise people with racing in general. Use video footage if available to assist in explaining what racing is all about. Break down the race into components (Start, Launching the Boat, Negotiating the Break, First Buoy Turn, Patient Pick up, Negotiate the Break with Patient, Changeover (Mass/Teams) and Finish).</p> <p>Dry starts and finishes – an IRB and motor (spark plugs removed) can be set up on top of another inflated IRB either on a grassed area or on the sand to allow teams to practice starts and finishes in a dry environment. This gives crews a chance to get the steps involved with the start and finish process in hand prior to hitting the water. Spend an hour or more on this if teams are getting benefit out of it and be sure to explain correct ways of doing things and why it is done this way.</p> <p>Starts and finishes – In the water, have teams undertake a start and a finish at a slow pace for now until they get the hang of it. They only need to go 30 metres from shore and turn around to do a finish. People new to IRB racing often start to panic during race training because they know there is a lot to do and they try and do it at race pace. It is important to slow them down so they can get the basics right and slowly build up the speed.</p>		

February – Week 2

Session 1

Venue	Beach	Equipment required:	Broad purpose of the training session			
Duration	4 hours		Key skill area 1	Key skill area 2	Key skill area 3	
		<ul style="list-style-type: none"> • IRB • motor • PPE • Lane markers (x2) • turning pole (x1) 	Learn the basics for starts, finishes and negotiating the break	Start Process	Negotiate the Break	Finish Process

List of Key Activities

START OUT (warming up) Explain the start and finish procedures Explain how to negotiate the break Warm up run, stretch	GET INTO IT (main session activities) Starts – Again go through the start process in detail (and relevant rules), look at where the driver and crew starts, how handlers should position the boat, the crewperson's role once they reach the boat, the driver's call when to enter the boat (depth and waves considered), suitable hand placement for entering the boat, starting the motor, calling the crewperson into the boat, suitable entry for the crewperson. Negotiate the break – Go out through the break and turn around to do a finish. Finishes – Go through the finish process in detail (and relevant rules), look at where in the lane to aim on the finish, what speed to approach the beach, when to kill the motor, how to hit the beach (motor positions and crew positions), how to exit the boat.	FINISH UP (cooling down) Warm down run, stretch Wash down and stow equipment
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Key Coaching Aspects

Explain the start and finish processes again – It is important to recap on last week's session. Break it down into detail.

Explain the process around negotiating the break – discuss negotiating the break in detail, how to hit the waves, what speed to hit the waves, what part of the wave to hit, crewing positions when travelling through the break heading out to sea and then returning to shore. Refer to SLSA videos and award training documents and videos for the lock-in position etc.

Starts and finishes – In the water, have teams undertake a start and a finish at a relatively slow pace (can speed up from week one particularly if an individual is evidently building the right skills). This week we introduce negotiating the break into the format so have the teams drive right through the break and turn around to do a finish. Again people new to IRB racing often start to panic during race training because they know there is a lot to do and they try and do it at race pace. It is important to slow them down so they can get the basics right and slowly build up the speed.

February – Week 3

Session 1

Venue	Beach	Equipment required:	Broad purpose of the training session			
Duration	4 hours		Key skill area 1	Key skill area 2	Key skill area 3	
		<ul style="list-style-type: none"> • IRB • motor • PPE • Lane markers (x2) • turning pole (x1) 	Learn the basics for starts, finishes and negotiating the break	Start Process	Changeover Process	Finish Process

List of Key Activities

START OUT (warming up)	GET INTO IT (main session activities)	FINISH UP (cooling down)
<p>Explain the start and finish process</p> <p>Explain how to negotiate the break</p> <p>Explain the Changeover process</p> <p>Warm up run, stretch</p>	<p>Starts –</p> <p>Go through the start process in detail (and relevant rules), look at where the driver and crew starts, how handlers should position the boat, the crewperson's role once they reach the boat, the driver's call when to enter the boat (depth and waves considered), suitable hand placement for entering the boat, starting the motor, calling the crewperson into the boat, suitable entry for the crewperson.</p> <p>Negotiate the break –</p> <p>Go out through the break and turn around to do a finish/changeover.</p> <p>Changeover (mass turnaround) – go through the mass turnaround process in detail look at where in the lane to aim on the finish, what speed to approach the beach, when to kill the motor, how to turn the boat around (crew), how to exit the boat, how/when to re-enter the boat.</p> <p>Finishes –</p> <p>Go through the finish process in detail (and relevant rules), look at where in the lane to aim on the finish, what speed to approach the beach, when to kill the motor, how to hit the beach (motor positions and crew positions), how to exit the boat.</p>	<p>Warm down run, stretch</p> <p>Wash down and stow equipment</p>

Key Coaching Aspects

This repetitive breakdown of the race components each week is important in month one to embed these processes in people minds.

Explain the changeover process - for a Mass turnaround, how/where to approach the beach, when to kill it, how the crewperson should turn the boat, when the driver should get back in the boat etc.

Starts, changeovers and finishes – In the water, have teams undertake a start, then mass changeover and a finish at a medium pace (slow the changeover down as it is a new component). This week we continue with having negotiating the break in the format and introduce mass changeovers.

February – Week 4

Session 1					
Venue	Beach	Equipment required: <ul style="list-style-type: none"> • IRB • motor • PPE • Lane markers (x2) • turning pole (x1) 	Broad purpose of the training session		
Duration	4 hours		Key skill area 1	Key skill area 2	Key skill area 3
			First Buoy Turn	Patient Pickup	Tube Swim

List of Key Activities

START OUT (warming up)	GET INTO IT (main session activities)	FINISH UP (cooling down)
<p>Explain in detail the first buoy turn and patient pick up</p> <p>Explain in detail the tube swim</p> <p>Warm up run, stretch</p>	<p>First buoy turns –</p> <p>Go through the process in detail (approach the can at the right angle, the correct speed, where the crewman should position themselves, how to turn and exit the buoy)</p> <p>Patient pickups –</p> <p>Go through the patients roll and positioning, go through the approach to the patient including speeds, go through the crewpersons positioning and the pickup itself, go through the positioning after the pick up to trim the boat and then the return to shore (patient position and rules)</p> <p>Tube swim –</p> <p>Go through putting on the tube, the crewpersons positioning around the buoy turn (and the differences to a normal buoy turn), go through the exit (when and where), go through the swim to the patient, go through the patient clip up, go through the swim back (can positioning) and go through the pickup (rules, patient/swimmer positions, the drivers role and the buoy turn)</p>	<p>Warm down run, stretch</p> <p>Wash down and stow equipment</p>

Key Coaching Aspects

This week we break the repetition of the last few weeks with the start/finish processes and head out into the water to look at buoy turns, pickups and tube swims.

Explain in detail the first buoy turn and patient pick up - how to approach the can, the correct speed, crewing positions, how to exit the turn for the patient pickup, how to approach the patient and the correct speed, the crewing position for patient pickups and the patient position and process for pickups.

Explain in detail the tube swim - how/when to put the tube on, the first buoy turn, the jump out, the swim to the patient, clipping up the patient, the swim to the boat with the patient and the pickup and buoy turn

Depending on the size of your team, the number of helmets you have, weather conditions, water temperature etc., it is best to spend the whole time in the water and have each crew pick up the entire rest of the team to give them as much experience as possible. Have a second boat if possible to coach from and to have other team members in so they can see and learn the good and bad things that other teams are doing. Continue to do turns and pickups for as long as you can give the factors above.

March – Week 1

Session 1					
Venue	Beach	Equipment required: <ul style="list-style-type: none"> • IRB • motor • PPE • Lane markers (x2) • turning pole (x1) 	Broad purpose of the training session		
Duration	4 hours		Key skill area 1 Start Process	Key skill area 2 Changeover Process	Key skill area 3 Finish Process
			Refine skills in starts, changeovers and finishes		

List of Key Activities

START OUT (Warming up)	GET INTO IT (main session activities)	FINISH UP (cooling down)
Warm up run, stretch	<p>Starts –</p> <p>Work on refining skills already learnt. Work on handlers positioning the boat in the correct amount of water so there is enough water to take off in but not too much that the crew have to wade through water. Work on the driver entering the boat with speed. Work on the drivers engine starting (do it as quick as possible once in the boat). Work on the crewperson being aware what is going on and entering the boat as soon as it starts.</p> <p>Changeover (mass turnaround) –</p> <p>Work on the crewpersons exiting the boat and turning around and finding correct water depth. Work on the driver killing the engine at the right time to make it easier for the crewperson. Work on the driver re-entering the boat with speed if you have correct water or work on dragging the boat to find water and then entering the boat.</p> <p>Introduce teams changeovers –</p> <p>Be sure to run through the rules.</p> <p>Finishes –</p> <p>Work on killing it at the right time. Work on how to hit the sand. Work on the exit process and speeding it up.</p>	Warm down run, stretch Wash down and stow equipment

Key Coaching Aspects

We have now given the team a focused session or two on each component of IRB racing and have developed the skills needed. Month 2 is about refining these skills through repetition. Repetition is the only way teams can develop their skills to race standards.

Have teams do a start, a mass change over and a finish and just continue to cycle through the teams over and over again. The session can be broken up if the coach feels it is needed but head out into the water and doing some turns and pickups.

Undertake team changeovers but having a repetitive team changeover where you just continually cycle through the teams over and over again. Do this for 15-30 minutes depending on the size of the team at the end of the session.

March – Week 2

Session 1					
Venue	Beach	Equipment required: <ul style="list-style-type: none"> • IRB • motor • PPE • Lane markers (x2) • turning pole (x1) 	Broad purpose of the training session Refine skills in starts, changeovers and finishes, then in the water for buoy turns and pickups		
Duration	4 hours		Key skill area 1 Start and Finish Process	Key skill area 2 Changeover Process	Key skill area 3 Buoy Turn and Pickup Process

List of Key Activities		
START OUT (Warming up) Warm up run, stretch	GET INTO IT (main session activities) Starts, changeover (mass and team turnaround), finishes – Work on refining skills already learnt. First buoy turns – Work on entering the can at the right angle and the correct speed. Work on crewperson positioning to prevent the boat capsizing. Patient pickups – Work on entering the pickup at the right angle. Work on doing the pickup at the correct speed. Work on crewperson positioning during the pick up to be most effective.	FINISH UP (cooling down) Warm down run, stretch Wash down and stow equipment

Key Coaching Aspects
<p>Spend half the session doing a start followed by a changeover (mass) and a finish and then mix it up with some team changeovers. We are working on refining skills. It important to do it over and over again. As a coach you should be giving feedback to each individual on what they are doing well and what then need to do to improve. Share learnings with the whole team during this process.</p> <p>Spend the second half of the session in the water doing first buoy turns and pickups. Again we are working on refining skills. It important to do it over and over again. As a coach you should be giving feedback to each individual on what they are doing well and what then need to do to improve. Share learnings with the whole team during this process. Have a second IRB in the water close to the lane so as a coach you can see what they are doing. Have other team members in the boat at times as well to explain what they need to work on using others as an example.</p>

March – Week 3

Session 1					
Venue	Beach	Equipment required: <ul style="list-style-type: none"> • IRB • motor • PPE • Lane markers (x2) • turning pole (x1) 	Broad purpose of the training session		
Duration	4 hours		Key skill area 1 Start and Finish Process	Key skill area 2 Changeover Process	Key skill area 3 Buoy Turn and Pickup Process

List of Key Activities		
START OUT (Warming up) Warm up run, stretch	GET INTO IT (main session activities) Starts, changeovers (mass and teams turnaround), Finishes – Work on refining skills already learnt. First buoy turns and patient pickups – Work on refining skills already learnt. Tube swim – Work on putting on the tube and preparation for the buoy turn (crew). Work on buoy turn with crew in different position to normal turns. Work on exiting the boat at the right location and to get a good dive off the boat. Work on patient clip up. Work on swim back to the boat. Work on pickup and buoy turn.	FINISH UP (cooling down) Warm down run, stretch Wash down and stow equipment
Key Coaching Aspects		
<p>A repeat of last week with the inclusion of tube swims.</p> <p>Spend half the session doing a start followed by a changeover (mass) and a finish and then mix it up with some team changeovers. We are working on refining skills. It important to do it over and over again. As a coach you should be giving feedback to each individual on what they are doing well and what then need to do to improve. Share learnings with the whole team during this process.</p> <p>Spend the second half of the session in the water doing first buoy turns and pickups. Again we are working on refining skills. It important to do it over and over again. As a coach you should be giving feedback to each individual on what they are doing well and what then need to do to improve. Share learnings with the whole team during this process. Have a second IRB in the water close to the lane so as a coach you can see what they are doing. Have other team members in the boat at times as well to explain what they need to work on using others as an example.</p>		

March – Week 4

Session 1					
Venue	Beach	Equipment required: <ul style="list-style-type: none"> • IRB • motor • PPE • Lane markers (x2) • turning pole (x1) 	Broad purpose of the training session		
Duration	4 hours		Key skill area 1 Start and Finish Process	Key skill area 2 Changeover Process	Key skill area 3 Tube Swim Process
Refine skills in starts, changeovers and finishes then in the water for tube swims					

List of Key Activities		
START OUT (Warming up) Warm up run, stretch	GET INTO IT (main session activities) Starts, changeover (mass and teams turnaround), finishes – Work on refining skills already learnt. First buoy turns and patient pickups – Work on refining skills already learnt. Tube swim – Work on putting on the tube and preparation for the buoy turn (crew). Work on buoy turn with crew in different position to normal turns. Work on exiting the boat at the right location and to get a good dive off the boat. Work on patient clip up. Work on swim back to the boat. Work on pickup and buoy turn.	FINISH UP (cooling down) Warm down run, stretch Wash down and stow equipment
Key Coaching Aspects		
<p>A repeat of last week again. Repetition.</p> <p>Spend half the session doing a start followed by a changeover (mass) and a finish and then mix it up with some team changeovers. We are working on refining skills. It important to do it over and over again. As a coach you should be giving feedback to each individual on what they are doing well and what then need to do to improve. Share learnings with the whole team during this process.</p> <p>Spend the second half of the session in the water doing first buoy turns and pickups. Again we are working on refining skills. It important to do it over and over again. As a coach you should be giving feedback to each individual on what they are doing well and what then need to do to improve. Share learnings with the whole team during this process. Have a second IRB in the water close to the lane so as a coach you can see what they are doing. Have other team members in the boat at times as well to explain what they need to work on using others as an example.</p>		

April – Week 1

Session 1

Venue	Beach	Equipment required:	Broad purpose of the training session			
Duration	4 hours		Key skill area 1	Key skill area 2	Key skill area 3	
		<ul style="list-style-type: none"> • IRB • motor • PPE • Lane markers (x2) • turning pole (x1) 	Refine skills in starts, changeovers and finishes	Start Process	Changeover Process	Finish Process

List of Key Activities

START OUT (Warming up) Warm up run, stretch	GET INTO IT (main session activities) Starts – Work with individuals to address issues they are each having. Share learnings with everyone, but focus on each individuals weaknesses as they may all be different. Do it over and over and over. Changeover (Mass and Teams turnaround) – Work on individual's weaknesses as you go through as above. Finishes – Again work on the individual level to refine skills.	FINISH UP (cooling down) Warm down run, stretch Wash down and stow equipment
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Key Coaching Aspects

We are now introducing fatigue to our training sessions. Have each crew do two or three mass changeovers in a row before they do a finish. Use two boats if you have the numbers training and the equipment so they can race each other. Racing each other will bring that competitive side into play and will identify further weaknesses when the pressure builds.

Run teams changeovers constantly for 15 – 30 minutes depending on numbers.

April – Week 2

Session 1

Venue	Beach	Equipment required: <ul style="list-style-type: none"> • IRB • motor • PPE • Lane markers (x2) • turning pole (x1) 	Broad purpose of the training session Refine skills in starts, changeovers and finishes		
Duration	4 hours		Key skill area 1 First Buoy Turn	Key skill area 2 Patient Pickup	Key skill area 3 Tube Swim

List of Key Activities

START OUT (Warming up) Warm up run, stretch	GET INTO IT (main session activities) First buoy turns – Work on each team individually. Sit in a boat next to the turning buoy and watch each turn and give advice when needed. Patient pickups – Work on each team individually as above. Tube swims – Again, work with each team individually. But have all the teams out in a boat or in the water watching the other teams. Share learnings with all teams.	FINISH UP (cooling down) Warm down run, stretch Wash down and stow equipment
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Key Coaching Aspects

Get the whole team out in the water as patients. Each crew has to keep doing turns and pickups until the whole team has been picked up (twice through if a small team). Then change crews and repeat over and over and over. Use two boats if you have the numbers training and the equipment so they can race each other.

The Turn and Pickup process is very important and you can lose or gain a lot of ground in this part of the race. It is important to put the effort and time into this component as you do with the start/changeover/finish process.

Ensure that you have the team's safety in mind if conditions are poor or it is cold.

April – Week 3

Session 1

Venue	Beach	Equipment required: <ul style="list-style-type: none"> • IRB • motor • PPE • Lane markers (x2) • turning pole (x1) 	Broad purpose of the training session Refine skills in starts, negotiating the break, changeovers and finishes		
Duration	4 hours		Key skill area 1 Start Process	Key skill area 2 Changeover Process	Key skill area 3 Finish Process

List of Key Activities

START OUT (Warming up) Warm up run, stretch	GET INTO IT (main session activities) Starts – Work with individuals to address issues they are experiencing. Share learnings with everyone, but focus on individual weaknesses as they may all be different. Do it over and over and over. Negotiate the break/buoy turn – Set a can up just past the break so each team can negotiate the break and do a can turn before returning to shore. Changeover (mass and teams turnaround) – Work on individual's weaknesses as you go through as above. Finishes – Again work on the individual level to refine skills.	FINISH UP (cooling down) Warm down run, stretch Wash down and stow equipment
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Key Coaching Aspects

We are now introducing fatigue to our training sessions. Have each crew do two or three mass changeovers in a row before they do a finish. Use two boats if you have the numbers training and the equipment so they can race each other. Racing each other will bring that competitive side into play and will identify further weaknesses when the pressure builds.

Run teams changeovers constantly for 15 – 30 minutes depending on numbers.

Have the whole team watch the crews negotiate the surf. This is another important part of IRB racing. Drivers need to look further than the next wave and plan to hit the smallest part of the wave. They also need to hit the wave at the right speed and communicate with the crewperson to ensure they know if they need to lock in or not. The safety requirements and procedures/infringements in IRB racing should be explained to the team also.

April – Week 4

Session 1

Venue	Beach	Equipment required: <ul style="list-style-type: none"> • IRB • motor • PPE • Lane markers (x2) • turning pole (x1) 	Broad purpose of the training session Refine skills in starts, changeovers and finishes and then turns and pickups.		
Duration	4 hours		Key skill area 1 Start and Finish Process	Key skill area 2 Changeover Process	Key skill area 3 Buoy Turns and Pickups

List of Key Activities

START OUT (Warming up) Warm up run, stretch	GET INTO IT (main session activities) Starts, changeover (mass and teams turnaround), Finishes – Work on refining skills already learnt. First buoy turns and patient pickups – Work on refining skills already learnt.	FINISH UP (cooling down) Warm down run, stretch Wash down and stow equipment
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Key Coaching Aspects

Spend half the session doing a start followed by a changeover (mass) and a finish and then mix it up with some team changeovers. We are working on refining skills. It important to do it over and over again. As a coach you should be giving feedback to each individual on what their strengths and weaknesses are and what they need to do to improve. Share learnings with the whole team during this process.

Spend the second half of the session in the water doing first buoy turns and pickups. Again we are working on refining skills. It important to do it over and over again. As a coach you should be giving feedback to each individual on what they are doing well and what then need to do to improve. Share learnings with the whole team during this process. Have a second IRB in the water close to the lane so as a coach you can see what they are doing. Have other team members in the boat to explain what they need to work on using others as an example.

May – Week 1

Session 1					
Venue	Beach	Equipment required: <ul style="list-style-type: none"> • IRB • motor • PPE • Lane markers (x2) • turning pole (x1) 	Broad purpose of the training session Bring skills together into race format. Compete against other crews if possible.		
Duration	4 hours		Key skill area 1 Surf Rescue Racing	Key skill area 2 Mass Rescue Racing	Key skill area 3

List of Key Activities		
START OUT (Warming up) Warm up run, stretch	GET INTO IT (main session activities) Full races – Set up full course (if you have the numbers and the equipment set up two lanes), undertake full length races with patients. Focus on Surf Rescues and Mass Rescues.	FINISH UP (cooling down) Warm down run, stretch Wash down and stow equipment
Key Coaching Aspects		
Focus on bringing all the components learnt into one race. Having two crews competing against each other brings the competition factor into play and can identify deficiencies.		

May – Week 2

Session 1					
Venue	Beach	Equipment required: <ul style="list-style-type: none"> • IRB • motor • PPE • Lane markers (x2) • turning pole (x1) 	Broad purpose of the training session Bring skills together into race format. Compete against other crews if possible.		
Duration	4 hours		Key skill area 1 Teams Rescue Racing	Key skill area 2 Tube Rescue Racing	Key skill area 3

List of Key Activities		
START OUT (Warming up) Warm up run, stretch	GET INTO IT (main session activities) Full races – Set up full course (if you have the numbers and the equipment set up two lanes), undertake full length races with patients. Focus on Team Rescues and Tube Rescues.	FINISH UP (cooling down) Warm down run, stretch Wash down and stow equipment
Key Coaching Aspects		
Focus on bringing all the components learnt into one race. Having two crews competing against each other brings the competition factor into play and can identify deficiencies.		

May – Week 3

Session 1					
Venue	Beach	Equipment required: <ul style="list-style-type: none"> • IRB • motor • PPE • Lane markers (x2) • turning pole (x1) 	Broad purpose of the training session Run through some learnings on starts, changeovers and finishes. Race strategies.		
Duration	4 hours		Key skill area 1 Start, Changeover and Finish Process	Key skill area 2 Teams Rescue Racing	Key skill area 3 Mass Rescue Racing

List of Key Activities		
START OUT (warming up) Warm up run, stretch	GET INTO IT (main session activities) Starts, changeovers, finishes – Short session focussing on the beach components after mastering the race practice in the last two weeks. Full races – Set up full course (if you have the numbers and the equipment set up two lanes), undertake full length races with patients. Focus on Teams Rescues and Mass Rescues.	FINISH UP (cooling down) Warm down run, stretch Wash down and stow equipment
Key Coaching Aspects		
Focus on individual weaknesses. Run through race strategies		

May – Week 4

Session 1					
Venue	Beach	Equipment required: <ul style="list-style-type: none"> • IRB • motor • PPE • Lane markers (x2) • turning pole (x1) 	Broad purpose of the training session Light session covering beach and in water components. Focus on individuals weaknesses.		
Duration	4 hours		Key skill area 1 Start, Changeover and Finish Process	Key skill area 2 Buoy Turn & Pickup Process	Key skill area 3

List of Key Activities		
START OUT (warming up) Warm up run, stretch	GET INTO IT (main session activities) Starts, changeovers, finishes – Short session focussing on the beach components after learnings from the race practice the last few weeks. Buoy turns & pickups – Short session focussing on the water components after learnings from the race practice the last few weeks.	FINISH UP (cooling down) Warm down run, stretch Wash down and stow equipment
Key Coaching Aspects		
Focus on individual weaknesses. Run through race strategies. Run through the carnival process. Patient requirements etc.		