

# Signal Flag Running

## Fundamentals

Primary component: running  
Additional component/s: agility

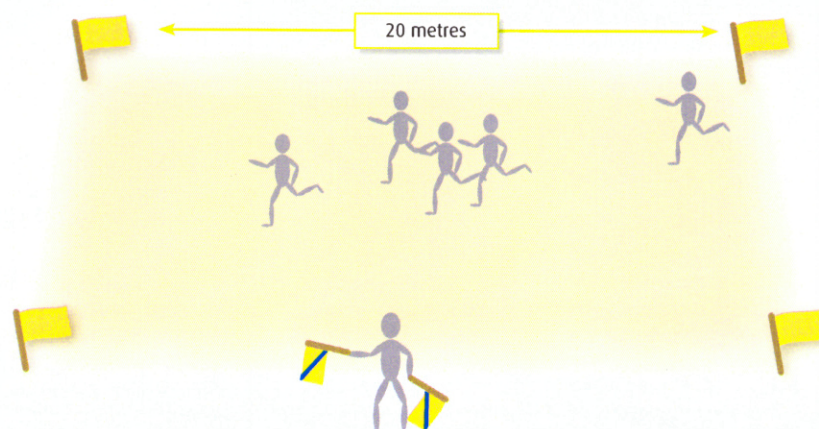
## Description

In a designated area the group must keep as much space between one another as possible whilst running according to the commands of signal flags. I.e. signal flag for go left = run left; signal flag for return to shore = run towards the person signalling; signal flag for proceed further out to sea = run away from the person signalling; signal flag for remain stationary = remain stationary and rest.

## Equipment/location required

Ocean or beach environment, signal flags.

**Diagram 5.** Signal flag running course.



## Coaching points

Encourage individuals to change direction as quick as possible.

## Variations

Include other signals to increase the fun element and learning, e.g. pick up swimmers = individuals pair up and pretend to rescue one another to shore.

Undertake the activity in the shallows to combine wading and dolphin dives into the activity or in flat-water with paddleboards/nipper boards for added variety.