



Sporting Activity Program

1. Action Title	
Sporting Action name:	SNORKELING AT THE BEACH
Date:	[Date of the Event]
Duration:	6 hours
Location:	Beach with safe access and suitable conditions for snorkeling
Organizer	[Insert organisation]

2. Event Objectives
<ol style="list-style-type: none">1. Promote social inclusion through a recreational and educational activity in nature.2. Develop physical, personal and social skills, such as teamwork, confidence and communication.3. Raise awareness about environmental conservation, especially marine ecosystems.4. Encourage physical activity and enjoyment of outdoor environments in a safe manner.5. Encourage active and healthy leisure in a natural environment.6. Teach basic snorkeling techniques, respecting each participant's pace and abilities.



3. Participants	
Target Group:	Direct group: Young people aged 16 to 25, especially those with fewer opportunities Indirect groups: partner's staff, external youth workers, volunteers.
Number of Participants:	20 young people from the target group will be invited.
Staff trainers:	2 (at least 1 for every 10 young people).
External youth workers	2 (at least 1 from each collaborating entity).
Volunteers	Several volunteers will be invited

4. Event Program	
Start Time and Registration	<ul style="list-style-type: none">• 09:00-9:30: Participant Arrival, Registration.<ul style="list-style-type: none">• Description: Check-in and distribution of sporting materials.• Rules: Be punctual, follow the instructors' directions.
Opening Briefing	<ul style="list-style-type: none">• 09:30 - 10:00: Welcome Briefing<ul style="list-style-type: none">• Welcome speech by the organizer Participants will be welcomed and organized into smaller teams for supervision.• "Introduction of instructors, youth workers, and volunteers."• Overview of the sport/leisure activity and objectives• Rules: Be punctual, follow the instructors' directions.
Activity 1:	<ul style="list-style-type: none">• 10:00 – 10:30: Safety Briefing and Snorkeling Equipment Introduction<ul style="list-style-type: none">• Description: Explanation of safety rules, proper use of equipment (mask,



	<p>snorkel, fins), and designated snorkeling areas.</p> <p>Participants will be informed that they must ensure the mask fits well to prevent water from entering; the snorkel mouthpiece should feel comfortable in their mouth, and they should only breathe through their mouth.</p> <p>If water enters, they should lift their head and blow hard to expel it.</p> <p>The fins should be the correct size to avoid chafing. They should walk backward or take small steps.</p> <p>It will be explained that they must always swim in the designated area, marked with buoys, and in groups; they should not stray away from the instructors.</p> <p>Additionally, they will be informed that they should avoid touching marine life or the seabed, as this could damage the ecosystem and cause injury.</p> <p>If they feel cold or tired, they should communicate this to the instructor.</p> <ul style="list-style-type: none">• Basic Rules: Pay attention and respect the instructors' instructions.• Objectives: Ensure safety during the activity and proper use of snorkeling equipment.• Trainers: [trainer's Name]
Activity 2:	<ul style="list-style-type: none">• 10:30 – 11:30: <u>Snorkeling Session</u><ul style="list-style-type: none">• Description: After a brief introduction, participants will be equipped with their masks, snorkels, and fins. In groups of no more than five people, the youth will gradually immerse themselves, becoming familiar with the equipment. <p>Each group will be accompanied by an instructor and a volunteer, who will provide support at all times. After the safety briefing (Activity 1), the equipment (mask, snorkel, and</p>



fins) will be assigned, and the sizes will be checked to ensure they are correct and properly fitted.

The groups will then enter the water (in turn) in an organized manner, swimming in a line with the instructor at the front holding a buoy and the volunteer bringing up the rear. They will swim together in the designated area, observing marine life and learning about the environment.

Under the supervision of the instructor and the volunteer, they will have the opportunity to practice breathing and floating techniques, encouraging calm observation of marine fauna. The instructor will give instructions and respond to participants' signals to ensure safety and coordinate the activity.

If there are more than one group in the water, each group will stay a short distance apart to avoid separation.

- **Biodiversity:**

During the immersion, the instructor will provide information about the species being observed, highlighting the local biodiversity and the importance of conservation. The coast of Gran Canaria hosts a wide variety of species, thanks to its nutrient-rich waters and temperate climate. Some common species include the brightly colored *Vieja* fish, the *Sargo* fish with its distinctive black stripes, and the *Fula*, recognizable by its violet color. On the rocks, schools of *Salemas* or *Bicudas* can be found, as well as octopuses (masters of camouflage) and starfish.

We will remind participants of the importance of not touching or disturbing the species to preserve their habitat. Respectful observation allows us to enjoy the ecosystem without damaging it, maintaining its beauty and health for future generations.



	<ul style="list-style-type: none"> At the end, a structured group exit will take place, and participants will share their experiences on the beach, where questions will be answered and respect for the environment will be promoted. If there are additional volunteers, they will be distributed throughout the water to guide and assist. Basic Rules: <ul style="list-style-type: none"> Stay within the designated areas. Do not stray from the group. Do not dive without the instructor's supervision. Respect the instructors' instructions. Respect the natural space; do not harm or touch marine life. Stay calm in the water. Objectives: <ul style="list-style-type: none"> Familiarize with the water and the equipment. Introduce snorkeling safely. Learn about the species that can be observed during the snorkeling session and raising awareness about the importance of preserving the marine ecosystem. Trainer: [trainer's Name]
Break	<ul style="list-style-type: none"> 11:30 – 12:00: <u>Rest</u> <ul style="list-style-type: none"> Description: A small break to hydrate. Water and fruits will be provided. Opportunity for participants to socialize and enjoy the scenery. A time to relax under the shade and share experiences.
Activity 3:	<ul style="list-style-type: none"> 12:00 – 12:30: <u>Beach Games and Integration Activities</u> <ul style="list-style-type: none"> Description: While Activity 2 (the snorkeling session) is taking place, integration activities or games will be proposed for the young



	<p>people who are not in the water. However, participants, educators, or volunteers may suggest other dynamics.</p> <p>Examples of activities that will be proposed include:</p> <p>1) "The Human Bridge": Participants must build a "bridge" using their bodies to allow a teammate to pass over without touching the ground. This game requires coordination and trust among team members. Each team has 10 minutes to plan and execute the task. Safety is the priority, so they should proceed slowly and carefully.</p> <p>2) "Story Chains": Participants are divided into small mixed groups. Each person shares a brief personal story related to their cultural roots, a dream, or a challenge they have faced. The next group member must continue the story with their own experience, creating a "chain" of interconnected stories.</p> <ul style="list-style-type: none"> • Basic Rules: Play in teams, respect the game rules and others' time. • Objectives: <ul style="list-style-type: none"> - Promote active participation among young people, teamwork, and creativity. - Create an environment of trust and camaraderie where young people can get to know each other better while having fun on the beach. • Trainer: [trainer's Name]
Activity 4:	<p>14:00 – 14:30: <u>Cleanup Activity</u></p> <ul style="list-style-type: none"> • A rest area cleanup activity will be organized, teaching the importance of environmental care. • Volunteers assist with cleanup
Closing Session	<ul style="list-style-type: none"> • 14:30 – 15:00: <u>Event Closing. Wrap-Up and Feedback.</u> • Description: <u>Group Reflection and Sharing Experiences</u> • Group reflection on the activity: What did we learn? How did



	<p>we feel? Participants will share their learning and feelings about the activity .</p> <ul style="list-style-type: none"> • Participant feedback through the evaluation questionnaire. • Group photo. • Thank you and closing remarks by the organizer.
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5. Required Resources	
Sports materials	<ul style="list-style-type: none"> • For snorkeling: <ul style="list-style-type: none"> • Snorkel masks. • Breathing tubes. • Fins. • Support buoys and life jackets for those who need them. • For the beach: <ul style="list-style-type: none"> • Sunscreen. • Umbrellas or shaded areas. • Water and fruits for the break. • Trash bags for beach cleanup. • Games or sports equipment (balls, frisbees).
Personnel and Volunteers' Responsibilities	<ul style="list-style-type: none"> • 2 instructors (at least 1 for every 10 young participants): Will lead the activity, provide the informational talks, and supervise the snorkeling, ensuring participants are safe and enjoying the experience. • 2 External Youth Workers in total (at least one from each collaborating entity). They will accompany the participants and assist with supervision, both on the beach and in the water. They will inform the instructors, if necessary, of any needs the young people may have • Several volunteers. Will assist with logistics (distributing equipment, organizing groups) and supervising both on the beach and in the water, paying attention to individual needs.



Safety and First Aid	<p><u>Safety Requirements:</u></p> <ul style="list-style-type: none">• Initial Safety Briefing: Always follow the instructions of monitors and volunteers.• Before starting, the instructors will inspect the beach to identify any risks such as rocks, strong currents, or unsafe swimming areas.• Do not stray from the group or enter the water without permission.• One monitor will always stay out of the water, observing from the shore. <p>Support buoys will be placed in strategic points within the snorkeling area for rest or to call for help.</p> <ul style="list-style-type: none">• Hydration and Rest: Stay hydrated and rest when necessary. Avoid overexposure to the sun. <p><u>First Aid Requirements:</u></p> <ol style="list-style-type: none">1. First Aid Kit:<ul style="list-style-type: none">• A first aid kit must be available at all times, containing bandages, antiseptics, adhesive tape, scissors, basic medications for allergic reactions, and materials to treat minor cuts or wounds.2. Trained Personnel:<ul style="list-style-type: none">• At least one monitor must be trained in first aid and cardiopulmonary resuscitation (CPR).• All volunteers should be informed about how to act in case of an emergency and how to contact emergency services if necessary.



6. Collaborators

[List of Collaborators]

7. Contact Information

Contact Person:	[Name of Contact Person]
Phone Number:	• [Contact Phone Number]
Email Address:	• [Contact Email Address]

Additional Notes

- Ensure that all participants are informed about the weather forecast and are prepared accordingly.
- Participants should wear appropriate beach attire (swimsuit, towel, flip-flops), a cap to protect against the sun, and comfortable footwear for walking.
- Volunteers should receive an informative session about their roles and responsibilities before the event.
- A photographer will document the event, so permission will be requested to use the images for promotional purposes.