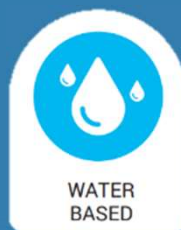
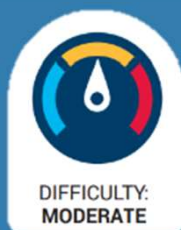


# Rescue scenarios

Extension for rescue strategies



Lifesaving  
education programs

**Utilize learnt skills in various rescue techniques to respond to different scenarios and aquatic environments.**

## Equipment

- ☐ Reach rescue items
- ☐ Throw Rescue items
- ☐ Tow rescue items.
- ☐ Other everyday equipment that could be used such as a body board or ropes.

## Instructions

- 1) Group participants in equal numbers of similar abilities.
- 2) Send all members of the group and one instructor into the water, with one member of the team staying out of the water – they will become the first rescuer.
- 3) The rescuer must speak with the instructor prior to entering the water and explain how they will complete the rescue. The instructor will give the rescuer a "scenario" that caused everyone to enter the water. This can also be a reminder for our rescuers to call for help and tell an adult before entering the water.
- 4) The rescuer will retrieve the first swimmer out of the water with whatever rescue technique they determine to be the safest.
- 5) Once the swimmer has been rescued, they will then retrieve the next member of their team.
- 6) The group must work together to rescue all team members safely whilst racing against opposing teams.

## Adaptions:

- Challenge participants by consistently changing the rescue scenario. Introduce variations in the type of equipment available, such as having some participants complete a "talk rescue" mimicking a pool setting or a "rope rescue" in an inland water way location.
- Scenario ideas: boat crash, large wave while rock fishing, flash flood, slippery river bank, flash rip.

