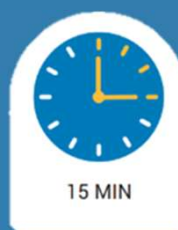


Tow rescues

Extension for rescue strategies



Lifesaving
education programs

Taking an aid in any swimming rescue is the safest option and allows the rescuer to perform a non-contact tow

Instructions

- 1) Have participants pair up with one in water (casualty) and one out of the water (rescuer). Remain in waist deep water.
- 2) Rescuer to attempt a talk, reach and throw rescue.
- 3) If not effective, rescuer to ensure their own safety first by only entering water if safe to do so. Have them notify a third person before going in water.
- 4) Rescuer to enter water and make way towards the casualty and offer their rescue item for the casualty to hold on to.
- 5) Rescuer to bring casualty safely to shore and place them in recovery position until help arrives.
- 6) Remind rescuer that if they ever feel they are in danger themselves, they should let go of the rescue item and swim to shore by themselves safely.



Demonstrate the skill



Practice the skill

Equipment

- ❑ Rescue items suitable for tow rescue: Towels, noodles, rescue tube, kickboard etc.

Non-contact tow techniques

Buoyant aids: if there is no attached line, hold the aid out in front of the body or between the legs. If a line is attached (i.e., Rescue tube), have the aid float behind rescuer so it does not impede swim stroke.

Non rigid aids: With a non-rigid aid (like a towel), these can be carried draped around the neck or shoulders while swimming.

Hand signals: Hand signals are vital for lifeguards to perform rescues! Incorporate hand signals (from the "volunteers on patrol" extension card when completing tow rescues

Contact tow rescues need defensive rescue techniques (see deep water rescue) extension card