

Survival strategies



Lifesaving education programs

In this activity, participants will learn how to correctly fit and wear a lifejacket, along with the HELP and HUDDLE survival positions.

Outcomes:

- Demonstrate the correct putting on, fitting and removal of a life jacket
- Recognise and describe the safety features of a lifejacket
- Demonstrate the HELP and HUDDLE survival positions

Equipment:



☐ Type 1 lifejackets
(1 per participant)



☐ Type 2 lifejackets
(as examples)

Key messages:



Never swim or recreate alone
Always swim with a friend



Always wear a lifejacket
when boating or rock fishing



Know what to do in an
emergency situation



Call for help



Be aware and be prepared



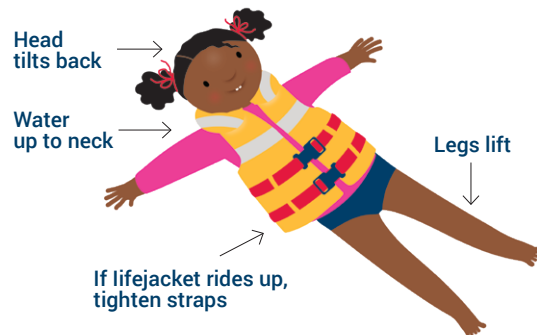
Survival strategies

Instructions:

- 1 In a group discuss what participants know about lifejackets, including the consequences of a lifejacket that is too big or too small. Discuss the difference between Type 1 and Type 2 lifejackets.
- 2 Hand out the lifejackets and have participants practise putting them on, pointing out all features:



- 3 Once all participants have their lifejackets on correctly, lead them into waist depth water and practise the floating position.



- 4 Demonstrate and practise the HELP (Heat – Escape – Lessening – Posture) position and discuss its purpose.



- 5 Demonstrate and practise the HUDDLE position and discuss its purpose.



Video demonstration



Key questions:



Q. What is the purpose of a lifejacket?

A. Lifejackets allow people to float on the water while awaiting rescue.

Q. Why are lifejackets brightly coloured?

A. Lifejackets are brightly coloured so that rescuers can spot the wearers. They also have high visibility strips and whistles attached for attracting attention.

Q. Why is it better to put on a lifejacket before entering the water?

A. Accidents happen quickly. There may not be time to pick up or put on your lifejacket if you encounter a water hazard (eg: slip off rocks). It is also incredibly difficult to put on a lifejacket when in the water.

Dry modification: Relay race

Divide participants into two lines standing opposite each other with a lifejacket on the ground in front of them. On the command, the first participant will put on the lifejacket, run to the group member opposite them, take off the lifejacket and give it to the next person to put on. Continue the activity until everyone has had a go.