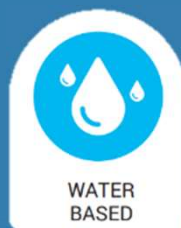
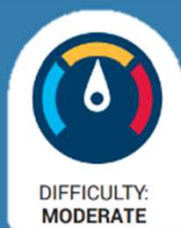


Board rescues

Extension for safe boarding



Lifesaving
education programs

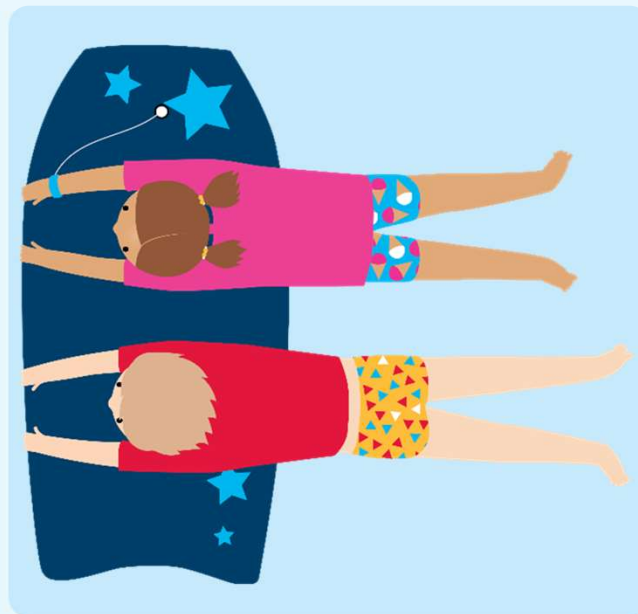
Lifesavers use boards to rescue people in the water. Participants will use boards to practice the base skills to assist a swimmer in trouble

Equipment

- ☐ Body boards (one per two people)

Instructions

- 1) With participants in pairs, demonstrate rescues on dry land.
- 2) Have one participant enter the water and call for help.
- 3) Paddle to the person in trouble.
- 4) Advise the patient that you are there to help and they should remain calm and listen to your instructions.
- 5) Slide off the board, keeping it between you and the other person.
- 6) Instruct the person to hold onto the long side of the board.
- 7) Hold on next to them and both kick back to safety.
- 8) Take turns making sure each person practices being the patient and the rescuer.



Rescue relay

- Once you have mastered board rescue skills, put them to the test with a relay race!
- In partners, with one in the water and one on land with a board, see who can perform a rescue and bring their patient to safety the quickest.