

Survival scenarios



Lifesaving
education programs

Extension for survival strategies

Students will experience two scenarios to understanding what to do in an emergency on the water.

1 Scenario 1:

- Set the Scene: A boat has sunk and it is night time. Thankfully, everyone has a life jacket on.
- Have participants work as a team and form a HUDDLE position.
- Then, ask the participants to number off (to ensure they can keep track of each other).
- Remove an individual from the HUDDLE and ask participants to number off again – this time showing a person is missing.
- Discuss with the participants what they would do next. Use voices and teamwork to find the individual.

2 Scenario 2:

- Set the scene: A boat has sunk and the participants can see land. Thankfully, everyone has a life jacket on.
- Have the participants work as a team to decide what they should do.
- They may form a HUDDLE position or they may decide to 'swim for shore'.
- Encourage them to swim continuously (wearing the life jackets) for 5m to 50m (depending on ability).
- Add in 'waves and currents' by moving the water with kickboards etc.
- Using a blow-up boat, kayak, pool mat or blow-up pool, have participants practise getting in and out of the craft wearing a life jacket.

Equipment:

- ☐ Kickboards
- ☐ Blow-up boat, kayak, pool mat or blow-up pool



Survival breaststroke

- To perform breaststroke, participants keep their body position as flat as possible in the water, and show correct timing of glide, pull, breathe, kick, glide sequence with symmetrical leg and arm actions.
- The legs first bend at the knees and the feet bend up towards the buttock to begin a whip kick. Move the feet to make a 'V' position, then push legs out to a glide.
- The arms follow the catch and out-sweep, down-sweep, in-sweep and recovery movement making sure the arms don't pull/push past the chest.