

Talk, Reach, Throw



Lifesaving
education programs

Lesson: Rescue Strategies | Difficulty: Medium | Time: 10 minutes

Introduction

In this activity, participants will practice different types of non-swimming rescue techniques, to assist someone in trouble in the water.

Key messages

- Be aware and be prepared
- Never swim alone
- Call for help
- Know what to do in an emergency

Equipment

- Everyday rescue items (rescue bag)
- Rescue tubes

Instructions

- 1) Introduce the importance of self-preservation. Discuss checking for dangers before completing a rescue, and never entering the water.
- 2) Explain and demonstrate the 3 types of non-swimming rescue techniques (Talk, Reach and Throw) and how to perform each one safely.
- 3) Have participants work in pairs to practice both roles within each of the rescue techniques, switching between being the rescuer and the person in trouble.



Key questions:

Q: What do you need to remember before rescuing someone so that you ensure your own safety?

A: Remember the four A's:

- Awareness - recognising an emergency, accepting responsibility
- Assessment - making an informed judgement
- Action - developing a plan, effecting the rescue
- Aftercare - giving first aid until medical help arrives

Q: Why can rescuing someone be dangerous?

A: On average, five people lose their lives each year while attempting to rescue people in trouble. Often, when you approach a person in difficulty, they may be in a state of panic and can easily drag you under in their attempt to stay afloat.

Q: What everyday items could be used to rescue someone?

A: For a reach rescue, you want something long that you can reach to the person in trouble such as a pool noodle, branch, rolled up towel or an umbrella.

A: When doing a throw rescue, make sure the object you throw can float like a beach ball, upside down eskie or an empty closed plastic bottle. Ropes are also great for rescuing someone – throw it out to them, ask them to hold on and pull them back to safety!

Q: I have rescued someone from the water, what should I do next?

A: After rescuing someone, it is important to keep them calm by reassuring them that they are now safe. Do not leave them (unless it becomes dangerous to stay), as they might still need your help. Call for an adult, lifeguard or 000 to help you get them out of the water.



1. Talk rescue

Can I talk to the person, calming them down and directing them to a safer location?



2. Reach rescue

Is there something around me that I could use to reach the person like a rope, stick or towel?



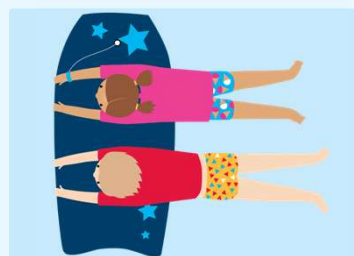
3. Throw rescue (rope)

Can I wade out to the person and then throw something to them like a towel to pull them to safety?



3. Throw rescue (object)

Is there a floating object around that I could throw to the person so they can hold on to it and swim to safety or wait to be rescued?



4. Tow rescue

Can I safely swim out to them, and while keeping a safe distance, pass them a buoyancy aid and accompany them to safety?

Billabongs, dams and creeks



Lifesaving
education programs

Lesson: Rescue Strategies | Difficulty: Medium | Time: 10 minutes

Introduction

Billabongs, creeks and dams can often be very shallow and hazardous to dive or jump into. There may be submerged logs and rocks just under the surface.

Key messages

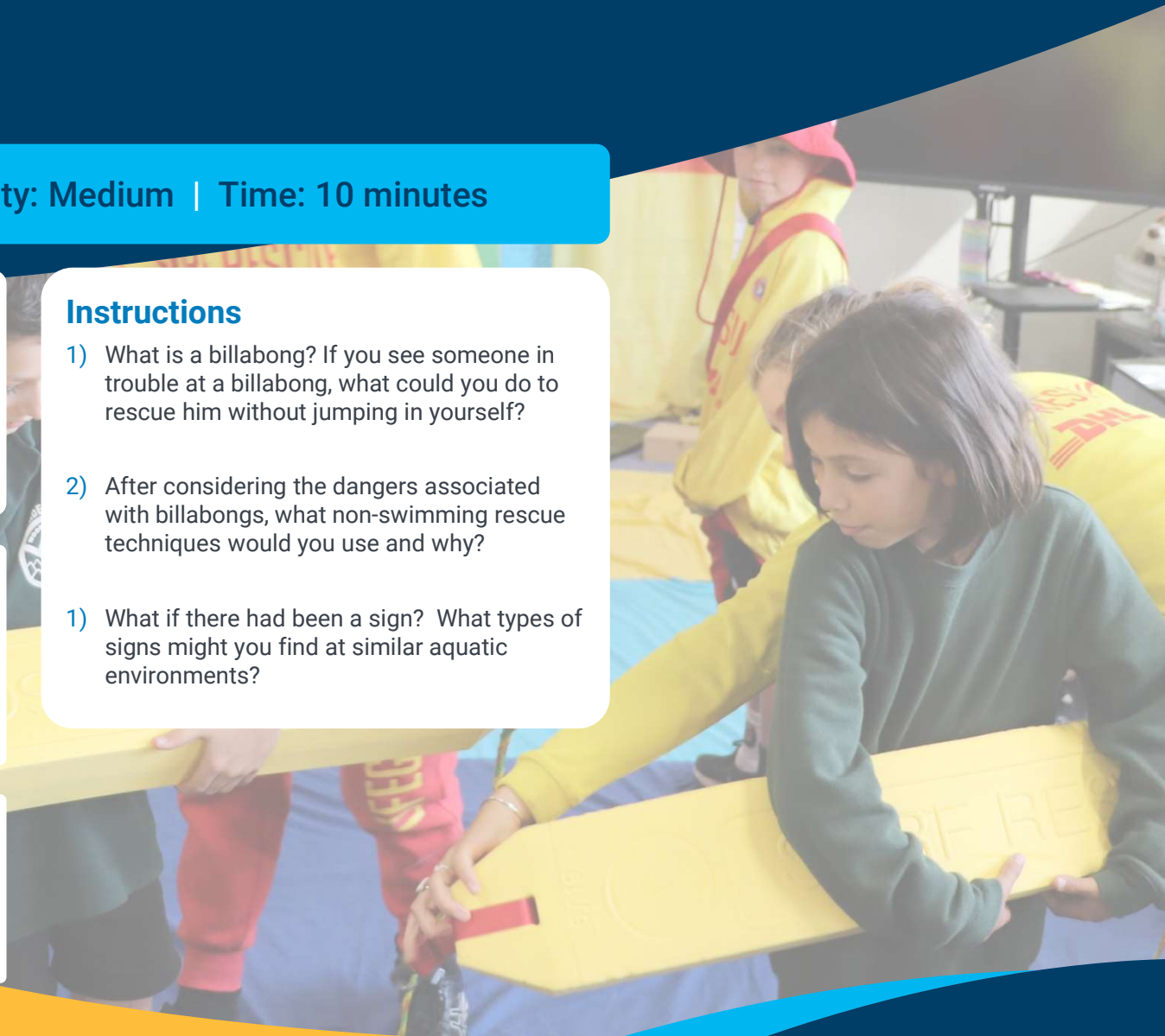
- Be aware and be prepared
- Never swim alone
- Call for help
- Know what to do in an emergency

Equipment

- Everyday rescue items (rescue bag)
- Rescue tubes
- Danger signs

Instructions

- 1) What is a billabong? If you see someone in trouble at a billabong, what could you do to rescue him without jumping in yourself?
 - 2) After considering the dangers associated with billabongs, what non-swimming rescue techniques would you use and why?
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- 1) What if there had been a sign? What types of signs might you find at similar aquatic environments?



Key questions:

Q: What is a billabong?

A: A billabong is an isolated lake or pond that is left behind after a river loop is cut off when the river channel changes course in between changing seasons and after heavy rain.

Q: What are some dangers of swimming in farm dams, creeks, and billabongs?

A: Dangers can include getting trapped in mud or weeds, being bitten by snakes or other animals, and catching water-borne illnesses.

Q: How can you stay safe around farm dams, creeks, and billabongs?

A: Always swim with a friend, never swim alone, wear a life jacket, staying away from areas with strong currents or deep water, and avoiding areas with vegetation or debris in the water.

Q: How can you identify areas with strong currents or deep water?

A: Look for signs such as fast-moving water, areas with lots of debris, or areas where the water suddenly becomes much deeper.

Q: What should you do if you get trapped in mud or weeds while swimming?

A: Try to remain calm and slowly make your way back to shore. Don't panic or struggle, as this can make it harder to get free.

Q: What should you do if you see a snake or other animal while swimming?

A: Move away slowly and give the animal plenty of space. Never approach or try to touch the animal.

Q: How can you avoid catching water-borne illnesses while swimming?

A: Avoid swallowing the water and try to keep your head above the surface. Shower after swimming and avoid swimming if you have any open cuts or wounds.

Q: Why should you avoid areas with vegetation or debris in the water?

A: Vegetation and debris can conceal hazards such as slippery banks, rocks or sharp objects, and can make it harder to swim or get out of the water.

SNAPSHOT - RIVERS, CREEKS, LAKES AND DAMS 2011/12 TO 2020/21



"Drowning in rivers, creeks, lakes and dams, a 10 year analysis 2011/12-2020/21", Royal Life Saving Australia



Warning signs (yellow)

Mean that extra care should be taken as dangers are known to exist at this location



Prohibition signs (red)

Means the activity should not be done in this area under any circumstances

To the Rescue!



Lifesaving
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Lesson: Rescue Strategies | Difficulty: Hard | Time: 10 minutes

Introduction

This lesson looks at different rescue items you can use if ever they see a person in trouble in the water.

Key messages

- Be aware and be prepared
- Never swim alone
- Call for help
- Know what to do in an emergency

Equipment

- Everyday rescue items (rescue bag)
- Rescue tubes

Instructions

- 1) Tell a story about a time you or someone you know has been involved in a successful rescue.
- 2) Place different pieces of everyday rescue equipment items in different corners of the room
- 3) After telling a scenario (eg. Your friend has fallen in the pool at home), ask participants to stand in the corner which has the best rescue items for the scenario
- 4) Talk about the benefits and limitations of each rescue item in the scenario.



How to perform a rescue with a tube

- 1) Put strap across body prior to entering water (like a seatbelt)
- 2) Enter water and approach person (in a defensive position)



- 3) Instruct to put both arms over tube, hold across chest



- 4) Secure by clipping and swimming back to shore



What else can we use in a rescue?

All of these items can be used in lots of different ways in a rescue. Discuss with your participants all the different ways we could use these everyday items to rescue someone!



Press Play



Lifesaving
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Lesson: Rescue Strategies | Difficulty: Medium | Time: 10 minutes

Introduction

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Equipment

- Everyday rescue items (rescue bag)
- Rescue tubes

Instructions

- 1) Create a river scene by placing a tarp or rope in front of the class. Have 2 volunteers in front of the class.
- 2) Using a pretend remote control, press "play", "rewind" and "stop" through your scenario. Make participants freeze or rewind if they do something dangerous. Explain the best way to rescue someone instead.
- 3) Scenario: Two people are playing with a football on the riverbank. The ball goes in the river and one person goes in after it, but then gets swept away in the river. The second person now needs to rescue their friend safely.



Key questions:

Q: What should you do first if you see someone struggling in the water?

A: Call for help! If you're near the shore, shout for an adult or lifeguard. If you have a phone, call 000.

Q: Can you jump in the water to rescue someone if you don't know how to swim?

A: No, you should never jump into the water to rescue someone if you don't know how to swim. This could put both you and the person you're trying to rescue in danger.

Q: What should you do if you're the one who falls in the water and needs help?

A: Try to stay calm and keep your head above water. Call for help if you can. If you can't swim, try to stay afloat by holding onto something that floats, like a boogie board or football

Q: Can you swim out to help someone if they're drowning far from shore?

A: Only trained lifeguards or adults that are confident swimmers can do this. You should never swim out to help someone who is far from shore and struggling in the water. This is very dangerous and could put you in danger as well.

Q: What's the best way to help someone who is struggling in the water close to shore?

A: If someone is struggling in the water close to shore, you can throw them a rope or something that floats that they can hold onto while you pull them to safety.

Q: Why is it important to know how to swim and be safe around water?

A: Knowing how to swim and be safe around water can help prevent accidents and save lives.

STOP!

What do you need to think about before completing a rescue?

- **A**wareness - Spot the person in trouble and determine if they are in trouble.
- **A**ssessment - making an informed judgement about your ability to help in the situation
- **A**ction - develop an action plan, always prioritising your own safety over anyone else. Carry out the rescue if it is safe to do so.
- **A**ftercare - reassuring the patient that they are now safe while you wait for medical help.

