

Rescue strategies



Lifesaving
education programs

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

Outcomes:

- Demonstrate how to properly perform a Talk, Reach and Throw rescue
- Understand when to use different types of rescues

Equipment:

- ☐ Reach rescue items (one between two):
 - reach pole/pool noodle
 - cricket bat
 - umbrella
- ☐ Throw rescue items (one between two):
 - kickboard
 - lifejacket
 - eskie
 - bike helmet
 - balls
- ☐ Other everyday items that could be used for a Reach or Throw rescue

Key messages:



Never swim or recreate alone
Always swim with a friend



Be aware and be prepared



Know what to do in an emergency situation



Call for help



Rescue strategies

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. Remind participants to secure the person at a point of safety, following each rescue.
- 3 Have participants work in pairs to practise both roles within each of the rescue techniques, switching between being the rescuer and the person in trouble.
- 4 A tow rescue is completed by trained professionals. Before practicing a tow rescue, it is important that students understand "I am the most important person".
- 5 Explain that you should never perform a tow rescue if you could also find yourself in danger.
- 6 After explaining this, practice tow rescues using a variety of different items - including a lifeguard's rescue tube. Check out the "tow rescue" extension card for instructions!

Talk

Using a loud, clear voice **talk**, calming them down and directing them to safety.



Reach

Using a long object **reach** out to them. Get low to the ground when pulling them in, so you don't fall in.



Throw

Using items that float, **throw** to the person to aid their buoyancy, and encourage them to kick back to safety.



Video demonstration



Key questions:



Q. How do you identify someone who is in trouble in the water?

- A.
- They might be calling for help
 - Struggling to keep their head above the water
 - 'Climbing the ladder'

Q. What do you need to consider when making decisions about performing a rescue?

- A.
- The environment and circumstance which has caused the problem
 - The degree of urgency
 - Your own ability level
 - If the rescue can be attempted without entering the water
 - If help is available from other adults and/or emergency services

Dry modification: Dry rescues

Practise the rescue techniques on land with a rope or line in the sand/dirt to represent the 'water's edge', move into water if/when comfortable.