

# Rope and tube rescues



DIFFICULTY:  
MODERATE



WATER  
BASED



10 MIN



Lifesaving  
education programs

## Extension for rescue strategies

Throw rescues allow you to help from a distance and remain safe. In this activity, learn how to master a throw rescue using ropes and tubes.

### Equipment:

- ☐ Ropes
- ☐ Rescue tubes
- ☐ Bean bags

- ☐ Hula hoops
- ☐ Buckets

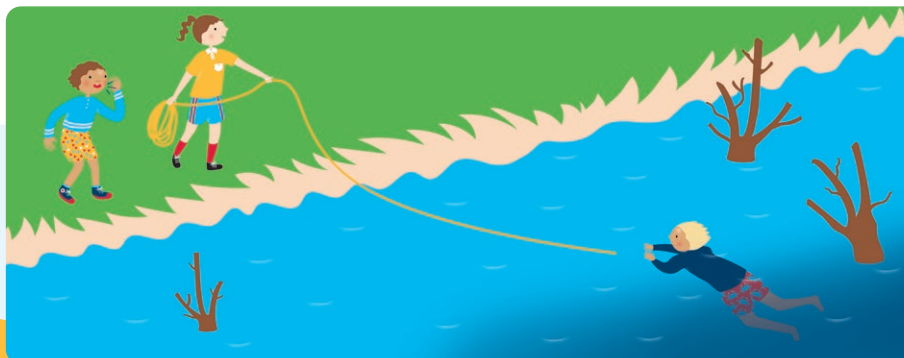
#### 1 Target Practice

1. Set up playing area with a row of hula hoops, and a row of buckets filled with bean bags opposite the hoops.
2. Have each participant stand behind one bucket each.
3. On the command "Go!", participants should try to fill their hula hoop with as many bean bags by throwing them from behind their bucket.
4. On the command "Stop!" see how many bean bags each participant landed in their hula hoop.
5. Have another go to try and beat your own score!

#### 2 Rope Rescue

To perform a weighted rope rescue:

1. The rope should be coiled evenly to avoid tangling.
2. Secure the end of the rope to a fixed object or place under your foot.
3. Swing the rope and release it using an underarm throw.
4. Instruct the person to hold the rope with both hands securely and lie on their back.
5. Pull-in steadily using a hand-over-hand technique.
6. The rescuer should keep in a low body position (e.g. lie on the ground) to avoid being pulled into the water!



#### 3 Rescue tube

1. Enter the water holding the tube under your arm and wade to knee depth before throwing the tube to the side.
2. Observe your patient continually.
3. Swim until you're within 2 metres of the patient and tell them what you are going to do.
4. Push the tube towards the patient while reassuring them.
5. Clip the patient into the tube and begin to swim back to the beach towing the patient.
6. Assist from the water.

