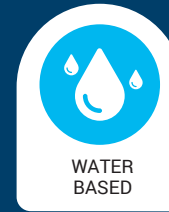


# Safe boarding



Lifesaving education programs

Lifesavers use boards to rescue people in the water. In this activity, participants will use boards to practise the basic skills required to assist a swimmer in trouble.

## Outcomes:

- Recognise how boards can be used to assist swimmers in trouble
- Develop board skills of balance, paddling and kicking
- Demonstrate the basic board skills required to assist a swimmer in trouble

## Equipment:

- ☐ Body boards
- ☐ Shallow area for participants to gain confidence getting on/off the boards
- ☐ Lifejackets (only needed when using boards deeper than waist depth under supervision)

## Key messages:



Never swim or recreate alone  
Always swim with a friend



Swim between the flags



Know what to do in an emergency situation



Call for help



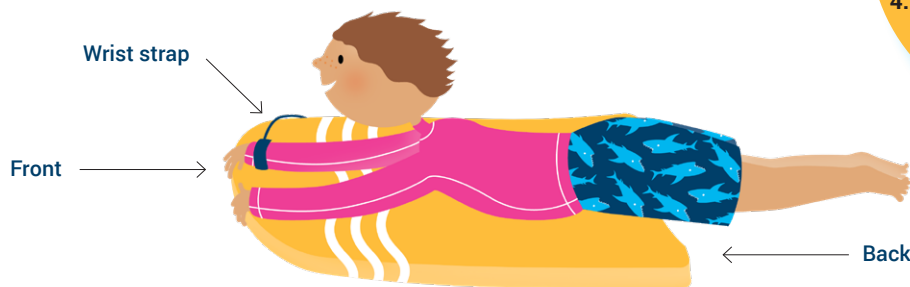
Be aware and be prepared



# Safe boarding

## Instructions:

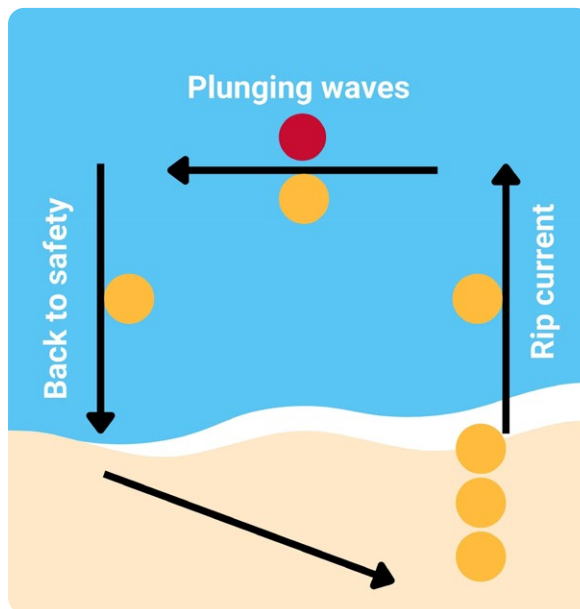
- 1 Place boards in a circle or semi-circle formation with each participant positioned next to a board.
- 2 Identify and explain the different parts of the board.



- 3 Demonstrate the following board skills, and ask participants to copy:
  - Laying down on the board in correct position
  - Paddling with both hands
  - Kicking
  - Turning
- 4 Move into shallow water and demonstrate how to safely enter with a board. Have participants practise skills they have learnt.
- 5 Have participants enter the water and practice the skills they have learned, travelling in a box formation, with instructor at deepest point, creating waves for the participants to navigate.
- 6 For inland waterways, you may need to set up in deeper water. To do this, have one instructor on a rescue board downstream of rip/current and one instructor as a catcher below. Participant must be wearing lifejacket. Participants to practice kicking and paddling against the current to calmer water and catching waves/currents back to shore.

### Using a body board:

1. Position on stomach, bottom of board at waist, nose in line with wrist strap anchor.
2. Legs kick in a flutter kick motion.
3. Arms similar to freestyle - cupped hands and dig deep.
4. Lean body in the direction you wish to turn.



## Video demonstration



## Key questions:



**Q. Why do Lifesavers use boards for rescues?**

A. Rescue boards provide a fast, reliable means of reaching people and, if required, can support multiple people in the water.

**Q. Why is it better to carry the board than drag it?**

A. Carrying the board is faster, less resistant and quicker to jump on, when you reach the water.

**Q. When is it better to drag the board?**

A. It may be easier to drag the board when the weather is very windy.

## Variation:

For those participants who are unable to confidently balance themselves, assist them by holding the top of the board and pulling them through the water.

When two instructors are available, one positions themselves at the deepest point and the other positions themselves in the shallows/on shore