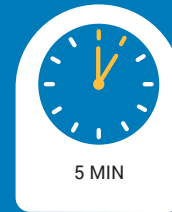


# Rescue relay



Lifesaving  
education programs

## Extension for rescue strategies

**Test your ability to perform a rescue under pressure by helping your team complete efficient rescues with proper technique!**

### Equipment:

- ☐ A mix of everyday objects for rescues (balls, noodles, ropes etc.)

- 1 Group participants into 'Rescue Teams' of 3 or 4.
- 2 Have one person in the water to be rescued and calling for 'Help!'.
- 3 One person from the team is to throw a rope or flotation device out and guide the person to safety.
- 4 Once the person is safely on land, the rescuer goes into the water to be rescued while the next person in line becomes the rescuer.
- 5 Repeat until everyone has had a go at rescuing and being rescued.
- 6 Repeat using variations above (using different rescue techniques and/ or objects, starting in deeper water, wade out first etc.).

