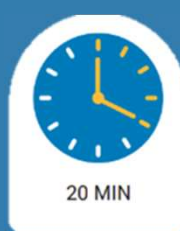


Deep-water rescues

Extension for rescue strategies



Lifesaving
education programs

Lifeguards complete rescues in all different types of waterways. Confident swimmers will be extended in this activity to complete a deep-water rescue with a tube and board.

Instructions

- 1) Before this activity, ensure all swimmers can confidently swim to and from your rescue zone.
- 2) Reinforce the concept of self-preservation regularly so participants consider their own safety during a rescue.
- 3) Introduce and demonstrate defensive rescue techniques.
- 4) Have one participant tread water in deep water. One instructor should be within arms reach, with rescue equipment.
- 5) The other participant will be standing on the shore. The second instructor must be on the shoreline with rescue equipment, and ready to enter the water if the "rescuer" needs assistance.
- 6) All other students should be out of the water.
- 7) Complete 1x rescue tube rescue and 1x board rescue for each pair of participants using defensive rescue techniques.

Defensive rescue techniques

When approaching a casualty, a rescuer should always adopt the defensive position:

- Maintain a safe distance – 2m away from the casualty.
- Lean slightly backwards, keep one leg tucked and push the other leg forward.
- Scull hands to maintain the position in the water while reassuring the casualty and handing them rescue item.

If the casualty attempts to lunge towards or grasp the rescuer, the rescuer should use the reverse action:

- Tuck legs quickly under the body and push them forward.
- Kick vigorously away from casualty – strong big kicks and use hands and arms to increase acceleration.
- Re-adopt the defensive position to re-assess the situation.

Equipment

- ☐ Rescue tubes
- ☐ Rescue boards



1:2 ratios must be used for this activity. Rescue equipment and/or lifejackets must be within arms reach of all participants