

SESSION PLAN - POOL RESCUES

Modified Rules for Pool Rescues to be used

- **Tube Rescue.** Patient to stand in water 15-25m from wall. Rescuer to put on fins and tube with sash over shoulder and sash join near hip of strongest side. Coil rope into loops and hold rope and tube in strong hand. On 'Go' enter water, release rope and tube, and swim to patient. Attach tube to patient and clip up. Ask patient to lie on back and kick. Swim, towing patient back to starting point.
- **CAUTION** – advise swimmer to be careful entering the water wearing fins (it is sometimes advisable to put fins on after the swimmer has entered the water). Make sure you watch the rope so that it does not hook on anything during entry.
- **Line Throw.** Patient to enter water with end of rope and walk out from wall about 10-12m. Rescuer to remain on pool deck with other end of rope in hand. Patient to pull excess rope towards their end. On 'Go' rescuer coils rope into hand, keeping one end of rope in hand, throw rope to patient. Patient grabs rope with both hands, lies in the streamline position and kicks, with rescuer pulling patient into the wall. NOTE - if the rope does not reach the patient, the rescuer must recoil the rope and throw again. A time limit can be placed on the rescue to add pressure to the rescuer.
- **Brick Carry.** A fluorescent-coloured, taped house brick is placed on the pool bottom about 12m from the wall. The rescuer swims towards the brick, on sighting the brick they take a final breath and dive to the bottom, picking up the brick in one or two hands and pushing off the bottom with both feet. On nearing the surface, the swimmer adopts a position to carry the brick which is achievable for them. This may be on their back with the brick held to their chest, side stroke with the brick held to their chest or freestyle with the brick held to their back or thigh. The swimmer then swims the remaining distance to the wall. Distances can be varied.



Equipment

- 3 – 4 Rescue tubes
- 3 – 4 House brick taped up with Fluro gaffa tape
- Ropes suitable for line throw 15m + x 3-4 (can be purchased from Royal Life Saving)
- Fins and goggles (personal)

YouTube Support Videos

- Tube Rescue: <https://youtu.be/qcZ4uUKxhxs>
- Line Throw: https://www.youtube.com/watch?v=x_AdcseR_uk
- Brick Carry: <https://youtu.be/Z97sDxODhu4>
- Surf Life Saving Signals: <https://www.youtube.com/watch?v=g20lq-ihPfs>

Session 1: Introduction to Pool Rescues

Session Stage	Activity	Teaching Notes
1. Swim proficiency	100m continuous swim	Participants in this program need to be competent swimmers
2. Introduction & demonstration	1. Rescue tube 2. Brick 3. Line throw	<ul style="list-style-type: none"> • Description of parts • Explanation of tube usages • On land demonstration of how the tube is placed on patient, clipped up and tow. • Explanation of how the brick is used in the Pool Rescue • This skill of swimming, location of the brick and then diving to retrieve the object and pushing off the bottom can be a useful and fun skill to learn. • The line throw skill is an important lifesaving skill • Learning it can be fun and addictive. In international competition competitors can throw the line out 15m and retrieve a patient in under 12 seconds.
3.Practice	Tube rescue	<ul style="list-style-type: none"> • Divide group into pairs with one person a patient and the other the rescuer • Patient waits and, on the word, 'GO' rescuer swims to patient, clips up tube, and tows to start. Patient assists by laying back and kicking. Vary distance of patient. Shorter distance to start. Change roles. Practice skill

Session 2: Tube Rescue & Line Throw

Session Stage	Activity	Teaching Notes
1. Warm Up	<ul style="list-style-type: none"> • 100m freestyle • 2 x 50s freestyle • 2 x 50s freestyle with fins • 100m freestyle 	<ul style="list-style-type: none"> • Warm up in swimmers own time. • Have fins on pool deck ready to use. • 15-20 sec rest between each.
2. Tube Rescue	<ul style="list-style-type: none"> • Revision of tube rescue techniques • Swimmers in pairs • Practice tube rescue x 2 each • Timed rescue 	<ul style="list-style-type: none"> • Warning – Watch tube rope does not catch on • Patient swims out from the wall approx. 20m and waits. • On the word 'Go' rescuer swims with tube and fins, approaches patient, attaches tube to patient and tows to starting point. • Record times for each rescuer. Swap roles.
3. Signals	<ul style="list-style-type: none"> • Revision of surf lifesaving signals. • Assistance required • Return to shore • Attract attention • Remain stationary • Go to the left • Go to the right 	<ul style="list-style-type: none"> • Assistance required can be used in the tube rescue scenario
4. Line Throw	<ul style="list-style-type: none"> • Line throw competition rules explained. • Demonstration – rope recoil; line throw; patient retrieval 	<ul style="list-style-type: none"> • Swimmers to be paired off • Patient in water 10-12m from pool deck • Rescuer to practice recoil, throw and retrieval

Session 3: Line throw & brick pick up

Session Stage	Activity	Teaching Notes
1. Warm up	<ul style="list-style-type: none"> • 100m freestyle • 4 x 50s freestyle • 4 x 50s free with fins • 100m freestyle 	
2. Signals	<ul style="list-style-type: none"> • Signal revision • Attract attention • Assistance required • Return to shore • Move to left • Move to right • Remain stationary 	<ul style="list-style-type: none"> • Practice of signals • Swimmers to remain in water and respond to instructors' signals
3. Line throw	<ul style="list-style-type: none"> • 3 throws for each person with patient to be towed in • Each person to have one timed line throw. 	<ul style="list-style-type: none"> • Record results
4. Brick carry	<ul style="list-style-type: none"> • Demonstration of brick pick up • 4 x 25s freestyle - Swimmers to practice 	<ul style="list-style-type: none"> • Instructor to demonstrate sighting of brick, dive to bottom, retrieval, and one arm swim returning to the wall. • Swimmers to take turn at 'setting' the bricks

	<p>dive and push off (without brick) at halfway point, strong two foot push off and streamline to surface, continue swimming to wall</p> <ul style="list-style-type: none"> • 4 x 25s freestyle. Same as above but simulated brick held on thigh or lower back and shorter one arm stroke to wall. 	<ul style="list-style-type: none"> • Breath to be taken on the same side as the used single arm every 2nd or 3rd stroke. • Kick to be strong and fast • Single arm stroke to be shortened
5. Brick pick-up timed	<ul style="list-style-type: none"> • 4 x 25s freestyle with brick pick up 	<ul style="list-style-type: none"> • Swimmers to swim 12.5m, dive to retrieve brick and swim one armed to 25m mark. Brick can be carried on back, held close to chest or alternatively swimmer does a one arm backstroke with brick on chest. • Whatever method is comfortable for the swimmer.

Session 4: Pool Rescue general practice

Session Stage	Activity	Teaching Notes
1. Warm Up	<ul style="list-style-type: none"> 200m freestyle 4 x 50s free 4 x 50s free with fins 4 x 50s free with pretend brick pick up at 25m mark 	<ul style="list-style-type: none"> Try to do dive efficiently and push off strong and streamline up to surface.
2. General Practice	<ul style="list-style-type: none"> Divide group into 3 Separate off and practice skills for 30 minutes (10min for each skill) Line throw Brick pick up Tube rescue 	<ul style="list-style-type: none"> By this stage swimmers should have a good understanding of the three disciplines Minimal supervision required to fine tune Positive reinforcement
3. Timed Line throw	<ul style="list-style-type: none"> Line throw 	<ul style="list-style-type: none"> Patient to be standing at 10m mark. Rope extended past patient and other end of rope in rescuers hand. On 'Go' rescuer winds in rope, throws to patient and pulls patient in to touch wall. If the rope does not reach patient on first throw, rescuer must wind rope in again and throw. 60 second time limit. Record time.

4. Timed Tube Rescue	<ul style="list-style-type: none"> • Tube Rescue 	<ul style="list-style-type: none"> • Patient to standing at 25m mark. • Rescuer wearing tube and fins. • On 'Go' rescuer pushes off wall/or dives and swims to patient. • Attaches tube and swims back to starting point towing patient who assists by kicking. • Record time.
5. Timed Brick Carry	<ul style="list-style-type: none"> • Brick Carry 25m. 	<ul style="list-style-type: none"> • Brick is placed on the bottom at 12.5m mark. • On 'Go' rescuer dives or pushes off wall and swims to retrieve brick from bottom, resurfaces and swims with one arm, carrying brick close to thigh or on back to the wall at the opposite end. • Record time.

Session 5: Pool Rescue general practice

Session Stage	Activity	Teaching Notes
1. Warm Up	<ul style="list-style-type: none"> • 200m freestyle • 4 x 50s free • 4 x 50s free with fins • 4 x 50s free with pretend brick pick up at 25m mark 	<ul style="list-style-type: none"> • Try to do dive efficiently and push off strong and streamline up to surface.
2. General Practice	<ul style="list-style-type: none"> • Divide group into 3 • Separate off and practice skills for 30 minutes (10min for each skill) <ul style="list-style-type: none"> • Line throw • Brick pick up • Tube rescue 	<ul style="list-style-type: none"> • By this stage swimmers should have a good understanding of the three disciplines • Minimal supervision required to fine tune • Positive reinforcement
3. Timed Line throw	<ul style="list-style-type: none"> • Line throw 	<ul style="list-style-type: none"> • Patient to be standing at 10m mark. • Rope extended past patient and other end of rope in rescuers hand. • On 'Go' rescuer winds in rope, throws to patient and pulls patient in to touch wall. • If the rope does not reach patient on first throw, rescuer must wind rope in again and throw. • 60 second time limit. • Record time.

4. Timed Tube Rescue	<ul style="list-style-type: none"> • Tube Rescue 	<ul style="list-style-type: none"> • Patient to standing at 25m mark. • Rescuer wearing tube and fins. • On 'Go' rescuer pushes off wall/or dives and swims to patient. • Attaches tube and swims back to starting point towing patient who assists by kicking. • Record time.
5. Timed Brick Carry	<ul style="list-style-type: none"> • Brick Carry 25m. 	<ul style="list-style-type: none"> • Brick is placed on the bottom at 12.5m mark. • On 'Go' rescuer dives or pushes off wall and swims to retrieve brick from bottom, resurfaces and swims with one arm, carrying brick close to thigh or on back to the wall at the opposite end. • Record time.

Session 6: Pool Rescue Ironman

Session Stage	Activity	Teaching Notes
1. Warm up	<ul style="list-style-type: none"> 200m freestyle 200m free with fins 	
2. Pool Rescue Ironman (Performed individually)	<ul style="list-style-type: none"> 1st leg Line Throw 2nd leg Brick Carry 3rd leg Tube Rescue Swimmer to throw rope to patient and pull into wall, then swimmer enters water swimming 25m, pick up brick and swim one arm to 50m mark, drops brick, collects fins and tube from pool deck, places tube sash on and fins, swims 25m where patient is waiting, puts tube around patient and swims remaining 25m. Record times. Two attempts each trying to improve time the 2nd time around. 	<ul style="list-style-type: none"> All 3 events held continuously Set up – Swimmer stands on deck with rope end Patient to take end of rope out 10m from pool end Brick on bottom at 25m mark Fins and tube on deck at opposite end of pool If you have 3 sets of equipment (rope, tube, fins, brick) three swimmers can go together. Other swimmers can assist with setting up. Make this a team effort in setting up and running. For weaker swimmers a rest period can be added between each leg to give enough recovery.

<p>3. Pool Rescue Ironman Team</p>	<ul style="list-style-type: none"> • 3 or 4 people in each team • Same order of events as above – Line throw, brick carry & tube rescue. • Swimmer A – Line throw rescuer • Swimmer B – line throw patient • Swimmer B – brick carry • Swimmer C –tube rescue • Swimmer D – tube rescue patient • Time each team • Swap team order and repeat. 	<ul style="list-style-type: none"> • Set up as above • Set up heats of 3-4 teams. • Swimmer A Stands on pool edge with rope end • Swimmer B Stands in pool 10m from edge, rope pulled taught • On 'Go' A winds in rope and throws to B. B is pulled into wall. B then swims 25m, picks up brick and swims to end with one arm. • C enters pool with tube and fins and swims to D at 25m mark. C attaches tube to D and tows to end.
<p>4. Star Team</p>	<ul style="list-style-type: none"> • Make up a star team of members who you think can better the best time of the day. 	<ul style="list-style-type: none"> • Same order and legs as the Pool Rescue Ironman Team.