

SESSION PLAN - SURF RESCUES

Equipment

Rescue tubes (SLS currently scrutineered), Fins, Rescue boards preferably foam (SLS currently scrutineered)

Source: Bronze Medallion, Certificate II in Public Safety (Aquatic Rescue), Silver Medallion Aquatic Rescue, Learner Guide, Australian Lifesaving Academy



Warnings

- *These sessions are only to be delivered by an experienced and qualified surf life saver.*
- *A tube rescue should not be attempted in the surf if there is a shore dump, large swell, dangerous rips or any risk to the participants. A flat surf of ocean pool is preferable.*
- *A board rescue must not be attempted in the surf by any participant. It is strongly advised to perform this activity in still water (lake, river, ocean pool) to eliminate risk to participants. People new to board paddling do not have the skills to negotiate waves or catch waves.*

SESSION 1: THE RESCUE RESPONSE

- Recognise the roles different agencies take in a rescue response – lifesavers, lifeguards, ambulance, police, SES, SLS Duty Officer.
- Preparation for a rescue – equipment, communication, competency, team roles.
- Identifying distressed and drowning people – high risk groups (age, overweight, immigrants, tourists, intoxicated, float users, improperly dressed).
- How to spot a distressed and drowning person. Different behaviours.
- Emergency phases – Uncertainty, alert & distress.

- Initial Response – Awareness, Information, notify authorities (What? When? Where? Who?).
- Personal safety – Risks - Know your limitations (call for assistance, monitor patient, throw floatation device to patient if possible).
- Environmental factors – weather, wind, tides, water clarity, swell, rips.
- Scenario discussion. Role play.

YouTube: Tube Rescue Conscious Patient, SLSA; Board Rescue Conscious Patient. SLSA

SESSION 2: THE TUBE RESCUE

- **Review:**
 - Previous session information
 - Tube Rescue Conscious Patient footage
 - Surf Life Saving Signals
 - The parts of the rescue tube
 - Practical 'on land' run through.

- **Important Points:**

- Consider surf conditions, patient, skills and assistance available and time to reach patient.
- Enter water with rescue tube and at waist deep put on fins.
- Swim out towards patient checking location of patient by looking up and forward when you are on top of a swell, or back towards the beach at your colleague who can provide signals.
- On approach reassure patient, pass tube to them so they can rest, when patient is calm move around behind and secure the tube around patient, signal to beach, turn patient around so they are facing out to sea, encourage them to lie back, relax and kick.
- Commence swimming, when in shallow water, move behind patient to shelter them from breaking waves, try to lift them clear of the breaking wave, when safe ask them to stand, and escort them to shore by supporting them. Try not to tangle their legs in the tube.
- Assess the patient.

- Practical tube rescues.

SESSION 3: THE BOARD RESCUE

- **Review:**

- Board Rescue Conscious patient footage
- Surf Life Saving Signals
- The parts of the rescue board.

- **How to paddle a rescue board**

- Lie on the board making sure you are stable and balanced.
- The nose of the board should just clear the water.
- Extend one hand forward with a relaxed hand, enter water and pull hand and forearm backwards trying to achieve maximum depth.
- Keep shoulder and neck relaxed.
- Keep chin close to board and look over the nose of the board.
- The hand should finish its drive when thumb is next to the rail of the board.
- Lift hand out of water by lifting the elbow.
- The hands alternate through the stroke in a smooth and balanced motion.
- Leg action can be introduced slowly to add to balance. Knees bent at 45degrees. As the right arm begins to pull the left leg commences to kick moving downwards and outwards. At the same time the left arm and right leg begin recovery, the leg does this in an upward vertical motion.

- **Board Rescue**

- The patient enters the water and swims to a position about 25m from shore.
- He then gives an 'assistance required' signal.
- The rescuer takes a rescue board and paddles out towards the patient.
- Slow down when nearing patient, sit up on board and allow patient to grab board.
- Instruct patient to lay on board with legs splayed.
- Lie down on board and paddle back to shore.
- Swap roles and repeat.