



SILVER SALTIES

Pool Rescues



Objective To promote and develop lifesaving rescue knowledge and skills as well as physical and social health by learning and participating in a range of fun, challenging and modified pool rescue techniques with other Silver Salties.

Duration

1hr per session

Frequency

One session a week

Program

10 weeks (or ongoing)

Place



Pool

Intensity



Moderate to Vigorous

Criteria

All participants should:

- Have good to very good mobility and high to very high fitness levels.
- Be able to swim 200m comfortably in a pool.

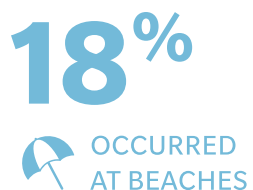
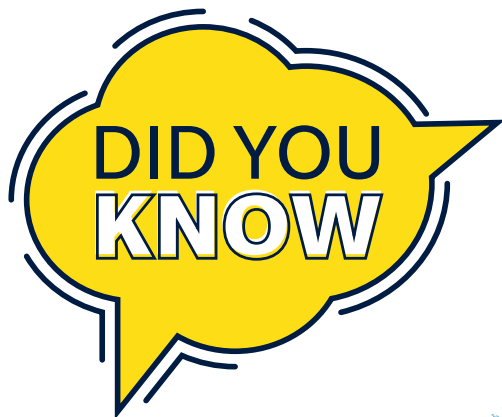
Safety

All participants should:

- Consult with their doctor before participating.
- Be sun-safe and wear appropriate swimwear.
- Bring any medications, asthma puffers, and water.

A Typical Session

- Welcome, introductions, group check in, safety and session overview by SLS Club Leader – 5min
- Warm-up in the pool e.g. slow swimming, treading water and/or stretches – 5-10min
- Pool Rescues e.g. overview of general procedures, types of scenarios, demonstration of a suitable pool rescue technique, practice time, feedback and refinement. The range of activities may include swimming, modified rescues, entries and exits and first aid basics – 45min+
- Cool-down in pool e.g. slow swimming, stretching – 5min
- Morning tea – Participants can meet up for morning tea with the rest of the group e.g. bring a plate and meet at the park or meet at a local café.



General procedures

- Lifesaver and victim safety
- Conditions
- Types of rescue approaches
- Types of rescue equipment
- Types of assists

Swimming

- General strokes
- Survival strokes
- Treading water
- Obstacle course
- Relays

Modified Rescues

- Tube rescue
- Line throw
- Brick carry

Entries and Exits

- Slide in
- Stride entry
- Compact/safety jump
- 1 or 2+ person exit

First Aid

- DRABCD
- Recovery position

Benefits Pool rescue skills increase participant confidence levels to be rescue ready at any time e.g. at the family or public pool or during a visit to the beach with little ones. It is also a fun and challenging physical activity that promotes thinking, decision-making and teamwork skills.

People, and Families not Cases or Data. We must always be mindful that this is a report filled with the stories of real people impacted in a most tragic way by drowning. It includes people who lost their lives to drowning, the families they left behind, the rescuers who made valiant efforts to save their life, and the communities that are reminded as they pass the causeway, swimming pool, rock platform, beach or river swimming holes.

Source: National Drowning Report 2018 https://www.royallifesaving.com.au/___data/assets/pdf_file/0004/23197/RLS_NDR2018_ReportLR.pdf, viewed 28/08/19