



# SILVER SALTIES

## Surf Rescue

**Objective** To promote and develop lifesaving rescue knowledge and skills as well as physical and social health by learning and participating in two rescue techniques i.e. tube tow and rescue board, that are the preferred rescue methods of use on Australian beaches.

### Duration

1 hr per session

### Frequency

One session a week

### Program

10 weeks (or ongoing)

### Place

Meet at the beach flags

### 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.
- Participated in the Silver Salties pool rescues program.

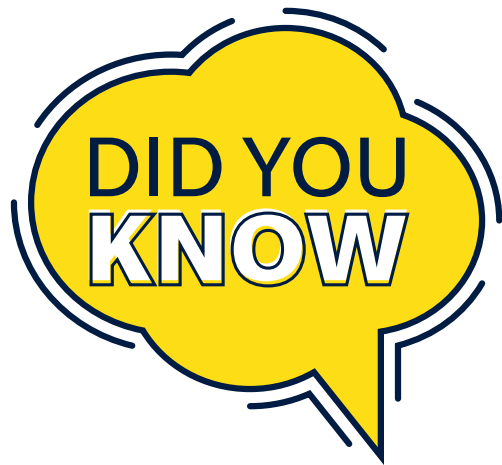
### Safety

All participants should:

- Consult with their doctor before participating.
- Be sun-safe and wear appropriate swimwear.
- Bring any medications, asthma puffers, and water.
- A sls patrol, along with the sls club leader will monitor participants.

### A Typical Session

1. Welcome, introductions, group check in, safety and session overview by sls club leader – 5min
2. Warm-up on the beach and/or in the surf e.g. Slow jog, stretches, slow swim, treading water – 5-10min
3. Surf rescues e.g. Overview of general procedures, types of scenarios, demonstration of a suitable surf rescue technique, practice time, feedback and refinement. The range of activities may include swimming, rescues, entries and exits and first aid basics – 45min+
4. Cool-down in surf and on beach e.G. Slow swim, slow jog, stretching – 5min
5. 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.



Every day our lifesavers rescue 30 people and they conduct 451 preventative actions every hour.

SLSA's National Coastal Safety Survey (2018) revealed that there are 10 million Australian adults who go swimming and wading at the coast and 3.5 million are frequent participants. Furthermore 25% of swimmers say they have been caught in a rip unintentionally.




**30**  
RESCUES/DAY

**451** PREVENTATIVE ACTIONS  
EVERY HOUR



**10M**  
SWIMMERS/WADERS

**25%**  
CAUGHT IN  
**A RIP**



### 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

### Rescues

- Tube tow
- Board rescue
- Simulated emergency response

### Entries and Exits

- Run and swim entry
- 1 or 2+ person exit

### First Aid

- DRABCD
- Recovery position

### Rescue Tube

A traditional wrap-around tube designed for beach, lake or pool rescues. It can be handed to a patient to perform a non-contact rescue. The Rescue Tube is a simple and effective rescue tool that can make towing a casualty to safety easy work.



### Rescue Board

Rescue boards offer a quick and reliable method of reaching patients who may be too far out to reach easily using a rescue tube. Rescue boards are large yellow foam or fibreglass boards, like a paddleboard, with multiple hand straps along the sides. They provide superior floatation, meaning mouth-to-mouth resuscitation can be more easily performed in the ocean, and several patients can be rescued at one time. In the case of a mass rescue, boards can keep many patients afloat until additional support arrives.