

6-1 GENERAL PROCEDURES FOR A WATER EMERGENCY

In all situations involving a water rescue, follow these general procedures:

1. Activate the emergency action plan (EAP).
2. Enter the water, if necessary.
3. Perform an appropriate rescue.
4. Move the victim to a safe exit point.
5. Remove the victim from the water.
6. Provide emergency care as needed.
7. Report, advise and release.

Activate the Emergency Action Plan

As soon as you recognize an emergency situation, always immediately activate the EAP (Figure 6-1).



Figure 6-1 | Immediately activate your facility's EAP when an emergency situation occurs.

Enter the Water, if Necessary

In some cases, you will be able to use a reaching assist to pull a victim to safety from a deck or pier, such as a distressed swimmer at the surface. However, in most situations you will need to enter the water to perform a successful rescue.

You must quickly evaluate and consider many factors when choosing how to safely enter the water. Each time you rotate to a new station, keep in mind the following factors as you consider how to enter the water to perform a rescue: water depth, location and condition of the victim, location of other swimmers, design of the lifeguard station, your location, facility setup and type of equipment used (rescue board, rescue buoy or rescue tube).

Perform an Appropriate Rescue

The type of water rescue you use will depend on the victim's condition. This includes whether the victim is active or passive, at or near the surface, submerged or possibly has sustained an injury to the head, neck or spine. You should ensure that the victim's airway is above the surface of the water as you move them to a safe exit point.

Begin your rescue by approaching the victim. Always keep the victim or the location where you last spotted the victim within your line of sight. When swimming, always travel with the rescue tube strapped on during your approach to the victim. An exception may be a waterfront setting where additional specialty rescue equipment may be used, such as a rescue board or watercraft. You may approach the victim by:

- Walking with a rescue tube to the victim in shallow water.
- Swimming with a rescue tube to the victim. Traveling on the deck or beach for a distance, then swimming with a rescue tube to the victim.
- Paddling on a rescue board.
- Navigating in a watercraft.

As you near a victim, you need to maintain control and may need to reposition your rescue tube, rescue board or watercraft before making contact. For all assists and rescues when the victim is in distress or struggling, communicate directly with the person. Let the victim know that you are there to help, and give any necessary instructions, using short phrases. For example, say, "I'm here to help. Grab the tube."

Be aware that the victim's condition and location can change between the time you notice the problem and when you complete your approach. For example, a victim who was struggling at the surface may begin to submerge as you approach, requiring you to use a different type of rescue than originally planned.

Move the Victim to a Safe Exit Point

After performing a water rescue, move the victim to a safe exit point. For some, this can be as simple as helping them to walk out of the water, such as in a simple assist. For others, it requires supporting the victim on the rescue tube while keeping their mouth and nose out of the water as you move to the safe exit point, such as in an active victim rear rescue.

Do not automatically return to the point where you entered; you may be able to reach another point

faster. However, realize that the closest place on land may not be feasible for extricating the victim. There may be limited deck space or lane ropes, equipment or other features that block the way. Move quickly to the nearest point with appropriate access. Be sure that the chosen exit site has enough room to safely extricate the victim from the water. You also will need enough space to provide any additional care needed, such as giving ventilations or CPR.

Remove the Victim from the Water

Safely remove the victim from the water. For responsive victims, this may involve simply assisting them out of the water. For victims who are unresponsive or suspected of having a head, neck or spinal injury, you will need to extricate using a backboard or a rescue board.

Provide Emergency Care as Needed

The victim may need additional emergency care after the water rescue. This can range from helping the person regain composure to giving ventilations or performing CPR.

Report, Advise and Release

After an emergency, you and other members of the safety team must complete incident report forms, advise the victim on the next steps and release the victim to the appropriate parties. Every water rescue should have a written report. Documentation is important for legal reasons as well as for tracking when, where and how often

incidents occur. After the victim is out of the water and care has been given, advise the person, as appropriate, by providing any safety instructions necessary to prevent the likelihood of the incident recurring. You then may release the victim to their own care or to a parent or guardian.

6-2 TRAIN TO THE STANDARD, MEET THE OBJECTIVE

In this course and throughout your ongoing training, you will be taught how to perform water rescues based on American Red Cross standards. You will learn these techniques in a specific manner. However, in the real world, no two aquatic emergencies are exactly alike. Actual rescue situations often are fast-moving and rapidly changing. You may not be able to follow each step exactly as you have learned and practiced. So, in an actual rescue, keep in mind the skill steps you have learned, but your primary focus should be on the overall objective—saving the victim's life.

During this course, you will be evaluated on your ability to make decisions and handle situations as they occur. Keep in mind these four core objectives in any rescue situation:

- Ensure the safety of the victim, yourself and others in the vicinity. This includes the entry, approach, rescue, removal and care provided.
- Use a rescue technique that is appropriate and effective for the situation.
- Provide an appropriate assessment, always treating life-threatening conditions first.
- Handle the rescue with a sense of urgency.

6-3 RESCUE SKILLS

This section contains summaries of water rescue skills that will be taught in this course, along with the objectives specific to each type of skill. Skill sheets describing the skill steps are located at the end of the chapter.

Entries

The objective of entries is to get in the water quickly and safely, with rescue equipment, and begin approaching the victim (Figure 6-2). It may not be safe to enter the water from an elevated lifeguard stand if your zone is crowded or due to the design or position of the stand. You may need to climb down and travel along the deck or shore before entering the water. The type of entry used depends on:

- The depth of the water
- The height and position of the lifeguard station (elevated or at ground level)
- Obstacles in the water, such as people, lane lines and safety lines
- The location and condition of the victim
- The type of rescue equipment
- The design of the facility

There are several ways to enter the water for a rescue:

- **Slide-In Entry.** The slide-in entry is slower than other entries, but it is the safest in most conditions. This technique is useful in shallow water, crowded pools or when a victim with a head, neck or spinal injury is close to the side of the pool or pier.
- **Stride Jump.** Use the stride jump only if the water is at least 5 feet deep and you are no more than 3 feet above the water.
- **Compact Jump.** You can use the compact jump to enter water from the deck or from a height, depending on the depth of the water. If jumping from a height (when you are more than 3 feet above the water, such as on a lifeguard stand or pier), the water must be at least 5 feet deep.
- **Run-and-Swim Entry.** To enter the water from a gradual slope—zero-depth area, such as a shoreline or wave pool—use the run-and-swim entry.



Figure 6-2 | The compact jump can be used to enter water at least 5 feet deep from an elevated station.

Rescue Approaches

The objective of a rescue approach is to safely, quickly and effectively move toward the victim in the water while maintaining control of the rescue tube and keeping the victim in your line of sight. The best way to swim to the victim using a rescue tube is with a modified front crawl or breaststroke (Figure 6-3, A–B). With the rescue tube under your armpits or torso, swim toward the victim with your head up, keeping the rescue tube in control at all times. For long distances, or if the rescue tube slips out from under your arms or torso while you are swimming, let the tube trail behind (Figure 6-4). If necessary, reposition the rescue tube in front of you before contacting the victim.

In shallow water, it may be quicker or easier to walk to the victim. Hold the rescue tube at your side and walk quickly toward the victim. If necessary, position the tube in front of you before contacting the victim.



Figure 6-3A | Modified front crawl approach

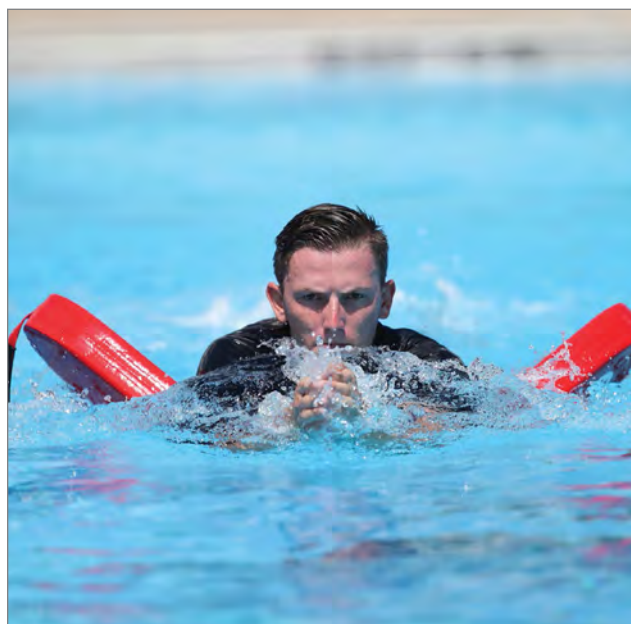


Figure 6-3B | Modified breaststroke approach

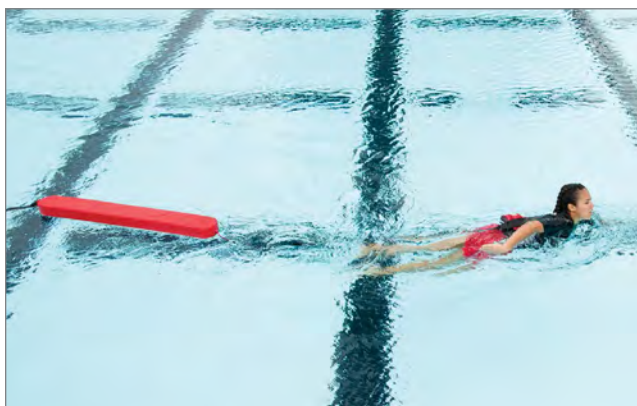


Figure 6-4 | Allow the rescue tube to trail behind you when swimming long distances.

Assists

The objective of an assist is to safely and effectively help a victim who is struggling in the water and move them to safety. Assists are the most common way that lifeguards help patrons who are in trouble in shallow water.

An assist may be required to help a patron:

- Stand up because they are small or have been thrown off balance, such as from landing at the bottom of a slide.

- Get to the surface when they are submerged in shallow water.
- Enter and exit an attraction.
- Get in or out of inner tubes or rafts.
- Reach an exit point when they are tired.

You also may use an assist for a patron who is stuck on a slide or becomes frightened. In this instance, you should climb up the slide to reach the patron and talk to the patron to help calm them and provide direction.

If you are stationed in the water, such as when standing in a catch pool, assists can be performed quickly without interrupting patron surveillance. However, if a rescue is needed instead of an assist, activate the EAP.



Figure 6-5 | Simple assist

The most common assists include the:

- **Simple Assist.** A simple assist can be used in shallow water and may be merely helping a person to stand. The simple assist also may be used to rescue a victim who is submerged in shallow water and is within reach (Figure 6-5).
- **Reaching Assist.** To assist a distressed swimmer who is close to the side of the pool or a pier, use a reaching assist from the deck by extending a rescue tube within the victim's grasp. A swimmer in distress usually is able to reach for a rescue device. However, a victim who is struggling to keep their mouth above the water's surface in order to breathe may not be able to grab a rescue tube. In this case, you may need to enter the water to rescue the victim using a front or rear victim rescue.

Rescuing a Victim at or Near the Surface

The objective of rescuing a victim at or near the surface of the water is to safely and confidently support the victim using the rescue tube before the victim submerges. The victim's airway should remain above the water while you move to a safe removal point, assess the victim's condition and then provide the appropriate care.

Use the following rescues for victims at or near the surface of the water:

- **Active Victim Front Rescue:** for a drowning victim who is struggling and facing toward you
- **Active Victim Rear Rescue:** for a drowning victim who is struggling and facing away from you (Figure 6-6)
- **Passive Victim Front Rescue:** for a drowning victim who is face-down at or near the surface in a vertical-to-horizontal position; seems unresponsive and is not suspected of having a head, neck or spinal injury; and is facing toward you (Figure 6-7, A—B)



Figure 6-6 | Active victim rear rescue

- **Passive Victim Rear Rescue:** for a drowning victim who is face-down at or near the surface in a vertical-to-horizontal position; seems unresponsive and is not suspected of having a head, neck or spinal injury; and is facing away from you
- **Passive Victim at or Near the Surface in Water ≤ 3', Face-Up:** for a drowning victim who is face up at or near the surface in water less than 3 feet; seems unresponsive; and is not suspected of having a head, neck or spinal injury
- **Passive Victim at or Near the Surface in Water ≤ 3', Face-Down:** for a drowning victim who is face-down at or near the surface in very shallow water (3 feet or less); seems unresponsive; and is not suspected of having a head, neck or spinal injury



Figure 6-7A | Passive victim front rescue



Figure 6-7B | Support the victim on the rescue tube and tow them to the extrication point.

Rescuing a Submerged Victim

Sometimes a drowning victim is below the surface. This could be in shallow water or in deep water beyond your reach. The objective in rescuing a submerged victim is to effectively and quickly go underwater, make contact with the victim, bring them to the surface and support the victim on the rescue tube while maintaining an open airway (Figure 6-8). Continue to maintain an open airway while moving the victim to a safe exit point, remove the victim, assess the victim's condition and provide appropriate care.

Use the following rescues, based on the victim's position in the water:

- **Passive Submerged Victim–Shallow Water:** for a victim who is passive, submerged in shallow water
- **Submerged Victim in Deep Water:** for a victim who is submerged in deep water

An additional lifeguard may be necessary to provide assistance, especially for a deep-water rescue. For example, the additional lifeguard may need to retrieve and position the rescue tube if you had to remove the strap to reach the victim.

In deep water, surface dives enable you to submerge to moderate depths to rescue or search for a submerged victim. When a victim is below the surface, you must be able to get under water or to the bottom. As a lifeguard, you must be able to perform both of the following methods of getting to the bottom:

- **Feet-First Surface Dive**
- **Head-First Surface Dive**

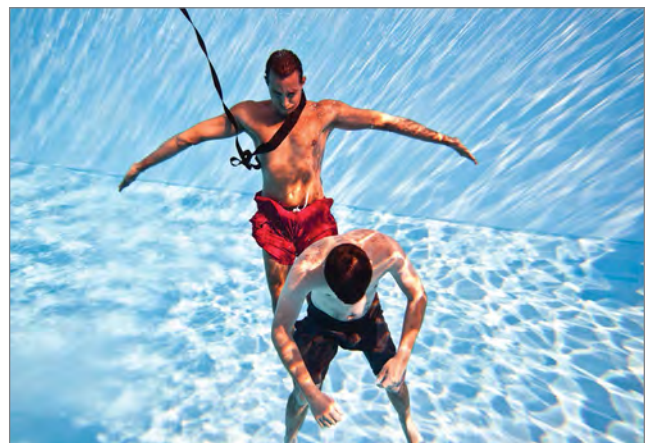


Figure 6-8 | Rescuing a submerged victim

Multiple-Victim Rescue

Sometimes two or more victims need to be rescued simultaneously. This may happen, for example, when a victim grabs a nearby swimmer to try to stay above the water (Figure 6-9), or when a parent attempts to rescue a child but is overcome by the child's strength. The objective for this rescue is the same as those involving any other active victim.

Several lifeguards should assist in a multiple-victim rescue, if possible. At least one lifeguard should check the bottom for possible submerged victims while other lifeguards rescue the victims at the surface.



Figure 6-9 | Multiple-victim rescue

Removal from Water

At this stage in the rescue, the objective is to safely and effectively remove the victim from the water, taking the victim's condition into account, and to provide the appropriate care. You must keep the victim's airway above the water throughout the process.

Sometimes a victim is unresponsive or too exhausted to climb out of the water, even on a ladder. The decision when and how to remove the victim should be made based on the victim's condition and size, how soon help is expected to arrive and whether a bystander can help. If a victim needs immediate first aid, such as ventilations or CPR, extricate them from the water immediately and make sure that emergency medical services (EMS) personnel have been summoned. If you suspect that the victim has an injury to the head, neck or spine, and the victim is breathing, special extrication techniques are used to remove the victim (see Chapter 11).

Use one of the following techniques to remove a victim from the water:

- **Extrication Using a Backboard.** To perform the extrication technique, work with an assisting rescuer to use a backboard at the pool edge or pier, zero-depth entry or steps (Figure 6-10).

- **Quick Removal for a Small Victim.** This technique can be used to remove a small, passive victim from shallow water if a backboard is not immediately available.
- **Walking Assist.** Use the walking assist to help a conscious victim walk out of shallow water.
- **Beach Drag.** On a gradual slope from a waterfront beach or zero-depth entry, the beach drag is a safe, easy way to remove someone who is unresponsive or who cannot walk from the water. Do not use this technique if you suspect an injury to the head, neck or spine, unless the victim is not breathing.



Figure 6-10 | Extrication using a backboard

6-4 ADDITIONAL RESCUE SKILLS FOR WATERFRONTS

Using a Rescue Board

At some waterfronts, a rescue board is used to patrol the outer boundaries of a swimming area. A rescue board also may be kept by the lifeguard stand, ready for emergency use (Figure 6-11). If the facility uses a rescue board, learn how to carry the board effectively, paddle quickly and maneuver the board in all conditions. Wind, water currents and waves affect how you will be able to handle the board. Practice using a rescue board often to maintain your skills. Keep the board clean of suntan lotion and body oils, which can make it slippery.

The objective when using a rescue board is to reach the victim quickly, safely make contact, place the victim on the board and return to shore (Figure 6-12). If the victim is unresponsive, loading the victim on the rescue board can be challenging. When possible, multiple rescuers should assist in getting the victim to shore. Depending on variables, including distance from shore, the rescue board may not be the most efficient method of rescue. Follow facility protocols for the use of the rescue board.

Several skills are involved when using a rescue board:

- **Approaching the Victim**
- **Rescuing a Distressed Swimmer or Active Victim**
- **Rescuing a Passive Victim**

Using Watercraft for Rescues

If your facility uses watercraft for rescues, you should practice to become skilled in managing them in all rescue situations and all weather conditions. The facility must train lifeguards in the use of the watercraft (Figure 6-13). Refer to the skill sheets at the end of this chapter for general guidelines on the use of various watercraft.



Figure 6-11 | Have a rescue board ready for emergency use by the lifeguard stand.



Figure 6-12 | A rescue board can be used to rescue victims at a waterfront facility.



Figure 6-13 | A rescue craft, such as a kayak, can be used to rescue victims at a waterfront facility.

REACHING AND THROWING EQUIPMENT

A ring buoy (Figure 6-14), reaching pole and shepherd's crook often are required by the health department for swimming pools and waterparks to be used by untrained bystanders. The throw bag, or rescue bag, is a throwing device often carried by paddlers, kayakers and swift-water rescue teams. It also may be used at swimming facilities, particularly in rescue water craft. While this equipment is not typically used by lifeguards to perform the professional rescues taught in this course, you should learn how to use them if your facility has any of these items.

For a reaching assist with equipment, brace yourself on the pool deck, pier surface or shoreline. Extend the object to the person, sweeping it toward the person from the side until it makes contact with an arm or hand.

When the person grasps the object, slowly and carefully pull them to safety. Keep your body low and lean back to avoid being pulled into the water.

For a throwing assist, place your non-throwing hand through the wrist loop, if it has one. If there is no wrist loop, step on the non-throwing end of the line. Hold the coil of the line in the open palm of your non-throwing hand (Figure 6-15). Try to get the attention of the swimmer, and then throw the device so that the line lands across the victim's shoulder or slightly in front. When using a throw bag, the line plays out of the bag as it travels through the air. Tell the victim to grab onto the line and hold onto it. Pull the victim to safety. Always consider wind conditions and water current when performing a throwing assist.

With all rescue equipment at a facility, you are expected to participate in the in-service training and practice to become proficient in the use of throw bags.



6-14 | Ring buoy



6-15 | Throw bag

6-5 SPECIAL SITUATIONS AT WATERFRONTS

Sightings and Cross Bearings

When a drowning victim submerges at a waterfront, you must swim or paddle to their last seen position. Take a **sighting** or a **cross bearing** to keep track of where the victim went underwater.

To take a sighting:

1. Note where the victim went under water.
2. Line up this place with an object on the far shore, such as a piling, marker buoy, tree, building or anything that is identifiable. Ideally, the first object should be lined up with a second object on the shore (Figure 6-16). This will help you to maintain a consistent direction when swimming, especially if there is a current.
3. Note the victim's distance from the shore along that line.

With two lifeguards, a cross bearing can be used. To take a cross bearing:

1. Have each lifeguard take a sighting on the spot where the victim was last seen from a different angle (Figure 6-17).
2. Ask other people to help out as spotters from shore.
3. Have both lifeguards swim toward the victim along their sight lines.
4. Have both lifeguards check spotters onshore for directions. Spotters communicate with megaphones, whistles or hand signals.
5. Identify the point where the two sight lines cross. This is the approximate location where the victim went under water.

If a person is reported as missing in or near the water, or you have attempted and are unable to locate a victim after submersion, a search is necessary.

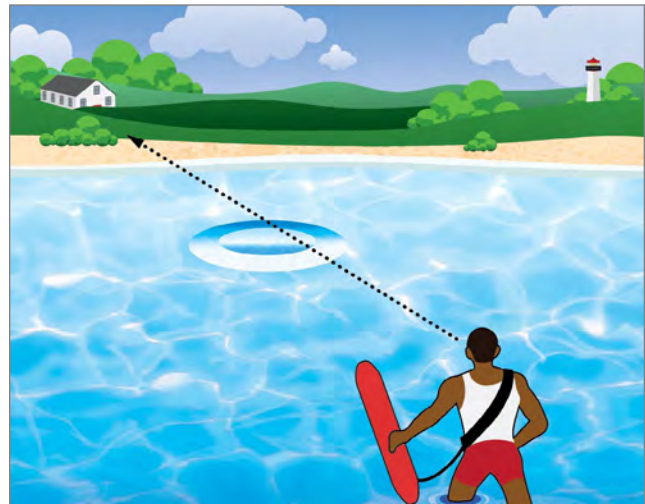


Figure 6-16 | Taking a sighting

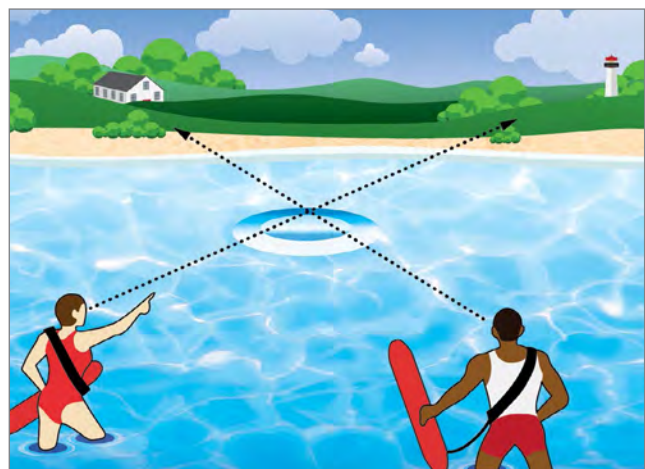


Figure 6-17 | Taking a cross bearing

Searching Shallow-Water Areas

To search shallow-water areas where the bottom cannot be seen:

1. Have a lifeguard or supervisor oversee the search.
2. Ask adult volunteers and staff to link their arms and hold hands to form a line in the water. The shortest person should be in the shallowest water, and the tallest person should be in water no more than chest deep (Figure 6-18).
3. Have the whole line slowly move together across the area, starting where the missing person was last seen.
4. As the line moves forward, have searchers sweep their feet across the bottom with each step. If there is a current, walk downstream with the current. (A typical search pattern is shown in Figure 6-19).
5. Have only trained lifeguards search deeper areas.



Figure 6-18 | Lifeguards performing a shallow-water line search.

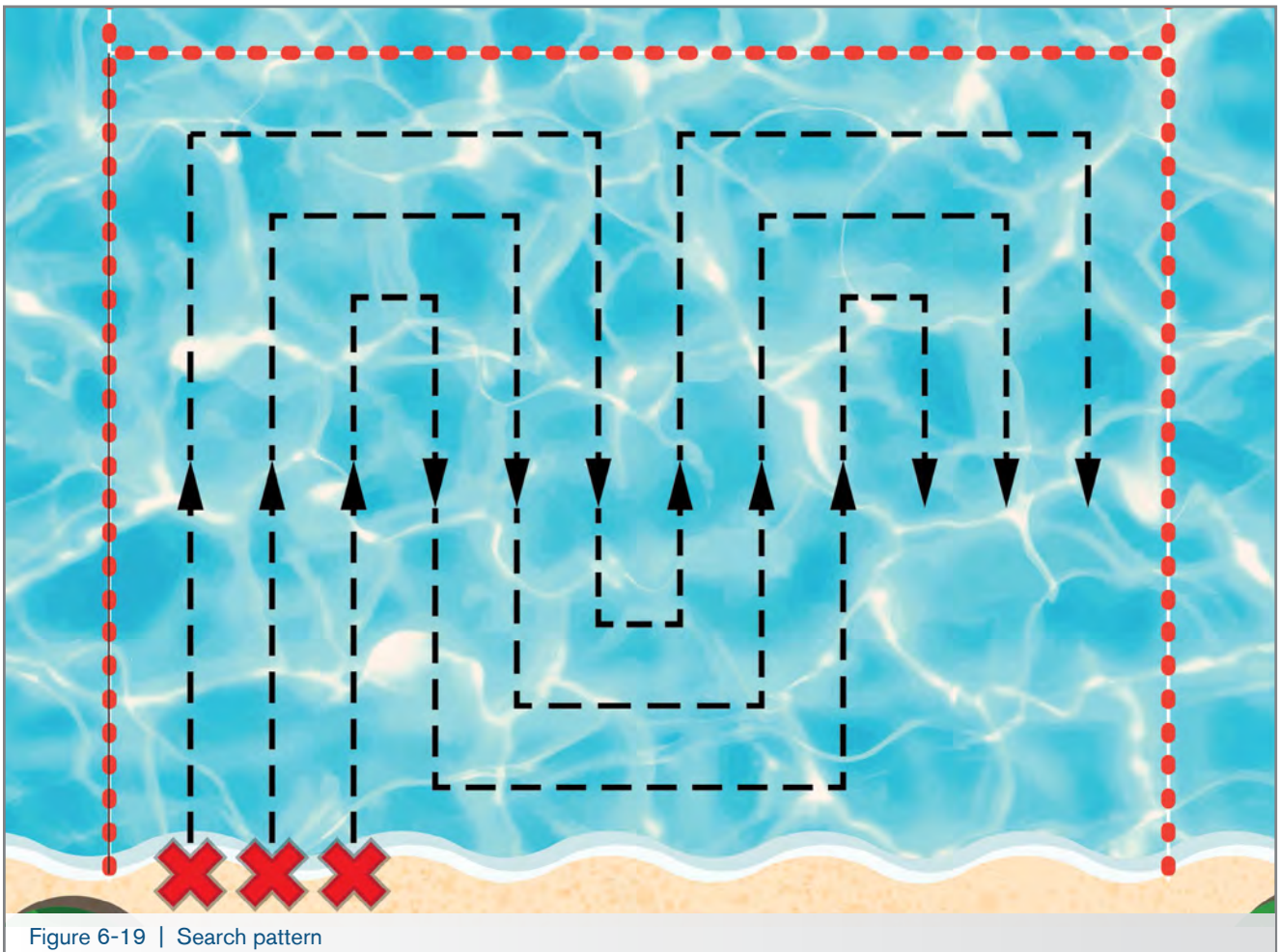


Figure 6-19 | Search pattern

Searching Deep-Water Areas

Surface Dives

Feet-first and head-first surface dives enable lifeguards to submerge to moderate depths to search for a submerged victim.

Deep-Water Line Searches

The deep-water line search is used in water greater than chest-deep when the bottom cannot be seen from the surface. The search should start at the point where the victim was last seen in the water. This point should be marked on the shoreline. When preparing to conduct a deep-water line search, adhere to the following guidelines:

- Wearing masks and fins, several lifeguards form a straight line an arm's length from each other (Figure 6-20).
- One lifeguard should serve as the safety lookout above the water level on a pier, raft or watercraft with rescue equipment in case a searcher gets in trouble or the missing person is found.
- On command from the lead lifeguard, all lifeguards perform the same type of surface dive (feet-first or head-first) to the bottom and swim forward a predetermined number of strokes—usually three. If the water is murky, searchers check the bottom by sweeping their hands back and forth in front of them, making sure to cover the entire area. To keep the water from becoming cloudier, try to avoid disturbing silt and dirt on the bottom. Be sure not to miss any areas on the bottom when diving and resurfacing.



Figure 6-20 | Lifeguards performing a deep-water line search.

- Lifeguards should return to the surface as straight up as possible.
- The lead lifeguard accounts for all searchers, re-forms the line at the position of the person farthest back and backs up the line one body length. On command, the team dives again.
- Lifeguards repeat this procedure until the victim is found or the entire area has been searched. Figure 6-21 shows one example of a search pattern: Lifeguards move the line in one direction to the boundary of the search area, then turn at a 90-degree angle to the first line and repeat the sequence as necessary.
- If the missing person is not found, lifeguards expand the search to nearby areas. Consider whether currents may have moved the victim.
- Lifeguards continue to search until the person is found, emergency personnel take over or the search has been called off by officials.
- If a lifeguard finds the victim, the lifeguard should bring the victim up by grasping the victim under the armpit and returning to the surface. Swim the victim to safety, keeping the victim on their back, with their face out of the water. A lifeguard with equipment should take over to maintain an open airway while moving the victim to safety. Remove the victim from the water, assess the victim's condition and provide appropriate care.

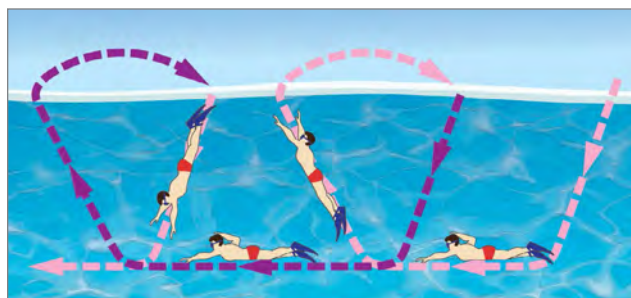


Figure 6-21 | Deep-water search pattern

Mask and Fins

A mask and fins should be used in an underwater search for a missing person at a waterfront (Figure 6-22). Use well-maintained equipment that is sized properly and fits you well.

Mask

A mask is made of soft, flexible material with non-tinted, tempered safety glass and a head strap that is easily adjusted. Choose a mask that allows blocking or squeezing of the nose to equalize pressure. Some masks have additional features, such as molded nosepieces or purge valves. Regardless of the design, a proper fit is essential: A good fit prevents water from leaking into the mask. Each lifeguard at a waterfront facility should have a mask that fits their face. To check that a mask fits properly:

1. Place the mask against your face without using the strap. Keep hair out of the way.
2. Inhale slightly through your nose to create a slight suction inside the mask. This suction should keep the mask in place without being held.
3. Adjust the strap so that the mask is comfortable. The strap should be placed on the crown of the head for a proper fit. If it is too tight or too loose, the mask may not seal properly.
4. Try the mask in the water. If it leaks a little, adjust how the strap sits on the back of your head and tighten the strap if needed. If the mask continues to leak, check it again with suction. A different size may be needed if the leaking persists.

To prevent the mask from fogging, rub saliva on the inside of the face plate and rinse the mask before putting it on. Commercial defoggers also can be used.

If your mask starts to fill with water while you are submerged, you can remove the water by pressing the palm of one hand against the top of your mask, which loosens the bottom seal. At the same time, blow air out of your nose and tilt your head slightly to push the water out. Alternatively, you can pull the bottom of the mask away from your face to break the seal, ensuring that the top part still is firm against your face, and blow air out of your nose. If your mask has a purge valve, blow air out of your nose and excess water exits via the purge valve.



Figure 6-22 | Mask and fins

EQUALIZING PRESSURE UNDERWATER

As you descend into deep water, water pressure increases and presses against the empty spaces in your skull, especially those inside your ears. This can cause pain or even injury. To relieve this pressure, you need to force more air into the empty spaces so that the air pressure matches the water pressure. This is called “equalizing.” Be sure that you equalize early and often by taking the following steps:

1. Place your thumb and finger on your nose or on the nosepiece of your mask, if you are wearing one.
2. Pinch your nose and keep your mouth shut. Try to exhale gently through your nose until the pressure is relieved.
3. Repeat this as needed to relieve ear pressure. If your ears hurt, do not attempt to go deeper until successfully equalizing the pressure.
4. If you are using a mask when descending, the increased water pressure will cause the mask to squeeze your face. To relieve the squeezing, exhale a small amount of air through your nose into the mask.

If you are unable to equalize the pressure because of a head cold or sinus problem, you should return to the surface rather than risk an injury.

Fins

Fins provide more speed and allow users to cover greater distances with less effort. A good fit is important for efficient movement. Fins come in different sizes to fit the foot; the blades also differ in size. Fins with larger blades enable the person to swim faster but require more leg strength. Fins should match your strength and swimming ability. Each lifeguard at a waterfront facility should have fins that fit their feet.

Wetting your feet and the fins first makes it easier to put them on. Do not pull the fins on by the heels or straps of the fins. This can cause a break or tear. Push your foot into the fin, and then slide the fin’s back or strap up over your heel.

Use a modified flutter kick when swimming with fins. The kicking action is deeper and slower, with a little more knee bend than the usual flutter kick. Swimming under water is easier if you use your legs only, not your arms; keep your arms relaxed at your side. In murky water, hold your arms out in front to protect your head and feel for the victim.

Entering the Water with Mask and Fins

It is important to learn how to enter the water safely while wearing equipment. You should enter using a slide-in entry or with a stride jump when entering from a height of less than 3 feet. Never enter head-first wearing a mask and fins. If entering the water from a sloping beach, carry the fins until you are thigh-deep in the water, and then put them on. To do a stride jump with mask and fins:

1. Put one hand over the mask to hold it in place, keeping your elbow close to your chest. Keep your other hand at your side.
2. Make sure no swimmers or other objects are below.
3. Step out with a long stride over the water, but do not lean forward (Figure 6-23). The fins will slow your downward motion as you enter the water.
4. Swim with your face in the water, keeping your arms at your side if the water is clear, or hold your arms out in front to protect your head if visibility underwater is poor.



Figure 6-23 | Step out with a long stride to enter the water when using a mask and fins.

COLD WATER

A serious concern at many waterfront facilities is someone suddenly entering into cold water—water that is 70° F (21° C) or lower. This usually happens in one of two ways: Either a person falls in accidentally, or a person enters intentionally without proper protection. In some cases, a swimmer may be under water in warmer water and suddenly enter a **thermocline**, a sharp change in temperature from one layer of water to another.

As a general rule, if the water feels cold, consider it to be cold. Cold water can have a serious effect on a victim and on the lifeguard making the rescue.

Sudden entry into cold water may cause the following negative reactions:

- A **gasp reflex**, a sudden involuntary attempt to “catch one’s breath,” may cause the victim to inhale water into the lungs if the face is under water.
- If the person’s face is not under water, they may begin to hyperventilate. This can cause unconsciousness and lead to breathing water into the lungs.
- An increased heart rate and blood pressure can cause cardiac arrest.
- A victim who remains in the cold water may develop hypothermia (below-normal body temperature), which can cause unconsciousness.

However, the body has several natural mechanisms that may help to increase the person’s chances of survival. In cold water, body temperature begins to drop almost as soon as the person enters the water. If cold water is swallowed, the cooling is accelerated. When a person remains in cold water, the body’s core temperature drops and body functions slow almost to a standstill, sharply decreasing the need for oxygen. Any oxygen in the blood is diverted to the brain and heart to maintain minimal functioning of these vital organs. Because of this response, some victims have been successfully resuscitated after being submerged in cold water for an extended period.

6-6 WHEN THINGS DO NOT GO AS PRACTICED

Even with the best preparations and practice, circumstances sometimes may require you to deviate from your facility's EAP during an emergency. The skills in this section are designed to help you deal with some of the situations that may affect your safety or could significantly delay lifesaving care. Your facility must determine under what circumstances these additional emergency skills can be used. Skill sheets are located at the end of the chapter.

Escapes

A drowning victim may grab you if your technique is faulty or if the rescue tube slips out of position. You should always hold on to the rescue tube, because it helps both you and the victim stay afloat. However, if you lose control of the tube and a victim grabs you, use one of the following skills to escape:

- **Front Head-Hold Escape.** Use this technique when the victim grabs you from the front (Figure 6-24).
- **Rear Head-Hold Escape.** Use this technique when the victim grabs you from behind.

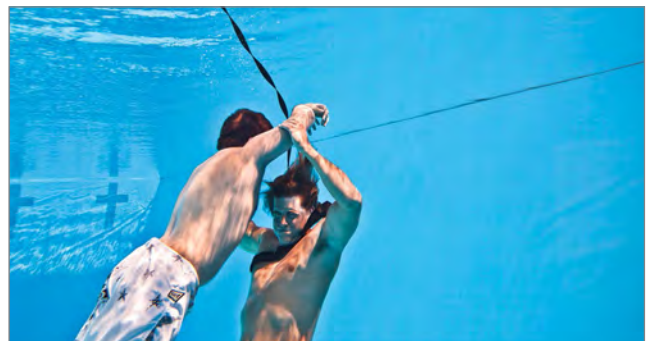


Figure 6-24 | Front Head-Hold Escape

In-Water Ventilations

Always remove a victim who is not breathing from the water as soon as possible in order to provide care. Ventilations and compressions are more effective on a firm, flat surface. However, if you cannot immediately remove the victim, or if doing so will delay care, then perform in-water ventilations (Figure 6-25). Once conditions allow you to extricate the victim from the water, stop ventilations, remove the victim and then resume care immediately.



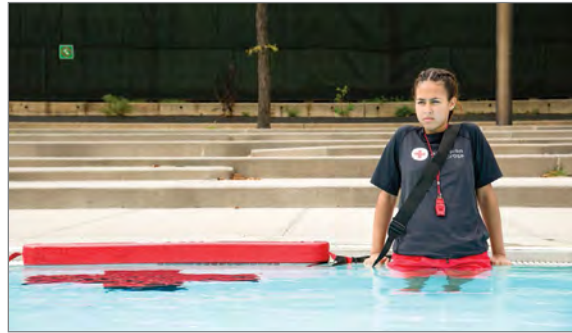
Figure 6-25 | Perform in-water ventilations if the victim cannot be removed immediately or if doing so will delay care.



ENTRIES

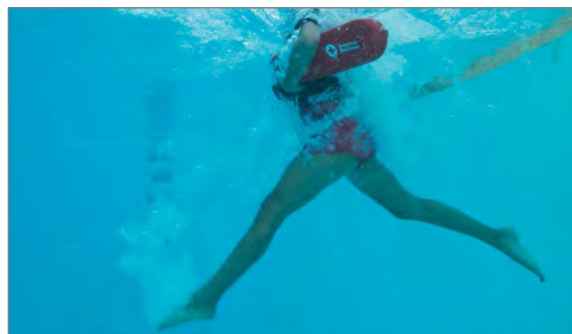
Slide-In Entry

- 1 Sit down on the edge facing the water. Place the rescue tube next to you or in the water.
- 2 Lower your body into the water feet-first.
- 3 Retrieve the rescue tube.
- 4 Place the rescue tube across your chest with the tube under your armpits, focus on the victim and begin the approach.



Stride Jump

- 1 Squeeze the rescue tube high against your chest with the tube under your armpits.
- 2 Hold the excess line to keep the line from getting caught on something when jumping into the water.
- 3 Leap into the water with one leg forward and the other leg back.
- 4 Lean slightly forward, with your chest ahead of your hips, and focus on the victim when you enter the water.
- 5 Squeeze or scissor your legs together right after they make contact with the water for upward thrust.
- 6 Focus on the victim and begin the approach.



Note: Use the stride jump only if the water is more than 5 feet deep and you are no more than 3 feet above the water. You may need to climb down from an elevated lifeguard station and travel on land before entering the water.



ENTRIES

Compact Jump

- 1 Squeeze the rescue tube high against your chest with the tube under your armpits.
- 2 Hold the excess line to keep it from getting caught on the lifeguard chair or other equipment when jumping into the water.
- 3 Jump out and away from the lifeguard chair, pool deck or pier. In a wave pool, time the jump to land on the crest (top) of a wave.
- 4 Bend your knees and keep your feet together and flat to absorb the shock if you hit the bottom. Do not point your toes or keep your legs straight or stiff.
- 5 Let the buoyancy of the rescue tube bring you back to the surface.
- 6 Focus on the victim when surfacing and begin the approach.



Note: Use the compact jump only if the water is at least 5 feet deep and you are more than 3 feet above the water. It may not be safe to enter the water from an elevated station if your zone is crowded or as a result of the design or position of the stand. You may need to climb down from an elevated lifeguard station and travel on land before entering the water.

Run-and-Swim Entry

- 1 Hold the rescue tube and the excess line and run into the water, lifting your knees high to avoid falling.
- 2 When you can no longer run, either put the rescue tube across your chest and lean forward or drop the tube to the side and start swimming, letting the rescue tube trail behind. Do not dive or plunge head-first into the water; this could cause a serious head, neck or spinal injury.





ASSISTS

Simple Assist

- 1** Approach the person who needs help.
 - In 3 or more feet of water, use a rescue tube and keep it between you and the person who needs help.
- 2** Reach across the tube, if you are using one, and grasp the person at the armpit to help them maintain their balance.
 - If the person is underwater, grasp them by the armpits with both hands and help them stand up.
- 3** Assist the person to the exit point, if necessary.





ASSISTS

Reaching Assist

- 1 Brace yourself on the deck.
- 2 Extend your arm or a rescue tube to the victim, keeping your body weight on your back foot and crouching to avoid being pulled into the water.
 - If the victim is close enough to reach without using a rescue tube, extend your arm and grasp the victim.
 - If you are using a rescue tube, extend the tube to the victim and tell them to grab it.
 - To gain more extension, you may need to remove the rescue tube shoulder strap from your shoulder. Hold the strap in one hand and extend the rescue tube to the victim with the other hand and tell the victim to grab it.
- 3 Slowly pull the victim to safety.



Note: A swimmer in distress generally is able to reach for a rescue device. However, a victim who is struggling to keep their mouth above the water's surface to breathe may not be able to grab a rescue tube. In those cases, you may need to enter the water to rescue the victim using a front or rear victim rescue.



RESCUES AT OR NEAR THE SURFACE OF THE WATER

Active Victim Front Rescue

- 1** Approach the victim from the front.
- 2** As you near the victim, grab the rescue tube from under your arms with both hands and begin to push the tube out in front of you. Continue kicking to maintain momentum.
- 3** Thrust the rescue tube slightly under water and into the victim's chest, keeping the tube between you and the victim. Encourage the victim to grab the rescue tube and hold onto it.
- 4** Keep kicking, fully extend your arms and move the victim to a safe exit point. Change direction, if needed.





RESCUES AT OR NEAR THE SURFACE OF THE WATER

Active Victim Rear Rescue

- 1** Approach the victim from behind with the rescue tube across your chest.
- 2** With both arms, reach under the victim's armpits and grasp the shoulders firmly. Tell the victim that you are there to help and continue to reassure the victim throughout the rescue.
- 3** Using your chest, squeeze the rescue tube between your chest and the victim's back.
- 4** Keep your head to one side to avoid being hit by the victim's head if it moves backwards.
- 5** Lean back and pull the victim onto the rescue tube.
- 6** Use the rescue tube to support the victim so that the victim's mouth and nose are out of the water.
- 7** Tow the victim to a safe exit point.





RESCUES AT OR NEAR THE SURFACE OF THE WATER

Passive Victim Front Rescue

- 1** Approach a face-down victim from the front with the rescue tube across your chest.
- 2** As you near the victim, reach one arm out toward the victim's opposite arm and grab the victim's wrist/forearm just above the wrist while grabbing the rescue tube with your other hand.
- 3** Grasp the victim's opposite wrist/forearm with your palm facing up on the underside of the victim's arm. Pull and twist the arm toward your opposite shoulder to turn the victim over on their back. As you pull and twist, thrust the rescue tube under the victim's back as they turn over.
- 4** Place the tube under the victim below the shoulders so that the victim's head naturally falls back to an open airway position. Keep the victim's nose and mouth out of the water.
- 5** Reach one arm over the victim's shoulder and grasp the rescue tube.
- 6** Use the other hand to stroke toward an exit point.
- 7** Remove the victim from the water, assess the victim's condition and provide appropriate care.





RESCUES AT OR NEAR THE SURFACE OF THE WATER

Passive Victim Rear Rescue

- 1** Approach the face-down victim from behind with the rescue tube across your chest.
- 2** With both arms, reach under the victim's armpits and grasp the shoulders firmly. You may be high on the victim's back when doing this.
- 3** Using your chest, squeeze the rescue tube between your chest and the victim's back.
- 4** Keep your head to one side to avoid being hit by the victim's head if it moves backwards.
- 5** Roll the victim over by dipping your shoulder and rolling onto your back so that the victim is face-up on top of the rescue tube. Place the tube under the victim below the shoulders so that the victim's head naturally falls back to an open-airway position. Keep the victim's nose and mouth out of the water.
- 6** Reach one arm over the victim's shoulder and grasp the rescue tube.
- 7** Use your other hand to stroke toward an exit point.
- 8** Remove the victim from the water, assess the victim's condition and provide appropriate care.





RESCUES AT OR NEAR THE SURFACE OF THE WATER

Passive Victim at or Near the Surface in Water ≤ 3', Face-Up

- 1** Swim or quickly walk to the victim's side. If you are using a rescue tube, let go of it, but keep the strap around your shoulder.
- 2** Reach down to grasp the victim's arms midway between the elbows and shoulders. Move the victim's arms up alongside the victim's head.
- 3** Grab the rescue tube, if you are using one, and position it under the victim's shoulders. The victim's head should naturally fall back into an open-airway position. Quickly look, listen and feel to check for breathing.
 - If an assisting lifeguard is there to assist with removing the victim, remove the victim from the water without positioning the rescue tube under the victim's shoulders.
- 4** Move the victim to a safe exit point, remove the victim from the water, assess the victim's condition and provide appropriate care.





RESCUES AT OR NEAR THE SURFACE OF THE WATER

Passive Victim at or Near the Surface in Water ≤ 3', Face-Down

- 1** Swim or quickly walk to the victim's side. If you are using a rescue tube, let go of it but keep the strap around your shoulder.
- 2** Reach down to grab the victim's arms midway between the elbows and shoulders. Move the victim's arms up alongside the victim's head.
- 3** Glide the victim forward and roll the victim face-up by pushing the victim's arm that is closest to you under the water while pulling the victim's other arm across the surface toward you.
 - If the water is too shallow to glide the victim forward without causing further injury, roll the victim to a face-up position by simultaneously lifting and rolling the victim over.
- 4** Grab the rescue tube, if you are using one, and position it under the victim's shoulders. The victim's head should naturally fall back into an open-airway position. Quickly look, listen and feel to check for breathing.
 - If an assisting lifeguard is there to assist with removing the victim, remove the victim from the water without positioning the rescue tube under the victim's shoulders.
- 5** Move the victim to a safe exit point, remove the victim from the water, assess the victim's condition and provide appropriate care.

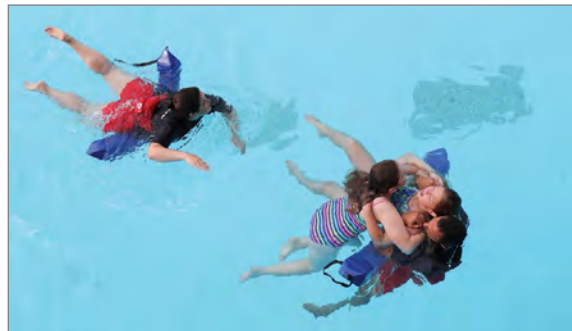




RESCUES AT OR NEAR THE SURFACE OF THE WATER

Multiple-Victim Rescue

- 1 Approach one victim from behind.
- 2 With both arms, reach under the victim's armpits and grasp the shoulders. Squeeze the rescue tube between your chest and the victim's back, keeping your head to one side of the victim's head.
- 3 Use the rescue tube to support both victims with their mouths and noses out of the water. Talk to the victims to help reassure them.
- 4 Support both victims until other lifeguards arrive or the victims become calm enough to assist with moving to a safe exit point.



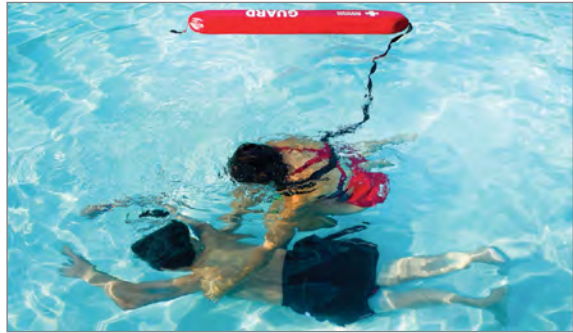
Note: Whenever possible, more than one rescuer should assist with a multiple-victim rescue.



RESCUING A SUBMERGED VICTIM

Passive Submerged Victim—Shallow Water

- 1** Swim or quickly walk to the victim's side. Let go of the rescue tube but keep the strap around your shoulders.
- 2** Submerge and reach down to grab the victim under the armpits.
- 3** Simultaneously pick up the victim, move forward and roll the victim face-up once surfaced.
- 4** Grab the rescue tube and position it under the victim's shoulders. The victim's head should fall back naturally into an open-airway position. If an assisting lifeguard is there with the backboard, skip this step and proceed to remove the victim from the water.
- 5** Move the victim to a safe exit point, remove the victim from the water, assess the victim's condition and provide appropriate care.



Tip: If the water depth is shallow enough, you can use the simple assist to lift the victim to the surface, then position them on the rescue tube (if needed) to complete the rescue.



RESCUING A SUBMERGED VICTIM

Feet-First Surface Dive

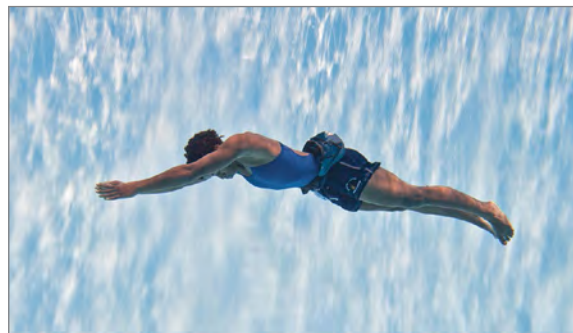
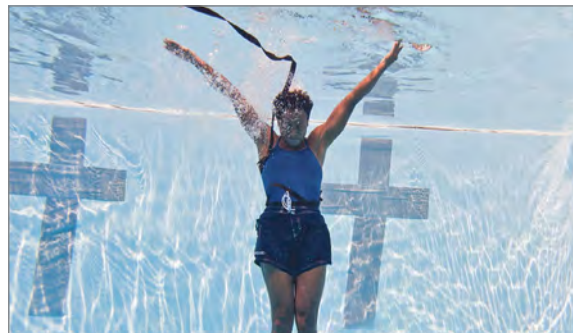
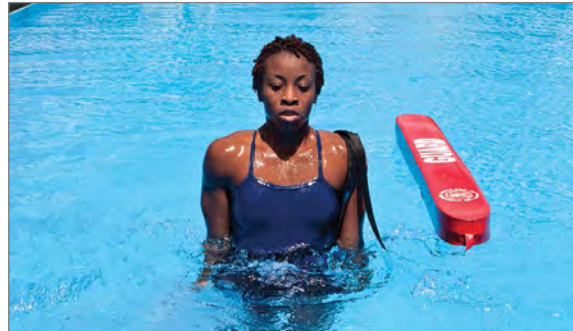
- 1 Swim to a point near the victim. Release the rescue tube but keep the strap around your shoulders.
- 2 Position your body vertically, then at the same time press both hands down to your sides and kick strongly to raise your body out of the water.
- 3 Take a breath, then let your body sink underwater as you begin to extend your arms outward with palms upward, pushing against the water to help you move downward. Keep your legs straight and together with toes pointed. Tuck your chin and turn your face to look down toward the bottom.
- 4 As downward momentum slows, repeat the motion of extending your arms outward and sweeping your hands and arms upward and overhead to go deeper.
- 5 Repeat this arm movement until you are deep enough to reach the victim.

Tip:

- Do not release all of the air in your lungs while you are submerging; instead, exhale gently. Save some air for your return to the surface.
- As you descend into deep water, be sure to equalize pressure early and often.

If you must swim underwater, such as for a deep-water line search, also perform these steps:

- 1 When deep enough, tuck your body and roll to a horizontal position.
- 2 Extend your arms and legs and swim underwater.





RESCUING A SUBMERGED VICTIM

Head-First Surface Dive

- 1** Swim to a point near the victim and release the rescue tube.
- 2** Gain momentum using a swimming stroke.
- 3** Take a breath and sweep your arms backwards to your thighs and turn them palms-down.
- 4** Tuck your chin to your chest and flex at the hip sharply while your arms reach downward toward the bottom.
- 5** Lift your legs upward, straight and together so that their weight above the water helps the descent. Get in a fully extended, streamlined body position that is almost vertical.
- 6** If you need to go deeper, such as in a diving well, do a simultaneous arm pull with both arms, then level out and swim forward underwater.



Tip:

- If the depth of the water is unknown or the water is murky, hold one or both arms extended over the head toward the bottom or use a feet-first surface dive.
- As you descend into deep water, be sure to equalize pressure early and often.



RESCUING A SUBMERGED VICTIM

Rescuing a Submerged Victim in Deep Water

- 1** Release the rescue tube, perform a feet-first surface dive and position yourself behind the victim.
- 2** Reach one arm under the victim's arm and across the victim's chest. Hold firmly onto the victim's opposite side.
- 3** Once you have hold of the victim, reach up with your free hand and grasp the towline. Pull it down and place it in the same hand that is holding the victim. Keep pulling the towline this way until nearing the surface.
- 4** As you approach the surface, grasp and position the rescue tube so it is placed on the victim's back, below their shoulders.
- 5** Upon reaching the surface, ensure that the victim is positioned on the rescue tube and the victim's head is back in an open-airway position.
- 6** Reach your free arm over the tube and under the victim's armpit. Grasp their shoulder firmly.
- 7** Tow the victim to a safe exit point. Remove the victim from the water, assess the victim's condition and provide appropriate care.



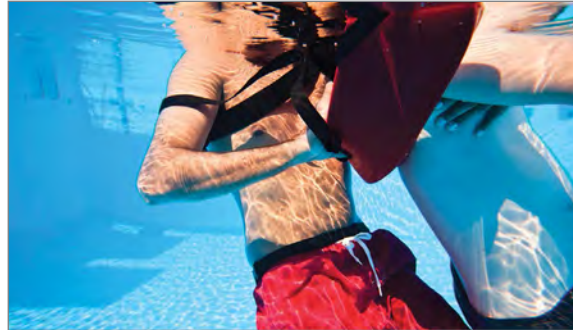


RESCUING A SUBMERGED VICTIM

Rescuing a Submerged Victim in Deep Water *continued*

Tip: Depending on the depth of the water, use one of the following techniques:

- If you must remove the strap from your shoulder to descend and reach the victim, continue to hold onto the strap so that the rescue tube can be used to help bring the victim to the surface.
- If the victim is deeper than the length of the strap and towline, release the strap and towline, grasp the victim, push off the bottom (if possible) and kick to the surface. Once at the surface, place the rescue tube in position behind the victim and continue the rescue.
- If you have released the strap of the rescue tube, it might not be within reach when you return to the surface. An additional lifeguard responding to your EAP signal should assist by placing the rescue tube in position so that you can continue the rescue. If this is not possible, you may need to move to safety without the rescue tube.





REMOVAL FROM THE WATER

Extrication Using a Backboard at the Pool Edge

- 1** The rescuing lifeguard swims with the victim toward the side of the pool. The assisting responder(s) on deck brings the backboard to the edge of the water and removes the head immobilizer.
- 2** The assisting responder(s) on deck places the board vertically in the water against the wall, submerging the head space of the board if possible. The rescuing lifeguard approaches the backboard and moves to the side of the victim.
- 3** The rescuing lifeguard raises one of the victim's arms so that the assisting responder can grasp the arm. The rescuing lifeguard then slides the rescue tube out from under the victim and toward him before contact is made with the board.
- 4** The assisting responder on deck firmly holds the backboard with one hand and the victim's forearm with the other hand and angles the board out slightly to help position the victim on the board as the rescuing lifeguard stabilizes the backboard from the side.
 - If more than one on-deck responder is available, they should help hold and stabilize the backboard.





REMOVAL FROM THE WATER

Extrication Using a Backboard at the Pool Edge *continued*

- 5** Once the victim is centered on the backboard, the assisting responder(s) signals that they are ready to remove the victim. While maintaining their hold on the victim's arm, the assisting responder(s) on deck pulls the backboard onto the deck. The rescuing lifeguard pushes the backboard as the assisting responder(s) pulls.
 - If more than one on-deck responder is available, they should help hold the backboard and pull the backboard onto the deck.



- 6** Assess the victim's condition and provide appropriate care.

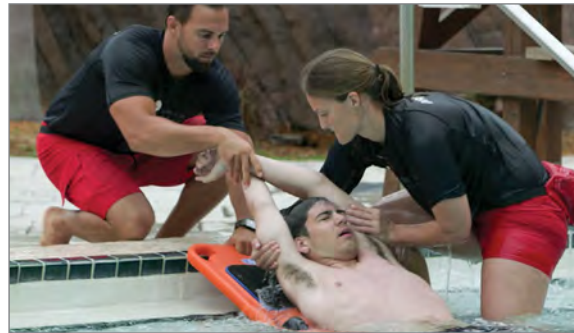


REMOVAL FROM THE WATER

Extrication Using a Backboard at the Steps

Tip: Before removing a victim on a backboard using the steps, consider your own and your partner's size and strength, the number of steps, the size and weight of the victim and whether or not additional responders are available to assist with holding and lifting the board (if needed). If you do not think you can safely lift the backboard and exit the water using the steps, consider using the pool edge removal method instead.

- 1 The rescuing lifeguard swims with the victim toward the side of the pool. The assisting responder(s) on deck brings the backboard to the steps and removes the head immobilizer.
- 2 The assisting responder(s) on deck places the board in the water at an angle against the steps. The rescuing lifeguard approaches the backboard and moves to the side of the victim.
- 3 The rescuing lifeguard raises both of the victim's arms so that the assisting responder(s) can grasp the arm(s).
- 4 The assisting responder on deck firmly holds the backboard with one hand and the victim's forearm with the other hand, as the rescuing lifeguard stabilizes the backboard from the side.
 - If more than one on-deck responder is available, they should help hold and stabilize the backboard.
- 5 Once the victim is centered on the backboard, the assisting responder(s) signals that they are ready to remove the victim. While maintaining their hold on the victim's arm, the assisting responder(s) on deck pulls the backboard at an angle up the steps and onto the deck. The rescuing lifeguard pushes the backboard as the assisting responder(s) pulls.
 - If more than one on-deck responder is available, they should grasp the backboard and the victim's other forearm and help pull the backboard up the steps.





REMOVAL FROM THE WATER

Extrication Using a Backboard at the Steps *continued*

- 6 Assess the victim's condition and provide appropriate care.



Extrication Using a Backboard in Zero Depth

- 1 The rescuing lifeguard supports the victim in a face-up position with the victim's arms extended alongside the victim's head until another lifeguard arrives with the backboard.
- 2 The assisting responder removes the head-immobilizer device, enters the water, submerges the backboard and positions the board under the victim so that it extends slightly beyond the victim's head. The assisting lifeguard raises the backboard into place.
- 3 Each lifeguard moves behind the victim's head. Each lifeguard grasps one of the victim's wrists and one of the handholds of the backboard and begins to move toward the zero-depth entry.
 - If the water is deep enough, a rescue tube can be placed under the foot-end of the backboard to aid flotation.
- 4 After reaching the zero-depth entry, the lifeguards slightly lift the head-end of the backboard, carefully pulling the backboard out of the water.
- 5 Assess the victim's condition and provide appropriate care.





REMOVAL FROM THE WATER

Extrication Using a Backboard— Steep Steps and/or Moving Water

- 1** The rescuing lifeguard supports the victim in a face-up position with the victim's arms extended alongside the victim's head until another lifeguard arrives with the backboard.
 - In moving water, the rescuing lifeguard should position the victim so that their head is pointed upstream. This position will help keep the victim's body in alignment for easier placement of the backboard and reduce splashing of water on to the victim's face.
- 2** The assisting responder removes the head-immobilizer device, enters the water, submerges the backboard and positions the board under the victim so that it extends slightly beyond the victim's head. The assisting lifeguard raises the backboard into place.
- 3** Each lifeguard moves behind the victim's head. Each lifeguard grasps one of the victim's wrists and one of the handholds of the backboard and begins to move toward the steps.
- 4** Lifeguards carefully and gently drag the backboard, taking one step at a time until they reach the top of the steps.
- 5** Gently lower the backboard to the ground.
- 6** Assess the victim's condition and provide appropriate care.





REMOVAL FROM THE WATER

Walking Assist

- 1 Place one of the victim's arms around your neck and across your shoulder.
- 2 Grasp the wrist of the arm that is across your shoulder. Wrap your free arm around the victim's back or waist to provide support.
- 3 Hold the victim firmly and assist them in walking out of the water.
- 4 Have the victim sit or lie down while you monitor their condition.



Beach Drag

- 1 Stand behind the victim and grasp them under the armpits, supporting the victim's head as much as possible with your forearms. Let the rescue tube trail behind, being careful not to trip on the tube or line. If another lifeguard is available to assist, each of you should grasp the victim under an armpit and support the head.
- 2 Walk backward and drag the victim to the shore. Use your legs, not your back.
- 3 Remove the victim completely from the water, then assess the victim's condition and provide appropriate care.





REMOVAL FROM THE WATER

Quick Removal for a Small Victim

Note: Do not use this technique if you suspect a spinal injury, the victim is breathing and a backboard is on the way.

- 1 Bring the victim to the side of the pool.
- 2 Maintain contact with the victim by rotating the victim on their back into the crook of your arm. Be sure to support the victim's head above the surface of the water. Place your other arm under the victim's knees.
- 3 Lift the victim carefully and place them on the pool deck.
- 4 Exit the water, assess the victim's condition and provide the appropriate care.



Note: If the victim must be moved to provide further care, place the victim on a backboard with the assistance of another lifeguard.



USING A RESCUE BOARD

Approaching the Victim

- 1** Hold onto the sides of the board, about mid-board when entering the water.
- 2** When the water is knee-deep, lay the rescue board on the water and push it forward. Climb on just behind the middle and lie down in the prone position. If needed, place your foot into the water to help steer. For better balance, place a foot on either side of the rescue board in the water.
- 3** Paddle with the front of the board toward the victim using either a front-crawl or a butterfly arm stroke. If you need to change to a kneeling position to better see the victim, paddle a few strokes before moving on the board.
- 4** Continue paddling with your head up and the victim in your sight until you reach them.





USING A RESCUE BOARD

Rescuing a Distressed Swimmer or Active Victim

- 1** Approach the victim from the side so that the side of the rescue board is next to the victim.
- 2** Grasp the victim's wrist and slide off of the rescue board on the opposite side.
- 3** Help the victim to reach their arms across the rescue board.
- 4** Stabilize the rescue board and help the victim onto the board.
- 5** Tell the victim to lie on their stomach, facing the front of the board.
- 6** Carefully climb onto the board from the back with your chest between the victim's legs. Take care to avoid tipping the rescue board, and keep your legs in the water for stability.
- 7** Encourage the victim to relax while you paddle the rescue board to shore.
- 8** Slide off of the board and help the victim off of the board onto shore with a walking assist.





USING A RESCUE BOARD

Rescuing a Passive Victim

To rescue someone who is unresponsive or cannot hold onto or climb onto the rescue board:

- 1 Approach the victim from the side. Position the rescue board so that the victim is slightly forward of the middle of the rescue board.



- 2 Grasp the victim's hand or wrist and slide off of the board on the opposite side, flipping the rescue board over toward you. Hold the victim's arm across the board with the victim's chest and armpits against the far edge of the board.



- 3 Grasp the far edge of the rescue board with the other hand.

- 4 Kneel on the edge of the rescue board using your own body weight to flip the board toward you again. Catch the victim's head as the rescue board comes down.





USING A RESCUE BOARD

Rescuing a Passive Victim *continued*

- 5 Position the victim lying down lengthwise in the middle of the rescue board with the victim's head toward the front of the rescue board.
- 6 Kick to turn the board toward shore. Carefully climb onto the board from the back with your chest between the victim's legs. Be careful not to tip the rescue board, and keep your legs in the water for stability.
- 7 Paddle the rescue board to shore.
- 8 Help the victim to safety with the beach drag or other removal technique.



Tip:

- Make sure that the victim's armpits are along the edges of the board before flipping the board.
- Use caution when flipping the board to ensure that the victim's armpits, and not the upper arms, remain along the edge of the board during the flip.



USING WATERCRAFT FOR RESCUES

Rescue with a Non-Motorized Water Craft—Square Stern Rowboat

- 1** Extend an oar or rescue tube to the victim and pull them to the center of the stern (rear) of the craft. This is the most stable area on which to hold.
- 2** If the victim cannot hold the oar or rescue tube, move the stern close to the victim and grasp the victim's wrist or hand and pull them to the stern.
- 3** Have the victim hold onto the stern while you move the watercraft to safety. Be sure that their mouth and nose remain above water.
- 4** If the victim needs to be brought onto the craft, help the victim over the stern and move the watercraft to safety.





USING WATERCRAFT FOR RESCUES

Rescue with a Non-Motorized Water Craft—Kayak

- 1 Extend the rescue tube to a distressed swimmer or active victim.
- 2 Instruct the victim to hold onto the rescue tube while you paddle to shore.
- 3 Ensure that the victim continues to hold the tube and that their mouth and nose remain above water as you paddle.



Rescue with a Motorized Water Craft

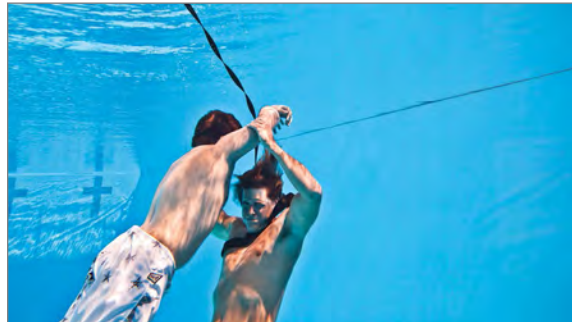
- 1 Always approach the victim from downwind and downstream.
- 2 Shut off the engine about three boat-lengths from the victim and coast or paddle to the victim.
- 3 Bring the victim on board before restarting the engine.



WHEN THINGS DO NOT GO AS PRACTICED

Front Head-Hold Escape

- 1** As soon as the victim grabs hold, take a quick breath, tuck your chin down, turn your head to either side, raise your shoulders and submerge with the victim.
- 2** Once underwater, grasp the victim's elbows or the undersides of the victim's arms just above the elbows. Forcefully push up and away. Keep your chin tucked, your arms fully extended and your shoulders raised until you are free.
- 3** Quickly swim underwater, out of the victim's reach. Surface and reposition the rescue tube and try the rescue again.



Rear Head-Hold Escape

- 1** Take a quick breath, tuck your chin down, turn your head to either side, raise your shoulders and submerge with the victim.
- 2** Once underwater, grasp the victim's elbows or the undersides of the victim's arms just above the elbows. Forcefully push up and away while twisting your head and shoulders. Keep your chin tucked, your arms fully extended and your shoulders raised until you are free.
- 3** Quickly swim underwater, out of the victim's reach. Surface and reposition the rescue tube and try the rescue again.





WHEN THINGS DO NOT GO AS PRACTICED

In-Water Ventilations

Note: Always remove a victim who is not breathing from the water as soon as possible to provide care. However, if you cannot immediately remove the victim or if doing so will delay care, then perform in-water ventilations

- 1 Ensure that the rescue tube is placed under the victim so that their airway falls into an open position.
- 2 From behind the victim's head, position the assembled resuscitation mask.
 - If you are in deep water, perform the skill with support from the rescue tube.
- 3 Give ventilations.
- 4 Remove the victim from the water as soon as conditions allow, then immediately resume providing care.

