

# BRONZE MEDALLION

## PUA21010 Certificate II in Public Safety (Aquatic Rescue)

### RESCUE TECHNIQUES

Chapter 9

# Learning Outcomes

- Prevention of aquatic incidents
- Recognition of people in distress/drowning
- Selection of appropriate rescue equipment
- Tube and board rescue techniques
- Rescues without equipment
- Deep water resuscitation and return to shore
- Mass rescue and rescue triage
- Perform surf skills

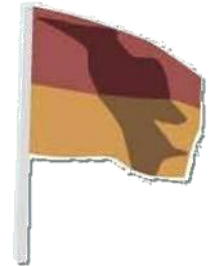
# Introduction

## Principles of aquatic safety:

- Prevention
- Recognition
- Rescue
- Recovery

**Prevention** is the key component to aquatic safety, and includes:

- Safe swim areas (red & yellow flags)
- Signage
- Education



# Essential Steps in a Rescue

1. **Recognise** the patient/need for rescue
2. **Alert** the Patrol Captain
3. **Decide** on a course of action
4. **Retrieve** the patient



# Rescuer Attributes

- Knowledge of procedures/facilities
- Ability/skill to do the job
- Fitness & stamina
- Judgment
- Discipline
- Resourcefulness



# Step 1: Recognition

## High risk swimmers/groups:

- Age extremities
- Obesity
- Float users
- Tourists/visitors
- Intoxicated persons
- Improperly dressed persons

## Characteristics of different types of patients

### Distressed persons



- Call for help/waving
- Weak, ineffective stroke
- Appear in pain, cramp
- Wide eyed fearful look

### Drowning person



- No call for help
- Upright position
- Vigorous arms, no leg action
- Look of panic

# Step 2: Alert Patrol Captain

- **Informing Patrol Captain/backup**

- Speak directly
- Use radio
- Inform another lifesaver

- **Unforeseen rescue complexity**

- Changing surf conditions
- Equipment
- Deteriorating patient
- Changing environmental conditions

**Always inform the Patrol captain/second "party" to ensure a backup is available if needed**

# Step 2 (CONT): Alert Patrol Captain Sources of Assistance

If your area does not have Surfcom, support may involve other clubs and local arrangements

## Surfcom role

- Support Ops:
  - RWC, JRB, ORB, Helicopter etc
- Support personnel
- Documentation

Surfcom have direct communication with Emergency

Services as:

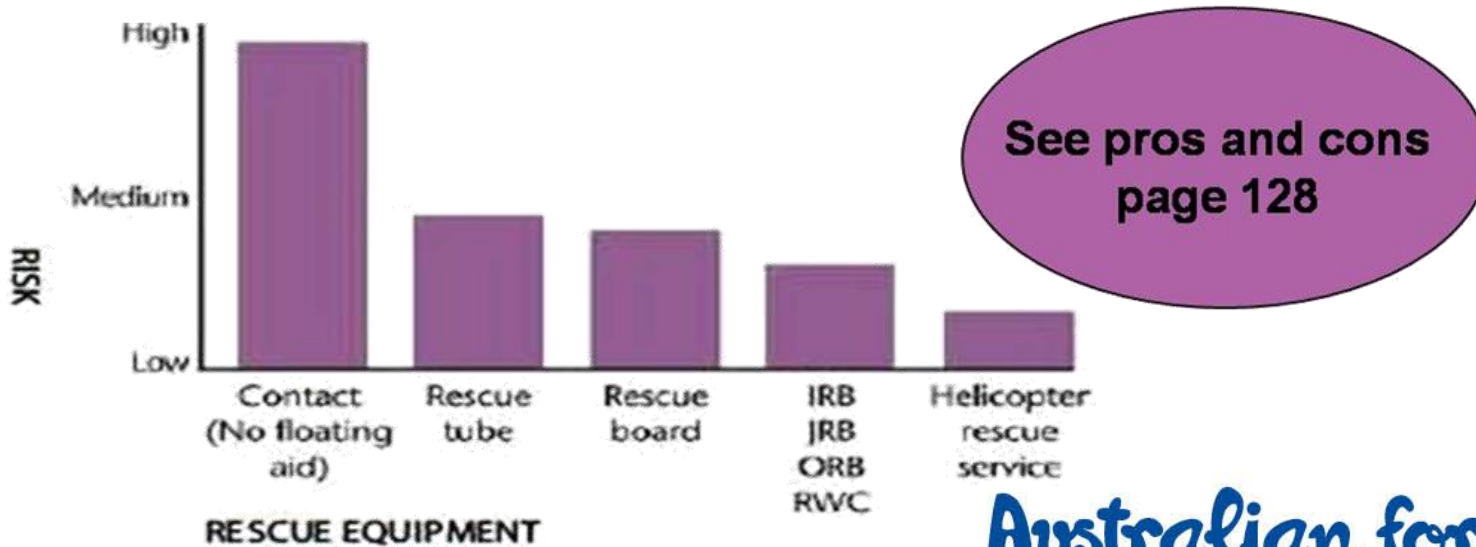
- Air
- Police & W
- Fire & Rescue
- State Emergency Service
- Volunteer Marine Rescue groups

**Check local arrangements for calling in Emergency Services**

# Step 3: Course of Action

## Factors to be considered

- Number of patients
- Distance from shore/patrol
- Surf & prevailing conditions
- Resources – human & equipment



# Step 4: Retrieving the Patient

## Patient approach

- Watch – maintain eye contact
- Call out – talk to patient
- Slow approach when within 2m

SCENARIO RISK RATING	APPROXIMATE DISTANCE FROM SHORE	LOW	LOW – MEDIUM	MEDIUM	HIGH	EXTREMELY HIGH
		1	2 to 5	6 to 10	11+	
LOW	0–50m	rescue tube	rescue tubes	IRB and rescue tubes/	IRB and rescue tubes/	all patrol resources available and Support Operations
LOW – MEDIUM	30–150m	rescue board	rescue boards and rescue tube	IRB and rescue board/ rescue tube	IRB and rescue board/ rescue tube	IRB and rescue boards and Support Operations
MEDIUM	100–300m	IRB	IRB and rescue board	IRB and rescue boards	IRB, rescue boards and Support Operations	IRB, rescue boards and Support Operations
HIGH	250–500m	IRB and Support Operations	IRB and Support Operations	IRB and Support Operations	IRB and Support Operations	IRB and Support Operations
EXTREMELY HIGH	450m +	Support Operations	Support Operations	Support Operations	Support Operations	Support Operations

Speed is essential when dealing with unconscious patients

# Step 4: Retrieving the Patient

## Submerged patient

- Note landmarks if patient goes under
- Bubbles may indicate patients position

### On reaching a submerged patient:

- Grasp under the armpits
- If possible, push off the bottom
- Signal for assistance
- Give 2 rescue breaths
- Return to shore



# Rescue Methods

- Without equipment
- Patient tows
- Tube rescue
- Rescue board rescue
- Bodyboard rescue
- Powercraft rescues – separate training

# Rescue Methods

## Defensive positions

- Rescues with no or limited equipment are the highest risk choice for patient and rescuer. Take extra care.

## Defensive positions



# Patient Retrieval

## Rescue tube and board

### NOTE:

Following slides are for overview information only

- Rescue techniques demonstrated and practiced in water
- Ideally still water first
- Develop skills in surf conditions

# Patient Tows

Alert patrol captain/team, signal for help



Hip carry with jaw support  
unconscious patient



**Rescues without equipment are strongly discouraged**

Wrist tow (wrist grip)  
encourage patient to kick

# Tube Rescue

Alert Patrol Captain/team members

- Enter the water
  - Rescue tube & swim fins
- Negotiate the break
- Approach the patient
  - Conscious
  - Unconscious – deep water resuscitation
- Use the rescue tube to secure the patient
- Give Assistance Required signal
- Return to shore

# Tube Rescue Sequence

- Alert patrol captain/team member

**1** Tube and fins



**3** Secure patient



**5** Return to shore



**2** Present tube at distance



**4** Call for assistance



**6** Assist patient in break area



# Tube Rescue

## Deep Water Resuscitation



**Rescue breathing  
Tube variations**

- Deep water rescue breathing should only be attempted beyond the surf zone or close to shore

**Preferred deep water  
rescue breathing:  
Mouth to nose**



**Australian for life.**



# Tube Rescue

## Double Tube Tow

- One rescuer will be about 1 metre ahead of the second rescuer
- Rescuers keep apart to reduce the risk of tangling lanyards

### Tube configuration



### Double tube rescue



# Board Rescues

## Conscious patient

- Alert Patrol Captain/team members
- The rescue board is fast and reliable and can support a number of patients

1



Keep board shoreward side

4



Assist patient onto craft

2



Straddle board move to

5



Paddling position between patients legs

3



Grasp the patients nearest leg to pull

**Only experienced lifesavers should attempt to catch green waves to shore when doing a rescue**

- Signal
- Return to shore

Australian for life. 

# Board Rescues - Unconscious Patient

Maneuvering patient onto board  
Securing patient and assessment



Maneuvering patient onto board (cont)



Positioning patient on board

3



# Board Rescue - Rescue Breathing

- Rescue breathing should only be attempted outside the surf zone and where no danger exists
- If rescue breathing is unsuccessful, urgently return to shore

**Secure patient**

**1**



**Check for breathing**

**2**



**Delivering Rescue Breaths with jaw support**

**3**



**Australian for life.**



# Board Rescue - Approach to Shore

Call for assistance if a carry is required



Rescuers lifting patient



Preparing to lift, ideally kneeling



2 Person carry up the beach



**Only Gold Medallion holders may use the one person drag**

# Patient Retrieval Bodyboard & Fins

- In heavy seas or in the break area position the patient between you and the bodyboard
- Instruct the patient to hold onto the handles
- Position yourself behind and between the patients legs
- As a wave hits squeeze the patient between you and the board, hold on tight



**Swim fins and lanyard must always be used with a rescue bodyboard**

# Mass Rescues

- Causes
  - Washed off their feet
  - Rip currents
  - Flash rips
  - Wave action
  - Boating incident



# Mass Rescue Procedure



- Raise the alarm
- Inform SurfCom (where available)
- All qualified lifesavers report to patrol
- Patrol Captain takes charge
- Select & deploy equipment strategically
- Prioritise rescue targets
- Crowd control
- Resuscitation & First Aid as necessary



# Flotation Devices

**Multiple patients may be assisted by:**

- Rescue board
- Rescue tube
- Rescue body board
- Rescue craft
- Water competition equipment

Thank you

Australian for life. 