

July 21-27, 2024

National Drowning
Prevention Week

LIFESAVING SOCIETY

Talk, Throw, Reach Demonstration Rescue

NATIONAL DROWNING PREVENTION WEEK: JULY 21-27, 2024

This activity is a rescue demonstration of a "talk, throw, reach" rescue at an environment such as lake or pool. This could be done as a water safety demonstration for public and family swimming. The lifeguards should perform the demonstration while the public sit on the edge of the pool or are on a beach. A script for the rescue is provided below that can be read out while the demonstration is being performed.

NEED:

- ROPE WITH A BUOYANT OBJECT ON ONE END OR A ROPE WITH A JUG ON THE END
- TWO WILLING PARTICIPANTS (BOTH TRAINED SWIMMERS)
- TOWELS
- REACH AID (PADDLE, POOL SKIMMER, NOODLE, ETC.)
- SCRIPT
- DESIGNATE A LIFEGUARD OR SUPERVISOR TO BE THE NARRATOR WHO EXPLAINS WHAT IS GOING ON DURING THE RESCUE.



Script

Lifeguard blows whistle to clear pool/beach

Narrator: "May I have your attention please?!"

After everyone is paying attention

Narrator: "Most drowning incidents take place in open water such as a river, lake, dugout etc. where there is no lifeguard on duty. It is important for the people to understand how to safely rescue someone in such a situation."

Victim- Close to the dock or shore, showing fear on his/her face.

Victim: "HELP!"

Rescuer- Looks over to water and spots victim

Looks around for an aid & spots a throwing aid

Grabs the aid and rushes over to dock

Victim: "HELP!"

Talk

Narrator: "The rescuer will first try and talk the potential victim calmly into shore, putting the rescuer at no risk"

Rescuer: "Are you okay? Stay Calm, I am here to help"

Rescuer: "Can you kick your feet to the wall? Try and move your arms (general encouragement)"

Victim- Head starts bobbing under water (drowning victim)

Throw

Narrator: "Since they cannot achieve a talk rescue the rescuer has moved on to do a throw rescue, this way the rescuer is still at minimal risk"

Rescuer- Puts a knot in one end of the rope and places it securely under his/her foot

Rescuer: "Watch out!"

Rescuer- Throws the aid in direction of the victim using a pendulum swing for maximum distance (considering other factors such as the current etc.)

Rescuer: "Grab onto the (type of aid used), I'll pull you in!"

Victim- Grabs onto aid

Rescuer: Gets low to the ground and makes sure they have three points of contact so they are completely stable

Rescuer- starts to pull the rope in hand over hand slowly

Rescuer: "Watch me, keep your head up, Kick your feet!"

Reach

Narrator: "if the throw rescue is unsuccessful the last option with minimal risk is to use a reaching aid which can be done with anything that both people can hold onto securely (paddle, pool skimmer, noodle, etc.)"

Victim- Close to dock/shore now

Rescuer- Makes sure they are still stable with three points of contact on the ground and holds out reach aid (paddle, pool noodle, pool hook etc.) to the victim to pull them to the shore/dock

Rescuer: "Grab on to the other end (of whatever reach aid is being used), hold on tight and I will pull you in"

Victim- Reaches to edge or shore and climbs out of water

Rescuer- Puts a towel around victim and comforts him/her, finds a parent, friend etc. and may advise medical attention

