

IN-SERVICE TRAINING WATERFRONT

In-water Ventilation, Prep for 3-Rescuer Team		
Time Allocation: 40 minutes		
TIME BREAKDOWN w/ configuration set-up	ACTIVITY/DRILL	NOTES
10 minutes	Warm-up : Swim 550 yards	
30 minutes Configuration Set-up: 3-rescuer teams 1 victim per team 2 rescue tubes per team Each rescuer with a pocket mask and hip pack	Review/Practice Intro to in-water ventilation Watch videos below prior to training. Read article prior to training. Victim in a supine position on the surface Victim in a prone position on the surface Victim in a prone position submerged Victim in a prone position submerged, with rescuers on shore 3-5 of each drill Incorporate time intervals	Focus on body placement on the rescue tube so the victim is self-supported and their airway naturally opens. Arms of the victim should be tucked behind rescue tube so as to catch in case of slippage. Avoid the need to assembly the mask, have it already done. Ventilations will be given from the cephalic position. Shaking out a wet mask is imperative. One-way valve commonly falls off. Support of the victim can be done by rescuers only and no equipment if needed.
Tutorial videos: In-water ventilation intro: https://goo.gl/is6TmR 3-rescuer with victim supine on the surface: https://goo.gl/uhhqHS 3-rescuer with victim prone on the surface: https://goo.gl/Khrj9F 3-rescuer with victim prone and submerged: https://goo.gl/mx9wYc 3-rescuer with victim prone and submerged, rescuers on shore: https://goo.gl/TGBqkM		