

IN-SERVICE TRAINING WATERFRONT

Rescue Board: reaching assist with “Base Jump” and “Fishing”		
Time Allocation: 40 minutes		
TIME BREAKDOWN w/ configuration set-up	ACTIVITY/DRILL	NOTES
10 minutes	Warm-up : Swim 550 yards	
12 minutes Configuration Set-up: 1-2 rows with 5-6 rescuers with 5-6 rescue boards Similar to 2 relay teams formation 1 victim for each line Victim is in the water at a depth of 9-12 feet facing shore.	<p>“Base Jump” Drill</p> <p>Watch videos below prior to training.</p> <p>Do a reaching assist from the rescue board of a submerged victim.</p> <p>Prone position with jumping off: Left side Right side 3-5 of each</p> <p>Kneeling position with jumping off: Left side Right side 3-5 of each</p> <p>Advanced variation: Secure the victim within 10-12 second from launching.</p>	<p>Launch and paddle to the last seen point of the victim.</p> <p>As the rescuer approaches the last seen point, rescuer can sit up onto their knees to look down into the water for the victim.</p> <p>IMPERATIVE: Rescuer maintains contact with board as they enter the water, submerge and bring the victim to the surface.</p>
<p>Tutorial videos: Base Jump Prone: https://goo.gl/KfRztu Base Jump Kneeling: https://goo.gl/bqPd33</p> <p>Relay video: Base Jump Relay: https://goo.gl/BMfXq8</p>		
12 minutes Configuration Set-up: 1-2 rows with 5-6 rescuers	<p>“Fishing” Drill</p> <p>Watch videos below prior to training.</p>	<p>Launch and paddle to the last seen point of the victim.</p> <p>As the rescuer approaches</p>

<p>with 5-6 rescue boards</p> <p>Similar to 2 relay teams formation</p> <p>1 victim for each line</p> <p>Victim is in the water at a depth of 9-12 feet facing shore.</p>	<p>Do a reaching assist from the rescue board of a submerged victim.</p> <p>Prone position with jumping off: Left side Right side 3-5 of each</p> <p>Kneeling position with jumping off: Left side Right side 3-5 of each</p> <p>Advanced variation: Secure the victim within 10-12 second from launching.</p>	<p>the last seen point, rescuer can sit up onto their knees to look down into the water for the victim.</p> <p>Rescuer moves to a perpendicular position on the board to distribute weight and holds onto with either hand or foot, or both.</p> <p>IMPERATIVE: the rescuer doesn't fall off the board or lose contact with the board during the assist or when bringing the victim to the surface and securing them to the board.</p>
<p>Tutorial videos: Fishing Prone: https://goo.gl/btbezE Fishing Kneeling: https://goo.gl/fukwq5</p> <p>Relay video: Fishing Relay: https://goo.gl/5yFAcK</p>		
<p>6 minutes</p> <p>Same configurations as above.</p>	<p>Relay of "Base Jump" Drill Relay of "Fishing" Drill</p> <p>Watch videos below prior to training.</p> <p>Variations Alternate deployment from the rescue board:</p> <p>Left side of rescue board Right side of rescue board</p> <p>Alternate between "Base Jump" and "Fishing" within a single relay.</p>	<p>Set a time limit of 10-12 seconds that the rescuer needs to make the rescue.</p> <p>Quickly return to shore after the rescue.</p> <p>Once Trainer hits 10-12 seconds, next rescuer deploys.</p> <p>This continues non-stop until all rescuers have gone through 1-2 times.</p>