

IN-SERVICE TRAINING WATERFRONT

Rescue Board: Board Control		
Time Allocation: 40 minutes		
TIME BREAKDOWN w/ configuration set-up	ACTIVITY/DRILL	NOTES
10 minutes	Warm-up : Swim 550 yards	
10 minutes	Slalom Relay Course	Maneuvering around the obstacles should be done as smoothly as possible
Configuration Set-up: 1 row with 5-6 rescuers 1 rescuer per board A buoy line or stationary objects in the water (posts or people)	Watch videos below prior to training. Paddle through the course and avoid making contact with any of the obstacles. Drills should be done from a: Prone position Kneeling position Variation: Go from point “A” to “B” and return (full circuit).	Foot should be dropped in to assist with direction control. Transition to utilizing only feet to do directional control. Try to increase speed, once proficient.
Relay videos: Slalom Course Relay, prone: https://goo.gl/3ZuAy5 Slalom Course Relay, prone and kneeling: https://goo.gl/Z2tu2d		
10 minutes	“Shave the face, pendulum” Drill	Launch and get as close as possible without hitting the victim.
Configuration Set-up: 1-2 rows with 5-6 rescuers with 5-6 rescue boards Similar to relay team formation 1 victim for each line Victim is in the water at a depth of 5-6 feet facing shore.	Watch video below prior to training. Victim will alternate placing hand up to be tapped. Rescuer needs to estimate and work on timing the correct side for the tap. Drills should be done from a: Prone position Kneeling position 3 of each.	Tap Portion should just tap hand and continue paddling by the victim. Transition to utilizing only feet to do directional control. Victim will alternate raised hand, 1 hand per second. Try to increase speed, once proficient.

<p>10 minutes</p> <p>Same configuration as above.</p>	<p>Watch videos below prior to training.</p> <p>Relay of “Shave the Face” TAP or RELAY</p> <p>All left side contact, or All right side contact</p> <p>Relay of “Shave the Face” Alternate which side the rescuer should make contact with the victim.</p> <p>Possibilities of position on the rescue board for each relay:</p> <p>Prone only Kneeling only Rescuer’s choice</p>	<p>Set a time limit of 7-10 seconds that the rescuer needs to make the rescue.</p> <p>Rescuer immediately returns to shore and get back in line.</p> <p>Once Trainer hits 7-10 seconds, next rescuer deploys.</p> <p>This continues non-stop until all rescuers have gone through 1-2 times.</p>
<p>Tutorial video: Shave the face, Pendulum: https://goo.gl/95N6k1</p> <p>Relay videos: Shave the face Tap relay: https://goo.gl/novkmm Shave the face Rescue relay, prone: https://goo.gl/IGbnB1 Shave the face Rescue relay, kneeling: https://goo.gl/NNj7Hv Shave the face Rescue relay, alternate sides: https://goo.gl/AoPQUc</p>		