

# IN-SERVICE TRAINING WATERFRONT

Rescue Board: Fundamentals and Proficiency		
Time Allocation: 40 minutes		
TIME BREAKDOWN w/ configuration set-up	ACTIVITY/DRILL	NOTES
10 minutes	Warm-up : Swim 550 yards	
24 minutes	Quick Stop Drills	Focus on body placement on the rescue board, no too far forward, or too far back.
Configuration Set-up:	<b>Watch videos below prior to training.</b>	
2-4 rescue boards	Paddle out at least 15-20 feet from a:	Focus on rapid deployment and getting out at least 20 feet.
1 per rescuer	Prone position Kneeling position 3 of each.	Rapid transition to a sitting position using legs and arms to stop forward motion.
Spread rescuers across shoreline	Can incorporate timed intervals as an addition option.	Progress to stopping with legs only.
	Progress by adding a 180 turnaround with legs only	
	Advance Variations:	
	Board versus floating buoy (Stopping before making contact)	
	Drifting in parallel to a floating buoy (Getting parallel to an object)	
Tutorial videos:		
Quick Stop: <a href="https://goo.gl/0wDeT9">https://goo.gl/0wDeT9</a>		
Quick Stop with a restart: <a href="https://goo.gl/Lt2Jfn">https://goo.gl/Lt2Jfn</a>		
Quick Stop with 180 turnaround: <a href="https://goo.gl/efhRhr">https://goo.gl/efhRhr</a>		
Quick Stop with 180 turn and return to shore: <a href="https://goo.gl/s3o7BL">https://goo.gl/s3o7BL</a>		
Quick Stop with a stop to a floating buoy/ fixed point: <a href="https://goo.gl/vbFyLC">https://goo.gl/vbFyLC</a>		
Quick Stop, Parallel drift: <a href="https://goo.gl/iwUYzt">https://goo.gl/iwUYzt</a>		
Quick Stop, Patrol drift: <a href="https://goo.gl/YeLNmM">https://goo.gl/YeLNmM</a>		
Group Parallel drift: <a href="https://goo.gl/Q20Kg6">https://goo.gl/Q20Kg6</a>		
Orbit around the victim: <a href="https://goo.gl/hZ2W4I">https://goo.gl/hZ2W4I</a>		

<p>6 minutes</p> <p>Configuration Set-up:</p> <p>1 rescue board per rescuer</p> <p>Deep water</p> <p>Good spacing around each rescuer to avoid collision.</p>	<p>Directional control</p> <p><b>Watch videos below prior to training.</b></p> <p>Focus on guiding the board from a sitting position:</p> <p>Clockwise  Counter-clockwise  Forward  Back  Moving to the Right  Moving to the Left</p>	<p>Focus on developing leg movements that do the directional controls, no arms.</p>
<p>Tutorial video:  Directional control: <a href="https://goo.gl/u6FLi3">https://goo.gl/u6FLi3</a></p>		