

# IN-SERVICE TRAINING WATERFRONT

Rescue Board: Launching and Active Victim		
Time Allocation: 40 minutes		
TIME BREAKDOWN w/ configuration set-up	ACTIVITY/DRILL	NOTES
10 minutes	Warm-up : Swim 550 yards	
10 minutes  Configuration Set-up: 2-4 rescue boards  1 board per rescuer  Rescuers spread out on the shoreline.	Review/Practice Launching:  <b>Watch videos below prior to training.</b>  Prone position Kneeling position 3-5 of each  Paddle out at least 15-20 feet:  Prone position Kneeling position 3-5 of each  Incorporate time intervals	Focus on body placement on the rescue board, no too far forward, or too far back.  Strive for body symmetry, good balance and equal arm pulls.  Focus on getting good depth with each paddle.  Transition to focusing on speed.
Tutorial videos: Prone Launch: <a href="https://goo.gl/SXJbQY">https://goo.gl/SXJbQY</a> Kneeling Launch: <a href="https://goo.gl/uv1fsL">https://goo.gl/uv1fsL</a> Launching timed interval: <a href="https://goo.gl/gtkhZ7">https://goo.gl/gtkhZ7</a>		
15 minutes  Configuration Set-up:  1-2 rows with 5-6 rescuers with 5-6 rescue boards  Similar to a relay team formation.  1 victim for each line  Victim is in the water at a depth of 5-6 feet facing shore.	“Shave the Face” Drill  <b>Watch videos below prior to training.</b>  Paddle: Left side, tap victim’s hand Right side, tap victim’s hand 3 of each  Paddle: Left side, rescue victim Right side, rescue victim 3 of each	Launch and get as close as possible without hitting the victim.  Tap Portion should just tap hand and continue paddling by the victim.  Rescue Portion should make contact with victim, but not load victim onto the board.

	Start in a prone position, then progress to a kneeling position.	
5 minutes  Same configuration as above	Relay of “Shave the Face” Drill  <b>Watch videos below prior to training.</b>  Pick one relay variation below to do for the 5 minutes.	Set a time limit of 10 seconds that the rescuer needs to make the rescue, then return to shore and get back in line.  Once Trainer hits 10 seconds, next rescuer deploys.  This continues non-stop until all rescuers have gone through 1-2 times
<p>Tutorial videos:  Shave the Face Tap Prone: <a href="https://goo.gl/DoKuvV">https://goo.gl/DoKuvV</a>  Shave the Face Tap Kneeling: <a href="https://goo.gl/njRQEP">https://goo.gl/njRQEP</a>  Shave the Face Rescue Prone: <a href="https://goo.gl/G62X6Z">https://goo.gl/G62X6Z</a>  Shave the Face Rescue Kneeling: <a href="https://goo.gl/33j7WF">https://goo.gl/33j7WF</a></p> <p>Relay videos:  Shave the Face Tap Relay: <a href="https://goo.gl/e3FNvd">https://goo.gl/e3FNvd</a>  Shave the Face Rescue Relay Prone: <a href="https://goo.gl/VaQjWt">https://goo.gl/VaQjWt</a>  Shave the Face Rescue Relay Kneeling: <a href="https://goo.gl/MIS5tB">https://goo.gl/MIS5tB</a></p>		