

# IN-SERVICE TRAINING WATERFRONT

Rescue Board: Multi-Rescuer, Multi-Victim 1		
Time Allocation: 40 minutes		
TIME BREAKDOWN w/configuration set-up	ACTIVITY/DRILL	NOTES
10 minutes	Warm-up : Swim 550 yards	
30 minutes	<p>“Multi-Rescuer, Multi-Victim” Drills</p> <p><b>Watch videos below prior to training.</b></p> <p>Launch variations:</p> <ul style="list-style-type: none"> <li>• Rescuers will launch simultaneously</li> <li>• Rescuer will have a staggered launch (5 second delay)</li> </ul> <p>Victim configurations:</p> <p>Bear hug: Victims holding each other, facing each other.</p> <p>Piggy Back: One victim on the back of the other, one victim is visible from the surface.</p> <p>Back-to-Back: Victims have their backs to each other.</p> <p>See-saw: Victims facing each other, one victim on the surface, while one submerges, then reverse submerged victim.</p> <p>Drills should be done from a prone position, then progress to a kneeling position.</p>	<p>Victims will be active, and rescuers must be prepared to do an escape if necessary.</p> <p>Lifeguard on board to monitor drills and safety.</p> <p>Safety word/tap must be used.</p> <p>Emphasis must be placed on keeping board between victim and rescuer if possible.</p> <p>If unable to keep barrier, then maintain contact with board and do reaching assist.</p> <p>Rescue without equipment as last choice.</p> <p>Rescues that involve more than two rescuers should focus on how to effectively manage their resources: equipment and rescuers.</p>
<p>Tutorial Videos: RSQ BRD Team Rescue, Bear Hug Configuration, Simultaneous: <a href="https://goo.gl/EmC8r0">https://goo.gl/EmC8r0</a></p>		

RSQ BRD Team Rescue, Bear Hug Configuration, Staggered: <https://goo.gl/k8VgCy>  
RSQ BRD Team Rescue, Piggy Back Configuration, Simultaneous: <https://goo.gl/9FGo3p>  
RSQ BRD Team Rescue, Piggy Back Configuration, Staggered: <https://goo.gl/6Nmjhd>  
RSQ BRD Team Rescue, Back2Back Configuration, Simultaneous: <https://goo.gl/8Zt5Px>  
RSQ BRD Team Rescue, Back2Back Configuration, Staggered: <https://goo.gl/rTjzOY>  
RSQ BRD Team Rescue, Seesaw Configuration, Simultaneous: <https://goo.gl/tJ6oOM>  
RSQ BRD Team Rescue, Seesaw Configuration, Staggered: <https://goo.gl/F3H56u>