

# IN-SERVICE TRAINING WATERFRONT

Rescue Board: Multi-Rescuer, Multi-Victim 3		
Time Allocation: 40 minutes		
TIME BREAKDOWN	ACTIVITY/DRILL	NOTES
10 minutes	Warm-up : Swim 550 yards	
30 minutes	<p>“2 Rescuers, 2 Victims” Drill</p> <p><b>Watch videos below prior to training.</b></p> <p>Launch variation:</p> <ul style="list-style-type: none"> <li>• Second rescuer will deploy once primary rescuer makes contact with victims</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>Separate but Equal: Victims are separated with a short distance apart, enough for a board to go between; one rescuer should be able to grab both victims.</p> <p>Too Far Apart: Victims are too far apart for one rescuer to rescue</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 only as a last choice and trained to do so.</p> <p>Rescues that involve more than two rescuers should focus on how to effectively manage their resources: equipment and rescuers.</p>

	<p>both.</p> <p>One Submerges: Once on victim is rescued, the second submerges.</p> <p>Both Submerge: Both victims submerge prior to rescuer's arrival.</p> <p>Drills should be done from a prone position, then progress to a kneeling position.</p>	
<p>Tutorial Videos:</p> <p>RSQ BRD, Team Rescue, "Bear Hug" Variation 3: <a href="https://goo.gl/2y3C xv">https://goo.gl/2y3C xv</a></p> <p>RSQ BRD, Team Rescue, "Piggy Back" Variation 3: <a href="https://goo.gl/4rui1 W">https://goo.gl/4rui1 W</a></p> <p>RSQ BRD, Team Rescue, "Back-to-Back" Variation 3: <a href="https://goo.gl/6kjHnj">https://goo.gl/6kjHnj</a></p> <p>RSQ BRD, Team Rescue, "Seesaw" Variation 3: <a href="https://goo.gl/EWUaQB">https://goo.gl/EWUaQB</a></p> <p>RSQ BRD, Team Rescue, "SBE" Variation 3: <a href="https://goo.gl/Wdtz xg">https://goo.gl/Wdtz xg</a></p> <p>RSQ BRD, Team Rescue, "One Submerges" Variation 3: <a href="https://goo.gl/r11 tau">https://goo.gl/r11 tau</a></p> <p>RSQ BRD, Team Rescue, "Both Submerge" Variation 3: <a href="https://goo.gl/UP231L">https://goo.gl/UP231L</a></p>		