

IN-SERVICE TRAINING WATERFRONT

Rescue Board: Passive Victim, Submerged		
Time Allocation: 40 minutes		
TIME BREAKDOWN w/configuration set-up	ACTIVITY/DRILL	NOTES
10 minutes	Warm-up : Swim 550 yards	
6 minutes 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	Relay: “Shave the face, tap/rescue victim” Drill Watch videos below prior to training. Paddle: Left side, tap/rescue victim Right side, tap/rescue victim Twice through each side	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 do not load victim onto the board. Each person should go from launch to contact with the victim in 7-10 seconds. Relay is non-stop until everyone is through twice.
Relay videos: Shave the Face Tap Relay: https://goo.gl/e3FNvd Shave the Face Rescue Relay Prone: https://goo.gl/VaQjWt Shave the Face Rescue Relay Kneeling: https://goo.gl/MIS5tB		
24 minutes Configuration Set-up: 1-2 rows with up to 4 rescuers with 4 rescue boards Similar to a relay team formation 1 victim for each line in	“Passive Submerged” Drill Watch videos below prior to training. Victim will submerge when rescuer is 3 seconds away. Victim will submerge when	Practice good approach and good last seen point (LSP) Move to knees and sit up to look into the water in hope of seeing the victim Enter water just prior to LSP and allow momentum

<p>Victim is in the water at a depth of 9-13 feet facing shore.</p>	<p>rescuer is 6 seconds away.</p> <p>Victim will submerge while rescuer is still on shore.</p> <p>2 of each, then move to the variations.</p> <p>Drills should be done from a prone position, then progress to a kneeling position.</p>	<p>to carry you into the victim's descent path.</p> <p>Rescue Variation 1, should just bring victim to surface.</p> <p>Rescue Variation 2, should bring victim to surface and make contact with board.</p>
<p>Tutorial Videos:</p> <p>Passive Submerged, Victim submerges 3 second away, variation 1: https://goo.gl/J8K2rg</p> <p>Passive Submerged, Victim submerges 6 second away, variation 1: https://goo.gl/KXPxr</p> <p>Passive Submerged, Victim submerges rescuer is on shore, variation 1: https://goo.gl/JbrjCx</p> <p>Passive Submerged, Victim submerges 3 second away, variation 2: https://goo.gl/5VE2Xr</p> <p>Passive Submerged, Victim submerges 6 second away variation 2: https://goo.gl/yqS6yh</p> <p>Passive Submerged, Victim submerges rescuer is on shore, variation 2: https://goo.gl/UtTRZg</p>		