

IN-SERVICE TRAINING WATERFRONT

Rescue Board: Passive Victim, Surface		
Time Allocation: 40 minutes		
TIME BREAKDOWN w/ configuration set-up	ACTIVITY/DRILL	NOTES
10 minutes	Warm-up : Swim 550 yards	
5 minutes Configuration Set-up: 1-2 rows with 5-6 rescuers with 5-6 rescue boards Similar to relay team formations 1 victim for each line Victim is in the water at a depth of 5-6 feet facing shore	Review/Practice “Shave the face, active victim” Drill Watch videos below prior to training. Paddle to left side of the victim to make the rescue Paddle to right side of the victim to make the rescue 3 of each	Launch and get as close as possible without hitting the victim. Rescue portion should make contact with victim, but do not load victim onto the board. Focus on speed and efficiency.
Tutorial videos: Shave the Face Rescue Prone: https://goo.gl/G62X6Z Shave the Face Rescue Kneeling: https://goo.gl/33j7WF		
25 minutes Configuration Set-up: 1-2 rows with 5-6 rescuers with 5-6 rescue boards Similar to relay team formations 1 victim for each line Victim is in the water at a depth of 5-6 feet facing shore	“Passive Surface” Drill Watch videos below prior to training. Victim will be face down, facing the shore. Victim will be face down, facing away from shore. Victim will be face down, parallel to shore. Drills should be done from a: Prone position Kneeling position	Rescue Portion should make contact with victim, but do not load victim onto the board. Roll victim onto their back and open their airway, check for spontaneous breathing. Rescuer will need to focus on body balance on the board, and develop fluidity when rolling the victim.
Tutorial videos:		

Passive Victim Surface, facing away from shore: <https://goo.gl/Qqndf6>

Passive Victim Surface, facing shore: <https://goo.gl/CCX9ob>

Passive Victim Surface, parallel to shore 1: <https://goo.gl/ELioiP>

Passive Victim Surface, parallel to shore 2: <https://goo.gl/Z7S0G5>