

# IN-SERVICE TRAINING WATERFRONT

Rescue Board: Single Rescuer, Multi-Victim		
Time Allocation: 40 minutes		
TIME BREAKDOWN w/ configuration set-up	ACTIVITY/DRILL	NOTES
10 minutes	Warm-up : Swim 550 yards	
30 minutes	<p>“Single Rescuer, Multi-Victim” Drills</p> <p><b>Watch videos below prior to training.</b></p> <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 both.</p> <p>One Submerges: Once on victim is rescued, the second submerges.</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. NOTE: board can support multiple victims.</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>Taking multiple pieces of equipment should be encouraged; however speed and proficiency are necessary.</p> <p>Secondary rescuers should practice going out and assisting.</p> <p>Rescues that involve more</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>than two rescuers should focus on how to effectively manage their resources: equipment and rescuers.</p>
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Tutorial Videos:

Single Rescuer, Multi Victim Bear Hug Configuration: <https://goo.gl/hUq0KI>

Single Rescuer, Multi Victim Piggy Back Configuration: <https://goo.gl/cIcCMW>

Single Rescuer, Multi Victim Back2Back Configuration: <https://goo.gl/u57REo>

Single Rescuer, Multi Victim Seesaw Configuration: <https://goo.gl/VOYTsv>

Single Rescuer, Multi Victim SBE Configuration: <https://goo.gl/lck2io>

Single Rescuer, Multi Victim One Submerges Configuration: <https://goo.gl/mGePrF>

Single Rescuer, Multi Victim Both Submerge Configuration: <https://goo.gl/0myWqR>

Single Rescuer, Multi Victim Too Far Apart Configuration: <https://goo.gl/uY31GM>