

# IN-SERVICE TRAINING WATERFRONT

Rescue Tube: Multi-Rescuer, Multi-Victim 2		
Time Allocation: 40 minutes		
TIME BREAKDOWN	ACTIVITY/DRILL	NOTES
10 minutes	Warm-up : Swim 550 yards	
30 minutes	<p>“2 Rescuers, 2 Victims” Drills</p> <p><b>Watch videos below prior to training.</b></p> <p>Deployment variation:</p> <ul style="list-style-type: none"> <li>Secondary rescuer will deploy 5 seconds after the primary rescuer</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>Seesaw: Victims facing each other, one victim on the surface, while one submerges, then reverse submerged victim.</p> <p>Separate but Equal (SBE): Victims are separated with a short distance apart from each other.</p> <p>One Submerges: Once on victim is rescued, the second submerges.</p> <p>Both Submerge: Both victims</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 rescue tube between victim and rescuer if possible.</p> <p>If unable to keep barrier, then maintain contact with rescue tube 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>The secondary rescuer should strive to catch up to the primary rescuer before victim contact is made.</p>

	submerge prior to rescuer's arrival.	At certain times, rescuers should wait for each other before making the rescue.
<p>Videos:</p> <p>Rescue tube, team rescue "Bear Hug" Variation 2: <a href="https://goo.gl/uS7oEk">https://goo.gl/uS7oEk</a></p> <p>Rescue tube, team rescue "Piggy Back" Variation 2: <a href="https://goo.gl/f1d4PD">https://goo.gl/f1d4PD</a></p> <p>Rescue tube, team rescue "Back-to-Back" Variation 2: <a href="https://goo.gl/v65cF8">https://goo.gl/v65cF8</a></p> <p>Rescue tube, team rescue "Seesaw" Variation 2: <a href="https://goo.gl/Stjc6e">https://goo.gl/Stjc6e</a></p> <p>Rescue tube, team rescue "SBE" Variation 2: <a href="https://goo.gl/mCsHG4">https://goo.gl/mCsHG4</a></p> <p>Rescue tube, team rescue "One Submerges" Variation 2: <a href="https://goo.gl/tRwWv7">https://goo.gl/tRwWv7</a></p> <p>Rescue tube, team rescue "Both Submerge" Variation 2: <a href="https://goo.gl/XZDraz">https://goo.gl/XZDraz</a></p>		