

IN-SERVICE TRAINING WATERFRONT

Rescue Tube: Passive Victim, Speed Drills		
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: 2-person teams 1 rescue tube per team Rescuers spread out in water 3-4 feet deep	Review/Practice Rescues in shallow water Watch videos below prior to training. Victim is in: Supine position on the surface Prone position on the surface Practice each variation at least 2 times	Focus on body placement on the rescue tube, with an end result that the victim is on their back solely supported by the rescue tube with their airway open. Rescuers hands should be free in anticipation to provide additional care. Victim's arms should be place behind the rescue tube in anticipation of the victim sliding off the rescue tube. The rescue tube can be slid and adjusted depending on the victim's body mass to more effectively support the victim.
Tutorial videos: Victim Face-up with the rescuer approaching from the top of the head: https://goo.gl/HAoUzB Victim Face-up with the rescuer approaching from the side: https://goo.gl/cAAqcU Victim Face-down with the rescuer approaching from the rear V1: https://goo.gl/6qQoGR Victim Face-down with the rescuer approaching from the rear V2: https://goo.gl/Dzyeyb Victim Face-down with the rescuer approaching from the front: https://goo.gl/KghrJi Victim Face-down with the rescuer approaching from the side: https://goo.gl/kFmYeL		
25 minutes Configuration Set-up: 2-person teams	Practice Speed drills in shallow water Watch videos below prior to	Focus on getting the victim to the surface and then placing them on the rescue tube in a supine position

<p>1 rescue tube per team</p> <p>Rescuers spread out in water at least 3-4 feet deep</p>	<p>training.</p> <p>Victim is in:</p> <p>Supine position on the surface</p> <p>Prone position on the surface</p> <p>Practice each variation at least 3-5 times</p>	<p>with their airway open.</p> <p>Rescuers hands should be free in anticipation to provide additional care.</p> <p>Victim's arms should be place behind the rescue tube in anticipation of the victim sliding off the rescue tube.</p> <p>The rescue tube can be slid and adjusted depending on the victim's body mass to more effectively support the victim.</p>
<p>Speed drill videos:</p> <p>Speed drill, face-up approaching from the top of the head: https://goo.gl/tzNiQn</p> <p>Speed drill, face-up approaching from the side: https://goo.gl/nnPbUo</p> <p>Speed drill, face-down approaching from the rear variation1: https://goo.gl/JDVZHb</p> <p>Speed drill, face-down approaching from the rear variation 2: https://goo.gl/Mvaomn</p> <p>Speed drill, face-down approaching from the front: https://goo.gl/2zYmxW</p> <p>Speed drill, face-down approaching from the side: https://goo.gl/nbkPv7</p>		