



RESCUES AT OR NEAR THE SURFACE OF THE WATER

Active Victim Front Rescue

- 1 Approach the victim from the front.
- 2 As you near the victim, grab the rescue tube from under your arms with both hands and begin to push the tube out in front of you. Continue kicking to maintain momentum.
- 3 Thrust the rescue tube slightly under water and into the victim's chest, keeping the tube between you and the victim. Encourage the victim to grab the rescue tube and hold onto it.
- 4 Keep kicking, fully extend your arms and move the victim to a safe exit point. Change direction, if needed.





RESCUES AT OR NEAR THE SURFACE OF THE WATER

Active Victim Rear Rescue

- 1** Approach the victim from behind with the rescue tube across your chest.
- 2** With both arms, reach under the victim's armpits and grasp the shoulders firmly. Tell the victim that you are there to help and continue to reassure the victim throughout the rescue.
- 3** Using your chest, squeeze the rescue tube between your chest and the victim's back.
- 4** Keep your head to one side to avoid being hit by the victim's head if it moves backwards.
- 5** Lean back and pull the victim onto the rescue tub.
- 6** Use the rescue tube to support the victim so that the victim's mouth and nose are out of the water.
- 7** Tow the victim to a safe exit point.





RESCUES AT OR NEAR THE SURFACE OF THE WATER

Passive Victim Front Rescue

- 1** Approach a face-down victim from the front with the rescue tube across your chest.
- 2** As you near the victim, reach one arm out toward the victim's opposite arm and grab the victim's wrist/forearm just above the wrist while grabbing the rescue tube with your other hand.
- 3** Grasp the victim's opposite wrist/forearm with your palm facing up on the underside of the victim's arm. Pull and twist the arm toward your opposite shoulder to turn the victim over on their back. As you pull and twist, thrust the rescue tube under the victim's back as they turn over.
- 4** Place the tube under the victim below the shoulders so that the victim's head naturally falls back to an open airway position. Keep the victim's nose and mouth out of the water.
- 5** Reach one arm over the victim's shoulder and grasp the rescue tube.
- 6** Use the other hand to stroke toward an exit point.
- 7** Remove the victim from the water, assess the victim's condition and provide appropriate care.





RESCUES AT OR NEAR THE SURFACE OF THE WATER

Passive Victim Rear Rescue

- 1** Approach the face-down victim from behind with the rescue tube across your chest.
- 2** With both arms, reach under the victim's armpits and grasp the shoulders firmly. You may be high on the victim's back when doing this.
- 3** Using your chest, squeeze the rescue tube between your chest and the victim's back.
- 4** Keep your head to one side to avoid being hit by the victim's head if it moves backwards.
- 5** Roll the victim over by dipping your shoulder and rolling onto your back so that the victim is face-up on top of the rescue tube. Place the tube under the victim below the shoulders so that the victim's head naturally falls back to an open-airway position. Keep the victim's nose and mouth out of the water.
- 6** Reach one arm over the victim's shoulder and grasp the rescue tube.
- 7** Use your other hand to stroke toward an exit point.
- 8** Remove the victim from the water, assess the victim's condition and provide appropriate care.





RESCUES AT OR NEAR THE SURFACE OF THE WATER

Passive Victim at or Near the Surface in Water ≤ 3', Face-Up

- 1** Swim or quickly walk to the victim's side. If you are using a rescue tube, let go of it, but keep the strap around your shoulder.
- 2** Reach down to grasp the victim's arms midway between the elbows and shoulders. Move the victim's arms up alongside the victim's head.
- 3** Grab the rescue tube, if you are using one, and position it under the victim's shoulders. The victim's head should naturally fall back into an open-airway position. Quickly look, listen and feel to check for breathing.
 - If an assisting lifeguard is there to assist with removing the victim, remove the victim from the water without positioning the rescue tube under the victim's shoulders.
- 4** Move the victim to a safe exit point, remove the victim from the water, assess the victim's condition and provide appropriate care.





RESCUES AT OR NEAR THE SURFACE OF THE WATER

Passive Victim at or Near the Surface in Water ≤ 3', Face-Down

- 1** Swim or quickly walk to the victim's side. If you are using a rescue tube, let go of it but keep the strap around your shoulder.
- 2** Reach down to grab the victim's arms midway between the elbows and shoulders. Move the victim's arms up alongside the victim's head.
- 3** Glide the victim forward and roll the victim face-up by pushing the victim's arm that is closest to you under the water while pulling the victim's other arm across the surface toward you.
 - If the water is too shallow to glide the victim forward without causing further injury, roll the victim to a face-up position by simultaneously lifting and rolling the victim over.
- 4** Grab the rescue tube, if you are using one, and position it under the victim's shoulders. The victim's head should naturally fall back into an open-airway position. Quickly look, listen and feel to check for breathing.
 - If an assisting lifeguard is there to assist with removing the victim, remove the victim from the water without positioning the rescue tube under the victim's shoulders.
- 5** Move the victim to a safe exit point, remove the victim from the water, assess the victim's condition and provide appropriate care.





RESCUES AT OR NEAR THE SURFACE OF THE WATER

Multiple-Victim Rescue

- 1 Approach one victim from behind.
- 2 With both arms, reach under the victim's armpits and grasp the shoulders. Squeeze the rescue tube between your chest and the victim's back, keeping your head to one side of the victim's head.
- 3 Use the rescue tube to support both victims with their mouths and noses out of the water. Talk to the victims to help reassure them.
- 4 Support both victims until other lifeguards arrive or the victims become calm enough to assist with moving to a safe exit point.



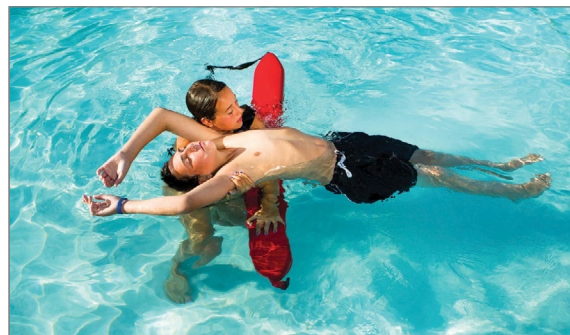
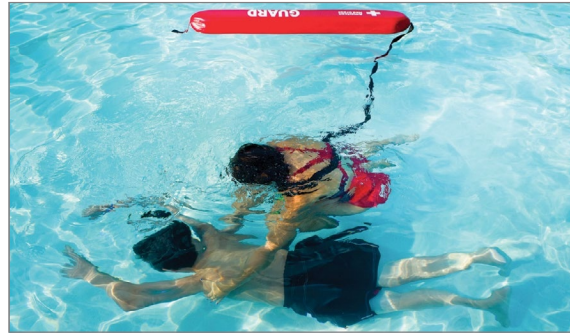
Note: Whenever possible, more than one rescuer should assist with a multiple-victim rescue.



RESCUING A SUBMERGED VICTIM

Passive Submerged Victim—Shallow Water

- 1** Swim or quickly walk to the victim's side. Let go of the rescue tube but keep the strap around your shoulders.
- 2** Submerge and reach down to grab the victim under the armpits.
- 3** Simultaneously pick up the victim, move forward and roll the victim face-up once surfaced.
- 4** Grab the rescue tube and position it under the victim's shoulders. The victim's head should fall back naturally into an open-airway position. If an assisting lifeguard is there with the backboard, skip this step and proceed to remove the victim from the water.
- 5** Move the victim to a safe exit point, remove the victim from the water, assess the victim's condition and provide appropriate care.



Tip: If the water depth is shallow enough, you can use the simple assist to lift the victim to the surface, then position them on the rescue tube (if needed) to complete the rescue.



RESCUING A SUBMERGED VICTIM

Feet-First Surface Dive

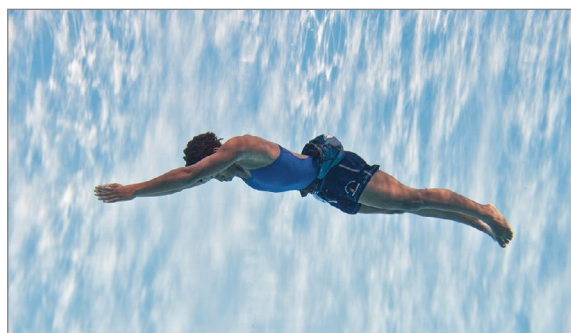
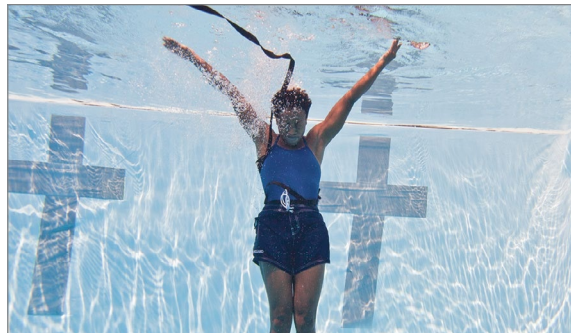
- 1 Swim to a point near the victim. Release the rescue tube but keep the strap around your shoulders.
- 2 Position your body vertically, then at the same time press both hands down to your sides and kick strongly to raise your body out of the water.
- 3 Take a breath, then let your body sink underwater as you begin to extend your arms outward with palms upward, pushing against the water to help you move downward. Keep your legs straight and together with toes pointed. Tuck your chin and turn your face to look down toward the bottom.
- 4 As downward momentum slows, repeat the motion of extending your arms outward and sweeping your hands and arms upward and overhead to go deeper.
- 5 Repeat this arm movement until you are deep enough to reach the victim.

Tip:

- Do not release all of the air in your lungs while you are submerging; instead, exhale gently. Save some air for your return to the surface.
- As you descend into deep water, be sure to equalize pressure early and often.

If you must swim underwater, such as for a deep-water line search, also perform these steps:

- 1 When deep enough, tuck your body and roll to a horizontal position.
- 2 Extend your arms and legs and swim underwater.

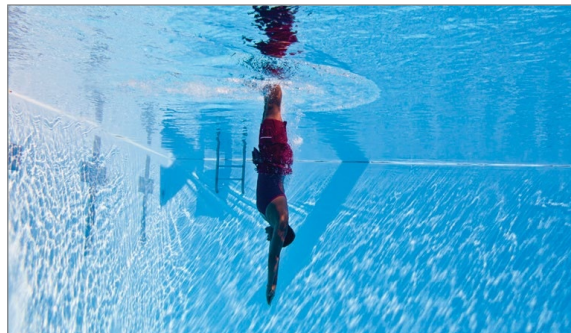




RESCUING A SUBMERGED VICTIM

Head-First Surface Dive

- 1** Swim to a point near the victim and release the rescue tube.
- 2** Gain momentum using a swimming stroke.
- 3** Take a breath and sweep your arms backwards to your thighs and turn them palms-down.
- 4** Tuck your chin to your chest and flex at the hip sharply while your arms reach downward toward the bottom.
- 5** Lift your legs upward, straight and together so that their weight above the water helps the descent. Get in a fully extended, streamlined body position that is almost vertical.
- 6** If you need to go deeper, such as in a diving well, do a simultaneous arm pull with both arms, then level out and swim forward underwater.



Tip:

- If the depth of the water is unknown or the water is murky, hold one or both arms extended over the head toward the bottom or use a feet-first surface dive.
- As you descend into deep water, be sure to equalize pressure early and often.



RESCUING A SUBMERGED VICTIM

Rescuing a Submerged Victim in Deep Water

- 1** Release the rescue tube, perform a feet-first surface dive and position yourself behind the victim.
- 2** Reach one arm under the victim's arm and across the victim's chest. Hold firmly onto the victim's opposite side.
- 3** Once you have hold of the victim, reach up with your free hand and grasp the towline. Pull it down and place it in the same hand that is holding the victim. Keep pulling the towline this way until nearing the surface.
- 4** As you approach the surface, grasp and position the rescue tube so it is placed on the victim's back, below their shoulders.
- 5** Upon reaching the surface, ensure that the victim is positioned on the rescue tube and the victim's head is back in an open-airway position.
- 6** Reach your free arm over the tube and under the victim's armpit. Grasp their shoulder firmly.
- 7** Tow the victim to a safe exit point. Remove the victim from the water, assess the victim's condition and provide appropriate care.



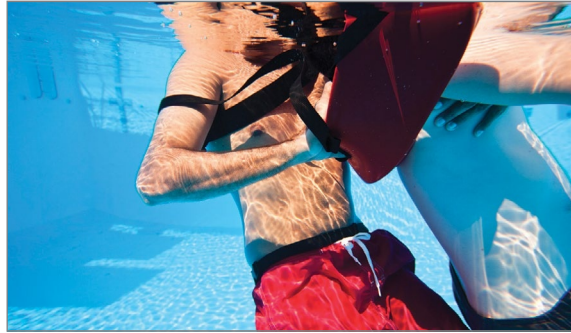


RESCUING A SUBMERGED VICTIM

Rescuing a Submerged Victim in Deep Water *continued*

Tip: Depending on the depth of the water, use one of the following techniques:

- If you must remove the strap from your shoulder to descend and reach the victim, continue to hold onto the strap so that the rescue tube can be used to help bring the victim to the surface.
- If the victim is deeper than the length of the strap and towline, release the strap and towline, grasp the victim, push off the bottom (if possible) and kick to the surface. Once at the surface, place the rescue tube in position behind the victim and continue the rescue.
- If you have released the strap of the rescue tube, it might not be within reach when you return to the surface. An additional lifeguard responding to your EAP signal should assist by placing the rescue tube in position so that you can continue the rescue. If this is not possible, you may need to move to safety without the rescue tube.

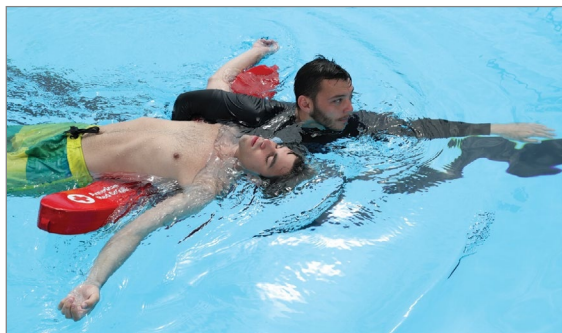




REMOVAL FROM THE WATER

Extrication Using a Backboard at the Pool Edge

- 1** The rescuing lifeguard swims with the victim toward the side of the pool. The assisting responder(s) on deck brings the backboard to the edge of the water and removes the head immobilizer.
- 2** The assisting responder(s) on deck places the board vertically in the water against the wall, submerging the head space of the board if possible. The rescuing lifeguard approaches the backboard and moves to the side of the victim.
- 3** The rescuing lifeguard raises one of the victim's arms so that the assisting responder can grasp the arm. The rescuing lifeguard then slides the rescue tube out from under the victim and toward him before contact is made with the board.
- 4** The assisting responder on deck firmly holds the backboard with one hand and the victim's forearm with the other hand and angles the board out slightly to help position the victim on the board as the rescuing lifeguard stabilizes the backboard from the side.
 - If more than one on-deck responder is available, they should help hold and stabilize the backboard.



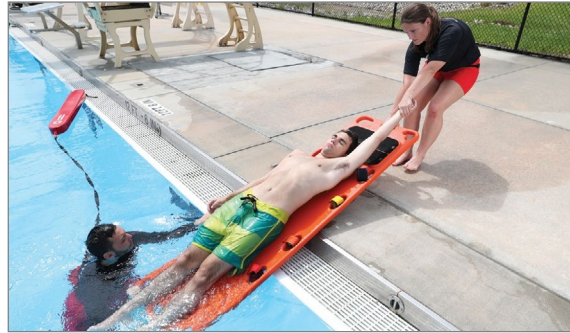


REMOVAL FROM THE WATER

Extrication Using a Backboard at the Pool Edge *continued*

- 5** Once the victim is centered on the backboard, the assisting responder(s) signals that they are ready to remove the victim. While maintaining their hold on the victim's arm, the assisting responder(s) on deck pulls the backboard onto the deck. The rescuing lifeguard pushes the backboard as the assisting responder(s) pulls.
 - If more than one on-deck responder is available, they should help hold the backboard and pull the backboard onto the deck.

- 6** Assess the victim's condition and provide appropriate care.





REMOVAL FROM THE WATER

Extrication Using a Backboard at the Steps

Tip: Before removing a victim on a backboard using the steps, consider your own and your partner's size and strength, the number of steps, the size and weight of the victim and whether or not additional responders are available to assist with holding and lifting the board (if needed). If you do not think you can safely lift the backboard and exit the water using the steps, consider using the pool edge removal method instead.

1 The rescuing lifeguard swims with the victim toward the side of the pool. The assisting responder(s) on deck brings the backboard to the steps and removes the head immobilizer.



2 The assisting responder(s) on deck places the board in the water at an angle against the steps. The rescuing lifeguard approaches the backboard and moves to the side of the victim.

3 The rescuing lifeguard raises both of the victim's arms so that the assisting responder(s) can grasp the arm(s).



4 The assisting responder on deck firmly holds the backboard with one hand and the victim's forearm with the other hand, as the rescuing lifeguard stabilizes the backboard from the side.

- If more than one on-deck responder is available, they should help hold and stabilize the backboard.

5 Once the victim is centered on the backboard, the assisting responder(s) signals that they are ready to remove the victim. While maintaining their hold on the victim's arm, the assisting responder(s) on deck pulls the backboard at an angle up the steps and onto the deck. The rescuing lifeguard pushes the backboard as the assisting responder(s) pulls.

- If more than one on-deck responder is available, they should grasp the backboard and the victim's other forearm and help pull the backboard up the steps.



REMOVAL FROM THE WATER

Extrication Using a Backboard at the Steps *continued*

- 6 Assess the victim's condition and provide appropriate care.



Extrication Using a Backboard in Zero Depth

- 1 The rescuing lifeguard supports the victim in a face-up position with the victim's arms extended alongside the victim's head until another lifeguard arrives with the backboard.
- 2 The assisting responder removes the head-immobilizer device, enters the water, submerges the backboard and positions the board under the victim so that it extends slightly beyond the victim's head. The assisting lifeguard raises the backboard into place.
- 3 Each lifeguard moves behind the victim's head. Each lifeguard grasps one of the victim's wrists and one of the handholds of the backboard and begins to move toward the zero-depth entry.
 - If the water is deep enough, a rescue tube can be placed under the foot-end of the backboard to aid flotation.
- 4 After reaching the zero-depth entry, the lifeguards slightly lift the head-end of the backboard, carefully pulling the backboard out of the water.
- 5 Assess the victim's condition and provide appropriate care.





REMOVAL FROM THE WATER

Extrication Using a Backboard— Steep Steps and/or Moving Water

- 1** The rescuing lifeguard supports the victim in a face-up position with the victim's arms extended alongside the victim's head until another lifeguard arrives with the backboard.
 - In moving water, the rescuing lifeguard should position the victim so that their head is pointed upstream. This position will help keep the victim's body in alignment for easier placement of the backboard and reduce splashing of water on to the victim's face.
- 2** The assisting responder removes the head-immobilizer device, enters the water, submerges the backboard and positions the board under the victim so that it extends slightly beyond the victim's head. The assisting lifeguard raises the backboard into place.
- 3** Each lifeguard moves behind the victim's head. Each lifeguard grasps one of the victim's wrists and one of the handholds of the backboard and begins to move toward the steps.
- 4** Lifeguards carefully and gently drag the backboard, taking one step at a time until they reach the top of the steps.
- 5** Gently lower the backboard to the ground.
- 6** Assess the victim's condition and provide appropriate care.





REMOVAL FROM THE WATER

Walking Assist

- 1 Place one of the victim's arms around your neck and across your shoulder.
- 2 Grasp the wrist of the arm that is across your shoulder. Wrap your free arm around the victim's back or waist to provide support.
- 3 Hold the victim firmly and assist them in walking out of the water.
- 4 Have the victim sit or lie down while you monitor their condition.



Beach Drag

- 1 Stand behind the victim and grasp them under the armpits, supporting the victim's head as much as possible with your forearms. Let the rescue tube trail behind, being careful not to trip on the tube or line. If another lifeguard is available to assist, each of you should grasp the victim under an armpit and support the head.
- 2 Walk backward and drag the victim to the shore. Use your legs, not your back.
- 3 Remove the victim completely from the water, then assess the victim's condition and provide appropriate care.





REMOVAL FROM THE WATER

Quick Removal for a Small Victim

Note: Do not use this technique if you suspect a spinal injury, the victim is breathing and a backboard is on the way.

- 1** Bring the victim to the side of the pool.
- 2** Maintain contact with the victim by rotating the victim on their back into the crook of your arm. Be sure to support the victim's head above the surface of the water. Place your other arm under the victim's knees.
- 3** Lift the victim carefully and place them on the pool deck.
- 4** Exit the water, assess the victim's condition and provide the appropriate care.



Note: If the victim must be moved to provide further care, place the victim on a backboard with the assistance of another lifeguard.



USING A RESCUE BOARD

Approaching the Victim

- 1** Hold onto the sides of the board, about mid-board when entering the water.
- 2** When the water is knee-deep, lay the rescue board on the water and push it forward. Climb on just behind the middle and lie down in the prone position. If needed, place your foot into the water to help steer. For better balance, place a foot on either side of the rescue board in the water.
- 3** Paddle with the front of the board toward the victim using either a front-crawl or a butterfly arm stroke. If you need to change to a kneeling position to better see the victim, paddle a few strokes before moving on the board.
- 4** Continue paddling with your head up and the victim in your sight until you reach them.





USING A RESCUE BOARD

Rescuing a Distressed Swimmer or Active Victim

- 1 Approach the victim from the side so that the side of the rescue board is next to the victim.
- 2 Grasp the victim's wrist and slide off of the rescue board on the opposite side.
- 3 Help the victim to reach their arms across the rescue board.
- 4 Stabilize the rescue board and help the victim onto the board.
- 5 Tell the victim to lie on their stomach, facing the front of the board.
- 6 Carefully climb onto the board from the back with your chest between the victim's legs. Take care to avoid tipping the rescue board, and keep your legs in the water for stability.
- 7 Encourage the victim to relax while you paddle the rescue board to shore.
- 8 Slide off of the board and help the victim off of the board onto shore with a walking assist.





USING A RESCUE BOARD

Rescuing a Passive Victim

To rescue someone who is unresponsive or cannot hold onto or climb onto the rescue board:

- 1** Approach the victim from the side. Position the rescue board so that the victim is slightly forward of the middle of the rescue board.



- 2** Grasp the victim's hand or wrist and slide off of the board on the opposite side, flipping the rescue board over toward you. Hold the victim's arm across the board with the victim's chest and armpits against the far edge of the board.



- 3** Grasp the far edge of the rescue board with the other hand.

- 4** Kneel on the edge of the rescue board using your own body weight to flip the board toward you again. Catch the victim's head as the rescue board comes down.





USING A RESCUE BOARD

Rescuing a Passive Victim *continued*

5 Position the victim lying down lengthwise in the middle of the rescue board with the victim's head toward the front of the rescue board.

6 Kick to turn the board toward shore. Carefully climb onto the board from the back with your chest between the victim's legs. Be careful not to tip the rescue board, and keep your legs in the water for stability.

7 Paddle the rescue board to shore.

8 Help the victim to safety with the beach drag or other removal technique.



Tip:

- Make sure that the victim's armpits are along the edges of the board before flipping the board.
- Use caution when flipping the board to ensure that the victim's armpits, and not the upper arms, remain along the edge of the board during the flip.



USING WATERCRAFT FOR RESCUES

Rescue with a Non-Motorized Water Craft—Square Stern Rowboat

- 1** Extend an oar or rescue tube to the victim and pull them to the center of the stern (rear) of the craft. This is the most stable area on which to hold.
- 2** If the victim cannot hold the oar or rescue tube, move the stern close to the victim and grasp the victim's wrist or hand and pull them to the stern.
- 3** Have the victim hold onto the stern while you move the watercraft to safety. Be sure that their mouth and nose remain above water.
- 4** If the victim needs to be brought onto the craft, help the victim over the stern and move the watercraft to safety.





USING WATERCRAFT FOR RESCUES

Rescue with a Non-Motorized Water Craft—Kayak

- 1 Extend the rescue tube to a distressed swimmer or active victim.
- 2 Instruct the victim to hold onto the rescue tube while you paddle to shore.
- 3 Ensure that the victim continues to hold the tube and that their mouth and nose remain above water as you paddle.



Rescue with a Motorized Water Craft

- 1 Always approach the victim from downwind and downstream.
- 2 Shut off the engine about three boat-lengths from the victim and coast or paddle to the victim.
- 3 Bring the victim on board before restarting the engine.



WHEN THINGS DO NOT GO AS PRACTICED

Front Head-Hold Escape

- 1** As soon as the victim grabs hold, take a quick breath, tuck your chin down, turn your head to either side, raise your shoulders and submerge with the victim.
- 2** Once underwater, grasp the victim's elbows or the undersides of the victim's arms just above the elbows. Forcefully push up and away. Keep your chin tucked, your arms fully extended and your shoulders raised until you are free.
- 3** Quickly swim underwater, out of the victim's reach. Surface and reposition the rescue tube and try the rescue again.



Rear Head-Hold Escape

- 1** Take a quick breath, tuck your chin down, turn your head to either side, raise your shoulders and submerge with the victim.
- 2** Once underwater, grasp the victim's elbows or the undersides of the victim's arms just above the elbows. Forcefully push up and away while twisting your head and shoulders. Keep your chin tucked, your arms fully extended and your shoulders raised until you are free.
- 3** Quickly swim underwater, out of the victim's reach. Surface and reposition the rescue tube and try the rescue again.





WHEN THINGS DO NOT GO AS PRACTICED

In-Water Ventilations

Note: Always remove a victim who is not breathing from the water as soon as possible to provide care. However, if you cannot immediately remove the victim or if doing so will delay care, then perform in-water ventilations

- 1 Ensure that the rescue tube is placed under the victim so that their airway falls into an open position.
- 2 From behind the victim's head, position the assembled resuscitation mask.
 - If you are in deep water, perform the skill with support from the rescue tube.
- 3 Give ventilations.
- 4 Remove the victim from the water as soon as conditions allow, then immediately resume providing care.



