

# Water Rescue Victim Management Lesson Two Strong Swimmer Rescue

**DOMAIN:** PSYCHOMOTOR

**LEVEL OF LEARNING:** APPLICATION

## **MATERIALS**

Swift Water Rescue by Slim Ray; Water Rescue Levels I and II by Delmar; American Red Cross: Emergency Water Safety; American Red Cross: Life Guard Training; WATER RESCUE: Basic Skills for Emergency Responders; LCD Projector and computer, overhead projector, white board, Dry-erase pens, VCR and Monitor; Water Rescue Video, SWEPT AWAY; throw bags, PFDs for student, instructor and victim, appropriate PPE for environmental conditions.

## **NFPA 1006, 2008 edition JPRs**

- 11.2.2 Perform a swimming surface water rescue
- 11.2.3 Demonstrate defensive tactics in the water rescue environment
- 12.1.2 Support Level II operations

## **Junior Member Statement:**

Junior Member training activities should be supervised by qualified instructors to assure that the cognitive and psychomotor skills are completed in a safe and non-evasive manner. While it is critical that instructors be constantly aware of the capabilities of all students both mentally and physically to complete certain tasks safely and successfully, the instructor should take every opportunity to discuss with departmental leaders and students the maturity and job

awareness each participant has for the hazards associated with fire and rescue training.

**TERMINAL OBJECTIVE**

The Water Technical Rescuer candidate, given the appropriate PPE and water rescue equipment, shall correctly perform an in-water contact rescue of a victim.

**NOTE: This method is considered a last resort unless victim is in peril of drowning and time dictates that other methods would take too long to set up and use.**

**Strong swimmer rescues are NOT RECOMMENDED during flood conditions due to the amount of debris and the increased possibility of entanglement of the rescuer.**

**NOTE: Review Lesson Plan #1, Water-bound Victim Rescue, and incorporate the learned techniques into the demonstrations that should be conducted here for in-water contact rescue.**

**ENABLING OBJECTIVES**

1. The Water Technical Rescuer candidate, given the appropriate equipment, shall correctly demonstrate the proper use of PPE necessary for an in-water contact rescue attempt for specific environments.
2. The Water Technical Rescuer candidate, given the appropriate equipment, shall correctly demonstrate the offensive swimming posture as it relates to an in-water contact rescue.
3. The Water Technical Rescuer candidate, given the appropriate equipment, shall correctly demonstrate the defensive swimming posture as it relates to an in-water contact rescue.
4. The Water Technical Rescuer candidate, given the appropriate equipment, shall correctly demonstrate approaching a victim and communicating with the victim during an in-water contact rescue.

# Water Rescue Victim Management

## Lesson Two

### Strong Swimmer Rescue

#### MOTIVATION

Every year emergency responders with the best of intentions needlessly expose themselves to unnecessary risks and dangers when responding to Surface Water rescue incidents. One of the greatest dangers that they can expose themselves to is an in-water contact rescue situation, otherwise known as the "Strong Swimmer " type of victim rescue.

The risk factor increases because the rescuer is putting him/herself in the same environment that has already placed the victim in danger. ONLY well-trained and equipped personnel must attempt this type of rescue.

#### PRESENTATION

#### ENABLING OBJECTIVE #1

The Water Technical Rescuer candidate shall correctly demonstrate the proper use of PPE necessary for an in-water contact rescue attempt for specific environments.

1. Demonstrate the selection of appropriate PPE based on the existing specific Surface Water environment.
2. Demonstrate the proper donning and doffing of appropriate PPE (PFD, Wet Suit, Dry-Suit, Immersion Suit).
3. Demonstrate the selection of proper PPE for victim
  - a) Rescue or Stabilization.

4. Point out that in certain environments, a water rescue suit can create its own inherent buoyancy discarding the need for additional flotation devices.

Reference: WATER RESCUE, Chapter 6.  
American Red Cross LifeGuard Training Chapter 3.  
American Red Cross Emergency Water Safety Chapter 1.

## PRESENTATION

### ENABLING OBJECTIVE #2

The Water Technical Rescuer Candidate shall correctly demonstrate the offensive swimming posture as they are used for in-water contact rescue attempts.

1. Demonstrate offensive swimming posture for victim contact.
  - a) Head-Up Front Crawl Stroke.
  - b) Head-Up Breast Stroke (Energy-saving for rescuer).

Reference:.  
American Red Cross Emergency Water Safety, Chapter 1, page 9.  
Swift Water Rescue by Slim Ray, page 130.

## PRESENTATION

### ENABLING OBJECTIVE #3

The Water Technical Rescuer Candidate shall correctly demonstrate the defensive swimming posture as they are used for in-water contact rescue attempts.

1. Demonstrate defensive swimming posture for victim contact.
  - a) Reverse and ready position.

Reference: Delmar Water Rescue Levels I and II, pages 84-85.  
Swift Water Rescue by Slim Ray, pages 133-134.

## PRESENTATION

## ENABLING OBJECTIVE #4

The Water Technical Rescuer candidate, given the appropriate equipment, shall correctly demonstrate approaching a victim and communicating with the victim during an in-water contact rescue.

1. Demonstrate proper reaching technique.
  - a) Towing aid (PFD, Towel, Rescue Can).
2. Demonstrate proper recovery technique.
  - a) Tow (No Physical Contact).
  - b) Carry (Physical Contact).
  - c) Assisted.
  - d) Controlled.
  - e) Live Bait (Tethered Swimmer)

**NOTE: The "lifeguard" technique is not recommended, as the rescuer does not have the ability to swim and grab a rope.**

3. Demonstrate proper communications techniques with the victim.
  - a) Conscious.
  - b) Firm, Calm and Reassuring Manner.

Reference: IFSTA Fire Service Search and Rescue Manual  
7<sup>th</sup> edition pages 334-338  
WATER RESCUE, Chapter 7, pages 150-151.  
American Red Cross, Lifeguard Training, Chapter 3.  
Swift Water Rescue by Slim Ray, pages 132-137

## APPLICATION

The practical application for this lesson plan will need to be completed in an appropriate Surface Water environment with actual-hands on demonstrations of the required techniques of assisted and contact type rescues.

## SUMMARY

This lesson plan is designed for reviewing the proper techniques necessary for a rescuer to safely perform an in-water contact rescue attempt. This is not intended as the basic training for a rescuer to place them in this type of situation. The Water Technical Rescuer candidates who

complete this lesson plan must be not only physically fit and a strong swimmer but also very comfortable in any Surface Water environment. It is highly recommended that the personnel performing this skill have prior in-water related training.