

Technical Rescuer;
Water Rescue;
Victim Management
Strong Swimmer
Rescue

Strong Swimmer Rescues

- One of the greatest dangers is an in-water “contact rescue” known as the “Strong Swimmer Rescue” or “Go Rescue”.
- *Because the rescuer is putting him/herself in the same environment that has already placed the victim in danger.*
- ONLY WELL-TRAINED AND EXPERIENCE, AND PROPERLY EQUIPPED PERSONNEL MUST ATTEMPT THIS TYPE OF RESCUE.

Strong Swimmer Swiftwater Rescues

- It is our opinion, the NC OSFM TR Water Rescue Series DOES NOT provide enough training for “Strong Swimmer Swiftwater Rescue” techniques.
- Those contemplating Strong Swimmer Swiftwater Rescue techniques should pursue specialized training from a qualified Swiftwater & Flood Rescue Instructor that specializes in teaching advanced SRT techniques.

PPE For the Rescue

- Select PPE based upon on the specific Surface Water environment.
- Donning and doffing of:
 - PFD
 - Wet Suit
 - Dry-Suit
 - Immersion Suit.

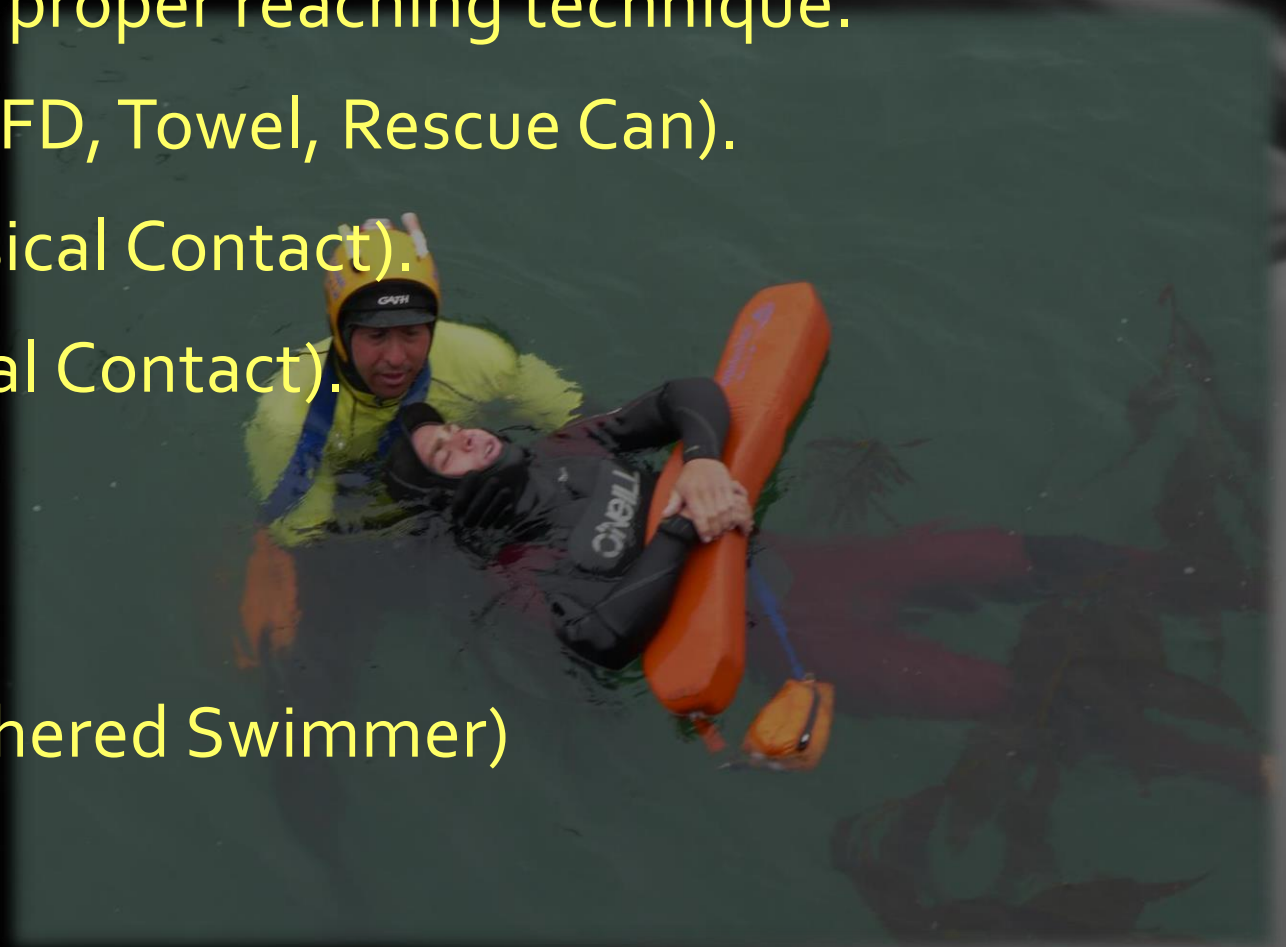
PPE For the Victim

- PPE for victim:
 - Helmet
 - Strobe/Chem Stick
 - Reflectivity
- What type PFD?
- Children & Adult Sizes
- Rescue or Stabilization

- [Swimming Techniques Video](#)

Approaching A Victim And Communicating With The Victim During An In-water Contact Rescue.

- Demonstrate proper reaching technique.
- Towing aid (PFD, Towel, Rescue Can).
- Tow (No Physical Contact).
- Carry (Physical Contact).
- Assisted.
- Controlled.
- Live Bait (Tethered Swimmer)



- *The "lifeguard" technique is not recommended as the rescuer does not have the ability to swim and grab a rope.*
- Demonstrate proper communications techniques with the victim.
- Conscious.
- Firm, Calm and Reassuring Manner.

TR Water Rescue

Victim Management

- Once the patient is located the proper technique should be used to remove that person safely and effectively from the water environment.
- When packaging a patient for evacuation, protect the patient from:
 - Physical Hazards
 - Airway Hazards
 - Thermal Hazards
- Victims may be unconscious, or conscious, therefore, the rescuer must remember that they are often placed in the same environment as the victim with the same dangers.
- Care must be taken to make sure that the extrication is conducted safely for both the rescuer as well as the patient.

Lifeguard Technique

- Identify the proper techniques for recovering a spinal injury victim in a Surface Water environment.
- *Immobilize on spineboard prior to removing from water.*
- Approach from the victim's side.
- Position arm on sternum and grasp the victim's jaw line for support.
- Position other arm below victim along spine and grasp the back of the victim's head.
- Compress victim between the rescuers forearms.

- If the victim is in a face down position, the rescuer should submerge and turn victim slowly over to a face-up position.
- Monitor the victim's ABCs.
- Have second rescuer approach from same side and hold victim by both sides of the pelvic area and raise to surface of water.
- Position spine board and secure victim per local protocols.

- Handling of spinal injuries shall be in accordance with the North Carolina Office of Emergency Medical Services guidelines for spinal immobilization and local medical protocols of the Authority Having Jurisdiction.

- Identify the proper techniques for overturning a face down victim in a Surface Water environment when no spinal injury is evident.

- Rescuer approaches from above the victim's head.
- With palm up, grasp victim's wrist with corresponding hand.
- Move back quickly while turning hand palm down to rotate victim's arm and body.
- Place other arm over victim's other arm and under victim's body.
- Rescuer should open victim's airway and monitor the ABC's