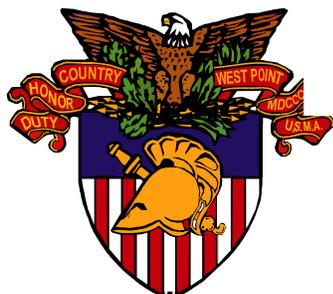


UNITED STATES MILITARY ACADEMY

WEST POINT, NEW YORK



WATER SAFETY STUDENT MANUAL AY 00-01

DEPARTMENT OF PHYSICAL EDUCATION

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WATER SAFETY COURSE SYLLABUS

COURSE INFORMATION

Emergency Water Safety, PE 420

COURSE COORDINATOR

Mr. Kenneth L. Cameron

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INSTRUCTORS

Primary Instructor: Mr. Kenneth L. Cameron
X2352

Assistant Instructor: Mr. John McVan
X5656

RESOURCES

Texts:

- 1) *Lifeguarding Today*
- 2) *Community First Aid and Safety*

Student Manual:

Other: As specified by instructor

SCOPE

The Water Safety Course will introduce cadets that are already proficient swimmers to the techniques of water rescue, First Aid, and CPR. The student will become familiar with and be able to demonstrate the swimming skills essential to safely perform rescues in an aquatic environment. Students will also be able to explain and demonstrate all skills essential to perform basic first aid and CPR. At the completion of the course cadets who successfully matriculate will have the opportunity to obtain American Red Cross certifications in First Aid and CPR.

INTRODUCTION

This course contains two 9-lesson subsections. Section I consists of instruction in water safety and rescue techniques. Section II consists of instruction in community first aid and safety. At the completion of this course, students who have successfully matriculated will have the option to receive American Red Cross certifications in Community CPR,

First Aid, and Community Water Safety. The cost of the three certifications is \$5.00 and is optional but highly recommended. Community CPR is good for one year from the date of course completion. Community water safety, and first aid are valid for three years from the date of course completion.

COURSE OBJECTIVES

By the end of the course, students will be able to:

1. Explain and demonstrate the basic skills essential to aquatic rescue to include: entries, approaches, ready position, tows and carries.
2. Recognize a swimming emergency and explain and demonstrate how to perform a rescue based on the emergency scenario.
3. Explain and demonstrate how to enter the water and apply in-line stabilization to a victim with a suspected spinal injury.
4. Explain and demonstrate how to perform personal rescue or survival skills to include: clothing inflation, and equipment removal.
5. Explain and demonstrate how to perform a water rescue in a “field environment” with no rescue equipment
6. Demonstrate skill proficiency in the water on four skills tests; treading water, approach stroke speed, approach and recovery timed swim for distance.
7. Explain and demonstrate the basic skills essential to rescue and CPR to include: primary survey, conscious and unconscious choking, rescue breathing and CPR
8. Explain and demonstrate the basic skills essential to First Aid: controlling bleeding, treating burns, immobilization
9. Appreciate the hazards associated with recreation and military operations around aquatic environments and discuss ways to prevent aquatic accidents
10. Describe why water rescue, first aid and CPR skills are important to a commissioned officer and discuss how they might be used by a 2LT

GRADING

WATER SAFETY & RESCUE TECHNIQUES:

- One written exam: 100 points = 100 points
- Practical skills tests: 400 points = 400 points
- Overall Water Safety and Rescue = 500 points

WATER SAFETY PRACTICAL SKILLS TESTS

- Cadet swims 25 yards and retrieves a 10lb brick and returns to start point (60 seconds)
- Cadet completes 50 yards of approach stroke in 32 seconds or less
- Cadet completes 5 minute swim test
- Cadet treads water with 10lb brick for 60 seconds

CPR & FIRST AID:

- Three written exams: 100 points each = 300 points
- Practical skills tests: 200 points total = 200 points
- Overall CPR & First Aid = 500 points

THE STANDARD DPE 1000 POINT SCALE WILL BE USED TO CALCULATE YOUR OVERALL COURSE GRADE.

GRADING FOR PRACTICAL SKILLS TESTS:

- 100% of allotted points if test is performed on first attempt with no mistakes (0)
- 80% of allotted points if test is performed on second attempt with no mistakes (-1)
- 60% of allotted points if test is performed on third attempt with no mistakes (-2)
- Skill must be completed with no mistakes in order to earn ARC certification.

ABSENCES

Cadets who must miss class are responsible for all material covered. Cadets will either attend class on another day or obtain the class notes from a classmate and read the referenced material. More than three absences will result in a drop of this course. All absences will be reported and dealt with through the company chain of command.

UNIFORMS

The uniform for the first 9 lessons will be swimsuit under gym alpha, with predominantly white court shoes. The uniform for lessons 10-18 will be gym alpha. Uniform must be serviceable. Sweatshirt or running suit is authorized. Swim goggles are recommended and may be used for some of the water skills as per the instructor's guidance.

CLASS PROCEDURES

It is each cadet's responsibility to insure the section marcher is aware of your presence in class.

CLASS LOCATION

Lesson 1-9: Crandall Pool

Lesson 10-18: DPE Projection Room, Lost 50s

LESSON OUTLINE

WATER SAFETY

Lesson	Topic	
1	<u>Introduction</u> Introduction Administrative Procedures Swim test Surface Dives: Feet first, Pike, Tuck, Quick (10 pts) Ready position (5pts) Water Entries: Ease in, Stride-jump, Feet First (15 pts – 5 ea)	p.117 p.106-108
2	<u>Assists</u> Reaching from land with hand (5pts) Throwing with ring buoy (5 pts) Wading with rescue tube or ring buoy (5pts) Human Chain (5 pts) <u>Tows</u> Wrist (5 pts) Single Armpit (5 pts) Rescue Tube Rescue Tube Front Surface Approach (active) (5 pts) Rear Approach/Double Armpit (active) (5 pts) NOTE: BRING BDU's TO NEXT CLASS	p.105
3	50 yd swim test (25 pts) (36 Seconds) <u>Carries</u> Collar (5 pts) Teach/practice Cross Chest Alternative Cross Chest Multi-victim rescue	
4	Skill test : Approach & Recovery 50 yds (25 pts) (60 seconds) <u>Recovery and Removal</u> Recover a submerged victim (5 pts) Lift from Water (5 pts) Rescue breathing / CPR as required Cold Water Emergencies H.E.L.P. (5 pts) Huddle position	p.117 p.121

- 5**
5 minute swim test (with 50 yds of side and front crawl) **(25pts)**
Blocks
Blocking a front attack **(5 pts)**
Escapes
Front Head-hold **(5 pts)**
Rear Head-hold **(5 pts)**
Wrist/Arm **(5 pts)**
- 6**
Field Rescue Techniques
Survival Skills
Drown proofing/Survival float
Survival Stroke
Clothing Inflation **(5 pts)**
Rescue Skills
Throwing Assists
Swimming Assists**(5 pts)**
Swimming Rescues**(5 pts)**
- 7**
Spinal Injury Management p.200-216
Skill Test: Tread Water **(25 pts) (60 seconds)**
Hip/Shoulder Support
Head Splint
Head/Chin Support
Boarding procedures
- 8**
Spinal Injury Management Test **(75 pts – 25 pts ea)**
- 9**
Comprehensive Skills Test **(100 pts)**
20% Cognitive
80% Psychomotor

CPR & FIRST AID

Lesson	Topic	Page
1	Video: Overview of reaction to emergency (9min) Video: Checking an Unconscious Victim (7min) Practice: Checking an Unconscious Victim Video: Checking a Conscious Victim (5min)	p. 32
2	Skill Test: Checking an Unconscious Victim (5 pts) Video: Conscious Choking Victim (3min) Practice: Conscious Choking Victim Skill Test: Conscious Choking Victim (5 pts) Video: Rescue Breathing (4min) Practice: Rescue Breathing Video: Breathing Devices (3min)	p. 45 p. 49
3	Skill Test: Rescue Breathing (10 pts) Video: Unconscious Choking Victim (3min) Practice: Unconscious Choking Victim Skill Test: Unconscious Choking Victim (20 pts) Video: Recognizing a Heart Attack (11min)	p. 54
4	Video: Adult CPR (7min) Practice: Adult CPR Skill Test: Adult CPR (35 pts) Video: Checking Conscious / Unconscious Infant / Child (6/4 min)	p. 68
5	Video: Infant Conscious Choking Practice: Infant Conscious Choking Video: Infant Rescue Breathing Video: Unconscious choking infant Practice: Infant Rescue Breathing Skill Test: Infant Rescue Breathing (15 pts) Practice: Unconscious Choking Infant Skill Test: Unconscious Choking Infant (20 pts)	p. 110 p. 112 p. 116

- 6**
Video: Infant CPR
Practice: Infant CPR p. 120
Skill Test: Infant CPR (**35 pts**)
Video: Child CPR
Practice: Child CPR p. 105
Skill Test: Child CPR (**35 pts**)
- 7**
Video: First Aid, Injuries (11min)
Video: Control Bleeding (7min)
Practice: Wounds, Control Bleeding p. 145
Skill Test: Wounds, Control Bleeding (**10 pts**)
Video: Immobilizing Muscle, Bone, Joint Injuries
- 8**
Practice: Immobilization p. 176-182
Skill Test: Immobilization (**10 pts**)
Video: Sudden Illnesses (8min)
- 9**
Written Exams:
Adult CPR, Child and Infant CPR, First Aid, Water Safety

Water Safety Risk Assessment Form

Risk Identification	Reduction Strategies
Slipping on wet tiles	<ul style="list-style-type: none"> - Instruct to walk - never run - Inspect tiles - Discuss techniques to avoid slipping on side - Discourage horseplay on deck
Entries - entering water	<ul style="list-style-type: none"> - Instruct on proper entry techniques - Provide written and verbal warnings - Instruct last action to look - Discuss the safe entries and when they are appropriate. - Discuss proper entries for various conditions
Squeezes	<ul style="list-style-type: none"> - Require cadets to report health problems - Warn cadets of potential injury - Teach proper equalization techniques
Getting Held Underwater	<ul style="list-style-type: none"> - Teach proper escape techniques - Gently pinch partner - Teach prevention methods
Viral transmission	<ul style="list-style-type: none"> - Discuss universal precautions - Simulate rescue breathing with humans - Instruct techniques to properly disinfect CPR aids
Shallow water blackout	<ul style="list-style-type: none"> - Provide written and verbal warnings - Instruct hyperventilation - Instruct buddy system - Instruct proper breath holding techniques
Panic	<ul style="list-style-type: none"> - Provide written and verbal warnings - Identify weak performers - Instruct emergency procedures - Instruct buddy system - Instruct confidence building progressions - Instruct on signs of nervousness/panic
Cramps	<ul style="list-style-type: none"> - Provide written and verbal warnings - Instruct cramp removal techniques - Instruct carry techniques - Instruct buddy system
Lack of communication	<ul style="list-style-type: none"> - Provide written and verbal warnings - Instruct hand signals and underwater communications - Instruct buddy system
Unable to support body above water	<ul style="list-style-type: none"> - Provide written and verbal warnings - Instruct proper flotation - Instruct buddy system
Bulkhead	<ul style="list-style-type: none"> - Discuss hazards associated with the bulkhead

WATER SAFETY STUDENT MANUAL

ENTRIES:

In an emergency situation it may be necessary to enter the water in order to provide assistance to a victim. There are several methods used to enter the water and each entry should be used under specific conditions. Below are the four primary entries that all individuals trained in aquatic rescue should know and be able to perform.

- A. Stride Jump Entry.
 - 1. Purpose: The stride jump entry is a technique that allows the rescuer to enter the water while keeping their eyes on the victim.
 - 2. Conditions for use: The stride jump entry should be performed in water that is at least 5 feet deep. The entry is appropriate from pool decks or docks, and from a height no greater than 3 feet.
- B. Long Shallow Dive.
 - 1. Purpose: The long shallow dive is a technique that allows the rescuer to enter the water and cover the greatest distance in the least amount of time.
 - 2. Conditions for use: The long shallow dive should be performed in water that is at least 6 feet deep and from a height no greater than 3 feet. Additionally, the following water conditions should be known prior to performing any type of dive; the depth of the water where entering, the bottom conditions where entering the water, and whether any objects are present under the surface of the water.
- C. Compact Jump Entry.
 - 1. Purpose: The compact jump is a technique that allows the rescuer to enter the water safely from a height greater than 4 feet.
 - 2. Conditions for use: The compact jump is performed from a height greater than 4 feet, and generally where the water depth and bottom conditions are known to be safe.
- D. Ease In Entry.
 - 1. Purpose: The ease in entry is a technique that allows the rescuer to enter shallow water, or water where the conditions are unknown. The ease in entry is also the proper technique to use when performing a spinal injury rescue.
 - 2. Conditions for use: The ease in entry is performed when the water is shallow, or in water where the depth and bottom conditions are unknown. The ease in entry is also used in any situation where a spinal injury is suspected.

SURFACE DIVES & READY POSITION:

A surface dive is a technique that is used to go from the surface of the water to the bottom. The skill is primarily used to swim under water, to rescue a submerged victim, or to search for an object or victim on the bottom. Surface diving is an essential skill for water rescue. There are four primary surface dive techniques and each surface dive should be used under specific conditions. Below are the four primary surface dives that all individuals trained in aquatic rescue should know and be able to perform.

CAUTION: When surface diving or swimming under water it is important to equalize pressure in the middle ear. Failure to do so may result in permanent injury or hearing loss. Equalizing the pressure in the middle ear can be accomplished easily by performing the Valsalva maneuver. To use this technique close your mouth and pinch your nostrils while you attempt to exhale through your nose. This should be performed early and often while descending.

- A. Feet First Surface Dive.
 - 1. Purpose: To submerge and get to the bottom.
 - 2. Conditions for use: The feet first surface dive is the safest way to get to the bottom when water conditions are murky, or when the depth and bottom conditions of the water are unknown.
- B. Tuck Surface Dive.
 - 1. Purpose: To submerge and get to the bottom.
 - 2. Conditions for use: The tuck surface dive is a head first surface dive and should be used in water where the bottom conditions are known.
- C. Pike Surface Dive.
 - 1. Purpose: To submerge and get to the bottom.
 - 2. Conditions for use: The pike surface dive is a head first surface dive and should be used in water where the bottom conditions are known.
- D. Quick Surface Dive.
 - 1. Purpose: To submerge and get to the bottom quickly.
 - 2. Conditions for use: The quick surface dive is a head first surface dive and should be used in water where the bottom conditions are known.
- E. Ready Position.
 - 1. Purpose: To place the rescuer in a safe position to make contact with the victim and perform any type of swimming assist.
 - 2. Conditions for use: The ready position should be used any time a swimming assist is performed.

RECOGNIZING A SWIMMER IN DISTRESS:

There are essentially three types of victims that you may encounter when performing a water rescue. However, in general, there is a progression that most victims go through. While not all victims will experience this progression, the following description is what will occur if a swimmer is in distress, or is actively drowning and goes unassisted. Initially, a swimmer may become distressed due to fatigue, a medical condition or another reason. If the distressed swimmer is not recognized and assisted then it is likely that they will become an active drowning victim. Once an individual becomes an active drowning victim, they will only be able to support themselves at or near the surface of the water for approximately 20-60 seconds before they sink under the water and lose consciousness. Once the victim sinks under the water and loses consciousness then they become a passive drowning victim. It should be noted that it is possible for a victim to immediately become an active or passive drowning victim without going through the previous state of being distressed. The following are more detailed descriptions of the three states by which a swimmer may present.

- A. Distressed Swimmer.
 - 1. A distressed swimmer makes little or no forward progress and cannot reach safety without help. The distressed swimmer is characterized by the following criteria:
 - a. The victim can breathe and call for help.
 - b. The victim may be able to scull, float, tread water and wave for help.
 - c. The victim's body may be horizontal, vertical or diagonal depending on the method of support.
 - d. The victim makes little or no forward progress and is progressively unable to support their body.
- B. Active Drowning Victim.
 - 1. An active drowning victim struggles at the surface in a highly predictable fashion. The active drowning victim is characterized by the following criteria:
 - a. The victim struggles to breathe and cannot call for help.
 - b. The victim's arms are to the side and press down with no supporting kick.
 - c. The victim's body is vertical in the water.

- d. The victim makes no forward progress and has only 20-60 seconds before submerging.
- C. Passive Drowning Victim.
 - 1. A passive drowning victim may float face down at or near the surface of the water or the body may sink to the bottom. A passive drowning victim is characterized by the following criteria:
 - a. The victim is generally not breathing.
 - b. The victim demonstrates no arm or leg action and appears to be unconscious.
 - c. The victim's body is positioned face down at or near the surface of the water or the victim may sink to the bottom.
 - d. The victim does not move.
 - 2. The following may result in a passive drowning situation:
 - a. Heart attack or stroke.
 - b. Seizure.
 - c. Head or spine injury.
 - d. Shallow water blackout.
 - e. Failure to recognize an active drowning victim.

GENERAL RESCUE METHODS:

The last option for a rescuer is to enter the water and swim out to the victim. The hierarchy of response options when performing an aquatic rescue are listed below, and can be remembered by the following mnemonic; Reach, Throw, Row, Go.

- A. Reaching Assists.
 - 1. The reaching assist is always the first and safest option to help a distressed swimmer.
 - 2. The reaching assist can be used to assist a distressed swimmer who is close to a dock or the edge of a pool.
 - 3. There are many different types of reaching assists.
 - 4. The key to making a proper reaching assist is to keep your center of gravity low.
 - 5. Variations of the reaching assist include using a human chain, stick, pole, towel, or piece of rescue equipment. A reaching assist can also be performed from the water.
- B. Throwing Assists
 - 1. The throwing assist is the second option to assist a swimmer in distress.
 - 2. The throwing assist can be used to assist a distressed swimmer that is out of range for a reaching assist.
 - 3. There are many different types of throwing assists.
 - 4. There are three keys to any throwing assist.
 - a. Keep control of the near end of the object that is being thrown.
 - b. Throw the piece of rescue equipment beyond the victim and pull it back to them, do not hit the victim with the rescue equipment.
 - c. Keep your center of gravity low as you tow the victim to the side.
 - 5. Various pieces of equipment can be used effectively to perform a throwing assist; however, the most common is the ring buoy.
- C. Rowing Assists.
 - 1. Sometimes it is impossible to effectively perform a reaching or throwing assist to a victim in distress due to the victim's location in regard to a dock or the side of a pool. Rowing assists are generally performed at waterfront areas. The most common pieces of equipment used for rowing assists are boats and rescue boards (similar to a surfboard).
- D. Swimming Assists.
 - 1. The swimming assist is always the last option to assist a swimmer in distress and it is the most dangerous rescue method.
 - 2. The swimming assist can be used to rescue most victims in most situations.
 - 3. The rescuer must not attempt the rescue if the conditions are such that a rescue attempt may place the rescuer at significant risk. An example of such a situation would be to perform a swimming assist over a long distance in a strong current.

4. It is recommended that the rescuer always take a piece of rescue equipment along while performing a swimming assist.

SWIMMING ASSISTS:

- A. Front Surface Approach with Wrist Tow.
 1. Purpose: To assist a swimmer who is face down in the water or to position a victim face up for rescue.
 2. Conditions for use: The front surface approach should be used on a passive victim that is floating face down at or near the surface.
- B. Swimming Assist with Rescue Tube.
 1. Purpose: To assist a distressed swimmer or an active drowning victim.
 2. Conditions for use: The swimming assist with rescue tube should only be used if the rescuer has a rescue tube and if the victim is distressed or an active drowning victim.
- C. Front Surface Approach with Rescue Tube.
 1. Purpose: To assist a swimmer who is floating face down in the water.
 2. Conditions for use: The front surface approach with the rescue tube should be used on a passive victim that is floating face down at or near the surface.
- D. Rear Approach with Rescue Tube.
 1. Purpose: To assist an active drowning victim.
 2. Conditions for use: The rear approach with rescue tube should be used to rescue an active victim.

SWIMMING RESCUES & TECHNIQUES:

In some situations it may be necessary to make a swimming rescue without any rescue equipment. While it would be preferable to always have rescue equipment available, this is not likely during deployment or field training activities. Therefore, as future ARMY officers, it is essential to know the skills and techniques to successfully perform an aquatic rescue with minimal or no equipment. The following section will discuss the techniques for swimming rescues.

- A. Approaching the Victim.
 1. In a situation where you must rescue an active drowning victim with no equipment, the victim should be approached from the rear and from underwater if possible (Think Stealth).
- B. Leveling Off the Victim.
 1. As you make contact with the victim you should immediately level off the victim using both hands and elbows to leverage the victim up so that they are horizontal on the surface of the water.
- C. Applying the Carry.
 1. Immediately after the victim has been leveled off on the surface of the water the rescuer applies a Cross-Chest Carry firmly, and tows the victim to the nearest edge of the water for removal.

SURVIVAL SKILLS AND FIELD RESCUE TECHNIQUES:

Personal survival skills are taught to all cadets during fourth class swimming and all cadets are required to demonstrate minimal proficiency in all survival skills. However, it is not likely that any of the soldiers that you will be in charge of will have had this type of survival training. Further, as many as 70% of the soldiers that you will some day be responsible for will not be able to swim at all. Therefore, two things become very evident. The first is that it would be a very good idea to plan and teach some survival swimming skills to your soldiers during PT time when they are in garrison. Secondly, you should be prepared to rescue

your non-swimming soldiers if they should become the victim of an aquatic accident. The following skills are important survival skills and rescue techniques that may be applied in the field.

- A. Survival Skills.
 - 1. Treading Water
 - 2. Floating
 - 3. Bob & Travel
 - 4. Equipment Removal
 - 5. Clothing Inflation
 - a. Pants
 - b. Shirt
- B. Field Rescue Techniques.
 - 1. Reaching assists.
 - a. Rifle
 - b. Sling
 - c. Stick
 - d. Human chain
 - 2. Throwing assists.
 - a. Rope
 - b. Properly packed rucksack
 - c. Empty 5 gallon jug
 - d. Cooler
 - e. Spare tire
 - 3. Swimming assists.
 - a. Empty 5 gallon jug
 - b. Spare tire
 - c. Cooler
 - d. Properly packed rucksack
 - e. Other
 - 4. Swimming rescues.
 - a. Step 1: Encourage the soldier to drop their gear.
 - b. Step 2: Approach from the rear (remove equipment for long tows).
 - c. Step 3: Use a collar tow on the victim (Cross Chest Carry if the victim is active)
 - d. Step 4: Tow the victim to safety.
 - 5. Other

H2O CQC, BLOCKS, ESCAPES AND RELEASES:

If a rescuer has proper equipment on hand and executes a rescue according to the proper procedures there is minimal risk associated with aquatic rescue. However, if a rescuer must attempt to save an individual with no rescue equipment, or if the rescuer makes a mistake there is a chance that the victim might grab onto the rescuer. An untrained rescuer in this situation might become an additional victim. Therefore, it is important to be aware of the risks of making a rescue with no equipment and be able to escape the grasps of a drowning victim in the event that the rescuer makes a mistake. The following techniques can be used to block and rescue a victim or they can be used to escape the grasp of a victim in order to reassess the situation.

- A. Block.
 - 1. Purpose: To block the attack of a drowning victim.
 - 2. Conditions for use: When a victim tries to grab onto the rescuer the first option is to block.
 - 3. Execution: As the victim lunges at the rescuer, the rescuer extends one arm and places the palm of their hand in the center of the victim's chest. The rescuer then pushes the victim away and swims away under water.

- B. Block and Carry.
 1. Purpose: To block the attack of a drowning victim and tow them to safety.
 2. Conditions for use: This technique should be used when the distance to safety is short and if the victim grabs onto the rescuer's arm following a block.
 3. Execution: As the victim lunges at the rescuer, the rescuer performs a block as described above. The victim grabs onto the arm that the rescuer uses to block with and, if the distance is short, the rescuer swims the victim to safety as they hold.
- C. Double Wrist Hold Escape.
 1. Purpose: To get away and reassess the situation if a victim grabs the rescuer's wrist with both hands.
 2. Conditions for use: This technique should be used if a victim grabs onto one wrist with both hands.
 3. Execution: If the victim grabs the rescuer's wrist with both hands, the first thing the rescuer should do is force the victim underwater. If the victim does not let go, the rescuer should grab their own fist (the one that the victim has a hold of) with their free hand and pry their wrist free and swim away.
- D. Front Head Hold Escape.
 1. Purpose: To get away and reassess the situation if a victim grabs the rescuer around the head from the front.
 2. Conditions for use: This technique should be used if the victim grabs the rescuer around the neck, from the front.
 3. Execution: Think **SUCK, TUCK** and **DUCK**. If the victim grabs the rescuer around the head or neck from the front the rescuer should first, **SUCK** in a breath of air then **TUCK** and turn their chin to their shoulder, and shrug their shoulders and **DUCK** under water. On the way down, the rescuer should grab both of the victim's arms midway between the elbow and the shoulder and push straight up while keeping the chin in a tucked position. Once free, the rescuer should swim away underwater, surface, and reassess the situation.
- E. Rear Head Hold Escape.
 1. Purpose: To get away and reassess the situation if a victim grabs the rescuer around the head from the rear.
 2. Conditions for use: This technique should be used if the rescuer is grabbed around the neck or head, from the rear, by the victim.
 3. Execution: Once again, think **SUCK, TUCK**, and **DUCK**. If the victim grabs the rescuer around the head or neck from the rear the rescuer should first, **SUCK** in a breath of air then **TUCK** and turn their chin to their shoulder, and shrug their shoulders and **DUCK** under water. On the way down, the rescuer should grab both of the victim's arms midway between the elbow and the shoulder and push straight up while keeping the chin in a tucked position. Once free, the rescuer should swim away underwater, surface, and reassess the situation.

SEARCH AND RECOVERY:

As discussed previously, once a person becomes an active drowning victim there are only about 20-60 seconds before that victim will submerge and become a passive drowning victim. In a pool, where the water is very clear, recovery of a submerged victim is fairly easy, as visibility is good. However, in open water areas such as rivers, ponds, and lakes visibility is often poor and search and recovery strategies must be employed to find a passive or unconscious drowning victim. In the field, if you must rescue a passive drowning victim it is likely that you will have to use search and recovery techniques. These techniques are presented on page 251-258 in the *Lifeguarding Today* text.

- A. Sightings
 - 1. Note where the victim went under water.
 - 2. Line up this location with a stationary object on the far shore.
 - 3. Note the victims distance from shore along the line of sight.
 - 4. Swim to the spot where the victim was last seen on the surface using the landmarks.
- B. Cross bearings
 - 1. Two or more rescuers are required.
 - 2. Each rescuer takes a sighting from different locations.
 - 3. Both rescuers converge on the location where the victim was last seen on the surface.
 - 4. Additional help on shore can help to direct the rescuers to the spot where the victim was last seen.

ADDITIONAL NOTES:

ADULT, CHILD, AND INFANT CPR FLOW CHARTS

