





Surf Rescue



Objective To promote and develop lifesaving rescue knowledge and skills as well as physical and social health by learning and participating in two rescue techniques i.e. tube tow and rescue board, that are the preferred rescue methods of use on Australian beaches.

Duration

1hr per session

Frequency

One session a week

Program

10 weeks (or ongoing)

lace 🥰

Meet at the beach flags



Moderate to Vigorous.

Criteria

All participants should:

- Have good to very good mobility and high to very high fitness levels.
- Be able to swim 200m comfortably in a pool.
- Participated in the Silver Salties pool rescues program.

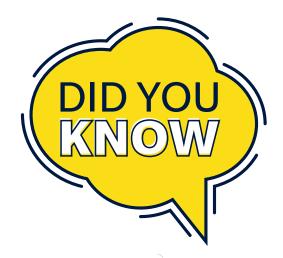
Safety

All participants should:

- Consult with their doctor before participating.
- Be sun-safe and wear appropriate swimwear.
- Bring any medications, asthma puffers, and water.
- A sls patrol, along with the sls club leader will monitor participants.

A Typical Session

- 1. Welcome, introductions, group check in, safety and session overview by sls club leader 5min
- 2. Warm-up on the beach and/or in the surf e.g. Slow jog, stretches, slow swim, treading water 5-10min
- 3. Surf rescues e.g. Overview of general procedures, types of scenarios, demonstration of a suitable surf rescue technique, practice time, feedback and refinement. The range of activities may include swimming, rescues, entries and exits and first aid basics 45min+
- 4. Cool-down in surf and on beach e.G. Slow swim, slow jog, stretching 5min
- 5. Morning tea participants can meet up for morning tea with the rest of the group e.g. Bring a plate and meet at the park or meet at a local café.



Every day our lifesavers rescue 30 people and they conduct 451 preventative actions every hour.

SLSA's National Coastal
Safety Survey (2018)
revealed that there are
10 million Australian
adults who go swimming
and wading at the coast
and 3.5 million are
frequent participants.
Furthermore 25% of
swimmers say they have
been caught in a rip
unintentionally.



451 PREVENTATIVE ACTIONS EVERY HOUR





General procedures

- Lifesaver and victim safety
- Conditions
- Types of rescue approaches
- Types of rescue equipment
- Types of assists

Swimming

- General strokes
- Survival strokes
- Treading water
- Obstacle course
- Relays

Rescues

- Tube tow
- · Board rescue
- Simulated emergency response

Entries and Exits

- Run and swim entry
- 1 or 2+ person exit

First Aid

- DRABCD
- Recovery position

Rescue Tube

A traditional wrap-around tube designed for beach, lake or pool rescues. It can be handed to a patient to perform a non-



contact rescue. The Rescue Tube is a simple and effective rescue tool that can make towing a casualty to safety easy work.



Rescue Board

Rescue boards offer a quick and reliable method of reaching patients who may be too far out to reach easily using a rescue

tube. Rescue boards are large yellow foam or fibreglass boards, like a paddleboard, with multiple hand straps along the sides. They provide superior floatation, meaning mouth-to-mouth resuscitation can be more easily performed in the ocean, and several patients can be rescued at one time. In the case of a mass rescue, boards can keep many patients afloat until additional support arrives.