



Section 5

Water Rescue: Water Smart[®] Activities

Wet/Dry Activity: Throwing Assists

Objective: Hit the target 4 out of 5 times

- I. Each child stands approximately 3-5 meters away and throws an assist at the target. The goal is to hit the target 4 out of 5 times. Change the distances so they are more challenging/age appropriate. Use different throwing devices such as water wings. For participants who are weak swimmers have them wear PFDs if they are in the water.
 - a. This activity can be used: for all ages, dry or wet assists, relays, reach assists, recognizing someone in distress, and rescue assists.
 - b. Only use materials that would be found on a boat or water craft. Example: Flutter boards you will not find at the lake

Reference: Canadian Lifesaving Manual, p. 4-5; 4-6; 4-12 to 4-15

Wet Activity: Lifeguard Carry (Focused Lifeguard Supervision Required)

Objective: Enables participants to understand the difficulty and recognize the fitness required by lifeguards.

- I. Ten lb object, such as a 2 liter pop bottle filled with sand will work. Have a participant carry the pop bottle on their hip a measured distance of 12 meters. This must be explained as a 'lifeguard only technique' in a rescue situation. Explain the object that they carried with difficulty was only 10 lbs, whereas the average person weighs 150 lbs.
- II. Divide your contestants into age categories, best times win; Bronze, Silver, and Gold
 - a. Have participants swim in relays and individually
 - b. For children and weak swimmers different amounts of weight can be used during this activity, for example pool rings.

Wet Activity: Swim Race (Lifeguard Supervision Required)

Objective: To increase candidate's abilities in endurance swimming therefore in a real situation they are able to get from point A to point B.

- I. Have candidates divided up by age or swimming ability and have a race of head up front crawl. This is for development of a lifesaving stroke. Recognize your candidates with Bronze, Silver and Gold.
 - a. Have participants swim in relays and individually

Wet Activity: Dry Towel Carry (Lifeguard Supervision Required)

Objective: To build up participants' swimming endurance.

- I. Using numerous towels, each participant swims across a marked area with a dry towel. The key to this contest is the participant must get across the area in the least amount of time. They are disqualified if the towel becomes saturated with water.
 - a. This activity can be done in relays and individually

Dry Activity: Eels and Ladders

Objective: To help patrons learn how to be Water Smart®.

- I. This activity is a floor size game board which is available from the Branch Office (Please call in advance for renting). The rules are the same as Snakes and Ladders and the board will allow multiple contestants to stand on their spot at the same time. The first contestant to reach the Lifeguard at the end wins. This game teaches proper safety and the dangers in an aquatic environment. The game is a great tool to help all of your youth patrons to be Water Smart®.

Dry Activity: Reach Out

Objective: To emphasize the importance of lying down when using a reaching assist.

- I. Attach an inflatable object to the end of a broom or any long pole. This is to simulate a rescuer performing a reaching assist while standing. Have participants lie on the ground face first and grab onto the broom stick and pull. What happens to the object? What do rescuers need to keep in mind when they perform reaching assists? Discuss the safety reasons behind lying down vs. standing.

Reference: Canadian Lifesaving Manual, p. 4-15

Wet/Dry Activity: 911 Calls Relay

Objective: To reinforce what information the 911 Operator will ask for

- I. Set up a relay using whatever stroke or drills that need to be worked on. This can be used as a dry-land exercise when working on scenarios. Think of a situation and ask each starting participant a question. In order for the participant to tag the next person they need to answer the question you gave them. The participant will invent the answer for a fictitious situation or you can use the same situations used for the message relay. Use questions the 911 operator would ask.
 - a. For young children this helps them remember their addresses and phone numbers.

References: Canadian Lifesaving Manual, p. 3-3

Lifesaving First Aid and Aquatic Emergency Care Manual, p. 10

Canadian First Aid Manual, p. 3; 8

Wet/Dry Activity: Message Relay (Telephone)

Objective: Reinforce how to ensure accuracy when directing someone to call 911

- I. The class is divided into relay teams. Or use this exercise as a dry-land activity using different situations. Describe an accident scene to the first person on each team. They swim a set distance, and to tag the next person on their team they give the same message to the next person in the relay. The last person in the relay “calls 911” (tells instructor the message) for an ambulance and describes the situation. The winning team is the one with the most accurate message.

References: Canadian Lifesaving Manual, p. 3-3

Lifesaving First Aid and Aquatic Emergency Care Manual, p. 10

Canadian First Aid Manual, p. 3; 8

Wet/Dry Activity: Look Alert – What does not belong?

Objective: Teach how to recognize a distressed, weak, tired, and unconscious victim

- I. While the person who is “it” hides their eyes, assign a victim type to the rest of the group. All of the students act out the same victim except for one. The goal is to figure out which is the person that does not belong.
- II. As a dry activity this can be done in a charades style with everyone simulating the same victim type and one person guessing what they are representing.
- III. Use this skill as recognition/scanning of swimmers doing anything different, set up two participants to be “it” and have them use proper entries to race and tag off the person who does not belong.
- IV. Scanning the area being used and point out dangerous areas. Cut out large paper X’s and place them on the dangerous areas.

Reference: Canadian Lifesaving manual, p. 4-3 & 4-4



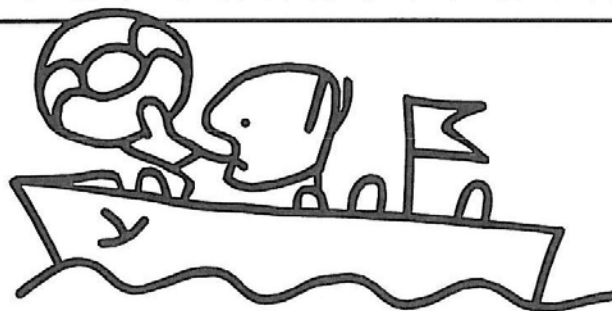
Water Rescue: Water Smart[®] Handouts, Puzzles & Word Games

- The Ladder Approach to Water Rescue
- Water Rescue
- Colour a Lifejacket for each member of your family

Water Rescue

Find all the words hidden in this word search and use the remaining letters to decode the secret message.

- | | |
|---------------|---------------|
| ACCIDENT | NOODLES |
| AMBULANCE | OARS |
| ANIMALS | PFD |
| ASSIST | POLICE |
| BLANKET | REACH |
| BRANCH | ROPE |
| BUDDY | ROW |
| BUOYANT | SWIM |
| BURGLAR | TALK |
| CARRY | THROW |
| CPR | TIRED SWIMMER |
| DIVERS FLAG | TOW |
| DROWNING | UNCONSCIOUS |
| FIRE | WADE |
| FIRST AID KIT | WEAK |
| HAZARDS | WHAT |
| HELP | WHEN |
| INFLATABLE | WHERE |
| LAY DOWN | WHO |
| LIFEJACKET | WHY |
| NINE ONE ONE | |



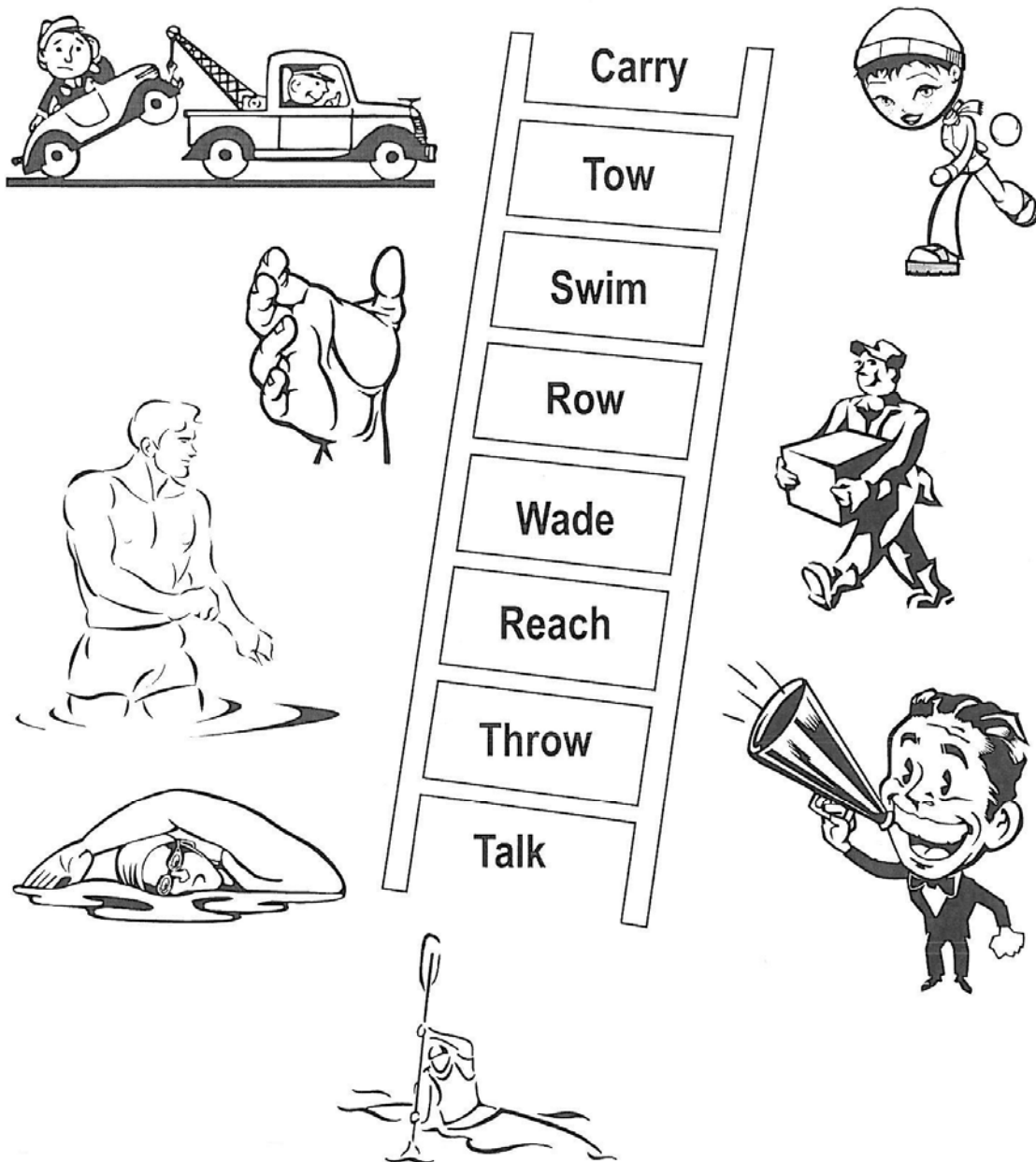
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Solution: ALWAYS SWIM WITH A BUDDY

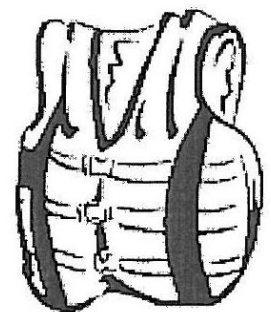
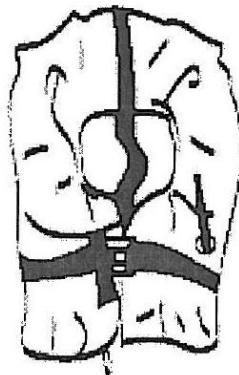
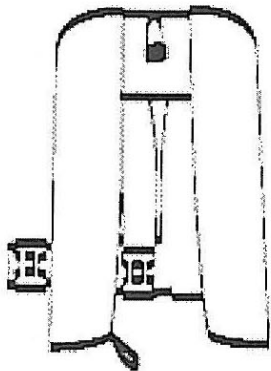
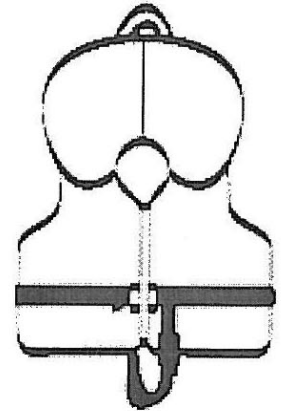
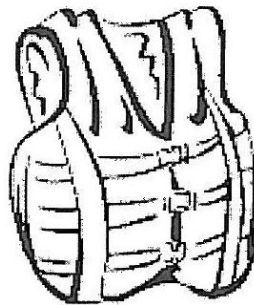
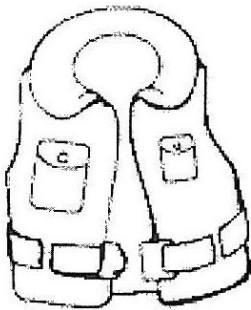
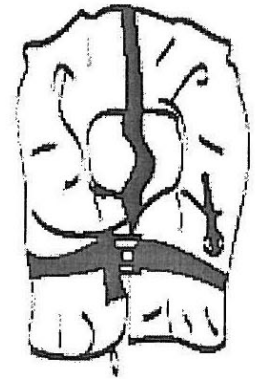
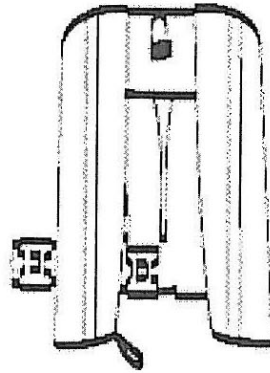
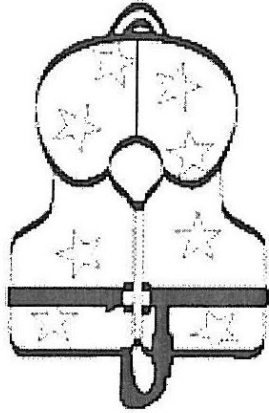
The Ladder Approach to Water Rescue

The Ladder Approach to water rescue presents, in order of increasing risk, your options for helping someone in trouble in the water. As you go up the ladder, your risk increases. Don't move up the rungs of the ladder unless you have the knowledge, judgment, skills and fitness to accept the greater risk involved.

Connect the picture that best describes the type of rescue with a line.



Colour a Lifejacket for each member of your family



Make sure everyone in the boat always wears a lifejacket!