



LIFESAVING SOCIETY®

*The Lifeguarding Experts*

## LIFEGUARDS & RESCUE AIDS NATIONAL LIFEGUARD PROGRAM

### USE OF RESCUE AIDS

As per the NL Award Guide), lifeguards must be trained on how to rescue a victim both with and without an aid. Lifeguards should carry a rescue aid when lifeguarding as:

- Trained back-up may not always be available.
- The rescuer versus victim size ratio may require additional support.
- The swimming and support ability of the rescuer may be an issue.
- Using a rescue aid effectively is a safety precaution for lifeguards.

The Lifesaving Society recommends the use of the rescue tube, rescue can, ring buoy or adult pfd as they provide sufficient newtons of buoyancy to support a large adult and often the rescuer as well. Lifeguards should not carry flutter boards or child size PFDs as a rescue aid as they have relatively low newtons of buoyancy and would not support an adult in distress.

### Carrying the rescue aid

Lifeguards must carry the rescue aid in such a way that they can easily access the aid in the event of an emergency.

- An **adult lifejacket** may be worn over one shoulder through an armhole, a strap may be clipped and slung over one shoulder, or the lifejacket can be held in one hand.
- A **ring buoy** may be carried rope in one hand, ring in the other, OR, ring over one shoulder and line in hand.
- A **rescue can or tube** may be worn with the shoulder strap over one shoulder or across the chest. The excess line is held in hand.



- Tube held around the waist for quick access and maneuverability.
- Excess rope held in hand, not crossing in front of the legs (trip hazard).



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## Entries with a buoyant rescue aid

Entries may be feet first or head first depending on the facility design, location around the pool, obstructions, water conditions, depth and victim's condition.

Lifeguards must enter the pool with caution and concern for their safety and the safety of the victim and other patrons. The buoyant rescue aid can be held (foot first entry) or let down to the deck (dive entry) before entry. The rescue aid should not be thrown into the water (loss of control) or tossed off to the side (get caught on fixed or portable deck equipment) before entry.

If holding the rescue aid, be aware of the impact of the water and control the aid to allow a quick approach to your victim.

## Placement of the rescue aid – conscious victim

If the buoyant aid is trailing behind you on your approach, time your contact with the victim so you can retrieve the aid and extend it to the victim in a timely manner. Always approach the victim in such a way that they are unlikely to grasp you.

### Option 1

If the victim is able to grasp the aid (e.g. a distressed swimmer) the lifeguard can extend the rescue aid to the victim (in-water reaching assist).



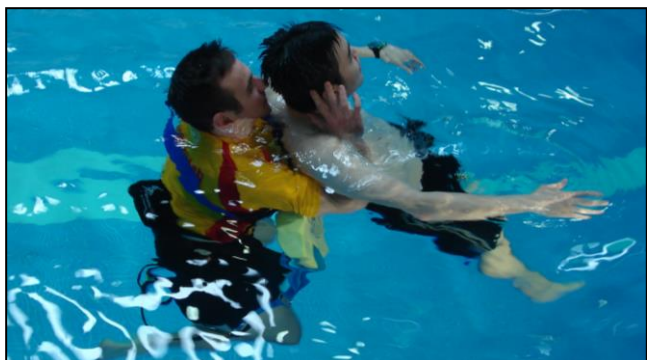
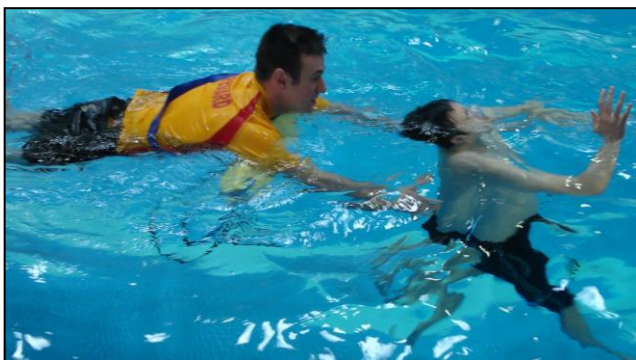
### Option 2

From behind, grasp the victim around the waist with one arm and use your free hand to bring the rescue aid to the front of the victim.



### Option 3

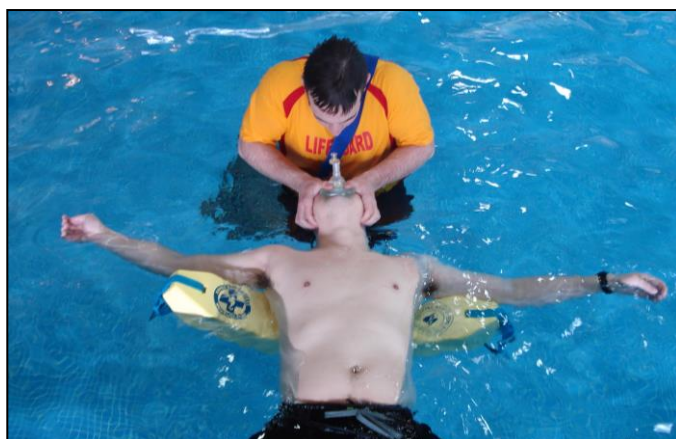
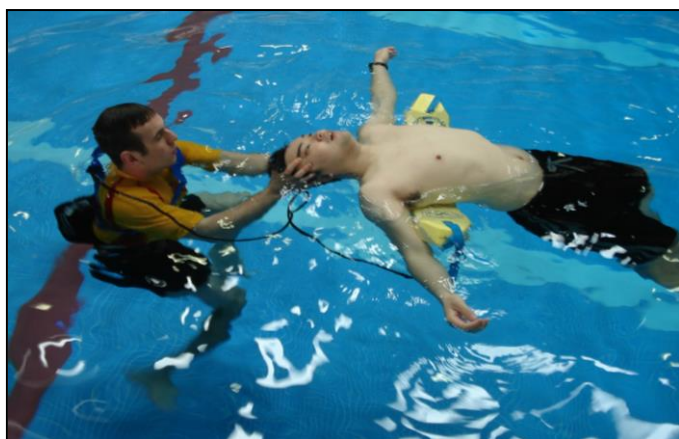
From behind, the rescuer will slip their arms under the victim's armpits while keeping the aid between the rescuer and the victim.



## Placement of the rescue aid – unconscious victim

Using an **adult lifejacket**, the rescuer will put both arms through the lifejacket arm holes so that the lifejacket is inside out. If you have larger/longer arms, keep elbows out of the arm holes. Approach the victim so that your shoulders are aligned with theirs and grasp them in a modified carry. Using a pendulum maneuver, return in the direction you came from bringing the victim into a face-up position. You can remain in a modified carry or switch into another control carry if needed.

With the **rescue tube** across your chest and under your arms, approach the face-down victim so that your shoulders are aligned. Grasp the victim in a modified carry and using a pendulum maneuver, return in the direction you came from bringing the victim into a face-up position. The victim will now be floating on the rescue tube. You can then switch into another control carry if needed (ensure that the rescue tube ends remain under the victims armpits).



Once the victim is on the rescue tube, the lifeguard can provide rescue breaths in shallow water provided they can manage complications.



Lifeguards are encouraged to watch the **Rescue Tube Demonstration** videos on the Lifesaving Society YouTube site.



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