



Basic Water Rescue Study Guide



1. The most important rule in basic water rescue is not to endanger myself.
2. The self help skills are positive talk, treading water, bobbing, survival float and resting strokes. Know how to perform each.
3. The three types of resting strokes are elementary backstroke, sidestroke and breaststroke.
4. The 5 types of entries into the water are ease in, stride jump, straight jump, compact jump and low shallow dive. Know when to use each type of entry.
5. The 5 types of victims in a water emergency are a tired swimmer, a person in distress, an active drowning victim, a drowning victim, and a passive drowning victim. Know the signs of the different types of victims.
6. Discuss the different types of approaches and when each is used.
7. The four types of assists are reaching assist, throwing assist, wading assist, and swimming assist.
8. Reaching assists include hand, foot or some type of extension from your body. Be sure to anchor yourself firmly before grabbing onto a victim during a reaching assist.
9. With all wading and swimming assists take some type of floatation device with you.
10. Swimming assists include armpit tows, wrist tow, clothing tow, and rescue tube tow.
11. Throwing assists include but are not limited to a rescue tube and ring buoy. Any object that floats may be tossed to the victim. Remember to hang onto the other end of the rope!!!
12. In the case of a panicky victim be prepared to execute defense and escapes. Block, front head-hold escape, rear head-hold escape and wrist-arm escape are the basic techniques used.
13. In-line stabilization is the technique used when a back or spinal injury is suspected.
14. Remember drowning does not look like drowning. Keep a vigilant eye out for any signs of distress.

