

# Hurry to the Rescue

**TOPIC/SUBJECT:** Throw Bags in Water Rescue

**TARGET AUDIENCE/AGE LEVEL:** 4th Grade – Adult

**TIME:** 10-15 minutes

**THEME:** If you place something that floats in the reach of a drowning person, you could save their life!

**GOAL/PURPOSE:** Participants will learn that they can help a drowning person by knowing how to properly and accurately throw a throw bag or other floating device to a person in distress.

**OBJECTIVE(S):** Participants will know different items they can throw to a drowning person. Participants will know how to correctly toss a throw bag.

**DESCRIPTION:** This activity is used as one station at a water safety program.

- A. Set up a silhouette of a drowning person as a target. Set targets at various distances.
- B. Gather individuals in a group, talk to them about rescue techniques with various items, ie. milk jug, fishing pole, throw bag, tree branch, etc...
- C. Let all participants try to toss the throw bag at the silhouette. Accuracy is rated by tossing the throw bag over the object so the rope strikes the target. Practice with other items, also.
- D. This activity can be used with children as the target to simulate pulling them in from the water or for an adult or teen class, volunteers in the water adds to the experience tremendously.

**SUGGESTED MATERIALS & EQUIPMENT:** Silhouette of drowning person, throw bags, fishing poles, milk jugs with lids, life jackets, tree branches, etc.