

# Ranger Willie B. Safe's Reach, Throw, Row, Don't Go

**TOPIC/SUBJECT:** A Ranger Willie B. Safe Beach Program

**TARGET AUDIENCE/AGE LEVEL:** All ages

**TIME:** 10 - 15 minutes

**THEME:** If you know basic water safety principles you may be able to save someone's life.

**GOAL/PURPOSE:** The audience will know what to do if a person is drowning, realize the importance of being safe on or near the water, and be motivated to learn more about water safety on their own.

**OBJECTIVE(S):** The audience will be able to identify 2 rules of water safety and the signs of a drowning victim. The audience will use the reach, throw, row, don't go principle, if they need to assist someone who is in trouble in the water. At the completion of the program, the audience will realize that they may be able to save someone that is drowning.

## DESCRIPTION:

- A. This program is generally given at a beach.
- B. It may be a good idea to walk around the beach and surrounding area and advertise your program.
- C. Pick a central location for your program. The shorter the distance people have to walk to your program the more likely they are to come. Parents are more likely to send their kids if they can see them from where they are. Encourage adults to come, especially parents.
- D. A good thing to use to mark the location of your program is a large flag.
- E. Start your program on time. Introduce yourself and, somewhere in your introduction, state the theme.
- F. Ask the audience if they know the four signs of a drowning victim. They are head back, mouth open gasping for air, no sound, and arms moving in an up and down motion.
- G. A drowning victim cannot yell for help. Have the audience demonstrate this by having them put their heads back take a big breath of air and at the same time they are breathing in try and yell for help. It can't be done. Explain to the audience that they should never pretend to be drowning.
- H. Ask the audience what they should do if they see someone drowning. They should reach, throw, row, but don't go. Have the audience repeat it.
- I. Ask the audience what are some things that they could reach with. Then ask them what could they throw.
- J. Have items such as a reach pole, stick, rope, and shirt to show as things that they could reach with. Have items such as a beach ball, life ring, cooler, and life jacket to show as things that they could throw.
- K. Point out the rescue stations on the beach and explain to them that they should only be used for their intended purposes. Explain to them that they should not play with the life saving equipment.
- L. Explain the concept of row to the audience. Here is how you might row to a person in trouble. If there is a boat nearby take it to save the person or get the attention of a nearby boat and have them help the person. If you are an experienced swimmer you can float out on an air mattress to the person. Remember if you float out to the person do not get near the person in trouble. Get off the air mattress and extend it to them.
- M. Never go in for a drowning victim, because usually instead of one person drowning there are two people that drown. Explain if you are going to go somewhere go for help.
- N. Ask if anyone in the audience has been trained in water rescue. If so, they may be able to add an experience that they have had. Stress that only persons trained in water rescue, such as a lifeguard, should go in for a person that is drowning.
- O. Explain the importance of wearing a life jacket and swimming with a buddy. Parents should watch their children and children should watch their parents. It takes only 20 seconds for a child to drown and 60 seconds for an adult to drown.
- P. Tell the audience of some incidents that involved drowning or unsafe practices that have happened where you work.
- Q. Ask them again what the signs of a drowning victim are and what they should do if they see someone drowning. Repeat the four ways to rescue a drowning victim.

- R. Let them know if they see you again to give you the Ranger Willie B. Safe Thumbs Up Sign and you will give it back. This will let you know that they have attended one of your safety programs and that they know how to be safe around the water.

### **CONCLUSION**

- A. State your theme one more time.
- B. Thank the audience for coming, tell them about upcoming programs, and welcome any questions that they may have.
- C. Give the audience something for attending, something like an activity book or sticker.
- D. You may consider playing some kind of game with the audience after the program. The game does not necessarily have to pertain to water safety.

**SUGGESTED MATERIALS AND EQUIPMENT:** Items that you can reach with; such as a reach pole, stick, rope, beach blanket, or shirt. Items that you can throw; such as beach ball, life ring, cooler, or life jacket