

Find a Float

TOPIC/SUBJECT: Safe methods of water rescue

TARGET AUDIENCE/AGE LEVEL: 3rd Grade – Adult

TIME: 10-20 minutes

THEME: You may become a drowning victim if you enter the water to rescue someone

GOAL/PURPOSE: To make the audience aware of the various methods of water rescue they can use without placing themselves in danger.

OBJECTIVE(S):

- A. The audience will be able to identify methods they can use to safely rescue someone.
- B. The audience will realize they should not attempt to rescue a person, unless they are a certified lifeguard, properly trained and equipped.

DESCRIPTION:

- A. Remind members of the audience that drowning is the second leading cause of accidental death for people 0-44 years of age, and that most drowning victims knew how to swim. Inform them that a significant number of people drown within ten feet of safety.
 - B. Establish a small area as a body of water.
 - C. Select a volunteer from the audience, and have him/her lay or sit down in the “body of water,” and act like he/she is having problems and cannot make it back to shore.
 - D. Lay several potential rescue items on the floor near the “water.” Items could include a cooler, boat paddle or oar, towel, water ski, fishing rod, tree branch, type IV personal flotation device, etc.
 - E. Select enough volunteers from the audience to equal the props being used.
 - F. Have some of them demonstrate how they could safely rescue the person by reaching one of the items out to them (towel, water ski, etc.).
 - G. Next have the volunteers demonstrate how they could rescue the victim by throwing an item to them (clarify that the item they use should float!).
 - H. The presenter should then discuss the next step - “Reach, throw, **row...**” Ask or have a volunteer demonstrate how the victim could be safely rescued by rowing.
 - I. Reach, throw, row, **Don’t Go!** Explain why a person should never actually go in the water to rescue a person in trouble. Tell them that several double and triple drownings have occurred because someone entered the water to try and rescue a person in trouble. The best thing a person can do if they can’t reach or throw something to the person that is in trouble is to go and get help. Explain that only a person that is trained in water rescue should enter the water to try and save someone in trouble.
 - J. At the conclusion of the simulation, discuss the different rescue techniques that were used. Emphasize that a person that is drowning could be rescued using ordinary items that are usually available at a picnic or beach setting. Once again point out that they should never place themselves in danger, because they could become a drowning victim if they enter the water to rescue someone.
- SUGGESTED MATERIALS & EQUIPMENT:** A piece of carpet, paper or plastic representing water, cooler, water jug, paddle or oar, fishing rod, beach towel, Type IV personal flotation device, beach ball, water ski, tackle box, inner-tube, plastic soda jug, and tree branch.