

## Simulated Water Rescues

Once you pass the soft sand run and the distance swim, you will be instructed on how to perform simulated water rescues. A testing officer will describe the rescue buoy, the rope, and the straps. You will be taught how to position the buoy, prepare for rescues, and scan the water. A series of repeat water rescues will be assigned to reinforce learning. The instructor will teach and demonstrate procedures for both entering and exiting the water safely. Ultimately, the candidate will be taught how to effectively make an intervention with both passive and active victims and safely return them to shore.

### On Site Testing



Testing officers demonstrate the techniques for placing the buoy in the sand "planting the buoy."



Crew Chief Haight instructs the candidates on proper surf entry.



Testing officers demonstrate the proper use of the rescue

### Off Site Testing



The rescue technique is demonstrated and candidates get ready to perform this essential lifesaving skill.



Captain Arbin explains the time requirements of the 150

buoy.



meter rescue.



Testing officers demonstrate the technique of donning the strap before heading out to rescue a victim.



This candidate charges the water on his way to a practice rescue.



Candidate prepares to retrieve a victim using the rescue buoy.



These candidates prepare for "dolphining" out through the surf.



Candidates prepare for an in-water start.



The candidate performs long shallow dives out to the victim.



The candidate intervenes with the awaiting victim.



Communication is vital in a rescue. Here the candidate communicates and reassures the victim that he will be safe.



This candidate maintains eye-contact during the rescue portion of the test.



Rescuer monitors the surrounding conditions as well as the victim at all times.



Finally, the victim is brought ashore.



The rescue is complete and the candidate gets feedback from the victim (instructor).