

Arkansas ESAR

Surface Water Rescue

Lesson Plan

Intro:

- Background of Team and Water Rescue Program.
- Get training to a nationally recognized standard.
- SOG Development- Site survey and assessment.
- PPE- Appropriate to the rescue environment (Type 3 PFD, Helmet, gloves, booties w/tread and support, wet and/or dry suits.
- Safety Considerations- Appoint Safety Officer. Review priorities for Safety- Self, Team, Victim, Others

Rescue Priority order:

- **Reach**- Boat hooks, pike poles, specialized equipment, paddles, etc.
- **Throw**- Throw bags (50ft. and 75 ft.), heaving lines, ring buoys, boat fenders, boat cushions, spare PFDs, Rescue Discs. (Practice re-throws).
- **Row**- Boat Ops., Coxswain/Helmsman training and experience. Boat handling training, moving water considerations.
- **Go**- Assisted swimming rescues, level of training and experience, last resort, rescue tube, rescue can, PFDs.

Patient Immobilization devices:

- Floating backboard w/head blocks and straps. (Velcro note)
- Stokes litter w/flotation pkg. including ballast.
- SKED w/flotation pkg. and ballast.

Boat Requirements:

- Size, type, free board, hoists, nets, dive doors, platforms.
- Crew Training.
- Moving water considerations.

Crew Training:

- Surface Water Rescue Technician.
- Swiftwater Rescue Technician.
- Small Boat Operations.
- Experienced Helmsman.
- Rescue Crew numbers.
- Personal Abilities i.e. Swim tests, required training and refreshers.

ICS Use:

- Same system applies to water rescue incidents.
- IC may be on shore.
- Multiple agencies likely will respond.
- Common communication and terminology should be used.
- Train together to work together.
- Zones- Hot, Warm, Cold.

Other Considerations:

- Perimeter Control
- Downstream protection for moving water.
- Over Watch Safety boat.
- Law Enforcement, Crime Scene, Scene Preservation.
- Body recoveries.
- Coroner's wants and desires.
- Dive Teams- Divemaster's duties.
- Technical Rescues.
- Learn when to say NO.

Review Safety Priorities:

- Self
- Team
- Victim
- Everybody else.

Discussions: Ask and lead discussion.

Demonstrations and Instruction:

- Reaching- Poles, paddles, other
- Throwing- Throw bags with re-throws, Ring Buoy, heaving lines, fender w/rope, throwables (cushions, fenders, etc.).
- Demo and discuss boat handling and types.
- Go- Stress last resort and only go w/assistance device.- Demo swim rescue w/rescue tube or can.
- Patient packaging- Spinal immobilization in water. Use of board and stokes. Discuss and demo how to get packaged patient into boats.

Practice and Instruction:

(As needed)

Debrief Training Session and lead discussion on lessons learned.