

Lifesaving Merit Badge

Requirements:

1. Before doing requirements 2-15
 - (a) Complete Second Class rank requirements 7a-7c and First Class rank requirements 9a through 9d.
 Second Class Requirements 7a-7c:
 - (7a) Tell what precautions must be taken for a safe swim.
 - (7b) Demonstrate your ability to jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place. (This requirement may be waived by the troop committee for medical or safety reasons.)
 - (7c) Demonstrate water rescue methods by reaching your arm or leg, by reaching with a suitable object, and by throwing lines and objects. (This requirement may be waived by the troop committee for medical or safety reasons.) Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.
 First Class Requirements 9a-9d:
 - (9a) Tell what precautions must be taken for a safe trip afloat.
 - (9b) Before doing the following requirements, successfully complete the BSA swimmer test: Jump feet first into water over your head in depth, swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating. (This requirement may be waived by the troop committee for medical or safety reasons.)
 - (9c) Demonstrate survival skills by leaping into deep water wearing clothes (shoes, socks, swim trunks, long pants, belt, and long-sleeved shirt). Remove shoes and socks, inflate the shirt and show that you can float using the shirt for support. Remove and inflate the pants for support. Swim 50 feet using the inflated pants for support, then show how to reinflate the pants while using them for support. (This requirement; may be waived by the troop committee for medical or safety reasons.)
 - (9d) With a helper and a practice victim, show a line rescue both as tender and as rescuer. The practice victim should be approximately 30 feet from shore in deep water. (This requirement may be waived by the troop committee for medical or safety reasons.)
 - (b) Swim continuously for 400 yards using each of the following strokes in a strong manner for at least 50 continuous yards: front crawl, sidestroke, breaststroke, and elementary backstroke.
2. Explain the following:
 - (a) Common drowning situations and how to prevent them.
 - (b) How to identify persons in the water who need assistance.
 - (c) The order of methods in water rescue.
 - (d) How rescue techniques vary depending on the setting and the condition of the person needing assistance.
 - (e) Situations for which in-water rescues should not be undertaken.
3. Demonstrate "reaching" rescues using such things as arms, legs, branches, sticks, towels, shirts, paddles, and poles.
4. Demonstrate "throwing" rescues using various items such as lines, ring buoys, rescue bags, and free-floating supports. Successfully place at least one such aid within reach of a practice victim 25 feet from shore.

5. Show or explain the use of rowboats, canoes, and other small craft in performing rescues.
6. List various items that can be used as rescue aids in a noncontact swimming rescue. Explain why buoyant aids are preferred.
7. Perform the following equipment-based rescues for a conscious practice subject 30 feet from shore. use a proper entry and a strong approach stroke. Speak to the subject to determine his condition and to provide instructions and encouragement.
 - (a) Present a rescue tube to the subject, release it, and escort the victim to safety.
 - (b) Present a rescue tube to the subject and use it to tow the victim to safety.
 - (c) Present a buoyant aid other than a rescue tube to the subject, release it, and escort the victim to safety.
 - (d) Present a buoyant aid other than a rescue tube to the subject and use it to tow the victim to safety.
 - (e) Remove street clothes in 20 seconds or less and use a non-buoyant aid, such as a shirt or towel to tow the subject to safety. Explain when it is appropriate to remove heavy clothing before attempting a swimming rescue.
8. Explain the importance of avoiding contact with a victim; explain "lead" and "wait" tactics.
9. Perform the following nonequipment rescues for a conscious practice subject 3 feet from shore. Begin in the water from a position near the subject. speak to the subject to determine his condition and to provide instructions and encouragement.
 - (a) Provide a swim-along assist for a calm, responsive, tired swimmer moving with a weak forward stroke.
 - (b) Perform an armpit tow for a calm, responsive, tired swimmer resting with a back float.
 - (c) Perform a cross-chest carry for an exhausted, passive victim who does not respond to instructions to aid himself.
10. In deep water show how to escape from a victim's grasp on your wrist. repeat for front and rear holds about the head and shoulders.
11. Perform the following rescues for an unconscious practice subject at or near the surface 30 feet from shore. use a proper entry and strong approach stroke. speak to the subject and splash water on him to determine his condition before making contact. Remove the victim from the water, with assistance if needed, and position for CPR.
 - (a) Perform an equipment assist using a buoyant aid.
 - (b) Perform a front approach and wrist tow.
 - (c) Perform a rear approach and armpit tow.
12. Describe how to respond if a victim submerges before being reached by a rescuer, and do the following:
 - (a) Recover a 10-pound weight in 8 to 10 feet of water using a feetfirst surface dive.
 - (b) Repeat using a headfirst surface dive.
13. Demonstrate knowledge of resuscitation procedures:
 - (a) Describe how to recognize the need for rescue breathing and CPR.
 - b. Demonstrate proper CPR technique for 3 minutes using a mannequin designed to simulate ventilations and compressions.
14. Demonstrate management of a spinal injury:
 - a. Explain the signs and symptoms of a spinal injury
 - b. Support a faceup victim in calm, shallow water
 - c. Turn a subject from a facedown to a faceup position while maintaining support.
15. Show that you know first aid for other injuries or illnesses that could occur while swimming or boating including hypothermia, heat reactions, muscle cramps, sunburn, stings, and hyperventilation.

Safe Swim Defense:

1. Qualified supervision by adult
2. Physical fitness
3. Safe area
4. Lifeguards
5. Lookouts
6. Ability groups
7. Buddy system
8. Discipline

Safety Afloat:

1. Qualified supervision. One for every 10 with minimal of 2. CPR certification.
2. Physical fitness
3. Swimming ability. Person who is not a swimmer may ride in a rowboat or motorboat with an adult swimmer, or in a canoe, raft, or sailboat with an adult certified in lifesaving.
4. Personal flotation Equipment
5. Buddy system. Everyone must have a buddy and every craft must have a buddy boat.
6. Skill proficiency. All must be trained in use of craft. 3 hours training and supervised practice.
7. Planning
Float plan, Local rules, Notification, Weather, Contingencies
8. Equipment
9. Discipline

Order of Methods in Water Rescue

1. Reach
2. Throw
3. Row
4. Go with support

Only make a swimming contact rescue if you are specifically trained and you are physically big enough and only then if no other methods are available.

If you encounter a swimming in need, take a few seconds to assess the situation and remember your training. Remain calm. Plan your rescue carefully. Pinpoint the victims location. Use the simplest, safest rescue possible.

A person in difficulty will not necessarily call for help and might not appear to be struggling.

Types of victims:

Tired swimmer. Will usually ask for help. May be swimming ineffectually in short bursts with a weak stroke. Calm and will reply to questions, and will cooperate with the assist.

Distressed swimmer. Various degrees of anxiety or panic. Often a poor swimmer who has exceeded his capabilities. No longer making any progress, but still able to keep his head out of the water most of the time. Might wave or call for help. Often becomes calm once aid is offered, but it may take a long time to calm him down.

Drowning non swimmer. Lacks ability to remain at the surface and generally will submerge in less than a minute. Unable to call or wave for help and must be recognized on the basis of his facial expression and inadequate movement. Usually vertical in water. Conscious, but he probably cannot respond to commands and might be unable to reach for nearby equipment. Once assisted, he might try to remain vertical and resist horizontal tows. Contact should be avoided. Buoyant aids are needed for support. Speed in rescue is essential.

Unconscious victim. Unaided, both the drowning non swimmer and the distressed swimmer will eventually lose consciousness. Might float near the surface or sink. Speed is of utmost necessity. Breathing has probably stopped and must be started as soon as possible if the victim is to survive. Since an unconscious victim cannot grasp an object, some type of physical contact will be required to recover him from the water.

Injured victim. Treat the most serious condition first and do no further harm. In drowning

situations, the most serious condition is likely to be lack of breathing. On the other hand, many standard rescue techniques can greatly worsen a spinal injury.

Reaching Rescues: Safe, simple, and highly effective. Use when the victim is close to the edge of a pool or dock. Lie down and extend a hand. Brace yourself carefully. Reach with a pole, paddle, stick, or towel. Keep well braced. Cannot use for an unconscious victim. Can use a shepherd's crook pole. May also reach out while in the water holding onto the side of the pool or dock. In shallow water, you can use the human chain. Also use for ice rescues.

Throwing Rescues: Use if the victim is beyond your reach. A float with a line is best, but can also use a float or a line. Allow for wind and current. Secure the rope to your wrist with a small bowline with a loop through it. To coil for a right-handed throw, place your left hand on your left knee and stretch the line to the full reach of your right hand, then return the line from your right hand to your left hand to form your first coil. If you leave your left hand fixed to your knee and reach as far as possible each time with your right hand, all of the coils will be the same size and less likely to tangle when thrown. When half the line is coiled, gather the loops with your left-hand index finger and coil the rest of the line on your remaining fingers. This allows you to separate the rope into two coils, one from which the line feeds and one that is thrown. Gather half the rope in your right hand and throw it underhanded, allowing it to feed off of the open palm of your left hand. Throw the rope over the shoulder of the victim. If your throw is inaccurate, quickly recoil the rope, while watching the victim. For a rescue in white water, attach the line to a tree or rock. When throwing a line with a ring buoy, the buoy provides the weight, and you do not need to separate the rope into two sections. Rescue bags are a bag into which rope has been stuffed. The bag is weighted and can be thrown without coiling the rope.

Rowing Rescues: If the person is too far from shore for a reaching or throwing rescue, you may use a boat if one is available. Usually faster and far safer than a swimming rescue. Also allows for CPR if needed. With a rowboat, pivot and approach the victim with the stern. With a canoe, throw a PFD and extend your paddle to him. With a motorboat, approach heading into the wind. Pinpoint the victim's location as you approach. If you leave the boat, hold on to the line from the boat.

Going Rescues: This is best performed with some type of floating support, and should not be considered if faster and safer methods of reach, throw and row will work.

Assessment: Determine the condition of the victim and the condition of the water.

Equipment Selection: A buoyant aid is best.

Entry: Remove clothing first.

Approach: Shout encouragement to a conscious victim. Use a breaststroke or crawl modified to transport equipment and make frequent observations of the victim. Approach a victim of possible spinal injury with extreme care.

Ready position: On arriving close to the victim (6 to 10 feet), stop and take a ready position. Talk to him, reevaluate the situation and present your equipment aid.

Assist: Decide on the method that best suits your equipment, the victim, and the water conditions. Physical contact is made only if the victim is unconscious or otherwise unable to hold onto the towing aid.

Follow-up: Help the victim from the water. Secure medical aid if needed.

Disrobing: Clothing will weight you down and make the approach and the rescue much more difficult. Remove the clothing quickly. Your clothing may be used as rescue equipment. The few seconds it takes to remove your clothing, will be regained easily by your increased ease of swimming. The weight of wet clothing combined with the victim's weight can lead to exhaustion and an unsuccessful rescue.

Keeping your eye on the victim, remove your shoes while unfastening your felt and pants. Low shoes can be removed by stepping on the heels; you might have to stoop to remove boots or high-laced shoes. Run in place to work your pants down while removing your shirt. Hold the shirt in your teeth, if it is the only equipment available. Hook a thumb in a sock at the ankle above the pants and flip the pants and sock off one foot at a time.

Beach entry: Run, lifting your legs high to avoid tripping, and holding your equipment out of the water. If your aid is large and buoyant, you may want to throw it ahead of you. As the water deepens, kick off the bottom into a shallow dive, being careful to remain near the surface, and not losing contact with your equipment.

Stride jump: Allows you to keep the victim in sight as you enter deep water. Used from low heights. Jump outward with your legs front and back in a scissors position, your arms out to your side, and leaning forward. Snap your legs together as they enter the water.

Feetfirst entry: Useful when you are wearing a PFD or when jumping from a height. Use only in deep water. Vertical position with your legs together and knees slightly flexed. Keep your head erect and your eyes on the victim. Your arms are at your side or use them to hold a buoyant device close to your chest. Do not hold a rigid device close to your chest when jumping from great height.

Long shallow dive: Useful in deep, unobstructed water when speed is critical; for instance, after the victim has already submerged.

The approach: Normally directly toward the victim, with frequent visual observation and verbal communication and encouragement for the conscious victim. Speed is increased if you swim with your face in the water; however, you should occasionally glance forward as you breathe to refocus on the victim. A buoyant aid is most easily towed with a line. You may want to wear a PFD during the approach. A garment or towel can be draped across the neck for the crawl or in the teeth for the breast stroke. If the distance is far, you may need to use a paced approach to conserve energy needed for the assist.

Ready position: Before you make a final approach to assist the victim, you should stop well out of reach, prepare to reverse direction, speak to the victim, and reevaluate the situation. The **go** rescue is done in a series of steps. At each stage, different choices are available.

Equipment Assists: When close to a conscious victim, stop and extend the device from him to grab. Talk to him and explain clearly what you want him to do. Some victims will be unable to reach for an object even though they see it and it is only inches away. You might have to shove the aid into direct contact with the victim's arms or hands. When he is calm, tow both him and the device ashore. Normally the aid is kept between the rescuer and the victim. Use a sidestroke to tow him. If the device is small and awkward, it might be better to allow the victim to hold it to his chest while you swim at his side holding his armpit. Continue to reassure him during the tow. If the victim is unconscious and the distance is short, you may elect to abandon your float and tow him quickly to shallow water or the side.

Rescue board: Similar to a surf board. More efficient with fins. When near the conscious victim, slip off the board and push it sideways to him, with the board between the tow of you. If the victim has trouble holding on, you can grasp his wrists across the board. You can push the board to shore with the victim holding onto the side, or if he is calm, you can have him lie facedown on the board.

Rescue buoy: Rigid plastic float with molded handles and a tow line with a shoulder loop attached. Primarily designed for surf rescue. May have a line fed from a reel on the shore.

Rescue tube: Similar, but made of flexible vinyl-covered foam. Less buoyant than a rescue buoy, but is generally easier to use. Tube can be snapped around the victim's body under the shoulders.

Line tender rescue: A large bowline in the end of the line is placed over the shoulder and under the opposite arm of the swimming rescuer. The swimmer pulls out the line, presents his floating object to a conscious victim, and when ready, signals for the line tender to pull them to safety using a hand-overhand motion. The line may be coiled, in a rescue bag, or in a chain knot.

Shirttail Rescue: Swim out with any object you can extend out to the victim. The extension will separate you from the victim and make it easier to swim. If the victim tries to climb up the extension to grasp you directly, then let go. Reverse away, reassure him, and resume the tow only when he has calmed down.

Assists without equipment: Only use if a calm person asks for assistance, there is

really no equipment at hand (extremely rare), conscious victim unable to grasp or maintain a grip on a piece of equipment, when a victim has lost consciousness, or when the victim has a spinal injury.

Tired-swimmer assist: Underarm swim along to push the swimmer forward as he swims on his own by placing one hand under his armpit with your thumb up and swimming alongside and slightly to the rear. The victim can be swimming either on his front or back. If there is a second person available, he can hold the other arm. Talk with the victim to keep him calm.

Talk and lead: If you are faced with a panicked victim without any equipment available, then first try to talk the victim in. If the victim can keep his head above water, then he can swim; he just isn't making the right motions. Tell him to level off and kick toward you. If he does not obey your instructions, he might at least move in the direction of your voice. If he does, back up toward shore. Encourage this action; tell him to come along to you so that you can help. If an active victim will not follow you to shore, back off and wait. He might become more cooperative as he becomes exhausted. As long as the victim can keep his head above water, and if the water is warm and you are not being carried toward danger by currents, you are not forced to act. You are close enough to place the victim in a tow if it becomes necessary.

Tows and carries for a conscious victim: if you have been forced to wait for a struggling victim to become exhausted or if a drowning non swimmer will not grab the equipment you have brought, then physical contact can no longer be avoided. Approach the victim first from the front and try to get the victim to respond to your commands. Once it is clear that the victim will not long remain on the surface without help, then swim behind him. (If he follows you around, let him follow you to shore.) You will then be in a position for a contact assist. **However, do not make contact with a conscious victim without giving a verbal warning.**

Single armpit tow: Once you are behind the victim, tuck your legs under your body and stay away from him. Close the remaining gap by paddling with your hands. This ready position places you in a good swimming position before contact and prepares you to support the victim with your kick. Tell him to lean back and relax. Reach out with your hand nearest him and grasp under his armpit with your thumb up and on the outside. (Your right hand goes to the right armpit, or your left hand to the left armpit.) Immediately begin swimming to keep the victim's face above the water. Use whatever kick gives you the most power. If the victim thrashes about and breaks your grip, back off, reevaluate, and try again. Don't try to overpower a victim; it is unnecessary, risky and wastes energy you will need for the tow.

Cross-chest carry: If you have difficulty maintaining control of the victim's position and keeping his face clear of the water with the armpit tow, you can use the cross chest carry. This might be the case if the water is choppy or if the victim fidgets. However, be aware that the cross-chest carry is more tiring for the rescuer. After getting under way with the armpit tow, which should help to bring the victim to a horizontal position, bring your free arm over the corresponding shoulder of the victim and across his chest until your hand is in contact with the victim's side just below his armpit. Hold him firmly against the side of your chest, with your hip in the middle of his back. Make sure to keep the victim's face above the water. Continue to offer verbal assurances. Depending on the water conditions and the relative sizes of the victim and the rescuer, the rescuer might choose to go directly into the cross-chest carry without first using the armpit tow. However, if the victim doesn't rapidly settle down but rather begins to thrash about, you may decide to let go, wait for him to tire, and start over.

Tows and carries for an unconscious victim: Both the single armpit tow and the cross-chest carry can be used for the unconscious victim, but you may use easier, less-tiring carries.

Wrist tow: Approach the victim from the front and assume the ready position. Shout and splash water at him to make sure he is unconscious. Then come within an arm's length, reach across to the victim's opposite wrist as if you were shaking hands, and take hold under

his wrist with your palm up. Hold firmly and roll your wrist by turning your thumb up and over as you begin your tow. This will turn the victim onto his back. Maintain the same grip as you tow the victim to safety with a sidestroke. A slight tension in your arm is necessary to keep the victim's face up. Both your arm and the victim's arm should remain straight. If it is difficult to keep the victim's face above the water, it may be necessary to switch to a different carry.

Changing from wrist tow to armpit tow: Continue kicking vigorously to maintain forward motion. Pull the victim toward you by bend your towing arm and using your free hand to grasp him under his other armpit. When you have a firm grip, release the victim's wrist and continue with the armpit tow.

Collar tow: Grasp the collar with your palm down. Keep your towing arm straight and use it to support the victim's head.

Submerged victim: If the victim is just below the surface, you can reach down and use the wrist tow. If he is deeper, grasp him by the wrist, under one arm, or under both arms. If the bottom is hard and clear, you can kick against it to help you up. If the bottom is muddy or covered with weeds, it will be better to grasp the victim from above with only one hand and to use the other hand and a strong kick to pull him up.

Defenses and Escapes: If you approach a victim properly while attempting a swimming rescue, it should not be necessary for you to struggle or grapple with him. But you should be familiar with some of the defenses against grasps in case you ever do need to use them, either because you made a mistake or are thrown into the water with a person who panics. If you remain calm, you can easily free yourself from any hold the victim might use. A drowning victim wants support to keep his head clear of the water so that he can breathe. It is not his intention to hold you beneath the water. So, if you deliberately go underwater feetfirst toward the bottom at first contact, the victim probably will let go since he wanted to go up, not down. He certainly will not swim down after you. Your first defense, therefore, is to go under, fast.

Block: If the victim is extremely close and catches you by surprise, it might be necessary for you to block his forward motion by extending an arm, palm out, toward his chest. This will probably allow you to submerge free from his grasp. If he does manage to grab you, it will most likely be your blocking arm that he grasps.

Wrist escape: Pull against the victim's thumb. If possible, push the victim down as you do so.

Rear head-hold escape: If a victim unexpectedly grasps your head from the rear, take a quick breath, buck your chin to the side, and submerge both yourself and the victim. Then grasp the victim just about each elbow and shove upward. Be sure to keep your head tucked. Swim clear of the victim before resurfacing. ***Do not struggle with him or try to place him in a hold. Back off and start over.***

Front head-hold escape: The same technique is used if the hold is from the front. Take a quick breath, tuck your chin to the side, and with your hands beneath his arms. Swim clear of the victim before resurfacing. Do not struggle with the victim.

Feetfirst surface dive: Used in murky water.

Headfirst surface dive or pike surface dive: Most easily done while moving forward with a breast stroke.

Lost swimmer search: Used when witnesses have only a vague idea of the victim's whereabouts. If the water is clear, you can search the area from the surface. However, if the bottom cannot be seen, then do not attempt an underwater search alone. Your chances of finding the victim are slim and there is no one to aid you if you encounter difficulty on the bottom. In shallow water, have everyone link arms and wade in a line across the area, shuffling their feet from side to side. In deeper water, swimmers form a line, surface dive on signal from a leader, and swim a prescribed number of strokes along the bottom --- three in shallow water, two in deep water. The swimmers should be paired as buddies so that anyone failing to return to the surface is instantly spotted. When everyone has surfaced, the line reforms on the person farthest behind. Then the entire line backs up a few additional

feet. This is to cover any area missed because of angled surfaced dives. The line must reform after each dive; otherwise swimmers will begin to swim in front of each other and part of the bottom will not be covered. If a sweep of the area fails to find the victim, the search should be repeated at right angles to the previous path.

Mask, fins, and snorkel: Greatly improve the efficiency of the search.

Follow-up procedure: If the victim is not breathing, artificial respiration must be started as soon as possible and the pulse must be checked for heart action.

Shallow-water assist: A conscious victim can be helped from shallow water with this method. Help the victim to stand and to place one of his arms across your shoulder. Grasp the wrist of that arm with one hand, and wrap your free arm around his back. Then walk slowly to shore. A second person can assist from the victim's other side.

Beach drag: Grasp the victim under his armpits and pull him onto the beach by slowly walking backward. Support his head with your forearms and keep your back as straight as possible.

Pack-strap carry: While the water is still waist deep, float the victim on his back to your side. Support him with your knee and take hold of his right wrist with your right hand and his left wrist with your left hand, with your thumbs pointing toward his shoulders. Turn your back to the victim, crouch slightly, and bring his arms over your shoulders. Cross the victim's wrists and hold them in front of your chest. His arms should be straight with the armpits directly over your shoulders.

Vertical lift: Used for unconscious victims at the edge of a pool, float, or pier. Place the victim's hands one on top of the other on the edge while keeping his head clear of the water. With one hand holding both of his on the edge, use your free hand to boost yourself out of the water. Grasp the victim's wrist and stand up near the edge directly over him. Pull him up, carefully folding him over the edge. It might be necessary to gently bob the victim up and down in the water, lifting him clear on the up stroke. Then reach down and swing his legs over the edge.

Spinal injury management: Consider the cause of the accident. Any fall from a height greater than the victim's height, any person found unconscious for unknown reasons, any significant head trauma, and any diving accident can indicate a spinal cord injury. The following signs can indicate a spinal injury: pain at the fracture site, loss of movement in the extremities or below the fracture site, tingling or loss of sensation in the extremities, disorientation, back or neck deformity, visible bruising over an area of spinal column, impaired or stopped breathing, head injury, and fluid/blood in the ears. If the victim is not handled properly, serious injury could occur. Use **in-line stabilization**.

Hip and shoulder support: If the victim is faceup and no help is immediately available to assist in placing the victim on a rescue board, you should support the victim at the hips and shoulders. Stand facing the victim's side, and lower yourself to chest depth. Slide one arm under the victim's shoulders and the other under his hip bones, and support the victim, keeping his face clear of the water for breathing. Do not attempt to lift him, but keep him in a horizontal position in the water until help arrives. Comfort and reassure the victim.

Head/Chin support: May be used on both faceup and facedown victims:

Approach the victim from either side. Lower your body until your shoulders are at water level. Place your forearms along the length of the victim's breastbone and spine. Based on the size of the victim, you can position your top arm on the breastbone by reaching either over or under the victim's nearer arm. Place your thumb on one side of the victim's chin and your fingers on the other side. Do not apply pressure yet. At the same time, use your other hand to support the victim's head by spreading the fingers and cradling the head. Do not apply pressure yet. Lock both of your wrists and squeeze your forearms together, clamping the victim's chest and back between them. Apply gentle pressure to the chin and the back of the head. You are now providing in-line stabilization. Glide the victim into a horizontal position. If the victim is face down, turn him face up. To do this, keep your hands in position under the victim's chin and at the back of the victim's head, supporting the head. Rotate the victim toward you while you begin to submerge yourself. Carefully roll under the victim while turning the victim over in the water. The victim is faceup when you surface.

on the other side. This movement must be done slowly to avoid any twisting of the body.
Securing the victim to the rescue board: Approach the victim from the side. Place the rescue board diagonally under the victim from the side, with the foot end of the board going down in the water first.