

WATER RESCUE

While Jacky Jacky and Yarri rescued people in their canoe there are safe ways to rescue people. Use the steps below to practise rescuing someone who may be drowning.

When rescuing someone from the water, it's crucial to prioritize personal safety and use appropriate techniques to ensure both the rescuer and the person in distress are protected. Here are 2 methods for rescuing someone from the water - assuming the water is too deep to wade into and no boat is available.

- 1 Reach:** If the person is within arm's reach a long object should be used to pull them from the water.

Activity: Have one child on the stage or raised platform lie on their stomach and reach a scarf, pole or metre ruler to a student sitting or lying on a skateboard. When the "drowning" student has the rescue item they can be pulled to safety.

- 2 Throw:** If the person is beyond arm's reach, throw a floating object like a lifebuoy to them. Instruct the person to grab onto it and then pull them to safety.

Activity: This time the child on the stage must stand up and throw an item to the "drowning" child. If it is a rope, they must be sure to stand on the end of the rope to avoid throwing the whole thing into the water. Once thrown and caught the rescuer lies on their stomach or crouches down to drag the "drowning" child to safety. This lowering of the rescuer's centre of gravity avoids the risk of the rescuer also being pulled into the water.

Remind children that they should always prioritise their safety and assess the risks before attempting a water rescue and seek assistance if the situation is beyond their capabilities.

Understands safe water practices for them and others

