



## Basic Water Rescue

### Course Fact Sheet

#### Purpose

- To provide public safety personnel, camp personnel and day trip leaders, daycare workers, school teachers, aquatic fitness instructors, aquatic therapists, and those who participate in aquatic activities or work around water with the knowledge and skills necessary to prevent, recognize and respond to aquatic emergencies

#### Prerequisites

- Must be comfortable in chest-deep water

#### Learning Objectives

- List water safety guidelines for activities in, on or around the water.
- Recognize the characteristic behaviors of someone who needs help in the water.
- Define an emergency action plan.
- Describe how to develop an emergency action plan.
- Describe how to trap air in clothing for buoyancy as a means of self-rescue when not wearing a life jacket.
- Describe two positions used for floating in cold water while wearing a life jacket.
- Explain how to perform an ice self-rescue.
- Explain how to help someone who has fallen through the ice.
- Describe actions to take to prevent or delay hypothermia.
- Describe how to care for someone having a seizure in the water.
- Demonstrate the HELP and huddle positions.
- Demonstrate two ways to perform a reaching assist.
- Demonstrate a throwing assist using two different pieces of equipment.
- Demonstrate a wading assist with equipment.
- Demonstrate the beach drag and walking assist.
- Demonstrate two ways to stabilize a victim's head, neck and spine in the water.

#### Length

- 4 hours

#### Instructor

- Currently certified Water Safety instructor, Lifeguarding instructor or Basic Water Rescue instructor

#### Certification Requirements

- Attend and participate in all class sessions
- Demonstrate competency in all required skills and activities
- Correctly answer at least 80 percent of the questions in the final written exam (20 out of 25 questions)

**Certificate Issued and Validity Period**

- American Red Cross certificate indicating Basic Water Rescue: 3 years

**Participant Products/Materials**

- *Swimming and Water Safety* (recommended, not required; available in e-book and print formats)