



### 25M/50M MANIKIN CARRY (stronger swimmers)

**Equipment:** Tow manikins

#### Description of the event

The competitor dives into the water and swims 25m. The competitor then dives to recover a submerged manikin & lifts it to the surface within (10m) of the pickup line and tows the manikin a further 25m to the other end of the pool. The competitor must make every effort to keep the manikins face out of the water.

#### Modified Version (all Swimmers)

- Shorten the distance covered, eg 25m event (12.5m swim, 12.5m carry).
- The manikin can be half filled with water to make it lighter and easier to carry.
- To simulate diving to the bottom if the manikin is not submerged the competitor can retrieve an object from the bottom, such as a dive brick or a coin.
- To replace the manikin a swimmer can act the role of a patient. Competitor simulates retrieving submerged patient then tows the patient to the finish.

### 25M SWIMMING WITH OBSTACLES (stronger swimmers)

**Equipment:** Obstacles - 1 per lane over 25m length or 2 per lane over 50m length 12.5m from edge (each obstacle is between 75cm and 100cm deep).

#### Description of the event

The competitor dives into the water and swims 12.5m freestyle, dives under or through the immersed obstacle, freestyle to the next obstacle, dives under again and then swims freestyle to end of the pool. Competitors must surface after the dive entry and passing under each obstacle

#### Modified Version (all swimmers)

- Objects can be submerged at the 12.5m mark (or randomly), the competitor can dive to the bottom of the pool and break the surface of the water with the object, then place (not drop) the object back on the bottom.
- Place a hoop with a weight attached to a rope so the hoop sits halfway between the surface and the bottom of the pool. Swimmer swims through the hoop.
- Thread a rope through a noodle and connect a rope to the lane rope (contrasting colour to the water eg red). Competitors swim under the noodles.
- Use a net across the pool (noodles joined together by rope) Competitor touches the bottom of the pool then pushes off the bottom to break the surface.



### 25M/50 RESCUE TUBE RELAY (stronger swimmers)

**Equipment:** Rescue Tube

#### Description of the event

The competitor dives into the water and swims 50m freestyle with a rescue tube. The manikin is held by a handler at the turning end, they must let go of the manikin when the competitor touches the wall. After touching the turning edge, the competitor fixes the rescue tube around the manikin floating on the surface and tows it to the finish.

Competitors must tow the manikin with the line of the rescue tube fully extended.

#### Modified Version (all swimmers)

- The competitor dives into the water with the rescue tube and swims 25m freestyle.
- The swimmer places the rescue tube over the patient after touching the wall and swims back with the patient towing them behind, whilst the patient kicks on their back to the other end of the pool where they must touch.
- The swimmer hands over the rescue tube and then the next swimmer repeats the same until all team members have finished.

### LINE THROW (all swimmers)

**Equipment:** Throw Line

#### Description of the event

The rescuer will throw the line out to the patient who is 12m away from the edge. The line must fall within the rescuer's own lane and within reach of the patient. Patients are permitted to kick whilst they are being pulled to safety.

This is repeated until all team members have finished.

### SURVIVAL SWIM RELAY (all swimmers)

**Equipment:** Life Jacket

#### Description of the event

The swimmer swims either 25m or 50m to the end of the pool with the lifejacket on and then removes the lifejacket and hands to the next swimmer, this swimmer then exits the pool, this is repeated until all team members have finished.

### NOODLE RACES (all swimmers)

**Equipment:** Noodle

#### Description of the event

The swimmer wraps the noodle around them and kicks across the pool, grabs the side and exits safely then the next swimmer proceeds to do the same until all team members have finished.



### KICKBOARD RACE (all swimmers)

**Equipment:** Kickboard

**Description of the event**

The swimmer holds the top of the kickboard and kicks across the pool, grabs the side and exits safely and then the next swimmer proceeds to do the same unit all team members have finished.

### WATER POLO BALL RACE (all swimmers)

**Equipment:** Water Polo Ball

**Description of the event**

The swimmer swims 25m with the ball in their hands, floating on their front and kicking to the end and then passes the ball to the other team member, they repeat until all team members have finished.

### UNDER AND OVER BALL RACE (all swimmers)

**Equipment:** Water Polo Ball

**Description of the event**

The (8) team players line up behind one another in the shallow where they pass the ball over their head to the player behind and then the next player will pass the ball through their legs to the last person who moves to the front of the line. This sequence is repeated until the first team member is at the beginning again.

**\*\*all swimmers, weak through to strong can participate\*\***



## DISCUSSION POINTS

### Order of Rescue:

Remember to keep in mind the correct order of rescue:

- **Non-swimmer** - more likely to go unconscious if not attended to quickly
- **Weak swimmer** - generally a weak swimmer will be able to remain conscious longer than a non-swimmer and may respond to verbal instructions
- **Injured person** – will require attention after rescue, this will limit rescuer to be able to attend other patients
- **Unconscious person** – once you have attended an unconscious person you are unable to leave then, if you do attend to them first the other patients may all become unconscious creating a greater emergency.

### Method of Rescue

The order in which the methods of rescue should be considered, taking into account the safety of the rescuer is as follows:

- **Talk** – conscious patients/actors may respond to verbal instructions and encouragement.
- **Reach** – use aids to reach to those you can (remember to stay low)
- **Throw** – throw aids/floatation devices to patients and give further instructions.
- **Wade** – If possible this should be performed????
- **Row** – generally this rescue technique is not used during an initiative, depending on the aquatic environment being used
- **Swim** – If you need to swim out to a patient take an aid with you, they may be able to get to safety themselves with instruction and encouragement. Always approach with the defensive position as a safety precaution to rescuer.
- **Non contact tow** – Always put something between the patient and yourself
- **Contact tow** - this puts rescuer at the greatest risk, always consider above options before using a contact tow.