

DESIGNING LIFESAVING RESCUE SITUATIONS...

Why?

- ✓ To evaluate skills, knowledge, fitness and JUDGEMENT!
- ✓ To provide "life-like" situations in a safe setting
- ✓ To allow students to focus on real locations beyond a pool!

Effective situations:

1. Must be appropriate for the level – e.g. Bronze Medallion should be using only injuries related to airway, breathing or circulation
2. Information delivery must maximize candidate retention – this will increase the chances of success

✓ 7 ± 2 = short term memory can only hold this much information
(i.e. 9 pieces on a good day, 5 on a bad day)

...this means you need to provide **VISUAL** aids
(e.g. memory treats a picture as one item!)

✓ One only has 60 seconds to retain information in short-term memory

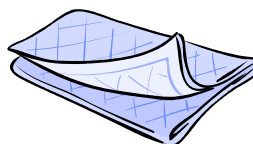
...this means if you prolong your set-up,
information will be forgotten before the rescue starts

✓ After 60 seconds, **FIRST IN = FIRST OUT**

...this means the first information given will be the first to be forgotten before the rescue starts

THEREFORE,

USE SCENE PICTURES, SITUATION CARDS, REAL PROPS and PROPER ACTING by victims & bystanders BEFORE sit starts!



SAMPLE WATER RESCUE SITUATION CARDS

Instructor Card – Bronze Medallion Non-swimmer	
Scene Description: Rescuer's friend falls off dock while trying to position the boat. Note: the boat remains tied to the dock	
Location Any Lake	Aids available Paddles in boat, 1 lifejacket in boat
Weather Sunny, no wind	Equipment & Bystanders available Cabin with phone 40 meters behind rescuer Other friends on dock and in cabin
Water conditions Calm, cold, murky, weeds on bottom, meters deep	Victim type Non swimmer
Rescuer position Standing on dock	Age Same as rescuer
Victim Position In water within 1 meter of dock	Special responses Will grab onto aid if offered, can not swim back, can climb onto dock with assistance

Bystander Card
Scene Description: Rescuer's friend falls off dock while trying to position the boat. Note: the boat remains tied to the dock You are on the dock with the rescuer. You are untrained and cannot go in the water, but are cooperative and will do what ever you are asked

Rescuer Card	
Scene Description: You see your friend fall off dock while trying to position the boat. Note: the boat remains tied to the dock	
Location Any Lake	Aids available Paddles in boat, 1 lifejacket in boat
Weather Sunny, no wind	Equipment & Bystanders available Cabin with phone 40 meters behind rescuer - Other friends on dock and in cabin
Water conditions Calm, cold, murky, weeds on bottom, meters deep	
Rescuer position Standing on dock	

Victim Card
Scene Description: You fall off dock while trying to position the boat. You cannot swim. Note: the boat remains tied to the dock
Victim type Non-Swimmer
Age Same as rescuer
Special responses Will grab onto aid if offered, can not swim back, can climb onto dock with assistance
Victim position In water within 1 meter of dock