

## Basic Water Rescue

### Purpose

To provide participants with the knowledge and skills necessary to prevent, recognize, and respond to aquatic emergencies while maintaining a position of safety and protecting themselves during victim assistance. The target audience for this course includes public safety personnel, camp counselors, day trip leaders, daycare workers, babysitters, school teachers, aquatic fitness instructors, aquatic therapists, and others who work around the water.

### Prerequisites

Participants must be comfortable in chest-deep water.

### Learning Objectives

- Understand the safety considerations and potential hazards of various aquatic environments.
- Understand the importance of safety rules and practices while in, on, and around the water.
- Be able to identify and use various safety and rescue equipment.
- Understand self-rescue techniques in warm water, cold water, and ice breaks.
- Understand the components and implementation of an emergency action plan.
- Understand how to recognize and care for possible spinal injuries.
- Demonstrate various reaching, throwing, and wading assists.
- Demonstrate support positions for possible spinal injuries in shallow water.

### Length

Approximately 4 hours.

### Instructor

Currently certified American Red Cross Lifeguarding Instructors, Water Safety Instructors, and Safety Training for Swim Coaches Instructors who have completed a self-orientation to Basic Water Rescue materials.

### Certification Requirements

- Attend all class sessions.
- Demonstrate competency in all required in-water skills.
- Pass a final written exam with a score of at least 80% (20 correct out of 25).

### Certificate Issued and Validity Period

American Red Cross Basic Water Rescue: 3 years.

### Participant Materials

Either of the following texts is recommended for each participant: *American Red Cross Basic Water Rescue* or the *American Red Cross Swimming and Water Safety*.