

Plan B - Boogie Board Rescue

Exercise for on or off shore wind (The children prefer the waves)

The children will be working in pairs, so you need 1 boogie board for every pair. No Patrol Boats needed, adults to supervise in the water, the children will not be out of their depth.

Before the demonstration, begin with a water safety talk on the beach. Discuss how dangerous it is to rescue someone in the water if they don't have something that floats, to give to the victim first. The victim sees the rescuer as something that floats, and will try to climb onto them to save their own life, resulting in the possibility of drowning the rescuer.

Discuss what they could give the victim that floats, to stop them from drowning the rescuer.

Any suggestions?

If you read this before your session you could bring down a few ideas that float. If you don't have a handy boogie board.

Empty milk bottles, balloons to blow up, football in a light weight nylon shopping bag with carry handles they can put their arms through? Maybe even suggest they think of what they could bring next time you can't sail, so they could test their ideas.

Today we are all wearing correctly fitted Buoyancy Aids and have boogie boards.

Beach Demonstration - This has to be on the beach to explain the steps. Note it will be much easier in the water than it looks on shore.

You will need 2 children, 1 victim and 1 rescuer to demonstrate, and a third person to hold the boogie board to make it look like its floating on the water **(the 3rd person is only required for the beach demo, they are not needed for the water demo as the board will float).**



The victim enters the water to where the adults will be waiting, turns to face the shore, and puts ONE HAND UP.

This is the universal sign for "I need help." Do not shout "HELP" as it alarms the locals.



The rescuer, waiting for the signal, with boogie board strap firmly attached to their wrist, can now run into the water holding the boogie board wrong side up. *This is because the boogie board has a more slippery underside that the victim could slide off, whereas the top surface has more grip so is better for them.*



The rescuer paddles out to the victim holding the board out in front, until it touches the chest of the victim. Telling them they "can relax I am going to help you get on this board."

Using a third person to hold the board flat, in place - for this land demonstration- just under the victims armpits and touching their chest.



The rescuer grabs both wrists of the victim and holds them firmly on top of the board, this will keep their head above water, and them on top of the board.



Here's the tricky bit, you need to flip the board over. This next action is a lot like righting an upturned opti hull, whilst holding the victims wrists, pull their arms towards you, knees and feet pushing the board down and away from you.

The reason we do it this way is that the victim may not have the strength or energy to get onto the board themselves.



Keep pushing your knees and feet down until the top of the board is leaning towards you.



...the rest of the board will pop up, bringing the victim lying on top of it. (This part can't be demonstrated visually on a beach.)

Let go of their wrists so they can hold on to the board by themselves.

Once the victim is safely on shore, they can swap roles.

The boogie board can be turned sideways if this is easier for the children to handle.



If you think the boogie board may be too narrow for your victim when you reach them, you can slide off your board and turn it sideways, then push to their chest, with their arms on top of the board. Hold on to their wrists and continue the process, the same as before. You can easily push them back to shore sideways.

End of Beach Demonstration, is everyone happy? Ready for a rescue in the water? Do they want to see it again?

Adult support to decide how far they will to go into the water and wait for the victims to go out to them first.

1 person supervising per pair for the first time maybe, depending on the sea conditions.

Children can keep swapping roles, and have a few goes until they are all happy, or you run out of time. Just letting them have a play with the body board afterwards might be fun too.

This is a great confidence building exercise, and the children can go home saying they have learnt a lifesaving skill today.