

Water Safety Activity

Ladder approach



It is great to see everyone out for walks while social distancing! WAC staff would like to remind you that the water moves fast this time of the year! The water is still extra cold! Please stay back from all sources of water!! River, lakes, reservoirs, creeks, ponds and more.

If someone was to fall-in, please do not Jump in to save them! We want you to help by performing a rescue that provides the lowest risk to the rescuer as possible. Keep in mind the ladder approach.

THE LADDER APPROACH'S EIGHT RUNGS

- 1- TALK:** Without going into the water, encourage the victim to get to safety by swimming towards the side of the pool or the shore.
- 2- THROW:** Throw a buoyant aid to the victim from the side of the pool or the shore, and calmly talk to them while bringing them back to safety.
- 3- REACH:** From a dry, safe location, extend or throw a rescue object to the victim and pull them to safety. The object may be buoyant or non-buoyant and should be attached to a rope.
- 4- WADE:** Wade into shallow water and extend a rescue aid to the victim, or enter deep water while holding onto a solid object and throw the rescue aid.
- 5- ROW:** If one is available, use a watercraft and row to the victim until you are close enough to extend a rescue object while staying in the craft.
- 6- SWIM:** If there is no watercraft you can use, swim to the victim and provide them with a buoyant aid. Calmly talk to them while bringing them back to safety without making direct or indirect contact. It is important to push the buoyant aid towards the victim; panic-stricken victims may try to grab onto you, thus endangering you.
- 7- TOW:** If the victim is unable to go to a safe location without additional help, even while hanging onto a buoyant aid, tow them by pulling the other extremity of the object. Make sure you can quickly move away from the victim to ensure your own safety.
- 8- CARRY:** Swim to the victim and carry them to safety. Choose this technique as a last resort, since direct contact rescues are the most dangerous ones for lifeguards.

Let's go on a scavenger hunt around the house: Come up with a list of as many items you can find around your house and yard that you could use for a reaching assist.