

Instructor Resources

Board Rescue Module

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Introduction

These resources have been designed for Instructors, Patrol Captains, and/or experienced club members to use when educating lifeguards how to complete a board rescue.

Candidates may wish to get recognition for completion of the Board Rescue Module, this can be accomplished by having any examiner view candidates successfully complete the Board Rescue Module exam tasks (see the Board Rescue Examiners Manual for more details).

The following resources have been created for Instructors, Patrol Captains, and/or experienced club members to use:

- Exam task details (in this document)
- Lesson plan

Setting up an Exam

Once your candidates are ready to attend an examination please contact your Club Development Officer (CDO). The CDO will organise any current examiner to take candidates for an examination. A qualification registration form will also need to be filled out and sent to your CDO (appendix 2).

Qualification Requirements

Board Rescue Module (BRM)

Minimum Age: 14 years

Pre-Requisite Awards: Surf Lifeguard Award (refreshed)

Must be a member of a Surf Life Saving Club

Exam Components:

Candidate(s) must be endorsed by an Instructor, Patrol Captain, and/or experienced club member prior to attempting the board rescue exam tasks.

Practical Test

1. The following practical test components must be covered:

- Perform a conscious patient board rescue
- Perform an unconscious patient board rescue

The BRM is made up of the following Unit:

1. Perform a Board Rescue (TSLI09).

Educator Responsibilities

Educators can be Instructors, Patrol Captains, and/or experienced club members.

All educators are responsible for training new candidates to a level that not only prepares them for the examination but also to be able to perform board rescues in an emergency situation.

To enable educators to have the tools necessary to accomplish this SLSNZ has created lesson plans that cover all knowledge and skills needed to perform a board rescue.

It is **NOT** mandatory to use the lesson plans, however, either way the following must be completed by instructors for each candidate:

- Assisting the candidate to complete all of the tasks that are conducted during the examination (Task completion).

Using Lesson Plans

Instruction for the Board Rescue Module has been broken down into four lessons. Below is some basic information regarding the various parts of the lesson plan.

Lesson plan number

Lesson Plan		
Cardio Pulmonary Resuscitation (CPR) Version 1 PowerPoint		
Manual Sections: Emergency Care, Cardio Pulmonary Resuscitation (CPR), First Aid		
At the conclusion of this module candidates will be able to: 1. Provide Resuscitation (includes CPR and choking)		
Key Resources: <ul style="list-style-type: none"> ◦ Well lit, clean and well ventilated working environment ◦ Table and chairs – enough for each participant ◦ CPR Manikins – ensure they are clean and properly maintained ◦ Manikin Face Shields/ Masks (alcohol swabs can be used in masks unavailable) ◦ Whiteboard and pens ◦ Paper and pens/pencils ◦ SLSNZ Surf Lifeguard Manuals – one for each participant ◦ Laptop and Projector + Power point presentations ◦ Access to local beach (additional skills) ◦ A positive attitude! ◦ Candidate workbooks 		
Key tasks before each module: <ul style="list-style-type: none"> ◦ Set up room or other venue appropriately ◦ Ensure all resources are set out and available to each participant ◦ Introductions (if required) ◦ Discuss plan and aims/objectives for the session ◦ Work through reinforcement activities from previous session ◦ Conduct session – include skills/tasks ◦ Discuss plans for next session 		
Duration	Activity	Additional Resources
1 min	Slide #1: Title page – resuscitation	
1 min	Slide #2: By the end of this module candidates will be able to: <ul style="list-style-type: none"> • Provide resuscitation 	

Lesson plan title and version. Relevant manual sections

Key resources to acquire prior to the lesson

These should be completed before beginning the lesson

This line includes the estimated duration of each activity, details about the activity and has any specific resources needed to complete the activity

Reinforcement Activities – Physical Environment		
<ul style="list-style-type: none"> ◦ Ensure all correct equipment and resources (if necessary) are available to each participant ◦ Discuss plan and aims/objectives for the session ◦ Conduct session – Can be done before or after main lesson ◦ Discuss future sessions/set goals 		
Duration	Activity	Additional Resources
10 min	10 question quiz <ul style="list-style-type: none"> • Candidates work in groups or as individuals 1. How are waves formed? <ul style="list-style-type: none"> ◦ Storms and windy conditions 2. What causes tide changes? <ul style="list-style-type: none"> ◦ Moon and sun tidal force (associated with gravitational pull) 3. Why do rips occur? <ul style="list-style-type: none"> ◦ Wave interaction with the environment 	

Some lessons contain reinforcement activities that link to the previous lesson.

A breakdown of each lesson and its make up has been included before the lesson plans on the Lesson Information Table (pg 11). The Lesson Information Table includes main lesson contents, learning outcomes, reinforcement activities, workbook tasks, and workbook questions.

As the instructor it is your choice as to how lessons are split up, you may decide that breaking one lesson into three separate days of instruction works best for you and the candidates.

Board Rescue Exam Task Details

This section explains in detail how each exam task will be assessed. Each task within the exam will be marked in a way set out by SLSNZ. It is essential to teach all candidates:

- The components of each assessment task
- The criteria that they will be marked against

It is essential that when you take your candidates through the tasks that it is done so in the same way as it will during the exam.

Perform a board rescue for a conscious patient

General

Candidates will need to have one 'patient' each for this task. Candidates may use other candidates as patients. During the course of the conscious patient board rescue use the checklist to ensure nothing has been missed.

Check List

	Communication is made to other patrolling members regarding the situation
	Candidate uses bunny hopping while entering the water if conditions allow
	Candidate responds quickly without delay during the rescue
	Candidate appears to have total control of the board
	Techniques to negotiate surf are demonstrated if necessary
	The patient is secured on the board by the candidate
	Contact is maintained with the patient on the return to shore

Note: Any group of candidates that misses more than 2 steps must re-test this from the beginning.

Optional Questions

- If you had to rescue a patient with a board in large surf conditions what might you do to get out to the patient fast?
 - Use a rip

- What would you do if you were unsure if you had the ability to perform the board rescue due to the nature of the conditions?
 - Get help, e.g. inform the PC and see if an IRB is available

Pass / Re-Test

Record Pass / Re-test on the candidate's Board Rescue Examination Beach Card.

Perform a board rescue for an unconscious patient

General

Candidates will need to have one 'patient' each for this task. Candidates may use other candidates as patients. During the course of the conscious patient board rescue use the checklist to ensure nothing has been missed.

Check List

	Communication is made to other patrolling members regarding the situation
	Candidate uses bunny hopping while entering the water if conditions allow
	Candidate responds quickly without delay during the rescue
	Candidate appears to have total control of the board
	Techniques to negotiate surf are demonstrated if necessary
	The patient is secured on the board using the correct technique
	Assistance required signal is given by the candidate during return to shore
	Contact is maintained with the patient on the return to shore
	Patient is carried up the beach using one of the correct techniques: one person drag, two person drag, four person carry
	Breathing is checked, if breathing the patient is placed in the recovery position

Note: Any group of candidates that misses more than 2 steps must re-test this from the beginning.

Pass / Re-Test

Record Pass / Re-test on the candidate's Board Rescue Examination Beach Card.

Lesson Plans

The following lesson plans are a guide for training Lifeguards up to complete a board rescue. From time to time you may need to cut lesson plans in half or change the structure to accommodate surf conditions. It is essential that the checklists are used where appropriate to ensure candidates are learning each task as they would need to complete it at the examination.

Candidates may need to complete more time on a rescue board for practice than is accounted for in the lesson plans. Include extra training sessions when necessary to increase their hours to a level you are comfortable with.

The lessons assume the candidates have no board paddling experience whatsoever. When educating members that already have basic board paddling skills the first two lessons may be missed.

Important: although many of the board paddling skills are transferable from surf sports, there are a number of differences. This module is not designed for educating members on how to complete a board rescue in surf sports, nor are the surf sports resources designed to educate members how to complete a board rescue for lifeguarding.

Lesson Information Table

Lesson	Contents	
	Lesson Topic/s and Learning Outcomes	Reinforcement Activities
1	<ul style="list-style-type: none"> • Introduction <ul style="list-style-type: none"> ○ Identify what is needed by candidates to complete the Board Rescue Module • Basic board paddling skills <ul style="list-style-type: none"> ○ Demonstrate basic paddling skills ○ Demonstrate entry and exit of the surf 	<ul style="list-style-type: none"> • Signals from the Surf Lifeguard Award <ul style="list-style-type: none"> ○ Demonstrate Surf Life Saving signal communication
2	<ul style="list-style-type: none"> • Rescue board surf skills <ul style="list-style-type: none"> ○ Demonstrate surf negotiation out past the break zone and back with a rescue board 	<ul style="list-style-type: none"> • Basic board paddling skills <ul style="list-style-type: none"> ○ Demonstrate basic paddling skills ○ Demonstrate entry and exit of the surf
3	<ul style="list-style-type: none"> • Board rescue with a conscious patient <ul style="list-style-type: none"> ○ Perform a board rescue with a conscious patient 	<ul style="list-style-type: none"> • Rescue board surf skills <ul style="list-style-type: none"> ○ Demonstrate surf negotiation out past the break zone and back
4	<ul style="list-style-type: none"> • Board rescue with an unconscious patient <ul style="list-style-type: none"> ○ Perform a board rescue with an unconscious patient • Board rescue examination practice 	<ul style="list-style-type: none"> • Board rescue with a conscious patient <ul style="list-style-type: none"> ○ Perform a board rescue with a conscious patient

Lesson Plan		1 Introduction
Manual Sections		Pg 48 and 49
<p>At the conclusion of this Topic candidates will be able to:</p> <ol style="list-style-type: none"> 1. Identify what is needed for candidates to complete the Board Rescue Module 		
<p>Key Resources:</p> <ul style="list-style-type: none"> ◦ Well lit, clean and well ventilated working environment ◦ Table and chairs – enough for each participant ◦ Whiteboard and pens ◦ Paper and pens/pencils ◦ SLSNZ IRB Manuals – one for each participant (candidates should have copies from their Surf Lifeguard Award, if not use the Board Rescue Resource which can be downloaded from the SLSNZ website) 		
<p>Key tasks before/after the lesson:</p> <ul style="list-style-type: none"> ◦ Set up room or other venue appropriately ◦ Ensure all resources are set out and available to each participant ◦ Introductions (if required) ◦ Work through reinforcement activities from previous session/learning experience ◦ Conduct session – include skills/tasks ◦ Discuss plans for next session 		
Duration	Activity	Additional Resources
1 min	<p>Learning outcomes for this lesson:</p> <ol style="list-style-type: none"> 1. Identify what is needed for candidates to complete the Board Rescue Module 	
5 min	<p>Resources:</p> <ul style="list-style-type: none"> • Each candidate should be given or have the following resources for the Board Rescue Module: <ul style="list-style-type: none"> ◦ Surf Lifeguard Manual, or ◦ Board Rescue Resource (relevant pages from the Surf Lifeguard Manual) 	<ul style="list-style-type: none"> ◦ Board Rescue Resource
2 min	<p>Pre Requisites for the Board Rescue Module</p> <ul style="list-style-type: none"> • DISCUSS the pre-requisites needed to complete the Board Rescue Module – see Qualification Requirements section from page 4 in this document. • WRITE the Prerequisites on the white board for each to see – if needed. 	
10 min	<p>IRB Course Outline</p> <ul style="list-style-type: none"> • DISCUSS the exam components that candidates will be getting assessed on (if they decide to complete the assessment). • Candidates READ pg 48 & 49 of the Surf Lifeguard Manual OR page 1 & 2 of the Board Rescue Resource. 	
Nominal Duration: 20 min		

Lesson Plan	1 Reinforcement activity - Signals	
Manual Sections	Surf Lifeguard Manual pg 33 only use if needed	
At the conclusion of this Topic candidates will be able to:		
1. Demonstrate Surf Life Saving signal communication		
Key Resources:		
<ul style="list-style-type: none"> ◦ Well lit, clean and well ventilated working environment ◦ Table and chairs – enough for each participant 		
Key tasks before the lesson:		
<ul style="list-style-type: none"> ◦ Set up room or other venue appropriately ◦ Ensure all resources are set out and available to each participant ◦ Work through reinforcement activities from previous session ◦ Conduct session – include skills/tasks ◦ Discuss plans for next session 		
Duration	Activity	Additional Resources
1 min	Learning outcomes for this lesson: 1. Demonstrate Surf Life Saving signal communication	
10 min	Signals <ul style="list-style-type: none"> • DISCUSS the signals used by Surf Lifeguards • In PAIRS candidates PRACTICE taking turns pretending to be the Lifeguard in the water. The other lifeguard must direct them to pick up an object in the clubhouse using only signals. 	
5 min	Signals competition <ul style="list-style-type: none"> • Arrange candidates in a circle facing outwards, call out random signals for them to show, the last person (or two) to react with the correct signal is eliminated from the competition. Any incorrect signals given by candidates are also eliminated. • Continue until you have one winner who will be crowned supreme grand signaller and will hold the title belt until they lose a challenge. 	
Nominal Duration: 15 min		

Lesson Plan		1 Basic board paddling skills
Manual Sections		Pg 48 and 49
<p>At the conclusion of this Topic candidates will be able to:</p> <ol style="list-style-type: none"> 1. Demonstrate basic paddling skills 2. Demonstrate entry and exit of the surf 		
<p>Key Resources:</p> <ul style="list-style-type: none"> ◦ SLSNZ IRB Manuals – one for each participant (candidates should have copies from their Surf Lifeguard Award, if not use the Board Rescue Resource which can be downloaded from the SLSNZ website) 		
<p>Key tasks before/after the lesson:</p> <ul style="list-style-type: none"> ◦ Conduct session – include skills/tasks ◦ Discuss plans for next session 		
Duration	Activity	Additional Resources
1 min	<p>Learning outcomes for this lesson:</p> <ol style="list-style-type: none"> 1. Demonstrate basic paddling skills 2. Demonstrate entry and exit of the surf 	
20 min	<p>Rescue Board Basics – on the beach</p> <ul style="list-style-type: none"> • DISCUSS the parts of the board and what they are for e.g. handles and when to hold them. • DISCUSS how to look after the rescue board and prevent damage. • On the sand dig a hole for the fin and DEMONSTRATE body positioning for the following situations: <ul style="list-style-type: none"> ◦ Paddling lying down ◦ Paddling on your knees ◦ Catching a wave ◦ Once a wave is caught • IN PAIRS candidates DEMONSTRATE what to do in the situations listed above. 	<ul style="list-style-type: none"> ◦ Rescue boards for candidates
30 min	<p>Paddling the Board</p> <ul style="list-style-type: none"> • DEMONSTRATE how to paddle the board lying on your stomach and also on your knees when on the water also show the transition from one to the other. • Candidates spend some time practicing how to paddle a rescue board. 	
20 min	<p>Rescue Board Skills</p> <ul style="list-style-type: none"> • DEMONSTRATE how to bunny hop when entering the water. • IN PAIRS candidates take turns bunny hopping with their partner critiquing. • Take candidates out to deep water and DEMONSTRATE how to Eskimo roll, in flat water. • EXPLAIN when an Eskimo roll should be used. • Candidates practice completing an Eskimo roll. 	
15 min	<p>Rescue Board Relay Race</p> <ul style="list-style-type: none"> • Candidates are put in GROUPS OF 3 as relay teams. Each team is given one rescue board. • Either put a buoy 200m out off the beach or get an assistant to sit out on a board as a turning marker. 	



	<ul style="list-style-type: none">• Set up a starting line in the sand.• Relay: team members one by one must:<ul style="list-style-type: none">○ Enter the water using a bunny hop.○ Paddle out and around the turning marker, on the way out to the marker they must perform an Eskimo roll.○ On the return leg they must paddle on their knees for at least five strokes.○ Teams must make the changeover past the starting line.• DEBRIEF the days session. ASK candidates one by one what they thought there strengths and weaknesses were on the rescue board.• DISCUSS what will be done in the next lesson	
Nominal Duration: 1 hour		

Lesson Plan	2 Rescue board surf skills	
Manual Sections	Pg 49 and 50	
At the conclusion of this Topic candidates will be able to:		
1. Demonstrate surf negotiation out past the break zone and back with a rescue board		
Key Resources:		
<ul style="list-style-type: none"> ◦ SLSNZ IRB Manuals – one for each participant (candidates should have copies from their Surf Lifeguard Award, if not use the Board Rescue Resource which can be downloaded from the SLSNZ website) ◦ Rescue Boards 		
Key tasks before/after the lesson:		
<ul style="list-style-type: none"> ◦ Ensure all resources are set out and available to each participant ◦ Work through reinforcement activities from previous session/learning experience ◦ Conduct session – include skills/tasks ◦ Discuss plans for next session 		
Duration	Activity	Additional Resources
1 min	Learning outcomes for this lesson (communicate this to candidates): 1. Demonstrate surf negotiation out past the break zone and back with a rescue board	
20 min	Basic Paddling Skills – reinforcement <ul style="list-style-type: none"> • DISCUSS what was completed last session in regards to basic paddling skills. • Candidates spend some time practicing how to paddle a rescue board and practicing skills from last session. <ul style="list-style-type: none"> ◦ Paddling on tummy ◦ Paddling on knees ◦ Bunny hopping ◦ Leave Eskimo roll until next activity 	
40-60 min	Rescue Board Surf Skills – proceeding out to sea & returning to shore <ul style="list-style-type: none"> • DISCUSS body positions to adopt on the rescue board when going out through the surf (include Eskimo roll for large or powerful waves). • DISCUSS body positions to adopt on the rescue board when returning to shore (see pg 50 of the manual). • DEMONSTRATE the various ways to deal with small to medium sized waves when paddling out through surf. • DEMONSTRATE how to catch a wave. • DEMONSTRATE the Eskimo roll, this time with a surf. • Candidates PRACTICE going out through the surf and catching waves on the rescue board. 	
Nominal Duration: 1 hour 20 min		

Lesson Plan	3 Board rescue for a conscious patient	
Manual Sections	Pg 49 and 50	
<p>At the conclusion of this Topic candidates will be able to:</p> <ol style="list-style-type: none"> 1. Perform a board rescue with a conscious patient 		
<p>Key Resources:</p> <ul style="list-style-type: none"> ◦ SLSNZ IRB Manuals – one for each participant (candidates should have copies from their Surf Lifeguard Award, if not use the Board Rescue Resource which can be downloaded from the SLSNZ website) ◦ Rescue Boards 		
<p>Key tasks before/after the lesson:</p> <ul style="list-style-type: none"> ◦ Ensure all resources are set out and available to each participant ◦ Work through reinforcement activities from previous session/learning experience ◦ Conduct session – include skills/tasks ◦ Discuss plans for next session 		
Duration	Activity	Additional Resources
1 min	<p>Learning outcomes for this lesson (communicate this to candidates):</p> <ol style="list-style-type: none"> 1. Perform a board rescue with a conscious patient 	
5 min	<ul style="list-style-type: none"> • Candidates to read the right hand column on pg 50 of the Surf Lifeguard Manual (or the 3rd pg of the Board Rescue Resource) “board rescue of a conscious patient”. • Discuss the specific parts of the board rescue (conscious patient) pg 8 they will be examined on – detailed in exam tasks. 	
20 min	<p>Paddling Skills – reinforcement, flat water and/or surf</p> <ul style="list-style-type: none"> • DISCUSS what was completed last session in regards to paddling skills. • Candidates spend some time practicing. 	
20 min	<p>Patient Pick Up</p> <ul style="list-style-type: none"> • DISCUSS how to perform a patient pick up with a conscious patient. • DEMONSTRATE how to complete the pick up of a conscious patient. • In PAIRS candidates PRACTICE completing a patient pick up. • Watch candidates and provide feedback (use the exam task details pg 8). 	
20 min	<p>Board Rescue Race</p> <ul style="list-style-type: none"> • Put candidates in PAIRS. • Each pair split either begin as a patient or rescuer. • Race course: a start line is put on the beach in the sand; race begins and patients swim out in line with a marker of buoy; when they arrive they signal to be rescued; rescuer paddles out (completes an Eskimo roll on the outward journey) secures them on the board and returns to shore; roles switch once they cross the start/finish line; immediately the patient swims out to the marker; another rescue is completed in the same way with the roles reversed. 	
Nominal Duration: 1 hour		

Lesson Plan	4 Board rescue for an unconscious patient	
Manual Sections	Pg 51	
<p>At the conclusion of this Topic candidates will be able to:</p> <ol style="list-style-type: none"> 1. Perform a board rescue with an unconscious patient 		
<p>Key Resources:</p> <ul style="list-style-type: none"> ◦ SLSNZ IRB Manuals – one for each participant (candidates should have copies from their Surf Lifeguard Award, if not use the Board Rescue Resource which can be downloaded from the SLSNZ website) ◦ Rescue Boards 		
<p>Key tasks before/after the lesson:</p> <ul style="list-style-type: none"> ◦ Ensure all resources are set out and available to each participant ◦ Work through reinforcement activities from previous session/learning experience ◦ Conduct session – include skills/tasks ◦ Discuss plans for next session 		
Duration	Activity	Additional Resources
1 min	<p>Learning outcomes for this lesson (communicate this to candidates):</p> <ol style="list-style-type: none"> 1. Perform a board rescue with an unconscious patient 	
5 min	<ul style="list-style-type: none"> • Candidates to read the left hand column on pg 51 of the Surf Lifeguard Manual (or the 4th pg of the Board Rescue Resource) “board rescue of an unconscious patient” • Discuss the specific parts of the board rescue (unconscious patient) pg 9 they will be examined on – detailed in exam tasks. 	
20 min	<p>Patient Pick Up</p> <ul style="list-style-type: none"> • DISCUSS how to perform a patient pick up with an unconscious patient (info below). <ul style="list-style-type: none"> ◦ Paddle over to the patient. ◦ While still on the board, secure them by grasping their wrist. ◦ Come off the board rolling it over at the same time and keeping the board between you and the patient (with the patient still secured). ◦ While holding the patients wrist reach over the far side of the board with your free hand. ◦ Roll the board by pulling the far side over. The patient will end up lying face down across the board. ◦ Remount the board and straddle the stern. ◦ Align the patient on the board in a balanced position. ◦ Lie on top of the patients legs and paddle. • DEMONSTRATE how to complete the pick up of an unconscious patient. • In PAIRS candidates PRACTICE completing a patient pick up. • Watch candidates and provide feedback (use the exam task details pg 9). 	
Nominal Duration: 1 hour		

Lifeguard skills and response techniques

Skills and knowledge required to respond in rescues



Board skills

It is important to know how to paddle a board effectively through the surf. Paddling requires balance, strength and skill.

Paddling the board

Two paddling techniques can be used to paddle a rescue board, lying stomach down paddling with alternate arms, or kneeling on the board using both arms simultaneously.

46 Paddling lying down

- Arms should dive well into the water, not slap down.
- Arms should dive as deep as possible into the water.
- Hands and arms should pull straight down the side of the board.
- Elbow should be high during recovery, with arms along the side of the board.

47 Paddling on knees

- Knees and feet should be placed as wide as possible, to form a stable base of support on the four points.
- Position yourself on the middle of the board to create a plane. The nose of the board should not be too high or low.
- Minimal bounding of the board when taking the stroke will reduce speed loss.
- Reach as far forward as possible without losing balance to take the stroke.
- Drive arms into the water as deep as possible.
- Fully extend trunk and spine.
- Pull and accelerate hands along the side of the board.

Positioning on the board

The position you take on the board depends on what you are doing. When attempting to catch a wave, your weight may need to be near the front or middle of the board to help you go down its face. Once the wave is caught, having your weight at the back prevents the nose of the board diving under the water. When paddling in still water, having your weight near the middle allows the board to glide through the water more efficiently and effectively.

48 Bunny-hopping

Bunny-hopping is used to travel through shallow water quickly.

- Put your hands on either side of the board.
- Jump with both feet pushing the board forward and putting weight on your arms.
- Land with your inside foot fractionally before the outside foot, pushing off one and then the other.
- Lift legs as high as possible out of the water to prevent drag putting weight on arms, to maximise glide.

49 Eskimo roll

The Eskimo roll is used to avoid large broken waves.

- Approach the wave with speed.
- Before the whitewash hits, grab both straps and roll upside down.
- Keep body vertical under the water because it acts as an anchor.
- Drive the nose of the board into the wave and down, as it hits the white water.
- Roll back onto the board once the wave has passed.



Lifeguard skills and response techniques

Skills and knowledge required to respond in rescues



80 Catching waves

- Paddle and get some speed up.
- Catch the wave while it is still green.
- Keep your weight forward on the board to make the tail lift.
- Once the wave is caught, move to the back of the board by putting your hands on the rails and sliding back.



81 Board rescue of conscious patient

To successfully complete a board rescue of a conscious patient, the following steps are recommended:

- Stop close to the patient on the shore side.
- Straddle the board towards the stern and tell the patient to take hold of the hand grips.
- Grab the patient's nearest leg, and pull him or her onto the board.
- Help the patient get onto the board in a balanced position.
- Lie on top of the patient's legs and paddle.



82 Board rescue of unconscious patient

Rescuing an unconscious patient using a board can be quite demanding for a lifeguard. This skill should be practiced regularly in various conditions.

- Locate patient and approach carefully on the shore side.
- Rip the board upside down and grasp the patient's hand, pulling the wrist onto the far side of the board.
- While holding the patient's wrist, reach over to the far side of the board with your free hand.
- Roll the board by pulling the far side over. The patient will end up lying face down across the board.
- Remount the board and straddle the stern.
- Align the patient on the board in a balanced position.
- Lie on top of the patient's legs and paddle.

Name of Club:

Exam Date:

Name	Complete before Examination		Complete after Examination		
	SLSNZ Membership #	Award Type	Pass / Retest	Entered on SLSNZ database	Certificate issued DD/MM/YY

Examiner:

printed name

signature

Award Type Codes:

BRM Board Rescue Module