



**SURF LIFE SAVING**



# Surf Lifeguard Rock Training & Rescue Skills

**As a lifeguard you may be required to rescue people around, in or on rocks.  
It is important to know how to do this safely, using the correct skills  
and techniques.**

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*In it for life.*

## Rock Safety Equipment



## Rock Entries

Before attempting a rock entry, it is important to go through the following procedures.

1. Explain to your team what you intend to do.
2. Check all of your equipment, and make sure that it is ready. Helmet is on and tube rope is secure.
3. Go through your abort plan.
4. Check wind and swell direction and any tidal changes.



Before approaching the rocks watch the swell and waves for at least 2 sets.

Take your time to identify:

- Wash Zone (wet rocks)



- Point of entry (onto the rocks)



- Point of exit (into the rocks)



## Rock Entry 1

- Approach the rock on the most appropriate wave or surge of the swell.



- Allow the wave to wash you up as high as it can. If unsure push off and swim away.



- Secure yourself onto the rocks with your hands and feet.



- As soon as the water has gone, move out of the splash zone up onto dry rocks.



## Rock Entry 2 (Bigger Swell)

- Approach the rock on the most appropriate wave or surge of the swell.



- Allow the wave to wash you up as high as it can. If unsure push off and swim away.
- Secure yourself onto the rocks with your hands and feet.



- As soon as the water has gone, move out of the splash zone up onto dry rocks.



## Rock Entry Abort Plan



If unsure or have doubts about your entry onto the rocks, push away from the rocks, into the water, and kick away from the wash zone.

# Rock Exits

## Safety Preparation

It is important to observe the swell, sets, waves, and environmental conditions to identify an exit point before jumping.



Exit the rock onto the crest of the swell. This is its highest point when the surrounding water is high.



There are 2 ways to enter the water safely:

### **A shallow dive**

With your head up, holding your rescue tube out in front, under your chest and arms to support the dive.



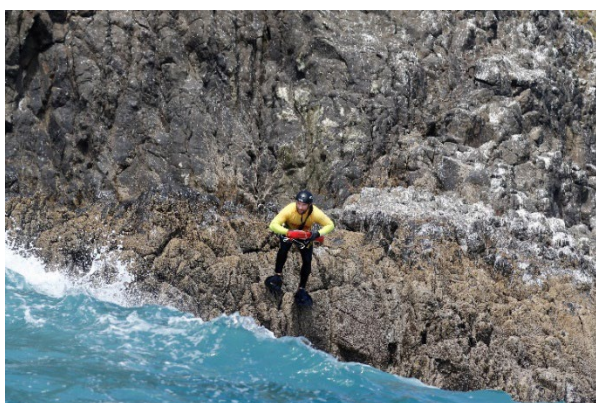


## Feet first

Enter the water feet first holding the rescue tube under the arms.  
You can use this entry when you are rescuing or assisting a patient into the water.



**Avoid exiting through partially submerged rocks. This is dangerous as the force of the retreating wave may slam you into the rocks causing serious injury.**



Once in the water, kick hard to propel yourself away from the rocks into a safe location and communicate to other lifeguards around you, using the **'OK'** signal.



# Conscious Patient Rescues

The following technique should be used when carrying out a rock rescue.

1. Approach the patient and reassure them.
2. Check the patient over for any injuries.
3. Explain to the patient what is going to happen, and how you are going to get off the rocks safely.



4. Select the safest point to exit with the least amount of risk to the patient and yourself (The rescuer).
5. Clip the patient into the rescue tube and prepare to exit the rock.



6. Exit the rock safely with urgency when the surrounding water is at its highest.



7. Remain calm and reassure the patient with verbal communication. The rescuer should signal 'OK' once in the water.

## Short Tying a rescue tube

Short tying a rescue tube is a skill surf lifeguards should know if participating in any rock rescue training. The long lanyard of the rescue tube could get hooked or caught up on rocks and surging swell conditions. This could cause snagging. Short tying your rescue tube ensures it remains clear while navigating on and off rocks.



Ensure that the tube lanyard is clear, knot free and in good condition.

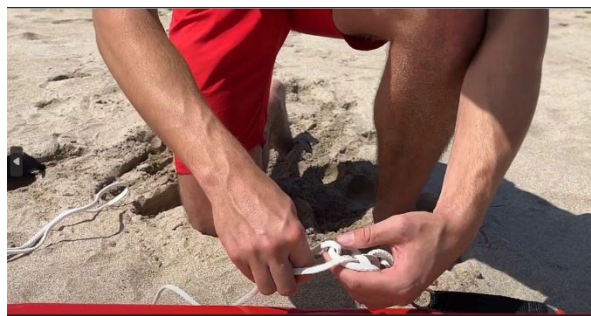
Lay the rescue tube on the ground and begin at the base of the rescue tube where the rope connects.



With two hands, form an overhand loop holding it in place with your thumb.



Using your free hand, reach through the loop and pull the rope partially through to form another loop.



Repeat this process until you have run out of slack lanyard. Keep the chain links small and tidy for best results.



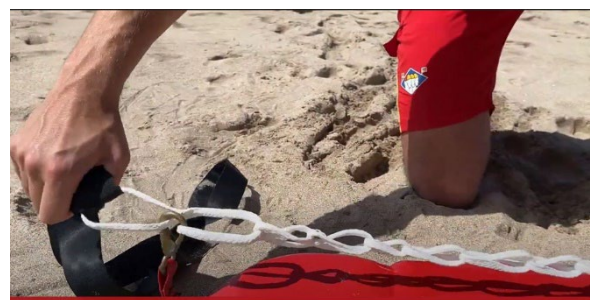
To secure the short tie, take hold of the last loop from the lanyard chain in one hand.



In your other hand, hold the spliced loop that attaches to the black shoulder strap.



Secure both loops into the metal clip at the end of the rescue tube.



To check if you have completed the short type correctly, unclip both loops and toss the rescue tube while holding onto the black shoulder strap. The daisy chain of the lanyard should uncoil freely.

