



As per the NL Award Guide), lifeguards must be trained on how to rescue a victim both with and without an aid. Lifeguards should consider carrying a rescue aid when lifeguarding as:

- Trained back-up may not always be available.
- The rescuer versus victim size ratio may require additional support.
- The swimming and support ability of the rescuer may be an issue.
- Using a rescue aid effectively is a safety precaution for lifeguards.

The use of a rescue tube may be relatively new to most NL Pool and NL Waterpark courses/Recerts in BC/Yukon. As with all lessons involving the use of equipment, is important that Instructors incorporate safety into all teaching sessions.

As per the 2013 NLI Recert clinics, Instructors must keep in mind the following safety tips:

- The rescue tube must be held in such a way that it is quickly accessible and controlled by the rescuer (e.g. across the front of the waist is acceptable).
- The rescue tube must be held in such a way that the line is not dragging on the ground or crossing in front of the lifeguard's legs.
- When entering the water for a victim in close proximity to the edge (slip-in, jump or stride entry), the lifeguard should hang on to the aid when entering the water and then reach the rescue tube out to the victim.
- When entering the water for a victim that is not in close proximity to the lifeguard (dive entry), the lifeguard should drop the aid in the water at the edge immediately in front of (at the pool edge) or beside them (keep in mind the presence of lane ropes). This will prevent the aid from getting caught up on deck fixtures or causing the rescuer to dive into/on top of the rescue aid and/or line.

It is important for Instructors to evaluate the facility that they are teaching at before introducing the rescue aids. Instructors need to consider where and how lifeguards enter different parts of the pool (especially in waterparks) and determine if there are unique facility features/fixtures present that may require an adaptation to the current skills and safety tips.

Candidates taking the NL full course must be taught use of the rescue aid and it should be used by the candidates in all simulation sessions. For NL Recert candidates, it is important that the use of the rescue tube be taught in the NL Precert (as per the Precert/Recert Guide) so as to orientate lifeguards to its proper use. NL Instructors and Recert Conductors are reminded that rescue tubes cannot be used for the fitness and management items.

Ultimately, it is the lifeguard's decision as to whether or not they choose to use it while lifeguarding (unless otherwise directed by an employer).

Reference the rescue tube videos on the NL Instructor Group video link or on the Lifesaving Society YouTube site at <http://www.youtube.com/user/LifesavingSocietyBCY>

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