Rescue 1: Do the SIMS in the LEISURE POOL

Perform a rescue involving two or more victims. One victim requires rescuer assistance, while the other victims can follow directions for self-rescue and assist as bystanders once at the point of safety. The situation is designed to emphasize communication skills, victim care, removals and follow-up including contact with EMS.

1. **3 rescuers, 6 victims, 1 bystander**

   3 victims are tired swimmers close to shore (They can be reached to), and there are also 3 unconscious victims deeper. Tired swimmers can climb out by themselves, and bystander and tired swimmers can help with removals. Unconscious victims have no breathing, but they do have a pulse. Breathes are going in.

   **The story is:** A boat capsized and 3 were able to start swimming to shore, but they got tired. The other three DNSed for a while and then went unconscious.

2. **3 rescuers, 6 victims, 1 bystander**

   A deep water exercise class. Bystander is the teacher of the class. 3 people are tired swimmers, other three have chest pain. Chest pain victims will not go unconscious unless they are not treated properly.

3. **4 rescuers, 6 victims**

   4 DNSers, 2 unconscious victims.

   They were in a boat, and they 2 people were having a race to see who could finish their hotdog first. They went fully obstructed. 2 of the 4 DNSers tried to do J-thrusts and ended tipping over the boat. 4 of the people on the boat (including themselves) could not swim. Unconscious victims, have no breathing, breathes are NOT going in. They do have a pulse.
Rescue 2: Do deep

*Perform a rescue of a submerged, non breathing and pulseless victim. The situation is designed to emphasize victim care, removal, and follow-up including contact with EMS.*

1. **3 rescuers, 3 victims, 4 bystander**
   Start with the 3 victims DNSing, then before they are able to grab onto the aids, they go unconscious and submerged. No breathing, no pulse, breathes go in.

2. **3 rescuers, 3 victims, 4 bystanders**
   3 victims were in a triathlon. They had underestimated how hard it would be. Bystanders were in the race and know the others were experiencing chest pain. Victims are unconscious, submerged, no breathing, no pulse. Breathes go in.

3. **4 rescuers, 4 victims, 2 bystanders**
   The two bystanders know the victims. They can tell the rescuers that the water is pretty cold. Their friends have been out in the cold water swimming a long time. Victims are unconscious, submerged, no breathing, no pulse. Breathes go in.
Rescue 3: In the lane- explain to everyone how the 50m approach, and return will play out.

Perform a rescue of an injured victim in a situation in which there are two rescuers. This rescue requires a 50m approach and 50m return. The situation is designed to emphasize either contact or non-contact rescues, victim care, removals, and follow-up including contact with EMS.

1. 4 rescuers, 2 victims, 4 bystanders
   They swim out, victim is DNSing, they can kick on their own, but then go unconscious once they’ve been pulled 25m.

2. 4 rescuers, 2 victims, 4 bystanders
   They swim out, victim is experiencing chest pain and they go unconscious after being towed 15m.

3. 4 rescuers, 2 victims, 4 bystanders
   2 unconscious victims, bystanders will confirm that the water is cold, and that the victims did not hit their heads.
Rescue 4:  **DEEP END: Only 1 wall exists**

Perform a rescue of a victim suffering injuries or conditions in a situation that emphasizes rescuer response to deteriorating circumstances and requires the use of bystanders. The rescue requires a 20m approach, and 20m return.

1. **3 rescuers, 3 victims (1 is a baby), 5 bystanders**
   A family is out swimming, and they get really cold. They have hypothermia, and are very tired and weak. Baby is in a PFD, parents are not. They are all feeling really tired and weak. Can’t kick back. Baby is unconscious. During the water rescue, bystanders make waves with kickboards. Parents need to be treated for hypothermia once on shore, and baby needs rescue breathing.

2. **3 rescuers, 3 victims, 4 bystanders**
   3 victims are DNSing. Once they grab onto their aids they are having a hard time breathing. Go unconscious halfway back. Once on shore, rescue breathing is needed. They have a pulse and breathes are going in.

3. **4 rescuers, 4 victims 3 bystanders**
   4 Victims are injured. Holding their arms- deadly bleeding. Victims go unconscious half-way back.