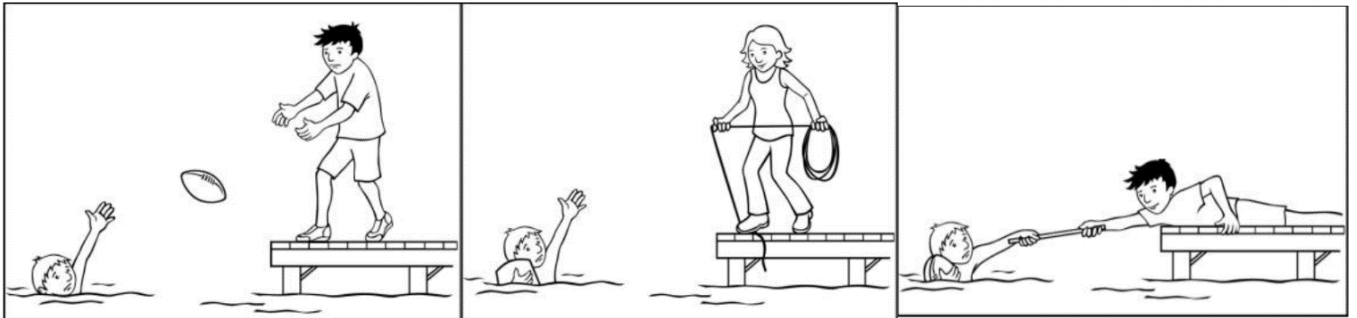




Coastguard Boating Education's [Safe Boating Programme](#) provides the basis for boat safety education in schools. This guide complements this programme. The circuit should be completed in deeper water once the fitting of lifejackets, H.E.L.P and huddle positions, and bystander rescues have been practiced both dry and in the water.

Bystander Rescue (4Rs)



Correctly fitting a lifejacket



H.E.L.P.



Huddle position

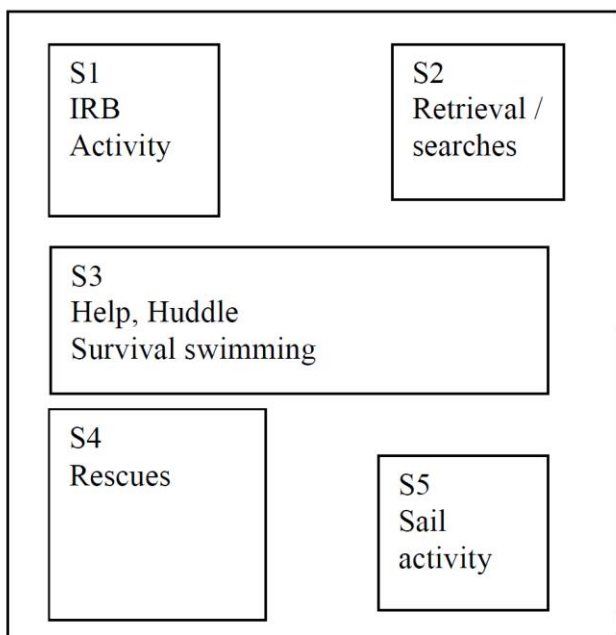
Sourcing an IRB (inflatable rescue boat) may be challenging. Schools could engage an approved [Safe Boating Programme provider](#) for support. Life jackets may be borrowed from Drowning Prevention Auckland. The sail could be an old one or it could be a tarpaulin cut into a sail shape. If using a sail remember to remove the battens before use. The station cards should be laminated to protect them from the water and could be stuck to the pool side for easy reading. The equipment needed depends on the number of stations in the circuit, but the essential items are listed below:

- Lifejackets, one for each student
- Ropes, throwbags, rigid poles for rescues
- Rubber brick with a face painted on it
- Sail / Tarpaulin
- IRB with a rope attached *
- Milk/juice bottles for flotation
- Blackened swim goggles
- Laminated station cards

Non-participants can be engaged in the learning by helping with set up, clearing away and marshalling a station. Once the teacher has set up the circuit and explained the stations and rotation students can begin.

*The rope is to help with righting the IRB. It can be thrown over the upturned boat. Two feet then can be placed on the boats side and the rope pulled to right the boat.

An example of a boating circuit is shown below with the layout and explanation of each station. Any circuit that includes an IRB activity has time management problems. The IRB station takes time and you must avoid the temptation to overload the boat.



S5 Sail activity

Courtesy of Mt Roskill Intermediate School



Note the rope

S1 IRB activity
Righting the boat

NB these students should be wearing lifejackets.

Boat circuit - proposed layout

S1 – IRB Activity -Safe, balanced entry on to the boat. Sit and hand paddle boat away from pool edge. With arms crossed over chest, hands holding onto lifejackets, roll out backwards to enter the water and capsize boat. Explore the air pocket underneath. Emerge and turn the boat over. One person to enter boat, assist others into boat. Return to pool edge and show a safe exit.

S2 - Retrieval -Retrieve a rubber brick with face drawn on it (this could be a small child). Wearing a life jacket duck dive down, search for (with one hand sweeping the pool floor) locate brick and retrieve. Hold it close to chest and surface. Swim on your back to the side holding brick in two hands. Place brick on side. Repeat wearing darkened goggles (simulates murky water). Repeat without lifejacket. Refit lifejacket in deep water without touching the pool floor.

S3 – H.E.L.P. and Huddle -Practise the H.E.L.P. position and after 1-minute move into a group huddle. Stay in this for 3 minutes. Kick away from rocks without breaking up huddle, reassure each other and change the person in the middle, all with minimal movement. Practise survival swimming - where the arms stay in the water during their recovery e.g. breaststroke, dog paddle, survival back and side strokes.

S4 – Rescues -Practise rigid and non-rigid rescues. Swap roles - rescuer and victim. Throw flotation first, prepare and use aid. Pull victim in on back and stabilise on pool side. Repeat with wading to the victim, rigid and non-rigid rescue. Remember to keep a safe distance and look after self-first.

S5 –Sail Activity -This could simulate being caught under a sail or moving away from an oil slick after a boating accident. The sail is secured on the pool side and held by one person in the water. Wearing a lifejacket and facing the shallow end, duck dive, swim on front under the sail without touching it. After each move the next person holds the sail tip. Push off the wall and swim on back under the sail. Forward somersault (to disorientate self) and swim under sail. Remove lifejacket and repeat. Refit lifejacket in the water with rest of group splashing and making rough water.

Follow up with reflection tasks or with newspaper articles reporting boating accidents.