

## Rescue and Self-rescue

for German Swimming Badge Silver and Gold



### Recognize, what is happening

- observe the drowning person
- pass on the help call
- **Emergency call:**
  - where is the accident site
  - what has happened
  - how many injured
  - what injuries
  - wait for follow-up questions

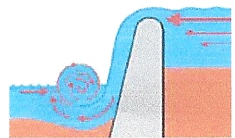
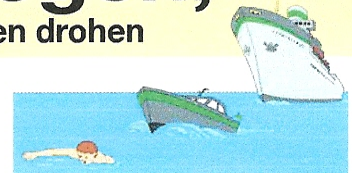


Swimmers can drown with dramatic help calls, but also silently!

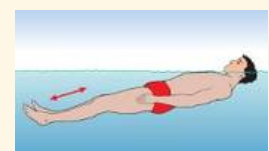
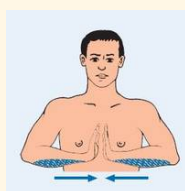
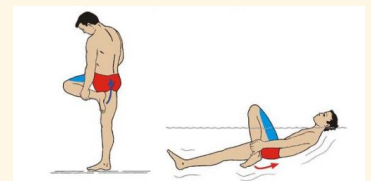
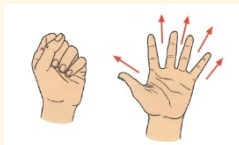


### Think, what dangers threaten

- currents, eddies, ...
- shipping, water vehicles, ...
- water temperature, weather, ...
- assess your own strength!



## How do I relieve cramps?



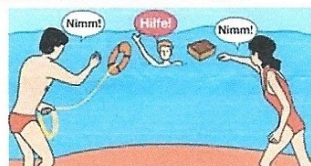
At exhaustion: keep calm, save strength, lie on your back



### Act, taking into account the current situation

#### Rescue from the shore

- call the drowning person to behavioral instructions
- throw rescue (help) equipment to the drowning person
- rescue the drowning person from land and bring to shore



#### Rescue by swimming

- safety distance (at least 2 - 3 m), address the drowning person
- reach rescue equipment, so you can pull it (avoid body contact!)
- without equipment: swim from behind and pull
- avoid clamping, if necessary, defend
- if the drowning person is no longer responsive: wait for strength loss, then possibly submerge (also underwater there is a clamping danger!)



#### At unsuccessful rescue attempts

- continue to observe the drowning person, mark the accident site with landmarks
- wait for rescue forces and inform them