

Ready.Set. Rescue.



A Surf Life Saving initiative to help school kids stay active and learn how to stay safe at the beach



Four key programme areas



Surf Sport Skills



Life Saving Skills



Water Awareness



Personal Safety

READY-SET-RESCUE comprises fun and educational activities that provide students with a practical approach to familiarising themselves with their local open water environments, including beaches, rivers, lakes, dams and pools throughout Tasmania. With a major emphasis on water safety, the program teaches and empowers students to use lifesaving skills. Many of whom may be experiencing surf life saving for the first time.

READY-SET-RESCUE is supported by the Tasmanian DoEon Swimming and Water Safety Program. READY-SET-RESCUE is available to all primary schools across Tasmania as part of the Australian Sports Commission (ASC) Sporting Schools Program from Term 1 2017, with greater promotion occurring in communities that are identified as 'at risk'.



For more information, go to <http://www.slst.asn.au/training-education/school-programs/>

Resuscitation Chart

D



Danger

Check for **Danger** to Yourself, the Patient and Bystanders.

R



Response

Check for **Response** by talk and touch.

S



Send

If unresponsive, **Send** for help by calling **Triple Zero (000)**.

A



Airway

Open **Airway** and ensure it is clear.
If not, roll patient onto their side and clear the airway.

B



Breathing

Check **Breathing**.
If patient is not breathing or breathing is not normal, commence CPR.

C



CPR (30:2)*

Start CPR*

Give 30 Chest Compressions followed by 2 rescue breaths.
If unwilling or unable to perform rescue breaths continue chest compressions.
*For **drowning**, give 2 initial rescue breaths before starting compressions.

D



Defibrillation

Attach an Automated External Defibrillator (AED) as soon as it is available and follow its prompts.

Continue CPR until:

- The patient responds or begins breathing normally
- It is impossible to continue (e.g. exhaustion)
- A health care professional arrives and takes over CPR
- A health care professional directs that CPR be ceased

To get involved and learn to save a life, enrol at slst.asn.au or call 6222 6555