



Presented by **ASB**
AUSTRALASIAN SURF BUSINESS

“Congratulations to Surfing NSW on the implementation of the Surfers Rescue 24/7 Course and many thanks to the NSW Government in supporting this initiative.”
- KELLY SLATER
11x ASP World Surfing Champion



Funded by the NSW Government under the Water Safety Fund. The views expressed herein do not necessarily reflect the view of the NSW Government



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WHAT IS SURFERS RESCUE 24/7?

Surfers Rescue 24/7 is a free CPR and board rescue course for recreational surfers in NSW. It provides crucial training to assist in an emergency situation and could ultimately save a life. Surfing NSW will be rolling out courses all over the state via your local boardrider club and surf school.

WHY?

Surfers are in the water dawn until dusk, 365 days a year and are often first to assist in emergencies. With only five percent of NSW beaches patrolled, surfers can be utilised to assist outside the flags. Our beaches are one of our biggest assets and we all need to do what we can to make them safe. We're encouraging recreational surfers of all skill levels to go to surfersrescue247.com and register for the course. If you're involved in a rescue go to our website and tell us the details, and you'll have the opportunity to win some great prizes.

WHAT'S DIFFERENT ABOUT THIS COURSE?

Surfing NSW and our professional partners, including Surf Life Saving NSW, have identified board rescue techniques that may prove to be crucial in emergency situations. The course is FREE and tailored to surfers who could use their surfboard as a rescue tool.

TO REGISTER

You can find out more details at surfersrescue247.com.

COURSE BEACH SAFETY RESOURCES

 Department of Primary Industries

SHARK ENCOUNTERS ARE RARE.
FURTHER REDUCE YOUR RISK.

Know the signs

- » Large schools of active fish are a sign that sharks could be feeding. Diving seabirds are also a good indicator.
- » Don't rely on sightings of dolphins to indicate the absence of sharks; both often feed together on the same food.



Surf in isolated spots? Be prepared

- » Carry first aid equipment including emergency trauma dressings. Managing wounds is the priority.
- » Use a personal deterrent that has been independently tested to be effective, eg Shark Shield.



Choose your time and break

- » Most shark species are more active at dawn, dusk and night.
- » River and harbour mouths attract sharks as food sources flow out into the ocean.
- » Surf with other people, a companion can assist if you get into trouble.

Get the latest shark sightings @NSWSharkSmart on Twitter or the SharkSmart app

 SHARKSMART



YOU CAN SURVIVE A RIP CURRENT
BY KNOWING YOUR OPTIONS

AVOID RIP CURRENTS – ALWAYS SWIM BETWEEN THE RED AND YELLOW FLAGS
IF YOU'RE CAUGHT IN A RIP CURRENT, STAY CALM, CONSERVE YOUR ENERGY AND CONSIDER THESE OPTIONS

-  RAISE AN ARM AND CALL OUT TO SEEK HELP
-  FLOAT WITH THE CURRENT. IT MAY RETURN YOU TO A SHALLOW SANDBANK
-  SWIM PARALLEL TO THE BEACH. YOU MAY ESCAPE THE RIP CURRENT

REASSESS THE SITUATION – IF WHAT YOU'RE DOING ISN'T WORKING, TRY ANOTHER OPTION UNTIL YOU RETURN TO SHORE

RESCUE TECHNIQUES

CONSCIOUS



FIRST RESPONSE

- Ensure your own safety and assess conditions.
- Initially keep the board between the patient and yourself (see image).
- Approach and offer your board to stabilise the patient.
- Reassure the patient and explain your rescue plan.

TIPS

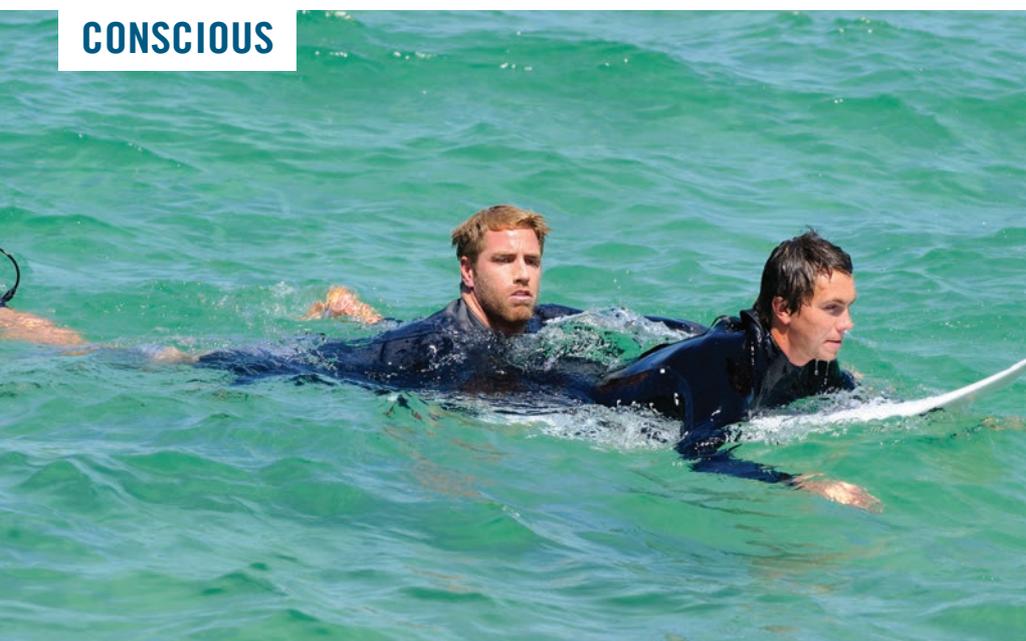
- If you are competent in the rescue situation, put your leash on the patient.
- Treat any unconscious patient as a potential spinal or head injury.
- The patient's face must be out of the water at all times.
- Don't panic and stay calm at all times.

- Signal for assistance (see image).
- Keep the patients face out of the water at all times.
- Select and perform the most appropriate rescue technique for the situation.

CONSCIOUS



CONSCIOUS



PADDLE

SUITABLE FOR PATIENTS WHO CAN HELP PADDLE TO SHORE

- Initially, keep your board between you and the patient. Panicking patients will drown you to save themselves.
- Talk to the patient and explain your rescue technique.
- Lay patient on the board with their head to the nose of the board. Assistance may be required.
- Slide up on top of them and both attempt to paddle (see image).
- If the patient has enough strength to help, ask them to assist in paddling to shore.

RESCUE TECHNIQUES

SIDEWAYS PADDLE

SUITABLE IF PATIENT AND RESCUER ARE UNABLE TO FLOAT ON SURFBOARD

- If the board will not float you both, use the sideways technique.
- Move onto the same side of the board as the patient so you're facing the same direction.
- Instruct the patient to kick as you use the board like a kicking board to make your way into shore.
- You may have to remove your legrope. If so reattach to the patients leg.
- Signal for assistance.



CONSCIOUS

UNCONSCIOUS



SIDEWAYS PADDLE

IDEAL FOR GETTING AN UNCONSCIOUS PATIENT'S HEAD ABOVE WATER AND ONTO STABLE FLOTATION

- The unconscious patient will be heavy, slippery, unbalanced and extremely difficult to manage in still water, let alone a surf zone.
- Place hand up on the front rail of a fins-up board.
- Secure hand.
- Roll board towards rescuer, dragging patient onto deck of the board.
- Secure patient.
- Lay on top of patient towards the tail of the board.
- Slide up the patient and attempt to paddle.
- Signal for assistance.

LEG HOOK

APPROPRIATE FOR CONSCIOUS OR UNCONSCIOUS RESCUE TECHNIQUE AND SUITABLE FOR A PATIENT WHO IS UNABLE TO ASSIST IN PADDLING

- Roll the patient onto their back, ensure their head is out of the water.
- Maneuver your body to hook your legs under the patient's armpits (see image).
- Slide board underneath you so that the patient lies head first up on your buttock.
- Hook your legs up under their armpits at a 90 degree angle.
- Cross your ankles over the patient's chest to lock their body in a secure position.
- Paddle the patient away from the danger zone and into shore if safe.
- Remain mindful of your patients position and of keeping their head out of the water.
- Administer DR ABC and call for an ambulance if required.



RESCUE FILES

LOG YOUR RESCUE AND GO IN THE DRAW TO WIN \$100 CASH & PRIZES EVERY MONTH SEE WWW.SURFERSRESCUE247.COM FOR DETAILS



MATT LAWSON (NSW)

LOCATION: Seven Mile Beach, Forster

TIME: 1:45pm

CONDITIONS: Powerful overhead (4-5ft) pitching waves breaking in shallow water resulting in very fast water movement creating strong rip currents.

I paddled out into the surf with alone whilst my wife and 2 children played on the sand. There was no one else on the beach or in the immediate vicinity. Soon after I heard my wife yelling loudly and noticed a boy screaming as he was being sucked out from the shallows.

I was approximately 50 metres from the child and immediately paddled towards him to try render some form of assistance. He was being pulled underwater and gasping for air. When I reached the child, he was sinking underwater, as he headed for the bottom I was able to somehow grab him and pull him on top my surf board.

We were now located in the 'impact zone', where I had to paddle him out the back of the breaking waves before I could safely get him to shore. When it was safe I paddled hard back to the shore. The child's distressed father appeared to now be in the 'impact zone' in his attempt to help his child. Eventually we got to shore but as I turned around I noticed the child's father was now also struggling as he was trying swim back to shore against a strong rip.

I picked up my surfboard again and once I reached him he held on to my board to stay afloat whilst we paddled across the strong current. I managed to get him into the beach and to the shore safely to be reunited with his son and wife. It was obvious that were extremely happy to have had the day not end tragedy.



CLAIRE ELLEM (NSW)

LOCATION: City Beach, Wollongong

TIME: 3:30pm

CONDITIONS: Small (1-2 ft)

One late Autumn afternoon I carried out a board rescue involving a teenager at City beach, Wollongong. Conditions were small with only a few others surfing. This beach is potentially hazardous owing to the prevalence of rips along the entire length.

I had just paddled in from a surf close to a rip 500m from the flags. Waves were not breaking here leading to the illusion of a calmer area of water inshore, which would attract those wanting to swim.

I had my eye on a teenager who was hip deep in water. Whilst chatting with a friend, I see the casualty being swept out in the rip. With limited water skills, the teenager had become a victim of the sea as his panic and persistent effort to swim to shore against the rip resulted in exhaustion and inability to stay afloat.

I paddle out to rescue the casualty with my board. His struggle appeared to worsen upon contact. I utilised "the hook" board rescue technique which was taught at a Surfers Rescue 24/7 course I completed early in 2014.

In this circumstance, myself as the recreational surfer was the first point of contact for the rescue outside the flags with secondary assistance from lifeguards.

I believe training all surfers in correct rescue techniques could boost the number and effectiveness of the rescues they perform.

➡➡ LOG YOUR RESCUE WWW.SURFERSRESCUE247.COM



PROGRAM SUPPORT

We've had overwhelming support from the likes of many professional surfers including Kelly Slater, Mick Fanning, Damien Hardman, Layne Beachley, Matt Banting, Sunny Garcia and Clay Marzo. We're also grateful to all the coastal councils who have got behind the program. With support from the Government we will continue to roll out this life saving program.

"I'm really proud of Surfing NSW and the work they have done to make the Surfers Rescue 24/7 Course available. Most of us that have spent our lives in the sea have been involved in helping someone in distress at some point or maybe we needed help ourselves. Cheers to the NSW Government for supporting this initiative so that we, as surfers, can become even more effective in helping keep our oceans safe. I'll definitely be doing the Surfers Rescue 24/7 Course and I urge you to round up some buddies and take it on too. It only takes a few hours and it could help you save a life, it might even be your own."

Mick Fanning
3 X ASP World Surfing Champion



"I found the whole Surfers Rescue 24/7 course to be very enlightening and it made me think about what I would do if I happened to stumble across a bad situation that's happening in the water. I think this is something everybody should be taught. A course like this should be part of a school's curriculum. It's just as important as learning to read or write. A surfer's recreational enjoyment can often take place in some pretty dangerous environments, so it's safe to say that over the course of their life, they will have to assist in a rescue or even perform CPR on someone. I think it's essential for anyone who surfs to have these skill sets. I thought the course was great."

Mark Richards
4x ASP World Surfing Champion

"Surfing NSW's Surfers Rescue 24/7 is an amazing initiative that recognises the part that surfers play in keeping our oceans, and all that play in them, safe. I believe this course should be mandatory for anyone who surfs because you never know when you will need help yourself or be called upon to help another. Doing this course is a great public service that you can easily do and insures you are ready if an emergency happens."

Barton Lynch
1988 ASP World Surfing Champion



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.

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)
- The risk of Danger returns
- A health care professional arrives and takes over CPR
- A health care professional directs that CPR be ceased

CONTACT SURFERS RESCUE 24/7



IN AN EMERGENCY
always call

000

TO REGISTER AND REPORT
YOUR RESCUE CONTACT
SURFING NSW 

COURSE CONTACTS
www.surfersrescue247.com
info@surfingnsw.com.au
(02) 9349 7055

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