

Reach or Throw, Don't Go



KEY TERMS

- **Buoyancy** – The upward force a fluid exerts on bodies in it.
- **Drowning victim** – A person exhibiting universal behavior that includes struggling at the surface for 20 to 60 seconds before submerging.
- **Lifeguard** – A person trained in lifeguarding, cardiopulmonary resuscitation (CPR) and first aid skills who ensures the safety of people at an aquatic facility by preventing and responding to emergencies.
- **Reaching assist** – A method of helping someone out of the water by reaching out to that person with your hand, leg or an object.
- **Throwing assist** – A method of helping someone out of the water by throwing a floating object with a line attached.

OBJECTIVES

After completing the following activities, students will be able to–

Topic 1: Ducks Don't Drown and People Shouldn't Either

- Identify the behaviors (signs) of a drowning person.
- Describe how buoyancy works.
- Identify the skills necessary for a safe water rescue.
- Explain how to save someone who is drowning.
- Define the Reach or Throw, Don't Go principle.

Topic 2: Assists Hunt

- Find objects that are not typical rescue equipment that would work for reaching assists.

Topic 3: Fishing From Shore

- Identify what kinds of objects are good for a throwing assist.

Topic 4: Safe Methods of Water Rescue

- List the various methods of water rescue they can use without placing themselves in danger.
- Explain why they should not attempt to jump in and rescue a person unless they are a certified lifeguard, properly trained and equipped.

Topic 5: Throw Bags in Water Rescue

- Explain how they can help a drowning person by knowing how to properly and accurately throw a floating object, such as a throw bag, to a drowning victim.

Topic 6: Water Safety Relay

- Identify how to respond in the event of a person drowning or needing help in the water.

Topic 7: Making a Heaving Jug and a Safety Post

- Explain how to make two pieces of rescue equipment.

Reach or Throw, Don't Go



MATERIALS, EQUIPMENT AND SUPPLIES

All Topics

- Reach or Throw, Don't Go poster
- *Longfellow's WHALE Tales* DVD
- DVD player and monitor
- Optional:
 - Reach or Throw, Don't Go stickers (one for each student)

Topic 1: Ducks Don't Drown and People Shouldn't Either

- [Activity Sheet 5-1: To the Rescue](#) (one for each student)
- [Activity Sheet 5-2: Reach or Throw, Don't Go](#) (one for each student)
- [Fact Sheet: Longfellow's Safety Equipment Information](#)

Topic 2: Assist Hunt

- A variety of reaching items, such as a fishing pole, towel, rescue pole, canoe paddle, boat oar, stick or foam noodle
- [Activity Sheet 5-3: Where There Is Ice, There Is Water](#) (one for each student)
- [Activity Sheet 5-4: Reach Out and Help](#) (one for each student)

Topic 3: Fishing From Shore

- [Activity Sheet 5-5: Find a Float](#) (one for each student)
- Scissors and magazines to complete Activity Sheet 5-5

Topic 4: Safe Methods of Water Rescue

- A piece of carpet, paper or plastic representing water
- Items that can be used for a reaching assist, such as a paddle or oar, beach towel, tree branch, pool noodle or water ski
- Items that can be used for a throwing assist, such as a cooler, water jug, life jacket or inner tube

Topic 5: Throw Bags in Water Rescue

- Silhouette of drowning person
- Throw bags

Topic 6: Water Safety Relay

- Two traffic cones
- Two ring buoys without the line
- An assortment of life jackets of various sizes
- Items to throw that float, such as throw bags, coolers or ball

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Topic 7: Making a Heaving Jug and a Safety Post

- 1-gallon plastic jug with top
- 40–50 feet of lightweight rope
- Water or sand
- One spike post 4 × 4 inches, 6 feet long
- Screw-in hanging hook that is large enough to hang the rope and jug on
- One reaching pole, 10–12 feet long
- Two 6-ounce cans, each open-ended
- Nails for attaching cans to post
- Safety poster or other first aid reference, such as *First Aid and Emergency Preparedness Quick Reference Guide* (optional)
- First aid kit
- Emergency contact information
- Plastic zipper bag
- [Activity Sheet 5-6: Make a Heaving Jug](#) (one for each student)
- [Activity Sheet 5-7: Make a Safety Post](#) (one for each student)



LEADER'S NOTES

- *Display the Reach or Throw, Don't Go poster at the front of the class. To begin a discussion about the poster, point to each scene and ask questions, such as "Is this a safe way to help someone in the water? Why or why not? Is there another way the person could help without putting him or herself in danger?" Refer to the poster throughout the activities on this topic. As an option, you may use an LCD projector to display the electronic version of the poster from the CD-ROM.*
- *The Longfellow's WHALE Tales DVD segment, "Reach or Throw, Don't Go," can be shown to support the activities in this topic.*

INTRODUCTION

Key Points:

- **We can help someone who is having trouble in the water without getting wet.**
- **When helping someone in the water it is always best to Reach or Throw, Don't Go.**
- **We are going to do some activities that teach you how to help someone having trouble in the water while keeping yourself safe.**

Reach or Throw, Don't Go



TOPIC 1: DUCKS DON'T DROWN AND PEOPLE SHOULDN'T EITHER

Recommended Grade Levels: 1–6

Key Points and Discussion:

- **Who has seen ducks swimming in lakes or at the zoo?**
Answer: Responses will vary. Allow time for responses.
- **Did you know that ducks do not drown like people do?**
Answer: Responses will vary. Allow time for responses.
- **Can you think of ways that ducks are specially adapted for the water?**
Answers: Ducks have hollow bones that add buoyancy, and a duck's thick coat has hundreds of feathers that interlock, trapping air in between, which also increases their buoyancy.
- **Can you think of ways that people are like ducks when swimming?**
Answer: Responses could include—
 - Both people and ducks can float.
 - Both people and ducks can use their feet to move in the water.
- **In what ways are people different from ducks when swimming?**
Answers: Responses could include—
 - Some people do not float as easily.
 - People have dense bones and do not have feathers to increase buoyancy. Rather, body fat aids in buoyancy.
- **Can you think of some reasons that people might drown?**
Answers: Responses could include—
 - Inability to swim.
 - Knocked unconscious in an accident.
 - Loss of body coordination in cold water.
 - Sudden panic.
- **Do you know the behaviors (signs) of a person who is drowning?**
Answers: Responses should include the following:
 - A drowning person is upright (vertical) in the water.
 - A drowning person is unable to move forward or tread water.
 - A drowning person is pressing arms down at the side trying to keep the head above water to breathe.
 - A drowning person spends his or her energy just trying to keep his or her head above water.
 - A drowning person cannot call out for help.
- **What does the poster show that you can do without getting in the water to help someone who is drowning?**
Answer: Reach or Throw, Don't Go

Reach or Throw, Don't Go



- **How can you help someone who is in trouble close to shore or close to the side of a pool?**

Answer: Reach something out to them.

- **Do you see objects that could be used to extend your reach and help a victim?**

Answers: Responses should include the following:

- *Fishing pole*
- *Towel*
- *Reaching pole*
- *Canoe paddle*
- *Boat oar*
- *Stick*



LEADER'S NOTE

Be sure these items are in the room where students can clearly see them. (See also Fact Sheet: Longfellow's Safety Equipment Information.)

- **How can you help a victim who is out of your reach?**

Answer: Throw an object that floats to the victim.

- **What kind of objects could be thrown to someone in trouble?**

Answers: Responses should include the following:

- *Ring buoy*
- *Picnic cooler*
- *Life jacket*
- *Empty milk jugs*

- **Who is the only person who should get in the water to help a person who is drowning?**

Answer: A lifeguard

- **What is the rule for helping someone in trouble in the water?**

Answer: Reach or Throw, Don't Go

Activity:

Have students complete the following:

- Activity Sheet 5-1: To the Rescue
- Activity Sheet 5-2: Reach or Throw, Don't Go

Reach or Throw, Don't Go



TOPIC 2: ASSISTS HUNT

Recommended Grade Levels: K–6



LEADER'S NOTE

Display a variety of objects that are not typical rescue equipment in front of the students that can be used to extend to a person who is drowning. Include some objects that would not be suitable to use.

Key Points and Discussion:

- **What did our poster say that you could do without getting in the water to help someone who is drowning?**
Answer: Reach or Throw, Don't Go
- **How can you help someone who is in trouble close to shore or close to the side of a pool?**
Answer: Reach something out to them.
- **Can you find objects that are lying around here that you think will work?**
Answers: Responses should include the following:
 - *Fishing pole*
 - *Towel*
 - *Reaching pole*
 - *Canoe paddle*
 - *Boat oar*
 - *Stick*
 - *Pool noodle*
- **How can you keep yourself safe when extending an object out to a person who is drowning?**
Answers: Responses should include the following:
 - *Stay out of the water.*
 - *Firmly brace yourself and reach out to the victim using your object.*
 - *Keep your weight low and lean away from the victim.*
 - *Lie down or stand with your legs bent and your feet spread comfortably apart.*
 - *Slowly bring the victim in by using a hand-over-hand grasp on the reaching object.*



LEADER'S NOTE

You may wish to emphasize the above points by repeating them and demonstrating each one in front of the class.

Reach or Throw, Don't Go



Activity:

Have students complete the following:

- Activity Sheet 5-3: Where There Is Ice, There Is Water
- Activity Sheet 5-4: Reach Out and Help

TOPIC 3: FISHING FROM SHORE

Recommended Grade Levels: K–3

Activity:

- Read the following to the class:

A fisherman slips into the water and is struggling to stay afloat. A passerby sees the fisherman and thinks about jumping into the water to save the fisherman.

- Ask students, “**Should the passerby do this?**” Allow time for responses.
- Continue the scenario by reading the following:

The passerby decides not to go in the water and finds a long stick. The passerby tries to reach the stick out to the fisherman, but the fisherman is just out of reach.

- Ask students, “**What should the passerby do now?**” Allow time for responses.
- Conclude the scenario by reading the following:

The passerby notices a cooler that belongs to the fisherman. The passerby empties the cooler and places the lid back on it and throws it out to the fisherman. The fisherman reaches and grabs the cooler and uses it to float on. The fisherman kicks back to the shore and to safety.

Key Points and Discussion:

- **What is one thing you do not want to do if you see someone who is drowning?**
- **How can you help someone who is out of your reach and is in trouble?**
- **What kinds of objects can be thrown to someone who is in trouble in the water?**

Answers: Responses should include the following:

- *Ring buoy*
- *Life jacket*
- *Picnic cooler*
- *Picnic jug*
- *Buoyant cushion*

Reach or Throw, Don't Go



- Kickboard
- Rescue tube
- Rescue buoy
- **What is the rule for helping someone in trouble in the water?**
Answer: Reach or Throw, Don't Go

Activity:

Have students complete Activity Sheet 5-5, Find a Float.

TOPIC 4: SAFE METHODS OF WATER RESCUE

Recommended Grade Levels: 4–6

Activity:

- Establish a small area in the classroom as a body of water.
- Select a volunteer from the class. Have the volunteer lie or sit down in the “body of water” and pretend to have problems and not be able to make it back to shore.
- Lay several potential rescue items on the floor near the “water.” Items could include a cooler, boat paddle or oar, towel, water ski, fishing rod, tree branch, Type IV personal flotation device, etc.
- Select volunteers from the class equal to the number of rescue items being used.
- Have some of the volunteers demonstrate how they could safely rescue the person by reaching one of the rescue items out to them.
- Explain to students that they should keep the following points in mind whenever extending an object to a person in trouble:
 1. Brace yourself on the pool deck, pier surface or shoreline.
 2. Extend the object to the victim.
 3. When the victim grasps the object, slowly and carefully pull him or her to safety. Keep your body low, and lean back to avoid being pulled into the water.
- If necessary, have them repeat their rescues demonstrating safe practices.
- Next have them demonstrate how they could rescue the victim by throwing a rescue item that floats.
- Discuss the different rescue techniques that were used in this activity.
- Emphasize that a person who is in trouble could be rescued using ordinary items that are usually available at a picnic or beach setting.

Key Points and Discussion:

- **Why should you Reach or Throw, Don't Go?**
Answer: You could put yourself in a dangerous situation if you enter the water to rescue someone. It is possible you could become a drowning victim.

Reach or Throw, Don't Go



- The best thing a person can do if he or she cannot reach or throw something to the person that is in trouble is to go and get help.
- People have drowned because they entered the water trying to rescue a person in trouble.
- Only a person who is trained in water rescue should enter the water to try and save someone in trouble.

TOPIC 5: THROW BAGS IN WATER RESCUE

Recommended Grade Levels: 4–6

Activity:

- Set up a silhouette of a drowning person as a target.
- Set the target at a distance that is about 20 feet away from where you will be conducting the activity.
- Gather the class together and explain and demonstrate how to rescue a drowning person using a throw bag.
 1. Get into a stride position: The leg opposite your throwing arm is forward. This helps to keep your balance when you throw the object.
 2. Step on the end of the line with your forward foot. Avoid stepping on the coiled line with the other foot.
 3. Shout to get the victim's attention. Make eye contact and say that you are going to throw the object now. Tell the victim to grab it.
 4. Bend your knees and throw the object to the victim. Try to throw the object upwind and/or up current, just over the victim's head, so that the line drops within reach.
 5. When the victim has grasped the object or the line, slowly pull him or her to safety. Lean away from the water as you pull.
 6. If the object does not reach the victim, quickly pull the line back in and throw it again. Try to keep the line from tangling, but do not waste time trying to coil it. Partially fill the bag with some water and throw it again.
- Have students toss the throw bag so that it lands just beyond the silhouette. Accuracy is rated by tossing the throw bag over the silhouette so that the rope strikes the target.

TOPIC 6: WATER SAFETY RELAY

Recommended Grade Levels: 3–6

- Set up two obstacle courses of three stations each (see the set-up for stations below). Each station will have a water safety activity to be performed.
 - Station 1: Students put on a life jacket properly using the proper size.
 - Station 2: Students throw a ring buoy around a traffic cone that is positioned 10 feet away.

Reach or Throw, Don't Go



- Station 3: Students try to throw a throw bag, ball, small cooler or anything else that floats inside a 4-foot diameter circle that is positioned 10 feet away.



LEADER'S NOTES

- You can use a large Hula-hoop as a marker for the circle.
- You may need to assist younger students at station 3.

- Divide the class equally into two teams.
- Have each team form a line.
- At the signal, the first student on each team will perform the activity at the first station. On completion of the activity, they proceed to the next station and then to the next.
- After students complete all three stations, have them return to the starting line, take off their life jackets and tag the next students in line. The relay continues until each person on each team has completed the obstacle course.
- The first team to finish wins.

TOPIC 7: MAKING A HEAVING JUG AND A SAFETY POST

Recommended Grade Levels: 3–6



LEADER'S NOTE

You will demonstrate and explain how to make a heaving jug and safety post to the class. Provide each student with a copy of Activity Sheet 5-6: Make a Heaving Jug and Activity Sheet 5-7: Make a Safety Post, so that students can make their own heaving jug and safety post at home.

Heaving Jug

Key Points:

- A heaving jug is a homemade throwing device. It is easy to make and easy to carry with you when you are around the water.
- Many people who get into trouble in the water were not even planning to get in the water.

Activity:

- Lead students through the steps of making a heaving jug:
 - Put one-half inch of water or sand in the plastic jug and screw the top on tightly. If the jug has a snap-on top, you may want to secure it with very strong glue.
 - Tie the 40- to 50-foot rope to the handle of the jug. You can personalize the jug with waterproof markers or enamel paint.

Reach or Throw, Don't Go



Safety Post

Key Points:

- A safety post holds a heaving jug, a reaching pole and other safety items. It is a useful piece of equipment for a home pool or a pond that is used for swimming and/or ice skating.

Activity:

- Lead students through the steps of building a safety post:
 - Screw in the hanging hook about 1 foot from the top of the post.
 - Nail the two open-ended cans, one about 1 foot above the other, no lower than 2½ feet from the bottom of the post.
 - Set the post 2 feet in the ground. (The post should be near water, where swimmers or skaters may get into trouble.)
 - Make a heaving jug and hang it and the line on the hanging screw.
 - Put the reaching pole through the open-ended cans.
 - A safety poster or other first aid reference, such as *First Aid and Emergency Preparedness Quick Reference Guide*, first aid kit and emergency contact information can be put into a plastic zipper bag and attached to the top of the post.

WRAP-UP



LEADER'S NOTE

Refer back to the *Reach or Throw, Don't Go* poster as you review the lesson.

Key Points and Discussion:

- **How can you help someone who is in trouble close to shore or near the side of a pool?**
Answer: You can help someone who is close to the shore or near the side by reaching out using your hand, leg or an object.
- **How can you help someone out of reach who is in trouble?**
Answer: You can help someone who is out of reach by throwing a floating object with a line attached.
- **Remember to keep your weight low when making a reaching or throwing assist.**
- **Remember the important rule, Reach or Throw, Don't Go.**

Longfellow's Safety Equipment Information



How to Make a Reaching Assist

If you want to assist someone in trouble in the water and you can reach the victim with an object, you should—

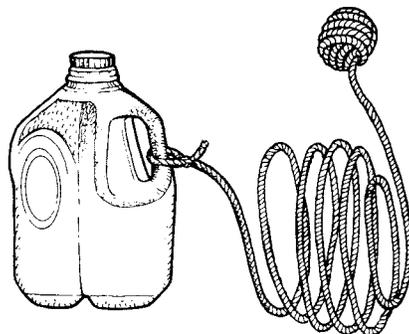
- Stay out of the water.
- Brace yourself on a pool deck, pier surface or shoreline.
- Reach out to the victim using any object that extends your reach, such as a pole, an oar, a paddle, a tree branch, a shirt, a belt or a towel.
- When the victim grasps the object, slowly and carefully pull him or her to safety. Keep your body low and lean back to avoid being pulled into the water.

How to Make a Throwing Assist

If you want to assist someone in trouble in the water using a throwing device, you should—

- Get into a stride position. The leg opposite your throwing arm is forward. This helps maintain balance during the throw.
- Step on the end of the line with your forward foot. Avoid stepping on the coiled line with your other foot.
- Shout to get the victim's attention. Make eye contact and say that you are going to throw the object now. Tell the victim to grab it.
- Bend your knees and throw the object to the victim. Try to throw the object upwind or up current, just over the victim's head, so the line drops within reach.
- When the victim has grasped the object or the line, slowly pull him or her to safety.
- Keep your weight low and back. Lean away from the water as you bring the victim to safety.
- If the object does not reach the victim, quickly pull the line back in and throw it again. Try to keep the line from tangling, but do not waste time trying to recoil it. If the object is a throw bag, partially fill the bag with some water and throw it again.

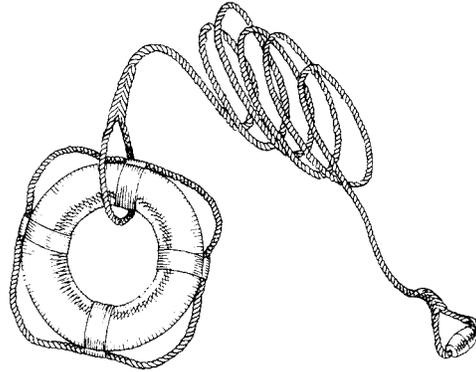
Types of Safety Equipment



Heaving Jug

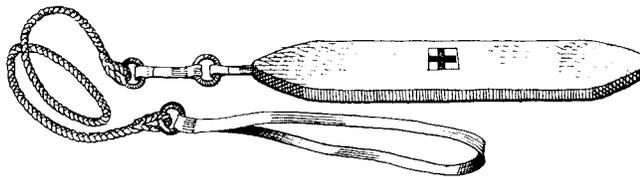
A homemade, emergency throwing device made from a gallon plastic container with one-half inch of water inside and a line attached to the handle.

Longfellow's Safety Equipment Information



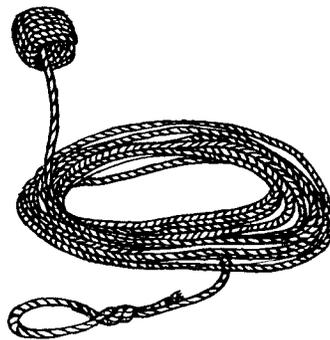
Ring Buoy

A buoyant ring with 40 to 50 feet of lightweight line attached. The ring is thrown by the rescuer to someone in trouble in the water. An object on the other end of the line prevents it from slipping out of the rescuer's grasp.



Rescue Tube

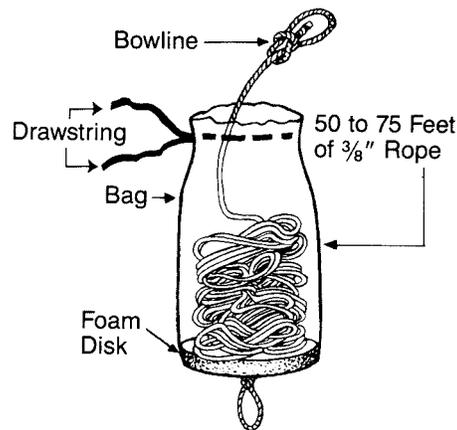
A vinyl, foam-filled, floating support approximately 45 to 54 inches long. It has a towline with a shoulder strap attached. It may be used as a throwing device.



Heaving Line

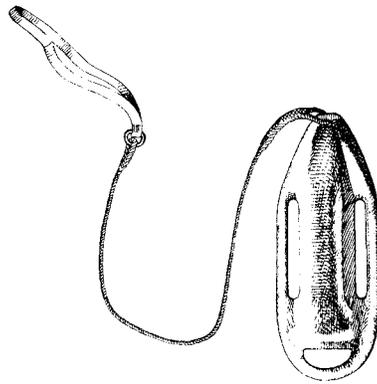
A strong, lightweight line, 40 to 50 feet long. A buoyant, weighted object on one end helps direct the line out to the victim when it is thrown.

Longfellow's Safety Equipment Information



Throw-Rope Bag

A nylon bag containing polypropylene line that floats. It is a throwing device often used to rescue someone who has fallen from a boat.



Rescue Buoy

A hard plastic buoy with handles on both sides. It has a 6-foot towline with a shoulder strap attached. It is used by waterfront lifeguards when making a swimming rescue.



Reaching Pole

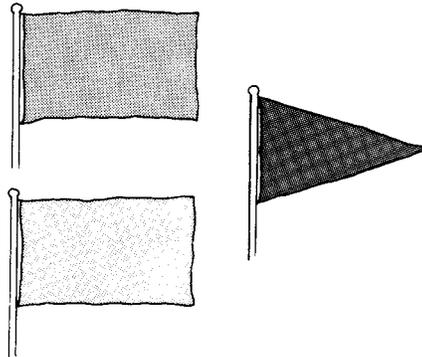
A pole 10 to 15 feet long, made of bamboo, aluminum or fiberglass, that is extended into the water to someone in trouble. A long branch or fishing pole could serve the same purpose.



Lifelines

Buoyed lines that mark and separate swimming and diving areas, shallow and deep water.

Longfellow's Safety Equipment Information



Warning Flags

Flags of various colors displayed to describe safety conditions in the water. Here are some examples—

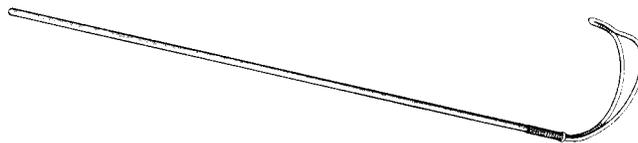
- Green Flag—safe, open for swimming
- Red Flag—unsafe, closed for swimming
- Yellow Flag—caution, limited swimming because of currents or other conditions



First Aid Kit



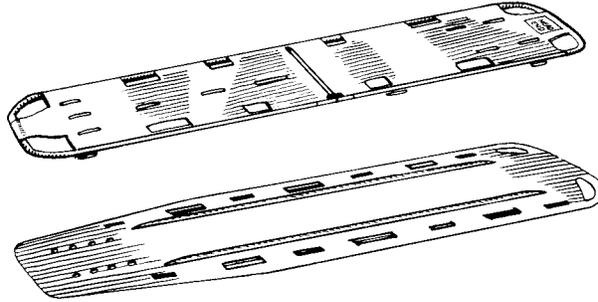
Telephone



Shepherd's Crook

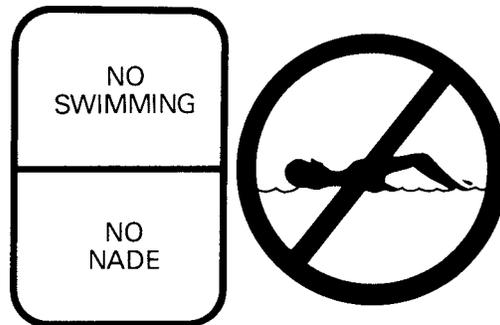
A long, lightweight pole with a blunted hook at one end. It is used as a reaching pole or to encircle an unconscious victim in the water.

Longfellow's Safety Equipment Information



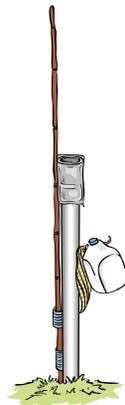
Backboard

A board used to immobilize a victim with suspected head, neck or back injuries. Straps help avoid further injury by keeping the victim from moving.



Posted Rules

Rules posted near supervised swimming areas. They contain facility rules and warnings.



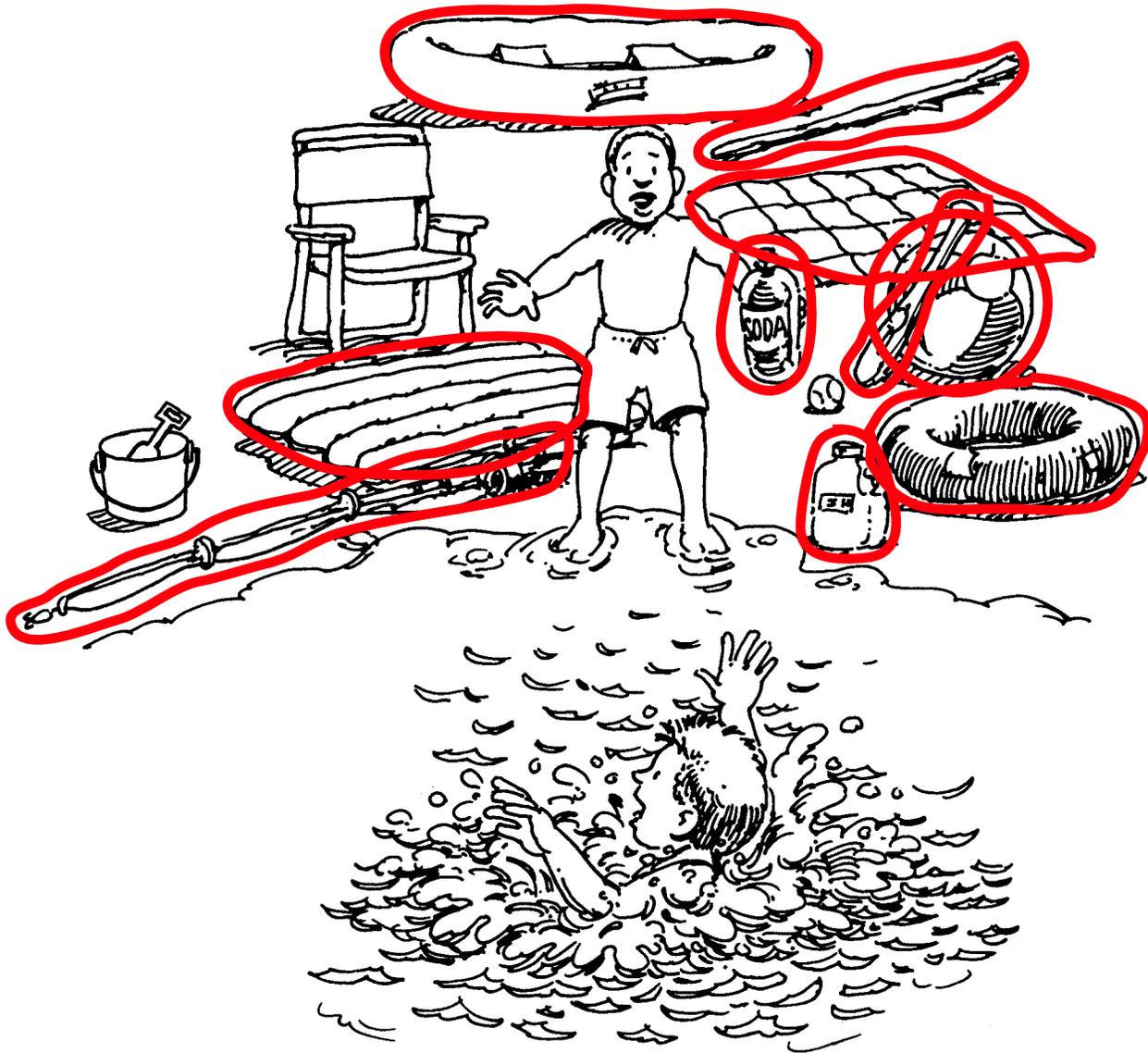
Safety Post

A post with reaching and throwing devices attached. It is usually located at home pools or private ponds.

To the Rescue



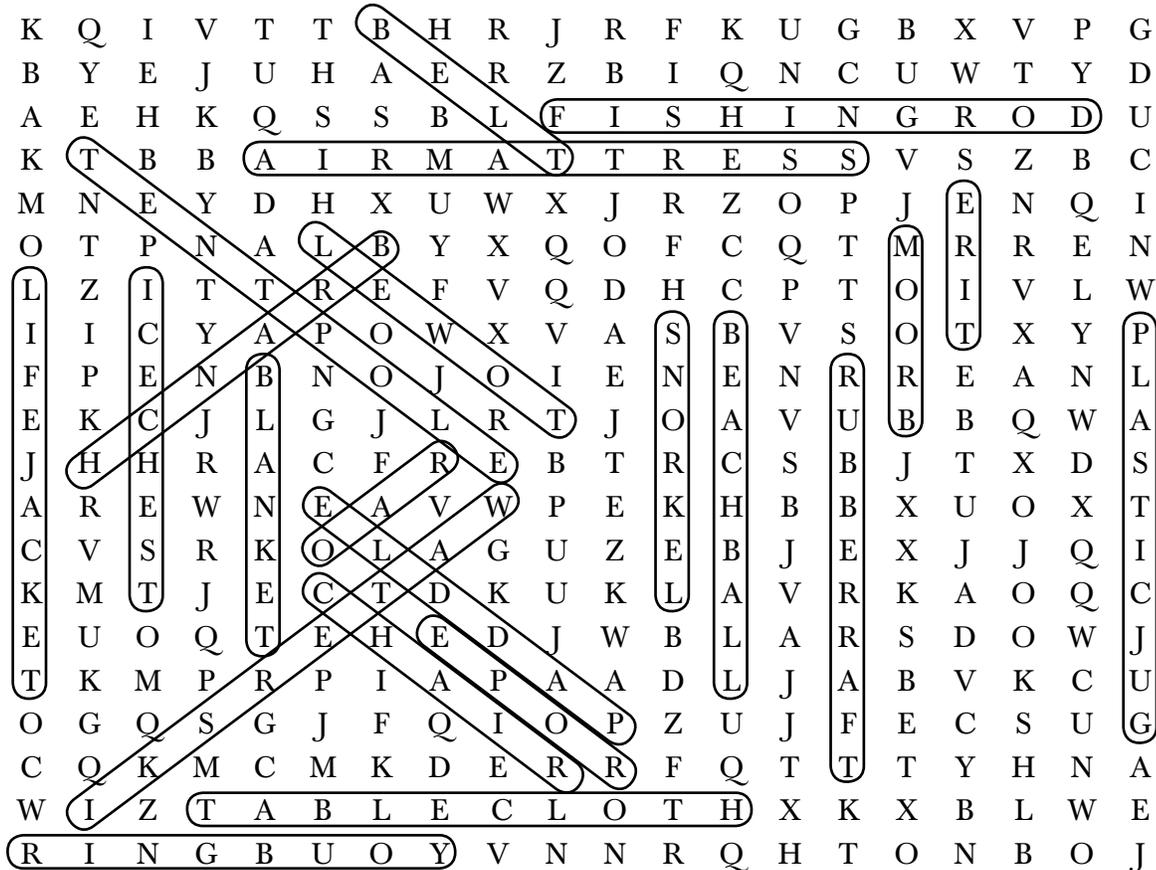
If this were you, what would you use to help? Circle the things you would try. Why do you think these would be best?



Reach or Throw, Don't Go



Find the hidden words listed below. They describe things used to help in a water emergency. The words can run up, down, backward, forward or diagonally.



Word List

BEACH BALL

BRANCH

TOWEL

AIR MATTRESS

RING BUOY

PADDLE

CHAIR

FISHING ROD

BELT

BROOM

PLASTIC JUG

SNORKEL

LIFE JACKET

TENT POLE

ICE CHEST

BLANKET

WATER SKI

RUBBER RAFT

ROPE

OAR

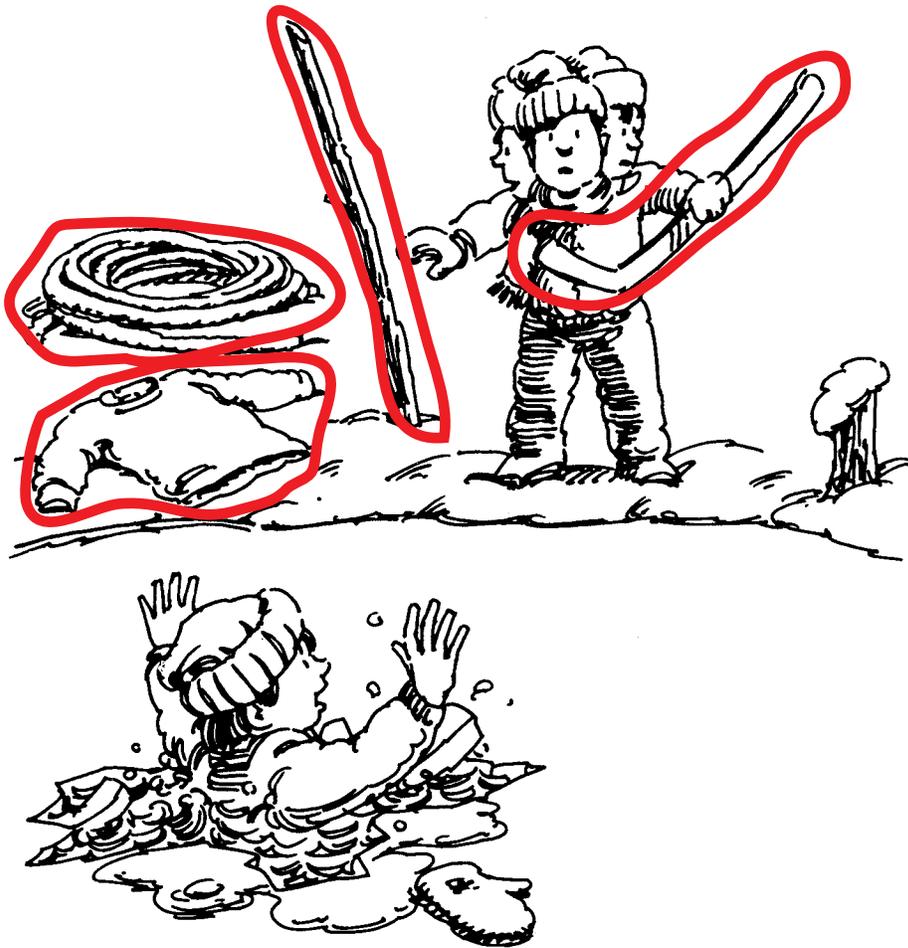
TIRE

TABLECLOTH

Where There Is Ice There Is Water



A friend has fallen through the ice. If you were nearby, you could use a reaching assist. Circle the assists in the picture you could use. In the space on this page, draw in other things you might have with you that you could use for a reaching assist.



Reach Out and Help



Would you use these reaching assists? Rate each assist by drawing a face in the appropriate box.

REACHING ASSIST	EXCELLENT 	OKAY 	USELESS 
Newspaper			
Water ski			
Fishing rod			
Inner tube			
Towel			
Hand			
Belt			
Life jacket			
Air mattress			
Water jug			
Sleeping bag			
Frisbee			
Paddle			
Baseball bat			
Large beach ball			