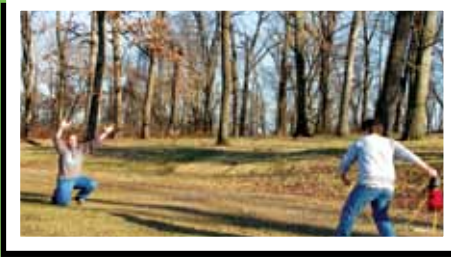


Throw a Bag

A throw bag is one cool tool. It is filled with rope that you can toss to a drowning victim to pull them back to shore safely. You can practice hurling a throw bag by using it to rescue friends from your yard. Follow the steps below to use it.

1.



Open the bag and grip it in your throwing hand. Hold the end of the rope in your other hand. Do not tie the rope to yourself.

2.



Try tossing the throw bag overhand, underhand and sidearm.

3. Yell, "Rope," to the person acting as the victim, so they are ready to catch the rope.

4.



Toss the bag over the victim's head. Don't hit them with it. Yell, "Grab the rope!"

5.



Pull them in.



If you miss, coil the rope like a cowboy and toss the coil back to the victim.



After you are finished practicing, repack the bag by sliding the rope back into the bag inch by inch. Shoving wads of rope into the bag tangles the rope in a knot, so you can't use it in a real emergency.