

Following the Sequence, the Rescue Sequence

If someone falls in the water, follow this plan to pull him or her out safely.

1. **SELF-RESCUE:**

Talk to them. They may be panicking from falling in. Tell them to stand up or swim to safety. Calm them down.

2. **REACH:**

Use a paddle or fishing rod to 'fish' them out. Don't lean over too far. They will pull you in.



3. **THROW:**

Toss an extra life jacket, ring buoy or rope to the victim. You can even throw an empty plastic cooler, because they float. Do not aim for their head.



4. **ROW:**

Use the canoe or kayak to rescue the victim. Be careful that they don't pull you out or rock the boat.

5. **GO:**

Go get help. Don't jump in after someone. Only trained rescuers with proper gear have the skills to leap in the water and rescue a victim.