



Rescue and Resuscitation

Coaching Manual 5th Edition



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Technique

Rescue and Resuscitation (R&R) is one of surf lifesaving's premier events. The event allows club members of all ages and fitness levels to train and compete. R&R is a qualitatively judged event, which makes it technical to coach. It is strongly recommended that R&R Coaches own a copy of the latest R&R Competition Manual to guide them on the intricacies of the event.

Skill	Coaches Checklist
Stand Easy	Feet not moving No talking No slouching
Marching	Paces between 110 to 120 paces per minute Step off with the left foot Head and body in position of attention Toes pointed slightly downward Foot carried to front Body in an upright position Eyes looking straight ahead Arm slightly bent Arm swing to waist height and back behind body Hands closed and thumb to the front Moving foot clearing the sand Correct length of pace
Running	To move at a pace faster than walk with both feet never on the ground at once
Attention	Heels in line Feet at an angle of 45* Body naturally erect Body even over thighs Shoulders level Head looking straight ahead Arms relaxed but not stiff Hands in the centre of the thighs Body balanced on both feet Wrists straight Hands closed Fingers clenching thumb Head balanced evenly Eyes straight to the front
About turn	Keeping body erect Weight even Keep arms by the side Bring heels together
Kneel at Ease	Toes extended backwards Toes flat on the ground Hands even on thighs Head and eyes observing patient Sitting on heels
Kneel at attention	Knees together Hand position at thighs Hands closed Toes extended backwards Toes in line with body Head and eyes watching patient Arms, head and body in the position of attention

Continuous Movement	At the correct speed without pause or stops in order to co-ordinate teamwork
Halt	Bring Heels together Feet at 45 degree angle Feet in position of attention Correct body carriage
Lift or down reel	Correct positioning on reel Timing correct Correct body carriage and knees apart Correct grips on handles Steadiness of reel

Drills

Wheeling

The ideal method of setting out a diagram for training team members to attain correct length of pace for a correct wheel is detailed in the R&R Manual. Continued marching over this diagram marked out on a beach, lawn or concrete area will help perfect this movement.

The command “Wheel” should be given when the foot of #1 is in line with the wheeling peg. To achieve this #3 gives the following commands:

1. Club Name, e.g. “South Beach one pace before the wheeling peg.”
2. “Left” on the next step
3. “Wheel” one pace past the peg.

Commands are given on consecutive steps and as the foot is placed on the sand

Some hints to assist in attaining the perfect wheel are:

- Ensure #1, 2 and 3 shorten pace immediately after the command “Wheel”
- Ensure the same rate of march is maintained through the wheel
- Ensure that prior to the wheel the team marches parallel to the water’s edge, covering behind the team member in front and on the command “Wheel”, the reel is at right angles to the wheeling peg.
- During the six paces wheel the team must maintain even length of pace.
- Ensure that #2 keeps the reel handle rigid against leg.
- The coach can assist the team to get the correct “feel” of the wheel by marching in the centre of the reel behind the team, holding the spreader bar with the left hand and the handle with the right hand to maintain control and steadiness.



The following sequence indicates the correct position of the team throughout a wheel

1. Reform

There are many and varied methods of approach to this movement and it is essential that time is spent on it. The most important member in controlling and positioning the team is #3. A front handle person's length will determine the distance of the team from the reel. The direction of the march will determine the position of the team in relation to the reel on the command.

On the command #3 should commence to march, regulating the length of pace to allow the team to be in line on the fourth pace. This gives the team two paces to adjust their distances apart. At the same time #3 should veer in a direction so that when they halt prior to the command, the left hand is covering the handle they were carrying. When #3 fronts they should be in the correct position in the centre of the reel. The reason for this is to eliminate, as much as possible, unnecessary movement. Timing once again is important and this should be checked against the stopwatch.

2. Front

The front should be a smooth, free flowing movement maintaining correct body carriage and technique at all times. Timing is all-important with the team reaching the position of attention together.

The most efficient training method used to achieve this is to use a "1-2" count, coming to the position of attention on the count of 2. The team should count together in a loud voice. Constant practice will achieve excellent results. On the count of "1" the team will about turn, on the count of "2" the team will come to the position of attention.

Training

Team members should be encouraged to participate in club events each weekend to improve fitness.

It is the coach's responsibility to ensure that the team is fit. It is a fallacy to believe that the drill is the coach's sole responsibility. If the team members are not fit, the result may be loose drilling. Swimming performances will suffer without fitness. Members of an R&R team, whose position in the team involves swimming, should train with a professional swimming coach to reach peak physical fitness.

Early Season Phase - The Inexperienced or New Team

The team will be required to commence training earlier in the season to obtain the knowledge and expertise that older or more experienced teams have acquired. For some teams, it will be necessary to commence in mid winter.

A new team needs to build team spirit and work hard to obtain the basic skills of marching, marching with the reel, body carriage, halting, about turns and running.

The preliminary drill is most important as it occurs on more than one occasion during the drilling sections.

The coach may introduce the team to other parts of the drill, but should not attempt a full run through until the team is proficient in the complete drill. The coach should encourage a program of physical fitness training.

Early Season Phase - The Experienced Team

During the winter period it is the responsibility of the team members to improve their physical fitness, particularly in running, strength, and swimming.

Training usually commences in October or November with a team discussion on the previous season and a proposed training plan for the approaching season. Early season training comprises of basic marching with and without the reel and some full run throughs. The object is to obtain a "feel" for the drill prior to more constant training later in the season.

Mid-Season Phase

This period of training may be termed the "heavy period". The team has proceeded to a point where the extra work is necessary to improve performance

It is impossible to put the finishing touches to a team without proceeding through this "heavy period", where the drill becomes second nature to each individual in each position that he/she carries out. The coach should move away from boring repetition, and introduce variety to the work using the fundamentals of the drill, to provide basis for training.

A typical week's training should include two nights per week, concentrating on drills within sections, or sections as a whole. On the weekend full water run throughs or sections involving water training should be emphasised.

The coach should plan the training sessions prior to arriving at the beach. Some sessions might include:

- Take the team for a long run along the beach followed by surf training
- Show a video of the team's previous carnival
- Belt swims amongst the team
- Have a competition amongst the team with one member judging the remainder of the team.

The coach should insist that it be repeated until they are satisfied with the result. The coach should emphasise discipline and the concentration of the team.

Championship Phase

If the team has trained thoroughly they will have a big chance of success. The weeks leading up to a championship will be the most critical period of preparation during the season. It will be a period where wrong decisions or incorrect training procedures will destroy a season's preparation. It is during this period that the team is brought to the peak of their performance, physically, psychologically and technically.

The training needs to follow a plan so that everything is covered whilst maintaining interest. The importance of planning social interludes, promoting human relations, and mutual understanding cannot be underestimated. Team spirit and will to win are critical requirements of any successful team.

The majority of training should revolve around sectionalised workshop sessions, and team discussions on the technical aspects of the drill. The remainder of the training should be devoted to full competition run throughs of a very high standard. As the day of the championships draws closer more attention may be devoted to viewing the drill as a whole. This requires concentration from start to finish. The coach should remember that the closer the championships, the higher the quality of training.

Competition

Minor carnivals are held early to mid-season when teams are in the early stages of preparation and their drill is generally below top standard. These carnivals should be used as an opportunity to develop a pattern of preparation, which will be used at subsequent carnivals

Gear and Equipment at Carnivals

Prior to entering the competition arena it is the responsibility of every member of the team to check that the reel, line, belt and rescue tube is in the proper position in the marshalling area. The reel should be around the correct way, the line wound on correctly, the belt functioning and tied on correctly.

On call, the team will report to the marshalling area in correct R & R attire and be ready to compete.

It is imperative that the team captain enquires of a responsible official to ensure the team's correct beach position, buoy colour and the time of the patient lay.

Warm Up

R&R is an event where the team must move in unison. Often it will be found that the timing of one or more of the members will be slightly incorrect. A warm up allows the team members to bring themselves in line with the rest of the team. The warm up also allows the team to mentally focus on the task ahead.

The coach decides how long the warm up takes. It should conclude a short time before the teams are called to the marshalling area. Remain warm during the interval. Start the practise of warming up the team at the first carnival.

Race day tactics

The preparation of a team on the day of the carnival is a critical factor in determining the success or failure of that team's performance. The team should arrive at the venue at least one hour before the event is due to be marshalled, so as to enable them to familiarise with the surroundings and be ready for the event.

The team should check for banks, gutters, rips and tidal movements. After this check the team should go for a swim to the buoys. On returning from the buoys the team will determine the approximate pick up area and halting position for the linesperson, giving regard to tidal movement. All must adhere to the final decision, if not confusion exists, poor work results and points are allocated against the team

Planning for the Championship Carnival

Book suitable travel and accommodation early and check training facilities are available. Meals should also receive close attention. The coach needs to determine how many days prior to the championship the team should arrive. Some coaches favour a training camp of up to a week, others a very short time. Planning will involve an assessment of psychological and temperamental factors.

Preparation for a championship should not vary to a large degree from a normal carnival. It is important not to change the preparation during the season, as any changes made at such a late stage of the season could unsettle the team and affect their performance.

In any championship nerves play a critical part in the performance of a team and it is the responsibility of the coach to understand and assist. There are various ways of doing this, sometimes it is a good idea to involve each team member in a set of tasks for the day which are designed to overlap so that a system of internal checks ensure that nothing is overlooked and no frantic last minute preparations are needed.

While it is agreed that winning a competition is important, it should be realised that placing undue emphasis on winning a gold medal often causes nerves and stress in a team. It is far more preferable to concentrate on the "game plan" and achieving excellence of drill. This automatically simplifies the task ahead into a more acceptable and achievable goal. The team will then find it far easier to control their nerves and in achieving that excellence of drill, success will follow. It is most important that the team gives itself plenty of time to prepare themselves and are confident and composed. The final mood should be one of calmness and concentration.

After the Event

The team should keep its own counsel and any communication with officials and judges should be at the conclusion of the R and R competition, and then only by the coach in an official manner.

After the result is announced the Master Card and Judges Card may be perused and a record made of each sections deductions.

It is not a good idea for the team and the coach to have lengthy analysis of the competition immediately following the event. Emotions are sometimes high, memories may become confused and there are often many distractions and noises which do not lead themselves to a calm in-depth analysis of the event just completed. It is far better for each member, individually, to analyse his/her performance and the performance of the team. At the following training session all relevant information can be presented at a team meeting.

Equipment

Uniform

It is imperative that the team's caps and uniforms are in good condition. This is best controlled if one member of the team or manager takes the responsibility after each carnival, of collecting the caps and costumes, washing them in fresh water to remove the sand and making a continual check of their condition.

It is recommended that each member have his or her own costume that will fit comfortably. Caps must not have any holes or tears in them, colours must not have faded and the numbers must be easily recognised. A team attired in well-conditioned caps and costumes presents well and that in itself is a step towards success.

Reel

A good reel should be selected and maintained in excellent working order. Particular attention should be paid to the chocks and brake settings. The reel should be varnished or painted each season.

Belt

A good canvas belt should be selected. The safety release mechanism checked for correct functioning prior to every carnival and the "D" ends checked for wear. It is always advisable to carry a spare belt to carnivals. A soft neck strap is important for belt swimming to prevent aggravation to the swimmer. This is best achieved by boiling the neck strap regularly to remove stiffness.

Line

Ideally, the line should be a well-used cotton line washed free of sand and salt and stretched for a period, preferably away from sea air, as salt tends to handicap the stretching process. There is a minimum regulation diameter of the line and this should be checked prior to waxing with a paraffin and bees wax mixture. The wax should fill the hollows of the line, however, too much wax will make the line heavy. The correct amount of wax will assist the line to glide through the water with a minimum amount of friction just beneath the surface and free from most of the turbulence of the surf.

Rescue Tube

A rescue tube in good condition is also required and must be continually checked for ripping or tearing of the cover, particularly where the line is joined to the end of the tube. It is also advisable to regularly check the metal clips to ensure they are in good working order.

Coaching Aids

The attitude towards gear and equipment in an R and R team must be paramount if success is your goal. Remember, time spent on maintenance is not wasted, develop a maintenance plan and check list.

- **Pegs:** Regulation pegs preferably numbered and correctly laid out
- **Tape measure or measuring aid:** Wheels should be set out initially on the clubhouse floor. This will show the correct distance from the peg. Lines depict the length of pace and course to be taken by each member. Repeat this exercise on the beach during training sessions. In addition, the correct distance of the team's position behind the reel should be measured
- **Marbles:** A regulation bag of marbles should be used on the ballot.
- **Stop watch:** The most important aid you can use, as rate of movement and time limits are constantly present throughout the event. Swim times at swim training sessions should be recorded to assist in the assessment of team members swimming progress.
- **A metronome** may also be used for resuscitation practice and drill movements.
- **Video equipment:** Selective use of the video camera is invaluable in illustrating both team and individual movements at training and carnivals