



Standard Guide for Performance of a Water Rescuer—Level II¹

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1. Scope

1.1 This guide covers minimum requirements for performance of a water rescuer who performs water rescues from the surface at lakes, ponds, quarries, and other similar bodies of water; assists with support for rescue divers; and provides initial patient care at a water emergency.

1.2 This guide is one of a series which, together with Guide **F1739**, describe the minimum performance requirements of a water rescuer.

1.3 Individuals who will operate in the water setting need to be aware of the equipment and physical requirements necessary to be able to perform all identified objectives and necessary skills in the setting.

1.4 *This standard does not purport to address all of the safety concerns, if any, associated with its use. It is the responsibility of the user of this standard to establish appropriate safety and health practices and determine the applicability of regulatory limitations prior to use.*

2. Referenced Documents

- 2.1 *ASTM Standards*:²
F1739 Guide for Performance of a Water Rescuer—Level I

3. Terminology

3.1 Definitions:

3.1.1 *drysuit, n*—a protective suit that encompasses the wearer, prohibiting water from entering.

3.1.2 *immersion suit, n*—designed to provide cold water protection and buoyancy by one person in cold water emergencies.

3.1.2.1 *Discussion*—These devices should conform to standards set by the appropriate national regulatory authority, that is, the U.S. Coast Guard in the United States.

¹ This practice is under the jurisdiction of ASTM Committee **F32** on Search and Rescue and is the direct responsibility of Subcommittee **F32.03** on Personnel, Training and Education.

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² For referenced ASTM standards, visit the ASTM website, www.astm.org, or contact ASTM Customer Service at service@astm.org. For *Annual Book of ASTM Standards* volume information, refer to the standard's Document Summary page on the ASTM website.

3.1.3 *personal flotation device, PFD, n*—a buoyant device suitable for use by one person in water emergencies.

3.1.3.1 *Discussion*—These devices should conform to standards set by the appropriate national regulatory authority, that is, the U.S. Coast Guard in the United States.

4. Significance and Use

4.1 This guide is to be used to expand the performance of water rescuers and improve the emergency response and patient care delivered to victims in the water and cold water environment at lakes, ponds, quarries, and similar bodies of water.

4.2 All persons who are identified as water rescuers shall meet the requirements of this guide.

4.3 This guide is not intended to be used in isolation, but as a component guide, acknowledging various types/conditions at water emergencies and many duties of response at these incidents. It also establishes a minimum scope of performance and encourages the addition of optional knowledge, skills, and attitudinal objectives.

4.4 This guide is not for ice, coastal, or river/swiftwater rescues. There will be additional standards to cover the specifics for those water characteristics.

4.5 This guide does not establish water rescue protocols for the pool, beach, or other area lifeguards.

4.6 This guide does not establish medical protocols, nor does it authorize invasive procedures without specific authorization and medical control.

4.7 This guide is intended to assist government agencies; state, local, or regional organizations; fire departments; marine patrols; rescue teams; and others who are responsible for establishing a minimum performance for personnel who respond to water emergencies.

4.8 A water rescuer shall be wearing a PFD, plus cold water protection when applicable.

5. Objectives

5.1 The water rescuer shall be able to perform the objectives in Guide **F1739**.

5.2 The water rescuer shall be able to perform the following:

- 5.2.1 Swim continuously 274.32 m (300 yd),
- 5.2.2 Perform a head-first surface dive,
- 5.2.3 Perform a feet-first surface dive,
- 5.2.4 Perform a stride jump entry,
- 5.2.5 Perform a compact jump entry,
- 5.2.6 Perform an unknown/hazard entry or ease in entry,
- 5.2.7 Perform the approach to victim utilizing a modified crawl or breast stroke and initiate a quick reverse,
- 5.2.8 Perform a swimming extension rescue with a rescue tube, type IV PFD, or other buoyant device,
- 5.2.9 Perform a double wrist grip escape,
- 5.2.10 Perform a front head hold escape,
- 5.2.11 Perform a rear head hold escape,
- 5.2.12 Perform an unconscious one arm turn,
- 5.2.13 Perform an unconscious two arm turn,
- 5.2.14 Perform a collar tow,
- 5.2.15 Perform an active and passive victim rear rescue,
- 5.2.16 Perform a multiple victim rear rescue,
- 5.2.17 Perform a submerged victim rescue,
- 5.2.18 Perform the head splint spinal injury technique for both a face up and face down victim,
- 5.2.19 Perform the head and chin support (vise grip) spinal injury technique for both a face up and face down victim,
- 5.2.20 Immobilize and backboard the injured person in shallow and deep water; removing the person in such a manner that the chance of aggravating injuries is minimized,
- 5.2.21 Perform the walking assist, the beach drag, and two person carry,
- 5.2.22 Perform the double bounce, rope step assist, loop stirrup, blanket roll, and rope roll to extricate a person from the water into a boat,

- 5.2.23 Identify the water rescue sequence,
- 5.2.24 Perform a scene evaluation which includes evaluating water conditions, assessing the scene for hazards, number of victim(s), victim(s) condition, need for additional personnel, need for additional equipment, and take appropriate action following the rescue sequence by utilizing risk benefit analysis,
- 5.2.25 Perform shore-based reaching and extension rescues,
- 5.2.26 Perform throwing rescue technique using a throwbag and coiled rope throws,
- 5.2.27 Perform a tethered swimmer rescue technique utilizing immersion suit, drysuit with PFD, or equivalent,
- 5.2.28 Perform a shallow water search,
- 5.2.29 Perform a deep water line search,
- 5.2.30 Perform a circular or semicircular search,
- 5.2.31 Perform a parallel line search,
- 5.2.32 Provide initial patient care, and
- 5.2.33 Move the victim(s) in conjunction with patient care activities in such a manner that the chance of aggravating injuries or medical condition is minimized.

5.3 *Optional Objectives*—The territory, bodies of water, equipment, personnel, and resources vary among water rescuers in agencies. When emergency response capabilities are limited, the ability of a water rescuer to perform the tasks in 5.1 and 5.2 may be sufficient to ensure satisfactory care. When a water rescuer has a greater variety of responses, territory, and equipment demands, the scope of performance must be expanded accordingly.

6. Keywords

6.1 rescue; rescuer; water rescue; water rescuer

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