



# Ring Buoy Activity

## Basic Non-Contact Rescues

Core message:

**If you come across someone in difficulty in the water,  
NEVER ENTER THE WATER**

### Phrases to teach for voice contact rescue

Start with a call for help. SHOUT,

- **“Help, help, there is someone in the water”**

Then, direct your attention to the person in difficulty the water saying,

- **“Stay calm, you’re going to be okay”**
- **“Kick your legs”**
- **“Swim towards me”**

Continue to use these phrases throughout all types of non-contact rescues.

### Activities:

1. **Voice contact rescue** - Use phrases
2. **Stick/object rescue** - Use phrases, get down on tummy to stay safe while using a stick/object to rescue
3. **Ring buoy only throw rescue** - Use phrases, under arm throw, throw the ring buoy from underarm position
4. **Ring buoy and rope towards cone/person rescue** - Use phrases and get down on tummy to stay safe, loop-lasso the rope, place one foot on the end of the rope, throw rope and buoy together while stepping forward, to land in front/to the side of cone/person, pull in rope steadily