



The  
New Jersey State Police  
Marine Services Bureau

*in conjunction with the*

Wildwood Beach Patrol  
*and the*  
South Jersey Lifeguard Chiefs' Association

*will be conducting*

Open Water Rescue School

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The school is broken into three levels:  
***Awareness, Operations, and Technician***



This program is designed to train:  
***law enforcement - firefighters - EMS providers – lifeguards***



This program will instruct participants in:  
***personal rescue skills & the rescue of victims in distress, in open water & surf environments***

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**When:** June 22<sup>nd</sup> and June 24<sup>th</sup> through June 26<sup>th</sup>, 2009, 8AM – 4PM

**Where:** U.S. Coast Guard Base, Cape May, NJ  
Holly Beach Volunteer Fire Company, Wildwood, NJ  
Wildwood Beach Patrol Headquarters & Oceanfront, Wildwood, NJ

**Please Contact:** Lou Cirelli, Chief, WBP  
Steve Stocks, Capt., WBP  
Ed Schneider, Lieut., WBP  
at  
Wildwood Beach Patrol Headquarters -- (609) 522-8258





## Open Water Rescue School

The New Jersey State Police Marine Services Bureau in conjunction with the Wildwood Beach Patrol will be conducting an Open Water Rescue school. This program is designed to train law enforcement, firefighters, EMS providers, and lifeguards in personal rescue skills as well as the rescue of victims in distress in open water and surf environments. The school is broken into three levels—Awareness, Operations, and Technician.

### Day #1 Awareness Level (½ day classroom and ½ day in pool)

**Classroom Topics:** SAFE rescue, planning and managing surf rescues, surf and weather conditions, rip currents, physiology of drowning, drowning stages, types of drowning.

**Pool Topics:** Skill development Reaching and throwing, self rescue.

Law Enforcement personnel will be expected to enter the water in uniform wearing simulated gunbelt and weapon (provided) and body armor (provided).

Fire service personnel will be expected to enter the water wearing full PPE (provided) including a SCBA.

Lifeguards and EMS personnel will be expected to enter the water wearing street clothes or what is normally worn while on duty.

Pre-requisites for Awareness level training include good physical condition and the ability to swim 100m wearing a PFD (not timed) and treading water for 2 minutes.

### Days #2 & #3 Operations Level (classroom, pool and ocean settings)

**Classroom Topics:** Team development, introduction to surf rescue equipment, components of a rescue, and medical considerations.

**Ocean topics:** Surf dash, approach strokes, ready position, equipped rescues, active victims, unconscious victims, rescue board, escapes and releases, line reel with rescue vest, rescue can link-ups.

Pre-requisites for Operations level training include successful completion of the Awareness level training plus the ability to swim 200 yd non-stop without a PFD in 6min or less.

### Day #4 Technician Level (classroom and ocean settings)

**Classroom topics:** Scenario based evolutions.

**Ocean topics:** Advanced skill development in the surf involving the rescue board and rescue can.

Pre-requisites for Technician level training include successful completion of the Awareness and Operations modules, to be extremely comfortable in the open water environment, and the ability to swim 500yds (non-stop) in 10 min or less.

**Technician Level training will be held in Wildwood on June 26<sup>th</sup>, 2009.**

This course will be conducted **June 22<sup>nd</sup> and June 24<sup>th</sup> through June 26<sup>th</sup>, 2009** and will take place at the Wildwood Beach Patrol Headquarters and oceanfront, Wildwood, NJ; Holly Beach Volunteer Fire Company, Wildwood, NJ; and at the U.S. Coast Guard Base, Cape May, NJ. For more information contact:

**Lou Cirelli, Chief, WBP**  
**Steve Stocks, Capt., WBP**  
**Ed Schneider, Lieut., WBP**  
at  
**Wildwood Beach Patrol Headquarters**  
**(609) 522-8258**