



RESCUE AND RESUSCITATION COMPETITION MANUAL

This manual has been produced as part of a set of SLSA Manuals and deals with the Rescue and Resuscitation Competition and assessment of the events

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RESCUE AND RESUSCITATION COMPETITION MANUAL

2 PERSON

5 PERSON

6 PERSON

28th Edition 1998
2ND REVISED EDITION – NOVEMBER 2001

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PREFACE

Surf Life Saving Australia (SLSA) has in its Articles of Association a number of objects related to advancement and control of the work of surf lifesaving and the resuscitation of the apparently drowned. One of these objects is seen to be the organisation and management of competitions which provide promotion, conditioning of our members and a testing ground for methods and equipment.

Ever since its foundation in 1907 SLSA has provided handbooks or manuals to cover the various aspects of its operations. This manual covers the rescue and resuscitation (R&R) event.

The first “handbook” as it was known around 1907 was developed and printed by the Surf Life Saving Association of NSW and encompassed all aspects of work – administration, instruction, examination, competition and gear. This body revised and reprinted another three editions up until 1921. In 1923 the 5th Edition was printed under the banner of Surf Life Saving Association of Australia, and over the next 30 years a further 13 editions were revised and reprinted – No.18 being printed in 1953.

In 1954 SLSA split the handbook into four handbooks – No. 1. “Green” Book – Constitution; No.2. “Blue” Book – Instruction and Examination; No.3. “Red” Book – Competition; and No.4. “Brown” Book – Gear. Four separate editions of the “Blue” Book and the “Red” Book were produced up until 1969 when the instruction/examination and competition handbooks were again combined in coloured and visual aid format, and were termed a “Manual”. This was the 23rd Edition. Heart/lung massage techniques were added as a supplement in 1971.

The 24th Edition in 1973 was Book No.2, as it was then known, dissected into three parts: No.2 Part 1 – Instruction and Examination, No.2 Part 2 – Rescue and Resuscitation (R&R) Competition, No.2 Part 3 – Competition. This format was followed for the 25th Edition in 1974 but 1978 saw the 26th Edition printed as Manual No.3 – Competition. Instruction and examination was printed under the Manual No.1 banner, and since that date all SLSA Manuals have an identification number.

The R&R Manual is identified as No.2 and has not had a great deal of revision activity since the 25th Edition in 1974, apart from bulletins on updated procedures. There have only been two editions produced:

26th Edition – September 1980, when the 4 man event was introduced;

27th Edition – November 1987, when the 4 man became 5 man and the reprint was in colour.

The 27th Edition has served SLSA well for 11 years and now the introduction of the 28th Edition incorporates all R&R events as adopted by SLSA in recent years. The amended 2006 28th Edition published on the SLSA’s website incorporates major changes to SLSA’s resuscitation techniques.

CHAPTER 1

GENERAL CONDITIONS

1. INTRODUCTION

The Rescue and Resuscitation (R&R) event, in its different forms, provides the opportunity for SLSA to demonstrate in a competitive manner, the original and developing methods of rescue as well as the modern techniques of resuscitation. There are various age divisions as well as a variation of procedures and formats which are aimed at combined patrol procedures, and an introduction of the younger member into the field of rescue and resuscitation which is, after all, the prime reason for SLSA's existence.

The various formats the R&R competition takes are:

5 Person: Where a team consists of five competitors – one acting as patient, one as beltman and rescuer and the other three as reel and line operators.

2 Person: Where a team consists of two competitors – one acting as patient and the other as rescuer.

6 Person: Where a team consists of six competitors – similar to 5 Person, with the sixth competitor utilising the rescue tube as an assistant to the beltman in the rescue.

The events conducted in the various age divisions are:

Under 10 – Under 13	2 Person R&R event
Under 12 – Under 14	5 Person R&R event
Under 15	5 Person R&R event
Under 17	5 Person R&R event
Under 19	5 Person R&R event
Open	5 Person Mixed R&R event
Open	5 Man R&R event
Open	5 Woman R&R event
Open	6 Person R&R event

Note 1: The gender combinations of male and female in the Open 5 Person Mixed R&R event must be mixed and may vary from 4-1 to 3-2 in either gender in each team. In addition, no "double dipping" is permitted in the Open 5 Person Mixed R&R and the Open 5 Man and/or Open 5 Woman R&R events at the same competition i.e. no competitor who has competed in the Open 5 Man R&R or the Open 5 Woman R&R event is permitted to enter and/or compete in the Open 5 Person Mixed R&R event at the same competition. Similarly, no competitor who has competed in the Open 5 Person Mixed R&R event is permitted to enter and/or compete in the Open 5 Man R&R or the Open 5 Woman R&R event at the same competition. However, a competitor is permitted to compete in the U/15, U/17 and/or U/19 5 Person R&R events and/or the Open 6 Person R&R event and still be eligible to enter/compete in the Open 5 Person Mixed R&R event provided that they are a currently proficient Bronze Medallion holder.

Note 2: There are also a number of activities that are common to all formats of R&R and these are contained in this chapter whilst the individual characteristics of the various procedures are detailed in separate chapters.

Note 3: Except where specifically stated in this Manual, reference to the male gender is intended to cover both male and female members of SLSA.

Note 4: SLSA may issue additional regulations or bulletins for these events which shall be read in conjunction with this manual.

2. COMPETITION CONDITIONS

2.1. General Competitive Conditions

- (a) General competitive conditions including age and gender limitations, dress, entries and substitution rules shall be as detailed in the current Competition Manual.

2.2 Arena

- (a) The competition arena shall be set out and designated by pegs, poles and flags as shown in Diagram 1. This diagram also indicates, where required, the position of the swimming buoys and suggested positions for the duty boat. The swimming buoys shall normally be laid a minimum of 120 metres from the end of knee depth water at low tide (taking into account varying conditions such as sandbars, exclusion of holes and rips, surf conditions and safety factors).
- (b) The course shall be set as above and in the manner described in the current SLSA Surf Sports Manual.
- (c) Should conditions warrant it being impossible to lay swimming buoys for the safe conduct of the event at a minimum of 120 metres the Referee shall at his/her discretion be permitted to lay the buoys at a shorter distance.

2.3 Heats, Semi-finals, Finals

- (a) Prior to the commencement of a competition, the Referee shall determine the method of progression of teams to the semi-finals and finals and ascertain if all teams are in attendance.
- (b) In the event of teams signifying their inability to start, the Referee shall order, if necessary, a re-ballot for heats for all competing teams.
- (c) A maximum of nine (9) teams is permitted in a heat or round. The determination of team numbers in heats, semis and finals is at the discretion of the Sectional Referee in consultation with the Carnival Referee.

2.4 Permanent Physical Disabilities

- (a) No allowance can be made but the team's captain is advised to report such cases to the Referee 15 minutes prior to the competition.
- (b) Competitors are permitted to wear spectacles or sunglasses (prescription or non-prescription) in R&R events. No deduction shall be made where a competitor is required to remove his glasses prior to commencing to swim.
- (c) Linemen and reelman are permitted to wear protective gloves or tape on their hands to prevent injury. Gloves may be removed without penalty.
- (d) Judges may collect any discarded glasses and gloves.

2.5 Dead Heats

- (a) For the purpose of determining the winner and placings in cases of dead heats or equal point scores in 5 and 6 Person R&R events (see note 1 below for U12 – U15 events) the team with the least swimming points shall be declared the winner or place getter. Failing a decision by this means, the team with the lowest points in Section 3 shall be declared the winner or place getter. In the event of a further dead heat, then Sections 4, 2, 1 shall be used in that order, to determine a winner or place getter. Failing to reach a decision in this manner shall result in the lowest cumulative deduction of all judges allotments in the left hand column of the master card for each section progressively in the following order: 3, 4, 2, 1, shall be used until a result is

decided. If placings are still unable to be determined a dead heat shall be declared.

Note 1: For U12 –U15 5 Person events the process shall be as above but deleting the swimming points.

Note 2: For 2 Person R&R events – refer to chapter 4, B5.

2.6 Re-Runs

- (a) In the event of a re-run of a heat, semi-final or final, the beach positions of the teams and the balloted positions of the team members shall not alter.

2.7 Disputes and Protests

- (a) Any dispute or protest shall be determined as provided for in the current SLSA Competition Manual provided that in relation to judging decisions the only dispute or protest which will be considered is relative to disqualification, major or serious errors.

3. JUDGE PROCEDURES

3.1 Sectional Judging

- (a) The event is divided into four sections which provides for the various groups of judges to view a number of teams as at the end of each section judges change team positions. Sections are detailed in the various event descriptions.

3.2 Points Allotment

- (a) Points shall be allotted for errors in accordance with the error schedule, and the team scoring the lowest number of points shall be declared the winner. The next lowest shall be placed second, and so on.

3.3 Time Keeping

- (a) Accurate timekeeping and placings are essential elements in relation to the swimming component at these events. Because of the varying conditions (big seas, sun glare, lack of personnel, etc.) this activity can become very difficult and therefore every endeavour should be made to ensure an accurate result. It is recommended that adequate stationery and multi-stop watches be provided for timekeepers and their assistants and they be suitably positioned for a complete view of the arena. It is further recommended that:

- (i) “Spotters” be appointed to call buoy signals (maximum 2 buoys per spotter)
- (ii) Recorders be appointed to record calls (preferably 2)
- (iii) Timekeepers be appointed to operate stopwatches (preferably two)
- (iv) A judge in boat record finishes at the buoys.

3.4 Allocation of Judges

- (a) One, two or three judges may be allotted to each beach position and each shall be issued with a correspondingly numbered judge’s card. When two judges are allocated, their respective cards shall be marked 1A, 1 B – 2A, 2B and so on. When three judges are allocated their cards shall be marked 1A, 1B, 1C, etc. During the ballot the “A” Judge is responsible for the ballot card, “B” Judge controls the marbles and the “C” Judge issues the caps. If there are only two judge’s the “A” Judge also issues the caps. If there is one judge he may co-opt assistance. For the first section of the judging, each judge shall judge the work of the team whose beach position corresponds with the number on his card. He shall write the name and number of the team in the appropriate section.

3.5 Judges Conferring

- (a) Judges should not confer during a competition unless a disqualification or decision on a 5-point or more deduction is to be made. Judges wishing to confer, unless there is an exceptional circumstance, shall do so at the end of the section **and shall move to the rear of the team’s beach position**. They should take up positions and move about the beach so they do not crowd one another. Judges should also refrain from actions or words likely to interfere with or distract teams.

3.6 Referees Attention

- (a) Should judges need to attract the attention of the Referee during the competition the Judges shall retire to the rear of the team and signal by raising a right arm.

3.7 Judges Changing

- (a) On completion of the first section of the judging and on the command “Judges Change” (given by the Referee), each judge or judges shall move to the next team position. This shall be done in a clockwise direction facing the water and judge the work of the team in the second section, noting the name and number of the team on the judge’s card. Similar action will be taken on completion of each section. Should there be a full panel of judges and less than nine teams the full panel of judges shall be utilised with judges rotating as described and indicating on their cards the beach positions where teams are missing.

3.8 Points Recording

- (a) Judges shall record on their judging cards points allotted by them and then total each section. Method of recording errors or disqualifications are as directed in Section D (Error Schedule) and the judging cards. Immediately the teams leave the competition arena, judges should complete their cards, sign them, and hand them to the Referee Steward without comparison or discussion.

3.9 Calculation of Points from Judges’ Markings

- (a) When three judges per team are appointed the highest marking and the lowest marking shall be disregarded and the remaining marking shall be recorded e.g.:

Judge	Team 1	Team 2	Team 3
Judge A	3	(6)	8
Judge B	(4)	6	(9)
Judge C	5	4	10

- (b) When two judges per team are appointed the points are aggregated and divided by two.
- (c) The Referee Steward shall prepare the master card from the markings on the judges’ cards. The judges’ and master cards are shown in the Appendix.

3.10 Handling of Gear

- (a) Judges must not at any time handle gear during an R&R competition except after consultation with, or decision by, the Sectional Referee.

4. ERROR SCHEDULE

- (a) The schedule covers errors that can be made during competition. The drill must be carried out in accordance with the information given in this manual and this schedule is used to indicate the value of errors so that points can be allotted.

Any error not provided for shall be decided by the judge/s concerned together with the Referee.

4.1 Error Classification

(a) Points allotment or errors are classified into five categories:

- (i) Total Disqualification (D)
- (ii) Major (10)
- (iii) Serious (5)
- (iv) Minor (2)
- (v) Observed (1)

Total Disqualification	(D)
Major	(10)
Serious	(5)
Minor	(2)
Observed	(1)

4.2 Total Disqualifications

(a) These penalties are applicable to all sections or to the sections in which they can occur. All judges on that team and the Referee must agree. If there is disagreement the decision shall be deferred until the end of the competition when the matter shall be placed before those judges and the Referee for a decision. Total disqualification is recorded in the deductions section of the judge's card by marking the relative error indicator "AA", "BB", etc. as referred to below.

Note: Total disqualification from the event and any additional penalty that may be imposed by SLSA.

AA - Abusing any official in the competition arena.

BB - Impersonating or unauthorised competing.

CC - Attempting to defeat the purpose of the ballot in any manner (excluding section 4).

DD - Wilfully jostling or obstructing so as to impede another's progress or competing unfairly.

EE - Acting in a manner prejudicial to the good name of SLSA.

(b) Total Disqualification from the Event:

FF - Rescuer reaching buoy before patient and signaling.

GG - Line breaking or parting from the belt during the pay-out.

HH - Beltman reaching the buoy before the rescuer and signaling.

II - Rescuer or beltman arriving at the buoy without tube or belt.

JJ - Rescuer or beltman exceeding swimming time limit.

KK - Patient or rescuer pulling or pushing buoys with a view to assisting their team members.

LL - Patient swimming to beltman or rescuer at any time.

NN - Failure of team to march on with rescue tube.

4.3 Major Errors (10 points)

(a) These are applicable to all sections and incur the same value (10 points) irrespective of when the breach is committed. The error may be allotted only after all judges on that team agree, and the Referee shall be informed forthwith; in the case of a disagreement the matter shall be referred to the Referee for a decision.

(b) If a major error is to be recorded the figure "10" is placed in the deduction section of the judge's card and the relative error indicator A, B, C or D as referred to below is also recorded.

A - Jostling or obstructing (not willfully) so as to impede another's progress.

B - Receiving and acting upon outside assistance or signals other than verbal or direction.

C - Breaking ranks through indisposition (for over three minutes).

D - Rescuer or beltman swimming to wrong buoy and signalling.

4.4 Serious Errors (5 points)

(a) These errors are considered to be detrimental to sound lifesaving practices **and are listed in their various sections**. The error may be imposed only if all judges on that team agree, and the Referee shall be advised forthwith; in the case of a disagreement that team shall receive the benefit of the doubt and a minor error shall be recorded.

4.5 Unlisted Serious Errors (5 points)

(a) (e.g. faulty/broken gear, team members returning to incorrect positions and other unusual circumstances) that may occur in various sections shall be adjudicated on by the judges concerned in consultation with the Referee. If a serious error is to be allotted the figure "5" is placed in the deductions section of the judge's card and circled.

4.6 Minor Errors (2 points)

(a) These errors are considered to be poor lifesaving **and are listed in italics on the judging card**. There shall be no repetitious recording of these errors other than those designated "each occasion".

4.7 Observed Errors (1 point)

(a) These errors are relative to normal instructional and disciplinary activities and are listed on the judging card. There shall be no repetitious recording of these errors other than those designated "each occasion".

4.8 Unlisted Observed Errors (1 point)

(a) Judges shall be required to monitor the teams for unusual circumstances unauthorised signalling or unnecessary talking. If these activities are noted or observed, the figure "1" is placed in the deduction section of the judge's card and circled.

5. BASIC PRELIMINARY DRILL

(a) The various commands and the routines to be followed are set out below. Descriptive wording should be considered in conjunction with relevant photos, and where confusion arises, the photos take precedence over interpretations. Any happening or ruling not covered in this manual should be reported to the SLSA's Director of Surf Sports, for guidance.

5.1 Commands

(a) Should be pronounced distinctly, and sufficiently loud to be heard by all concerned. Commands that consist of one word shall be preceded by a caution. The caution or the cautionary part of a command shall be given distinctly and deliberately. The final executive part, which, as a rule, consists of only one word or syllable, shall be given sharply as:

"Squad - HALT", "Down - REEL", "Reel - POSITIONS"

5.2 Length of Paces

- (a) A pace forward or to the rear should be 650 mm to 750 mm and should be taken moving off with the left foot.

Note: U12–U14 5 person 500-600mm; 2 person 350-500mm.

5.3 Fall-In

- (a) Members of the team or squad will form up at “Attention” in a single rank, shortest on the beachside, ranging up to the tallest on the seaside (spacing to be not more than 25mm apart at the elbows) and “Stand at Ease”.

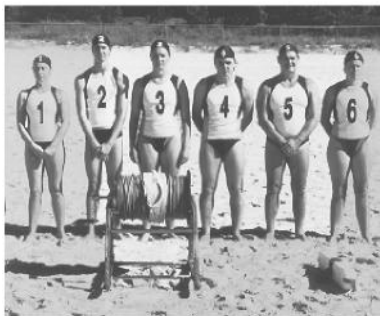


5.4 Foot Movement

- (a) During all preliminary drills, unless otherwise provided, movements such a “quick march”, “A pace forward or backward into line”, the left foot shall be moved first and all of the moving foot shall clear the sand.

5.5 Stand Easy

- (a) The limbs, head and body may be moved, but the feet must not be moved, so that on coming to “Attention” there will be no loss of dressing. Talking or slouching attitudes are not permitted. On the cautionary word “Team” the correct position of “Attention” should be resumed.



5.6 Attention

- (a) Heels together and in line. (If, owing to the structure of the legs or knees, it is a physical impossibility to keep the heels together, judges are to show tolerance). Feet turned outwards so that the angle between them is approximately 45 degrees. Knees straight. Body erect and carried evenly over the thighs, with the shoulders (which should be level and square to the front) drawn moderately back—this should bring the chest into its natural forward position without any straining or stiffening. Arms hanging from the shoulders as straight as the natural bend of the arm when the muscles are



relaxed will allow, but with the hands level with the centre of the thighs. Wrists straight. Palms of the hands turned towards the thigh, hands closed, but not clenched, back of fingers lightly touching the thigh, thumb to the front and close to the forefinger, neck erect, head balanced evenly on the neck, eyes looking their own height and straight to the front. The weight of the body should be evenly balanced on both feet. Breathing must not in any way be restricted, and no part of the body should be either drawn in or pushed out. The position is one of readiness but there should be no stiffness or unnatural straining to maintain it.

5.7 In Line (Right Dress)

- (a) Each man except No.1 shall turn his head and eyes smartly to the right and take up his dressing in line. This is done by moving with short, quick steps, until the elbow of the man on his right is almost touched but not more than 25mm away and just able to distinguish the lower part of the face of the second man beyond him. Alignment is assessed by taking an end-on view and provided daylight cannot be seen between bodies, the team shall be adjudged as in line.

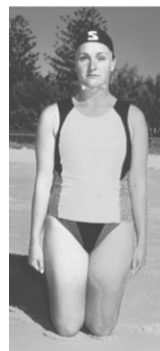


5.8 Eyes Front

- (a) Each man shall turn his head and eyes smartly to the front.

5.9 Kneel at Attention

- (a) Knees and feet together, toes extended back-wards, and in line with the body. Arms, hands, head and body in the position of “Attention”.



5.10 Kneel at Ease

- (a) From the “Kneel at Attention” position, relax the body and sit back on the heels, toes extended back-wards, head and eyes square to the front, with the hands closed, but not clenched, resting on the thighs.

5.11 About Turn, two Actions

- (a) “One”: Keeping the body erect, arms close to the sides, turn about to the right on the right heel and left toe, raising the left heel and right toe in doing so, but keeping the right heel firmly on the sand. On completion of this preliminary movement, the right foot must be flat on the sand and the left heel raised; both knees straight, the weight of the body



which must be erect, on the right foot. "Two": Bring the left heel smartly up to the right. In all turns foot clearance above the sand shall be the same as for a normal pace – see paragraph 5.

5.12 Quick March

- (a) The rate of marching shall be 110 to 120 paces to the minute and carried out in the following manner:

(i) Each man shall step off with his left foot, keeping his head and body in the position of "Attention". The foot shall be carried straight to the front with the toes pointed slightly downward so that the weight is taken on the ball of the foot.

(ii) The body should be in an upright position (not leaning forward or backward) with the head slightly high, but generally with the eyes looking straight ahead. The whole body should be relaxed with no stiffness apparent.

(iii) The arm action should display a natural swing from the shoulders with no excessive movement of the top part of the body. The arm should be slightly bent but on no account should there be any "hooking" at the elbow or a rigid stiffness of the arm. If the arm swing is correct it should be uniform within the team and should swing forward and behind the body but in no way restricted.

(iv) Hands should be closed, not tightly but naturally with the thumb pointing forward along the top of the first finger.

(v) The movement of the leg must spring from the haunch and be free and natural. The legs should be swung forward freely and naturally from the hip joints, each leg, as it swings forward, being bent sufficiently at the knee to enable the foot to clear the sand. The toes shall be slightly pointed and the foot should hit the sand with the ball of the foot. All of the moving foot shall clear the sand. The foot should be carried straight to the front and without being drawn back, placed firmly upon the sand with the knee straight, without jerking the body.



5.13 Halt

- (a) A pace shall be completed with the moving foot, and then the other foot shall be brought up into line with that foot.

5.14 Rate of Drill

- (a) Except where otherwise stated, all drill movements shall be carried out at the rate of march (i.e. 110-120 movements per minute).

5.15 Continuous Movement

- (a) This shall be at the correct speed without pauses or stops in order to co-ordinate teamwork.



5.16 Run

- (a) To move at pace faster than walk with both feet never on the ground at one time.

5.17 Entering the Water

- (a) In all instances the competitor entering the water may do so at their discretion.

5.18 Pistol Grip (Jaw Support)

- (a) Jaw support is attained by placing the knuckle of the middle finger under the point of the chin, the thumb along the front of the lower lip and the point of the chin and the index finger along the bony part of the jaw. The middle, ring and small fingers are curled into towards the palm of the hand and the index finger and thumb must be placed in such a way as to keep No.1's mouth slightly open. All fingers must be kept clear of No.1's throat. (This right hand grip is known as the pistol grip).

5.19 Backward Head Tilt

- (a) Backward head tilt is attained by taking control of the patient's head with two hands and then extending the neck and tilting the head backwards. This may necessitate, in some cases, a variation in the position of the hand on the head, however the pistol grip remains constant.



5.20 Mouth to Mouth Method of (Simulated) Rescue Breathing

- (a) After obtaining backward head tilt, the operator shall move the left hand forward on the patient's head to a position where the index finger and thumb can seal the patient's nose. The operator shall then, whilst maintaining backward head tilt, place his face very close to the patient's face so that the operator's chin is above the patient's mouth during the performance of simulated Rescue Breathing. He may rest his forearm on the beach to maintain balance. During the inflation phase, the patient's mouth shall be slightly open, with the nose sealed, and the operator should endeavour to observe the rise and fall of the patient's chest and abdomen.