



RESCUE BUOY
MALIBU

Lifesaver's Field Guide

You are the first barrier between a
person and the water.

In your hands: knowledge, awareness, and a tool that can save a life.

**Being a lifesaver is not a job title – it's a decision.
Anyone can make it.**

Remember:

You are not a hero. You are calm and calculated.

Your safety is priority one.

You don't have to jump – think first.

The best rescue is the one that never happens.

This guide's purpose is to give you clear, tested steps from the best rescue systems around the world.

If you're holding a rescue buoy – you've already made the first move.

Assess Before You Act

Before you move – pause and assess

Location:

Where are you? Shore, boat, platform?

Are there waves, current, or wind?

Situation:

How many people are in trouble?

Are they conscious?

Are they floating or struggling?

Is there a buoy, board, or object to grab?

Hazards for you:

Current, obstacles, wildlife, boats?

Is there backup nearby? Radio, partner?

Rescue options:

Can you rescue without entering the water?

Can you use a buoy, rope, board?

Always remember:

Stop – Assess – Act

You're not rescuing if you become a victim

Rescue Protocol

Remember: You come first. Rescue second.

Step-by-step:

1. Shout and point

- Get their attention
- Make them focus on you

2. Call for help / alert.

- Signal your team, use a radio, yell "Man overboard!"
- If alone, assess and continue with caution

3. Choose your method:

Reach: rope, buoy, paddle, stick

Throw: ring, buoy, floating item

Swim: only if confident & equipped (buoy, fins, board)

4. Approach:

Move calmly, from front or side

Keep buoy between you and the person

Avoid direct contact before stabilizing

5. Contact & stabilize:

Let them grab buoy or board

Reassure with calm voice

Avoid grabs – keep distance

6. Tow to safety:

Swim sideways or backwards

Use buoy for flotation

Swim with the current, not against

Save Yourself First

! Golden Rule:

No rescue is worth your life.

How to stay safe:

1. Breathe

- Deep inhale.
- One count in, two counts out. Lowers panic.

2. Keep distance

- Never go in close.
- Use buoy as barrier.

3. Protect your face and neck

- If grabbed – dive under, push off.
- Avoid neck contact at all costs.

4. Save energy

- Swim smoothly.
- Use currents and floatation.
- Don't fight the water – flow with it.

5. Triage in multi-victim scenarios:

1. Conscious but sinking
2. Holding on but weakening
3. Floating – last

6. If overwhelmed:

- Let go of the buoy and swim back
- Call for help
- Return only with backup

Managing the Victim

Once the person has grabbed the buoy or board – don't rush.

What to do:

1. Contact is made – don't let panic return

- Keep eye contact
- Speak clearly: "You're safe", "Hold the buoy"

2. Avoid being grabbed

- If they grab you – dive under, they'll release
- Stay calm, keep space

3. Control their body position

- Don't pull – let them hold
- Keep them afloat with buoy or board

4. Slow tow

- Swim on your back, buoy in front
- If current is strong – move diagonally, not directly

5. Monitor their condition

- Conscious?
- Breathing steadily?
- Hypothermia signs (shivering, blue lips)?

6. Avoid sharp moves – they scare

- Smooth towing is safer
- Talking reduces fear

Post-Rescue Protocol

! You brought the person to safety.

But your job isn't done.

What to do immediately:

1. Place in recovery position

- On back, head turned to side
- If conscious: semi-sitting; if unconscious: full recovery position

2. Assess condition (DRABC):

D – Danger: is it safe?

R – Response: do they react?

A – Airway: is it open?

B – Breathing: yes or no?

C – Circulation: pulse?

3. If not breathing – start CPR:

- 30 compressions + 2 breaths
- Use AED if available

4. If conscious:

- Dry and warm them
- Give water; warm drink only if stable, no alcohol
- Monitor color, breath, awareness

Handover to medics:

- State when and where rescued
- Say if unconscious, water inhaled
- Describe what you did

If no medics:

Warm gradually (clothes, ground insulation)

Keep them awake if cold

Talk to maintain awareness

Your role isn't over

! You don't just rescue – you create safety.

As a lifeguard, diver, instructor, or alert swimmer – you are part of a global culture where life matters.

What makes you a true rescuer:

1. Always prepared

- Buoy, first aid, protocol – ready anytime
- Regular practice in real conditions

2. Teaching others

- Teach kids to float
- Show how to use a buoy
- Explain that panic is the enemy

3. Prevention is better than bravery

- Block unsafe entry
- Check gear
- Remove hazards from shore or deck

4. Support after rescue

- Calm yourself
- Support the witnesses
- Log the rescue for learning & data



You are not alone

From Okinawa to Mauritius, Sochi to Santa Monica –
thousands like you are ready to act for life.

They all follow one truth:

Calm + Knowledge + Gear = Life Saved



maliburescuebuoy.com