

Red Cross Swim Kids 7

Lesson #1



Duration: 45 minutes

Time: _____

Equipment: Kickboards, pull-buoys, pictures of choking risks, throwing assists with a line, buoyant objects

Time (mins)	Activity/Skill	Formation
4	Warm-Up Front Crawl - One Width, 10 Rhythmic Bobs Back Crawl - One Width, 5 Jumps, Feet First off Edge	
20	Strokes and Drills <i>Screen swimmers for RCSK 6 skills</i> Front Crawl 25m Elementary Back Stroke 15m Back Crawl 25m Crescendo Kicking Drill 25m (see page 2) – 2 times - Whip Kick 25m - Flutter Kick, on Back 25m - Flutter Kick, on Front 25m <i>Introduction to new RCSK 7 skills</i> Front Scull 15m - Front Sculling Drill 5m (see page 2) Whip Kick on Front 15m - Whip Kick on Front with Kickboard (see page 2)	
11	Skills and Water Safety Throwing Assist with a Line (see page 2) Mild and Severe Airway Obstruction Relay (see page 2) Stride Entry	
10	Fitness Activities Distance Swim 150m - Begin with front dive - Record the personal best time for each swimmer Dolphin Kick 15m	

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Lesson #1



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Crescendo Kicking Drill

Description:

1. Swimmers begin kicking at a slow pace and increase the pace with each distance completed.
Example: 3 × 25m – first length slow, second medium, third fast.
2. Swimmers can rest between sets.

Front Sculling Drill

Description:

1. Using a proper front scull technique, swimmers propel themselves through the water using only their arms. They can hold a pull-buoy between their legs for body position support.

Whip Kick on Front with Kickboard

Description:

1. Swimmers perform the whip kick on their front while holding on to a kickboard with their arms extended and stretched.
2. Swimmers can have their face in or out of the water.
3. The kickboard encourages a horizontal body position.

Throwing Assist with a Line

Purpose: Identify throwing assists

Description:

1. Place a variety of buoyant objects on the side of the pool deck.
2. Each swimmer picks one to throw and then explains whether it is a wise or an unwise choice for using as a throwing assist.

Mild and Severe Airway Obstruction Relay

Purpose: Identify things that can cause choking

Description:

1. Place laminated pictures of either food or toys a person could choke on (e.g., find these pictures in food flyers, magazines) at the far end of the pool.
2. Divide the class into 2 teams.
3. The first member of each team swims a head-up crawl to the other side and brings back a picture. When the first member returns, the next one goes.
4. After all pictures are retrieved, swimmers identify for whom this is likely to be a choking hazard (baby, child, adult) and the reasons why.

Red Cross Swim Kids 7

Lesson #2



Duration: 45 minutes

Time: _____

Equipment: Water noodles, kickboards, ring buoys, pull-buoys

Time (mins)	Activity/Skill	Formation
8	<p>Skills and Water Safety Throwing Assist with a Line (see page 2) Stride Entry</p>	
10	<p>Fitness Activity - Dolphin Kick 15m</p>	
27	<p>Strokes and Drills Front Scull 15m - Front Sculling Drill 5m (see page 2) – 4 times - With pull-buoy between legs Whip Kick on Front 15m - Whip Kick on Front with Kickboard 15m (see page 2) – 4 times Elementary Back Stroke 25m - Triple-Kick Elementary Back Stroke 25m (see page 2) – 4 times</p>	

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Lesson #2



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Throwing Assist with a Line

Purpose: Practise rescues with a ring buoy

Description:

1. Divide the class into pairs.
2. One partner simulates a distressed swimmer (Instructor: specify the type of distressed swimmer) while the other partner uses a ring buoy to perform the rescue.
3. Repeat 2 times.

Front Sculling Drill

Description:

1. Using a proper front scull technique, swimmers propel themselves through the water using only their arms. They can hold a pull-buoy between their legs.

Whip Kick on Front with Kickboard

Description:

1. Swimmers perform the whip kick on their front while holding on to a kickboard with their arms extended and stretched.
2. Swimmers can have their face in or out of the water.
3. The kickboard encourages a horizontal body position.

Triple-Kick Elementary Back Stroke

Description:

1. Swimmers do an elementary back stroke, performing 3 whip kicks for every arm pull.
2. Emphasize finishing the kick and arm pull at the same time, with extra focus on the whip kick.

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Lesson #3



Duration: 45 minutes

Time: _____

Equipment: Reaching assists, kickboards, hats

Time (mins)	Activity/Skill	Formation
9	<p>Skills and Water Safety</p> <p>Mild and Severe Airway Obstruction Choking Rescue, Mild and Severe Airway Obstruction, Conscious Person Reaching Assist with Rescue Equipment - Use a variety of reaching assists</p>	
23	<p>Strokes and Drills</p> <p>Front Crawl 50m Back Crawl 50m - Rocket Ship Kick 10m (see page 2) – 3 times Whip Kick on Front 15m - Hold on to a kickboard with arms extended straight out, face in the water</p>	
7	<p>Skills and Water Safety</p> <p>Front Scull 15m – 4 times Stride Jump - Stride Entry - Discovering Your Stride (see page 2) - Give each swimmer a hat; challenge swimmers to keep the hat on when entering the water</p>	
6	<p>Fitness Activity</p> <p>Rough Water Challenge (see page 2) - Any stroke</p>	

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Lesson #3



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Rocket Ship Kick

Description:

1. Swimmers do a flutter kick on their back with arms above their head instead of down at their sides.
2. This keeps swimmers focussed on maintaining a straight, streamlined body position.

Discovering Your Stride

Purpose: Introduce stride entries

Description:

1. Have swimmers practise different ways to enter the water without their heads going under.
2. Have swimmers practise maximizing their surface area (spread arms and legs) as they enter the water.
3. Have swimmers practise minimizing their surface area (bring arms and legs close to the body) as they enter the water.
4. Have swimmers practise taking large steps on land.
5. Have swimmers take large steps into the water. Emphasize a step, not a jump.
6. Have swimmers take a large step into the water using their maximum surface area.
7. Demonstrate a stride jump and then have swimmers practise it.

Rough Water Challenge

Purpose: Practise swimming or sculling in rough water

Description:

1. Divide the class into 2 lines facing each other. The class uses kickboards to make waves. Swimmers take turns swimming or sculling through the channel.

Red Cross Swim Kids 7

Lesson #4



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Duration: 45 minutes

Time: _____

Equipment: Water noodles

Time (mins)	Activity/Skill	Formation
5	Skills and Water Safety Mild and Severe Airway Obstruction Choking Rescue, Mild and Severe Airway Obstruction, Conscious Person	
5	Warm-Up Continuous Relay - Have all swimmers swim all strokes - Each swimmer swims 25m	
25	Stroke and Drills Elementary Back Stroke 25m Front Crawl 50m Whip Kick on Front 15m (see page 2) Back Crawl 50m - Double-Arm Back Crawl (see page 2) Front Scull 15m	
10	Fitness Activity Dolphin Kick 15m	

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Lesson #4



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Whip Kick on Front

Description:

1. Swimmers perform the whip kick on their front while holding on to a water noodle with their arms extended and stretched.
2. Swimmers can have their face in or out of the water.
3. The water noodle encourages a horizontal body position.

Double-Arm Back Crawl

Description:

1. Swimmers do a back crawl, recovering and pulling with both arms simultaneously.
2. This encourages power in the pull phase of the stroke.
3. A strong flutter kick is maintained throughout.

Red Cross Swim Kids 7

Lesson #5



Duration: 45 minutes

Time: _____

Equipment: Water noodles, throwing assists with a line, reaching assists, kickboards

Time (mins)	Activity/Skill	Formation
	<p>NOTE: Complete a mid-session evaluation (optional).</p>	
4	<p>Skills and Water Safety Throwing Assist with a Line - In partners, repeat throwing assist with line challenge, teach accuracy, have distressed swimmer move farther away</p>	
7	<p>Fitness Activities – Warm-Up Whip Kick Partner Water Noodle Race - Towing Drill: divide the class into pairs and give each pair a water noodle; one partner tows the other partner using a whip kick while holding on to a water noodle Distance Swim 150m - Record the personal best time for each swimmer</p>	
27	<p>Strokes and Drills Whip Kick on Front 15m - Whip Kick on Front with Kickboard 15m (see page 2) – 3 times Elementary Back Stroke 25m - Pickpocket Drill (see page 2) Front Crawl 50m - 1, 2, 3 Switch 10m (see page 2) – 3 times Back Crawl 50m</p>	
7	<p>Skills and Water Safety Activity Reaching Assist with Rescue Equipment - Reaching Assists/Distressed Swimmer Recognition (see page 2) Choking Rescue, Mild and Severe Airway Obstruction, Conscious Person</p>	

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Lesson #5



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **General** corrections after entire group attempts item, then give **Specific** corrections for each swimmer. Follow with **Try** it again and apply corrections.

Whip Kick on Front with Kickboard

Description:

1. Swimmers perform the whip kick on their front while holding on to a kickboard with their arms extended and stretched.
2. Swimmers can have their face in or out of the water.
3. The kickboard encourages a horizontal body position.

Pickpocket Drill

Description:

1. Swimmers perform each arm pull in the following sequence:
 - Pull arm underwater
 - High-arm recovery over water to front, back underwater to pocket, and then over to front once more
 - Switch arms

1, 2, 3 Switch

Description:

1. Swimmers glide and kick on their back with one arm extended above their head and the other down at their sides. The shoulder should be out of the water.
2. Swimmers kick in this position for 3 seconds.
3. Next swimmers recover their arm above water, switch arms, and hold the position for 3 seconds.
4. Swimmers continue alternating arms.
5. This drill looks like a slow back crawl with a pause just before each arm recovery. This helps swimmers keep arms in opposition to one another.

Reaching Assists/Distressed Swimmer Recognition

Purpose: Practise reaching assists with equipment and distressed swimmer recognition

Description:

1. Divide the class into pairs.
2. One partner simulates a distressed swimmer.
3. The rescuer must identify the distressed swimmer type and then perform a rescue.

Red Cross Swim Kids 7

Lesson #6



Duration: 45 minutes

Time: _____

Equipment: Pull-buoys, sponges, buckets, fins

Time (mins)	Activity/Skill	Formation
4	<p>Warm-Up</p> <p>Front Crawl, With Pull-Buoys</p> <ul style="list-style-type: none"> - Pull-Buoys Between Knees, Arms-Only Front Crawl <p>Dolphin Dives 5m – 3 times</p> <p>Review Mild and Severe Airway Obstruction</p>	
3	<p>Skills and Water Safety</p> <p>Work on skills requiring further development</p>	
30	<p>Strokes and Drills</p> <p>Back Crawl 50m</p> <ul style="list-style-type: none"> - Back Sailboat/Shoulder Roll Combination 10m (see page 2) – 3 times - Vertical Kick 5 sec – 3 times <ul style="list-style-type: none"> - Swimmer performs flutter kick while in upright vertical position <p>Whip Kick on Front 15m</p> <p>Front Crawl 50m</p> <ul style="list-style-type: none"> - Chicken Crawl Drill 10m (see page 2) – 3 times - Scuba Kick 25m <ul style="list-style-type: none"> - Swimmers kick with the aid of fins <p>Elementary Back Stroke 25m</p> <ul style="list-style-type: none"> - Triple-Kick Elementary Back Stroke 25m (see page 2) – 3 times <p>Front Scull 15m</p>	
8	<p>Fitness Activities</p> <p>Relay with Sponges (see page 2)</p> <p>Dolphin Kick 15m</p> <ul style="list-style-type: none"> - Dolphin Kick with the Aid of Fins 	

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Lesson #6



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Back Sailboat/Shoulder Roll Combination

Description:

1. Swimmers begin with a back glide with a kick and a high shoulder roll and then move into a sailboat glide with their arm at a 90-degree angle. Remind them to focus on the transition from rolling the shoulder to bringing the arm out of the water.
2. Each position is held for 3 seconds before switching to the other arm.

Chicken Crawl Drill

Description:

1. Swimmers place their thumbs in their armpits, simulating a chicken's wings.
2. With their arms in this position, swimmers attempt to do a front crawl. This promotes shoulder roll and high-elbow recovery.

Triple-Kick Elementary Back Stroke

Description:

1. Swimmers do an elementary back stroke, performing 3 whip kicks for every arm pull.
2. Emphasize finishing the kick and arm pull at the same time, with extra focus on the whip kick.

Relay with Sponges

Description:

1. Divide the class into 2 teams, give each team a sponge, and place 2 buckets on the far side of the pool.
2. The first member of each team swims a front crawl to the other side while carrying a sponge and wrings it into the bucket.
3. They return and give the sponge to the next swimmer. The first team to fill the bucket wins.

Red Cross Swim Kids 7

Lesson #7



Duration: 45 minutes

Time: _____

Equipment: Reaching assists, dice, sponges, buckets, water noodles, fins

Time (mins)	Activity/Skill	Formation
4	<p>Skills and Water Safety Reaching Assist with Rescue Equipment (see page 2) Choking Rescue, Mild and Severe Airway Obstruction, Conscious Person</p>	
2	<p>Warm-Up Dice Laps - Pick 1 or 2 strokes; let each swimmer roll the dice to determine how many widths to swim</p>	
28	<p>Strokes and Drills Whip Kick on Front 15m Front Crawl 50m - Arms: Boxer Front Crawl; swimmers swim front crawl with fists clenched, 20m – 4 times - Shark Crawl Drill (see page 2) Elementary Back Stroke 25m - Elementary Back Stroke Arms with Flutter Kick: swimmers use proper elementary back stroke arm pull with a small flutter kick to help maintain horizontal body position - Sponge Head (see page 2) Back Crawl 50m - Fishing for Back Crawlers (see page 2) - Kicking: Scuba Kick; swimmers kick with the aid of fins to increase sensation of flow of flutter kick Front Scull 15m</p>	
11	<p>Fitness Activities Spongy Water Polo (see page 2) Distance Swim 150m - Record the personal best time for each swimmer</p>	

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Lesson #7



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **General** corrections after entire group attempts item, then give **Specific** corrections for each swimmer. Follow with **Try** it again and apply corrections.

Reaching Assist with Rescue Equipment

Purpose: Practise reaching assists

Description:

1. Divide the class into pairs.
2. One partner simulates a distressed swimmer. The other partner uses a reaching assist to rescue the distressed swimmer.
3. Time how long it takes to rescue the distressed swimmer and give feedback.

Shark Crawl Drill

Description:

1. Swimmers perform a front crawl, pausing for 3 seconds midway in the recovery phase.
2. At this point the pause should take place with the arm out of the water and the elbow bent at 90 degrees.
3. A high elbow looks like a shark fin.

Sponge Head

Description:

1. Swimmers perform an elementary back stroke with a sponge resting on their forehead.
2. This encourages them to maintain the proper head position and look straight up at the ceiling.

Fishing for Back Crawlers

Description:

1. As each swimmer swims a back crawl, walk along the side of the pool holding a water noodle approximately 1m above the swimmer's head.
2. The swimmer attempts to reach the water noodle in the recovery phase, focussing on high-arm recovery.

Spongy Water Polo

Purpose: Practise eggbeater

Description:

1. Divide the class into 2 teams and set up 2 buckets as goals.
2. Each team tries to put the sponge in the other team's bucket to gain a point.
3. Swimmers use the eggbeater to travel.

Variation: Swimmers can sit on water noodles for assistance.

Red Cross Swim Kids 7

Lesson #8



Duration: 45 minutes

Time: _____

Equipment: Newspapers, water noodles, kickboards, socks, cups or soft objects

Time (mins)	Activity/Skill	Formation
10	<p>Skills and Water Safety Newspaper Game (see page 2) Practise Choking Rescue, Mild and Severe Airway Obstruction, Conscious Person</p>	
30	<p>Strokes and Drills Whip Kick on Front 15m - With arms extended, face in water, and holding on to water noodle, practise whip kick; observe form and provide feedback - Whip Kick on Front with Water Noodle 15m – 4 times Back Crawl 50m - Balancing Act Drill: place a cup of water (or soft object) on forehead while swimming back crawl (encourage good head position) Elementary Back Stroke 25m - Elementary Back Stroke Arms, with Flutter Kick Front Crawl 50m - Front Crawl Drill 10m – 4 times - Knock Your Socks Off (see page 2) Front Scull 15m - Front Sculling Drill 15m – 3 times - Swimmer puts a water noodle under the armpits and front sculls to a target (variation: front scull with a partner side by side)</p>	
5	<p>Fitness Activity Dolphin Kick 15m</p>	

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Lesson #8



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Newspaper Game

Purpose: Review water safety knowledge

Description:

1. Divide the class into 2 teams.
2. Now divide each team in half and position each half across the pool from each other.
3. The first team member carries a newspaper across the pool to a teammate while using the eggbeater.
4. Swimmers must find 3 words relating to water safety from the article before handing it off to a teammate, who repeats the process.

Knock Your Socks Off

Purpose: Improve flutter kick

Description:

1. Give swimmers socks to put on their feet.
2. Have swimmers hold on to a kickboard or the side of the pool.
3. Tell them to try to kick their socks off their feet.
4. Emphasize straight legs and pointed toes.

Red Cross Swim Kids 7

Lesson #9



Duration: 45 minutes

Time: _____

Equipment: Kickboards, water noodles, reaching assists, pull-buoys or rubber bands, pictures (or maps) of safe and unsafe swimming locations in the community (if available)

Time (mins)	Activity/Skill	Formation
6	<p>Skills and Water Safety Choking Rescue, Mild and Severe Airway Obstruction, Conscious Person Local Swimming Conditions and Hazards (see page 2)</p>	
18	<p>Strokes and Drills Elementary Back Stroke 25m - Whip Kick on Back with Water Noodle (see page 2) - Whip Kick on Front with Kickboard 15m – 4 times - Swimmers extend arms out straight and perform whip kick - Face in water - Exhale before taking breath Front Crawl 50m - Front Crawl Drill 10m – 4 times - Kicking Competition (see page 2) Back Crawl 50m - Arms: Fishing for Back Crawlers (see page 2) Front Scull 15m (see page 2)</p>	
9	<p>Skills and Water Safety Activity Reaching Assist with Rescue Equipment</p>	
12	<p>Fitness Activity Distance Swim 150m - Record the personal best time for each swimmer</p>	

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Lesson #9



TEACHING TIP:

Remember the 3X (GST) rule when teaching strokes/skills.

Do **General** corrections after entire group attempts item, then give **Specific** corrections for each swimmer. Follow with **Try** it again and apply corrections.

Local Swimming Conditions and Hazards

Purpose: Create awareness about local safe and unsafe swimming conditions and environmental hazards (e.g., spring melt that can result in high water, cold water, changes in water depth and sudden drop-offs, unsafe jumping/diving locations, etc.) and identify Prepare! Stay Safe! Survive! strategies

Description:

1. Ask swimmers to identify local water hazards and the conditions that make them hazardous at this time of year (provide pictures if available).
2. Create a safety strategy with swimmers on how to avoid being at risk in these conditions and locations. Have swimmers identify what they need to know and do to prepare, stay safe, and also survive if at risk in these locations. Instruct swimmers to share this safety information with their family members.

Whip Kick on Back with Water Noodle

Description:

1. Swimmers hold on to a water noodle under their arms and perform a whip kick in a seated body position.
2. In this position, swimmers look at the form in their kick and try to correct it with the assistance of Instructor feedback.

Kicking Competition

Description:

1. Divide the class into pairs.
2. Partners face each other with arms outstretched, pushing on a kickboard placed between them.
3. Swimmers flutter kick as hard as they can, attempting to push each other backward.

Fishing for Back Crawlers

Description:

1. As each swimmer swims a back crawl, walk along the side of the pool holding a water noodle approximately 1m above the swimmer's head.
2. The swimmer attempts to reach the water noodle in the recovery phase, focussing on high-arm recovery.

Front Scull

Description:

1. Using a proper front scull technique, swimmers propel themselves through the water using only their arms. They can use any combination of the pull-buoy or rubber band to hold their legs together.
2. Choose the most appropriate aids to strengthen the front scull from the following list, which ranges from least difficult (a) to most difficult (c):
 - a) pull-buoy
 - b) pull-buoy and band
 - c) band

Red Cross Swim Kids 7

Lesson #10



Duration: 45 minutes

Time: _____

Equipment: Heaving lines, throwing assists with a line

Time (mins)	Activity/Skill	Formation
10	<p>Skills and Water Safety</p> <p>Work on skills requiring further development</p> <p>Front Scull 15m</p> <ul style="list-style-type: none"> - Caterpillar Sculling (see page 2) 	
23	<p>Strokes and Drills</p> <p>Front Crawl 50m</p> <ul style="list-style-type: none"> - Arms-Only Partner Pull (Front Crawl) (see page 2) <p>Whip Kick on Front 15m</p> <p>Elementary Back Stroke 25m</p> <p>Back Crawl 50m</p> <ul style="list-style-type: none"> - Arms-Only Partner Pull (Back Crawl) 25m (see page 2) – 2 times 	
5	<p>Skills and Water Safety</p> <p>Throwing Assist with a Line</p> <p>Heaving Line Relay (see page 2)</p>	
6	<p>Fitness Activity</p> <p>Dolphin Kick 15m</p>	
1	<p>Evaluation Records</p> <p>Hand out a progress card to all swimmers and a completion badge (recognition item) to swimmers who have successfully completed all performance criteria in RCSK 7.</p> <p>Hand out Personal Best Fitness stickers (awarded for best time achieved).</p> <p>Encourage swimmers to continue to practise their swimming skills and to register for more Red Cross Swim Kids lessons.</p>	

Red Cross Swim Kids 7

Lesson #10



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Caterpillar Sculling

Description:

1. Divide the class into teams of 4.
2. Each swimmer puts his/her feet on the shoulders of the swimmer in front to create a "caterpillar."
3. Everyone sculls head first to the other side.

Arms-Only Partner Pull (Front Crawl)

Description:

1. Swimmers partner up. One partner swims a front crawl using arms only while the other holds on to the swimmer's ankles.
2. The partner being dragged can assist with kicking or not, depending on how difficult you want the drill to be.

Arms-Only Partner Pull (Back Crawl)

Description:

1. Swimmers partner up. One partner swims a back crawl using arms only while the other holds on to the swimmer's ankles.
2. The partner being dragged can assist with kicking or not, depending on how difficult you want the drill to be.

Heaving Line Relay

Purpose: Practise rescues with heaving line

Description:

1. Divide the class into 2 teams.
2. The first member of each team is the distressed swimmer, a given distance from the deck.
3. The second team member throws a heaving line and rescues the first.
4. When the first rescue is completed, the second team member enters the water to become the next distressed swimmer.
5. The first team to successfully rescue all its members wins.
6. Any rescue not completed safely must be repeated.