

Pool Lifesaving Coaching Resource

LINE THROW SKILLS



Line Throw Skills

Events

6m Line throw (U8&9)

- See below for details

8 m Line throw (U10 &11)

- Note this is an individual event with the Rescuer being the competitor
- 8m distance
- Rope 12.5 m long
- Throw zone is maximum 1.5m back from edge of pool (must not step outside of this with both feet until the event is over; one foot must be wholly inside the throw zone whether on the ground or in the air; toes of one foot can be over the pool edge)
- On long whistle Rescuer moves into throw zone. One foot must remain in this space at all times or will be disqualified. Patient takes one end of rope and swims to bar set 6 or 8m down pool, extending the rope behind them over the bar, before taking hold of the bar with one hand.
** Must be in contact with this bar when the thrown rope is grasped in the other hand. The catching hand is extended towards rescuer with rope over a V -shape between thumb and fingers. Rescuer takes up position with rope in one hand and arms by sides.
- On start signal the Rescuer retrieves the line best position turned to the side with outside arm resting on outside thigh in a slight squat with feet wide apart, hands over rope, pool side hand looping the rope up into the outside hand resting on the thigh), then throws it to the Patient (ideally just beyond the patient i.e. the rope uncoiled beyond the patient). An alternative stance is to turn to one side, back (non-throwing side) knee bent, front knee straight, leaning with non-throwing elbow onto the back knee, using the throw hand to wind in the rope.
- Patient can use any foot or leg to bring rope close enough to grasp in free hand. Can slide up and down the bar, even temporarily release the bar but must be in contact with the bar when the rope is touched by any part of the body. Once it is grasped the other hand can only grab the rope once, ideally behind the first hand. Any further movement of the hands up the rope will be considered climbing the rope and lead to disqualification. Once the rope is grasped the Rescuer pulls the Patient in hand over hand, with the Patient allowed to kick only. One hand can be released to end the race by touching the wall. On this touch the Rescuer can sit down within the throw zone to signal the end of the race. If the Rescuer steps back outside the 1.5m throw zone the team will be disqualified. Be careful as the patient not to 'climb' the rope or your team mate will be disqualified.
- If the Patient is unable to reach the rope, the Rescuer must retrieve the rope and throw again. The team will be DNF if > 45 sec elapses from the Start signal and their race is not complete.

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The Skills

1. The Set up:

Patient takes rope out and extends behind the bar to keep rope at surface, then holds onto bar with non dominant hand, using their gathering hand to gently hold the rope (hand in a V under the rope - this helps stop the rope sinking during the wind in).

Rescuer stands at edge of pool facing Patient, arms by side and feet together, holding the end of the rope in the winding hand (not the hand that will be throwing the rope).

2. The Wind in: On the start signal

Rescuer turns to the side in a squat (like a sumo) and rests their throwing hand on their deck side thigh to keep that hand still.

Sliding the winding hand up the rope until that arm is straight, the rope is brought back in a loop into the other hand, trying to neatly stack the loops. A still hand makes this easier.

The Rescuer should learn the number of loops to make that will allow the rope to extend just beyond the patient i.e. the whole rope is not needed. The rope is at least 12m but a 6m line throw really only needs 7-8m to reach the patient comfortably, and the 8m throw about 9-10m.

3. The Throw:

The rescuer should stay low, rotate body to the front, do a few wind up swings, then throw the rope under arm with the hand that they looped the rope into. KEEP HOLD of the end of the rope in the winding hand. The end position where the rope is let go should be with horizontal arm pointing at the patient.

The rescuer must stay within the 1.5 m throw zone (back from pool edge) at all times.

4. The Rescue:

The Patient must be holding the bar when the rope is secured in their catching hand or they will DQ the Rescuer. They can only pick up rope that is in their lane i.e. not reach into the next lane. It does not matter if a loop goes into the next lane, then comes back into theirs. They can use a foot to bring it closer but not let go until they have it. Once grasped, the Patient grabs on with the other hand but only once. Further movement up the rope is called 'climbing' and will DQ the Rescuer. It is a good idea to call out "got it" to signal to the Rescuer to start pulling in. The patient must kick really hard during the retrieval and can let go with one hand to touch the wall at the end. The Rescuer should lean back and pull the rope in with nice big overarm or underarm pulling action.

As soon as the Patient touches the wall the Rescuer should sit down to avoid stepping out of the 1.5 m throw zone.

DQ Points

- Patient is not holding the back line when grasping the rope or touching with any part of the body
- Patients reaches into the next lane to grasp the rope
- Patient 'climbs' the rope during the rescue
- Interfering with a competitor in adjacent lanes
- Rescuer steps out of the throw zone or patient climbs out of pool before the 'clear the pool' whistle is blown after the 45 sec whistle