Slide-In Entry

1. Sit down on the edge facing the water. Place the rescue tube next to you or in the water.

2. Lower your body into the water feet-first.

3. Retrieve the rescue tube.

4. Place the rescue tube across your chest with the tube under your armpits, focus on the victim and begin the approach.

Stride Jump

1. Squeeze the rescue tube high against your chest with the tube under your armpits.

2. Hold the excess line to keep the line from getting caught on something when jumping into the water.

3. Leap into the water with one leg forward and the other leg back.

4. Lean slightly forward, with your chest ahead of your hips, and focus on the victim when you enter the water.
**Stride Jump** *continued*

5. Squeeze or scissor your legs together right after they make contact with the water for upward thrust.

6. Focus on the victim and begin the approach.

**Note:** *Use the stride jump only if the water is more than 5 feet deep and you are no more than 3 feet above the water. You may need to climb down from an elevated lifeguard station and travel on land before entering the water.*

**Compact Jump**

1. Squeeze the rescue tube high against your chest with the tube under your armpits.

2. Hold the excess line to keep it from getting caught in the lifeguard chair or other equipment when jumping into the water.

3. Jump out and away from the lifeguard chair, pool deck or pier. In a wave pool, time the jump to land on the crest (top) of a wave.
**Compact Jump continued**

4. Bend your knees and keep your feet together and flat to absorb the shock if you hit the bottom. Do not point your toes or keep your legs straight or stiff.

5. Let the buoyancy of the rescue tube bring you back to the surface.

6. Focus on the victim when surfacing and begin the approach.

**Note:** If you are more than 3 feet above the water, the water must be at least 5 feet deep. It may not be safe to enter the water from an elevated lifeguard stand if your zone is crowded or as a result of the design or position of the stand. You may need to climb down before entering the water.

**Run-and-Swim Entry**

1. Hold the rescue tube and the excess line and run into the water, lifting your knees high to avoid falling.

2. When you can no longer run, either put the rescue tube across your chest and lean forward or drop the tube to the side and start swimming, letting the rescue tube trail behind. Do not dive or plunge head-first into the water; this could cause a serious head, neck or spinal injury.