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**RESCUE BUOY**  
**MALIBU**

# **Lifesaver's Field Guide**

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

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**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**



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