



UNDERWATER TORPEDO LEAGUE™ MANUAL



UNDERWATER TORPEDO LEAGUE™ HANDBOOK

The **Underwater Torpedo League™ Handbook** is a collection of **Deep End Fitness** training methods and articles written since 2018 primarily by **UTL Inc** founders Don Tran and Prime Hall on the F.R.E.E operating system, movements, and methodology of **UTL Inc™**.

This guide is designed to be used in conjunction with the Deep End Fitness Courses to develop the participant's knowledge and trainer skills and as an essential resource for anyone who is interested in improving their own health and fitness.

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Some edits to the original articles have been made for the Manual to flow as a stand-alone reference, to provide context for readers, and to stay current with the course formats.

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No certification course other than the **Underwater Torpedo League Referee Course** grants you the title Underwater Torpedo League Referee. Official events can only be verified by using www.utlnation.com for registration or by emailing operations@utlnation.com with your inquiry.

Official qualifications for any individual can be verified in the Underwater Torpedo League Coach and Referee Directory. Only **UTL, Inc.** offers the **UTL Referee Course**, the prerequisite for this course is a current Deep End Fitness Skills Seminar and a recommended 10hrs of assisting **Deep End Fitness** and/or other fitness group classes.

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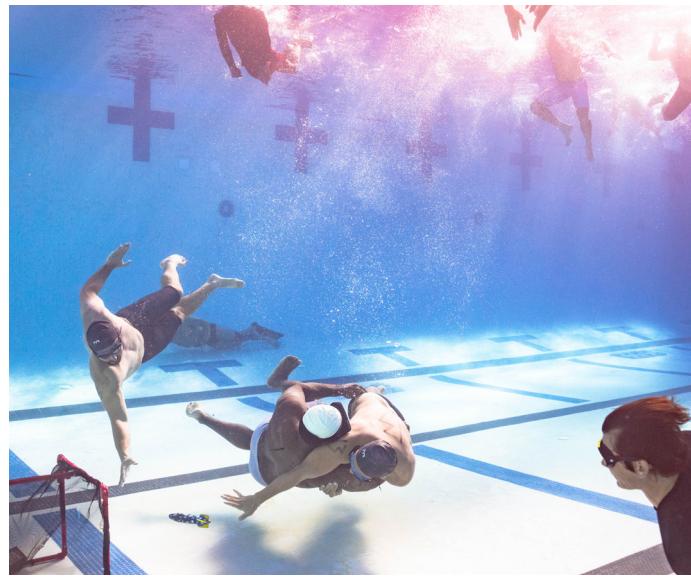


ORIGIN STORY



The Underwater Torpedo League (UTL) is an underwater sport that was built by Marine Special Operations Water Survival Instructors. It has been an underground sport within the military for over a decade and is now available to the public. The club was started in 2017 with a primary goal of teaching people water confidence in a fun and safe environment. Athletes of all different skill levels have gone through the training since its inception, individuals ranging from non-swimmers to Olympic and professional athletes of all sports and modalities.

We pride ourselves in watching everyone improve their skills in the sport and break through mental and physical barriers each session. We are extremely proud to provide a trusted environment that's focused on cultivating confidence in the water, in our athlete's lives outside of the pool, while pushing their optimum performance in a UTL team.



UNDERWATER TORPEDO LEAGUE CULTURE

The Underwater Torpedo League (UTL) revolves around safety, training, and equally important our culture. UTL is a no flex zone. Our culture is the next thing that we hold close. Every session begins with Instructors doing full coordination with lifeguards, and then all swimmers move into the circle of trust. The circle begins with the lead instructor briefing current safety standards for the specific pool, followed by an introduction from each swimmer, which typically includes their swimming background, what brought them to UTL, and their goals for the day. The rest of the time is spent meeting and exceeding these goals.



UNDERWATER TORPEDO LEAGUE ETHOS

- 1 UTL is a merit-based organization. Athletes are 100% responsible for their performance and growth.
- 2 Obstacles promote growth. Progress cannot be made in the comfort zone.
- 3 UTL has a "No Flex Zone" environment. The standards are set in the Circle of Trust.
- 4 Buddy/Guardian system is always in effect.
- 5 We respect each other, the water, and the sport at all times.
- 6 Our training mantra is "calm breeds calm."
- 7 Everything we do is to benefit the team, which in turn empowers each individual.
- 8 We do not compromise safety standards for the sake of growth.
- 9 We operate off of brilliance in the basics of the acronym F.R.E.E (Focus, Relaxation, Economy of Motion, Efficient Breathing).
- 10 What is said in the Circle of Trust, remains in the Circle of Trust.



POOL RELATIONSHIPS

Due to the nature of our program and to reduce overhead costs, Underwater Torpedo League relies on renting pool space from community, municipal, and school pools. Developing and maintaining a good relationship with the pool staff is imperative in running a smooth and beneficial program for your athletes. Failure to do so could result in difficulties in scheduling, training restrictions, and a poor training environment for your athletes. Here is a list of pool relationships and key considerations when dealing with the pool rental locations.

SUPERVISOR

The Instructor is responsible for all pool relationships, which start with the supervisor and work down to all of the lifeguards. Always ensure safety is the number one priority and from there communicate with the supervisor on what expectations there are and do your best to exceed them. Every pool has a specific set of rules that Instructors must be aware of and adhere to. Check in with the staff and/or supervisor before each session to ensure nothing has changed.

LIFEGUARDS

Be educated on what each facility's Emergency Action Plan is (what is done in case of an emergency or unsafe act) and be ready to assist the lifeguards if needed. Every pool has a different level of experience with their lifeguards, find out what kind of training they have been to. Ask how you can help out if at all during an emergency situation or shallow water blackout (i.e. assist using the AED, help manage the scene, or pulling the athlete out of the water).

SCHEDULING

Scheduling gets easier as relationships are built within each facility. Ensure that all scheduling is done at least two weeks prior to a new season, training, or event. Call and check on the scheduled session time to ensure there has been no changes to the pool hours especially during raining or lightening conditions.

EQUIPMENT

Every pool is different. Some pools allow gear like kettlebells and weights, and others might not. It is on the Referee to determine which gear is appropriate. If equipment is allowed, ask the pool staff if there are any specific requirements to use the equipment (i.e. setting all weights on a rubber mat or having only rubber weights).

UNDERWATER TORPEDO LEAGUE STAFF

This certification course is an intermediate-level program that expands on the concepts and methodology introduced in the Underwater Torpedo League Skills Seminar by introducing the staff to the inner workings of a UTL tournament the necessary Completion of the Referee Certification program indicates a mastery of aquatic safety, risk management, program design, movement, mindset, breathwork, and water confidence training delivery. UTL staff members in the referee position must have a current CPR/AED certification.



UNDERWATER TORPEDO LEAGUE STAFF

THE UNDERWATER TORPEDO LEAGUE REFEREE

RESPONSIBILITIES

Referees are directly responsible for overseeing the safety of all UTL gameplay and scrimmages. Referees must understand and know the UTL Rules of Play and be able to enforce them consistently during gameplay and scrimmages. Referees officiate games or competitions. They explain and enforce rules, assess penalties, signal the start and end of games, stop play for reviews as needed and inspect sports equipment prior to the start of games. Referees must maintain a high-level IQ of the sport and be extremely vigilant and heads up during gameplay.

The Referee Certification Course is an intermediate-level program that expands on the concepts and methodology introduced in the Underwater Torpedo League Skills Seminar. Completion of the Referee Certification program indicates a mastery of aquatic safety, risk management, program design, movement, mindset, breathwork, and water confidence training delivery. To become a UTL Referee, individuals must be recommended by another UTL Referee and selected for training by a Master Referee at a minimum. Additionally, referees must have a current CPR/AED certification.

REQUIREMENTS

- Referee brief
 - Safety
 - EAP
 - UTL Rules of Play
 - Penalties and Stoppages
- Rescues
 - Front/back rescues
 - Activating EAP
- Overseeing Scrimmages
 - Observe for unsafe situations
 - Enforcing UTL rules
 - Maintaining pace with the flow of gameplay
 - Clearing the pool after each play
 - Debriefing after each play
- Familiarity with BSAFE & F.R.E.E. principles
- Ability to state and explain the elements of the safety brief
- Knowledge and understanding of the key elements of the UTL Game and Rules
- Capability to identify and call out penalties, fouls, and gameplay violations

UNDERWATER TORPEDO LEAGUE STAFF

THE UNDERWATER TORPEDO LEAGUE PLAYER/TEAM STATISTICS RECORDER

RESPONSIBILITIES

As UTL is a spectator sport, It's important to record and maintain player stats throughout seasons and tournaments. This provides a roadmap of individual player performance as well as team performance. As a stats recorder, it's crucial to have a decent static breath hold in order to stay submerged to record on the stat board. Being able to multitask is also beneficial, the games have a tendency to move along quickly, keeping up with the pace and recording accurate metrics is required

Below are the list of stats to be recorded during tournaments and games.

INDIVIDUAL STATS:

1. Scores (Which player and from which team scored)
2. Blocks
3. Assists
4. Scraps won
5. Swim-Offs won
6. Interceptions
7. Surfaces
8. Fouls

TEAM STATS:

1. Number of Timeouts used per Game
2. Number of penalties individual players accrue (maximum of 3)
3. Match scores
4. Games won
5. Games lost



UNDERWATER TORPEDO LEAGUE STAFF

THE UNDERWATER TORPEDO LEAGUE CONTENT AND ROVERS

RESPONSIBILITIES

UTL staff in charge of content, roving cameras, setting up the equipment in support of the lead content manager, also maintaining the GoPro cameras throughout the day. In between games, cameras need to be checked and replaced if necessary. Capturing and broadcasting the game is crucial and maintaining all the equipment allows for the day to run as smoothly as possible.



THE UNDERWATER TORPEDO LEAGUE STAFF SCREENER

All Staff candidates are required to complete and pass the screener in its entirety to be able to work in any capacity during a UTL tournament.

UTL STAFF SCREENER

10 MINUTE TREAD

The 10min water tread ensures that the athlete can stay on the surface of the water without supervision. It also demonstrates the ability of the athlete to remain calm and actively recover.

1 MINUTE BREATH HOLD

The 1 minute breath hold ensures that the athlete can remain underwater for an extended period of time to observe gameplay.

300M SWIM IN 9 MIN

The 300m swim ensures that the athlete can remain calm and swim on the surface of the water to follow the flow and direction of gameplay.

50M SPRINT IN 1 MIN

The 50m sprint ensures that the athlete can travel expediently within the boundaries of the pool area to monitor gameplay or to perform a rescue.

PERFORM PROPER RESCUES

Performing rescues shows that the athletes understand and possess the ability to perform the proper rescue procedures in case of an unsafe situation.



SAFETY

SAFETY OVERVIEW

First, Safety is paramount. Referees play a crucial role in ensuring the safety of all players and staff during UTL gameplay and scrimmages. In addition to being well-versed in the rules and regulations of the UTL, referees must also be familiar with the Emergency Action Plan (EAP) of each location where they officiate. To this end, referees are responsible for creating a UTL-specific EAP that aligns with the procedures of their respective pool facilities. Prior to scrimmages or gameplay, referees must brief both the pool staff and all UTL athletes on the safety procedures to follow in the event of an unsafe situation.

As part of their commitment to ensuring the safety of all participants, referees must maintain a current CPR/AED certification. This certification is essential for referees to be able to respond effectively to any medical emergencies that may occur during gameplay or scrimmages. Referees are required to keep their CPR/AED certification up-to-date at all times, as it is a critical component of their preparation for officiating UTL matches. By staying informed and maintaining these important certifications, referees can provide a safe and secure environment for all players and staff, ensuring that the UTL runs smoothly and successfully.

REFEREE BRIEFING

The referee brief is conducted with the team leads prior to a match. Referees play an important role in ensuring the safety and fairness of UTL gameplay and scrimmages. Before any scrimmages can start, the lead referee must conduct a briefing that covers important topics such as safety procedures, Emergency Action Plan (EAP), and the rules of play. This briefing ensures that all participants are aware of the standards and procedures they need to follow.

During the briefing, referees have the opportunity to answer questions and provide clarification about the rules and procedures. This ensures that all players and coaches understand the expectations and can compete safely and fairly. By taking the time to conduct a thorough briefing, referees can help prevent accidents or injuries and ensure a positive and enjoyable experience for all involved.

SAFETY

SAFETY BRIEFING

The safety brief is conducted with all players on both teams prior to a match. Referees need to brief and ensure all participants know what to do in case of an emergency during training in addition to knowing the pool rules and emergency action plan.

Here are the main points to discuss during the safety brief:

- Identify the location of the lifeguard and lifeguard tower
- Ensure the lifeguard is present and add any specifics they may know
- Identify the CPR/AED and spinal board for certified lifesavers
- Identify the location of a landline phone or easily accessible cell phone
- Identify the Emergency Exit and Pick up point for first responders
- Identify the Lifeguard Signal (number whistle blows)
- Brief the Emergency Action Plan (EPA) to all participating athletes.

REFEREE SIGNALS

To ensure clear communication during UTL games, referees must be familiar with the different dive alarm signals and know how to use them effectively. The following are the different signals and what they signify:

- Long 5-second burst signal: This signal indicates a score from either team, and both teams should come to the surface after the score and begin swimming back to their respective sides.
- Repeating short burst signals: This signal indicates a penalty or referee call, and both teams should come to the surface to receive the call from the referee.
- Emergency signal: In case of an emergency, the referee should keep the buzzer on to signal everyone in the pool to surface and exit the pool immediately.

By being familiar with these signals, referees can effectively communicate with the teams and ensure the safety of all participants during UTL games.

GAME PERSONNEL REQUIREMENTS

When it comes to safety and enforcing the rules of play during individual team scrimmages, one trained referee is all that's needed. However, when it comes to the high-stakes championship games, the stakes are raised and at least two referees are mandatory to oversee the action. One referee will be positioned on each side of the pool playing field, ensuring that no rules are broken, the game proceeds smoothly, and the gameplay is safe.

UNDERWATER TORPEDO LEAGUE RULES OF PLAY

GAME OBJECTIVE

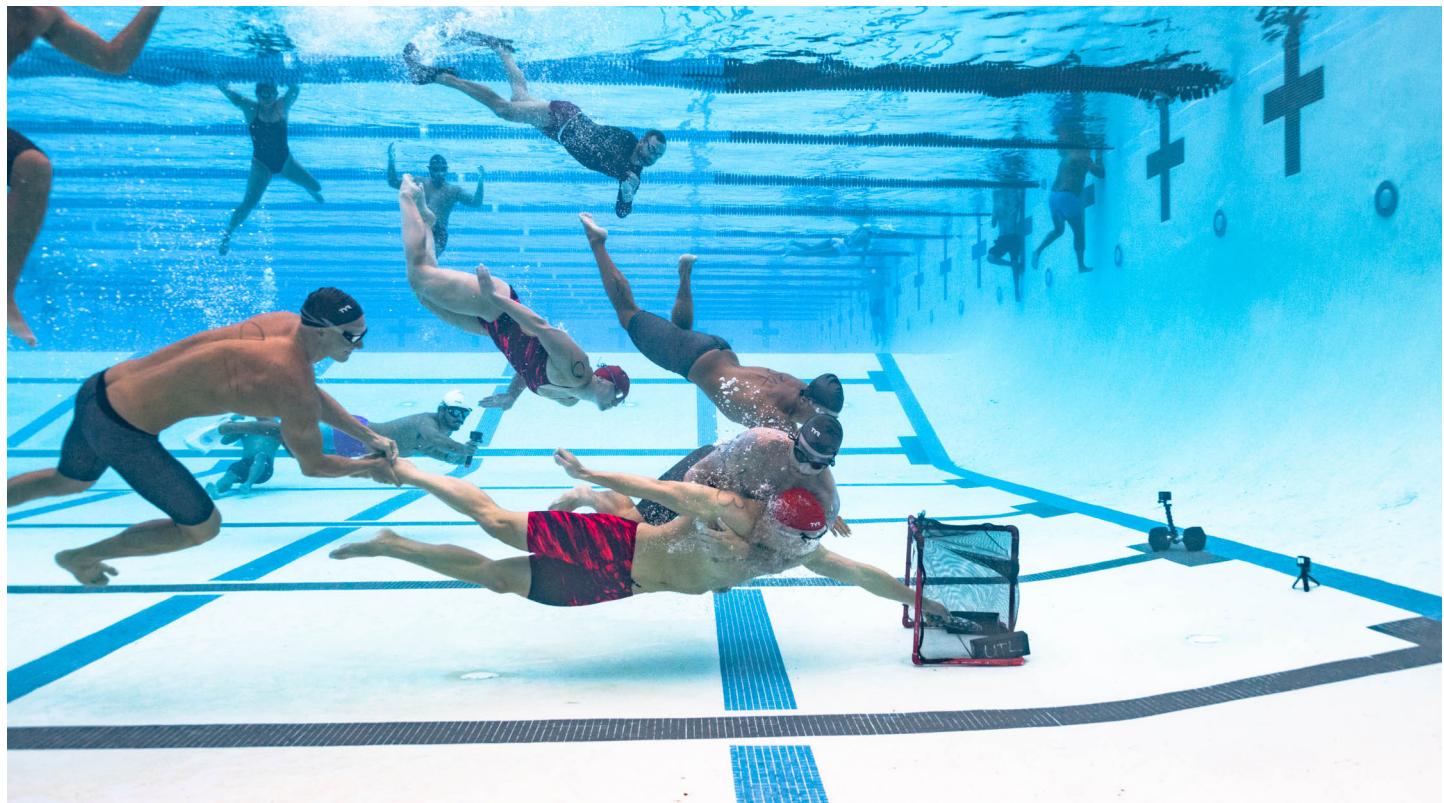
The objective of the game is to move the torpedo underwater and place the torpedo in the opposing team's goal area without committing a foul. The game is played 5 vs 5 with substitute players on the sideline.

UTL **Matches** consist of three **Games**. Each Game is played to a 5 point scoring **Round** per game. The team that reaches five points first wins the Game. The team that wins two of the three games wins the Match.

EX: MATCH 1

GAME 1:	GAME 2:	RESULT:
LJ Poseidons vs LA Sharks: Poseidon win 5 to 4	LJ Poseidons vs LA Sharks: Poseidon win 5 to 2	LJ Poseidons win MATCH 1

The Aquabowl Championship consists of **5 matches**. The team that wins **3 of the 5** matches, wins the Aquabowl.



UNDERWATER TORPEDO LEAGUE RULES OF PLAY

GAME RULES

Each game must be under the supervision of a trained and certified UTL Referee. Championship matches call for double referees, one on each opposing side of the deep end. **[Referee]**

The time in between plays is 30 secs. The timer starts counting down as soon as all players reach their appropriate pool wall. **[Break Time In Between Plays]**

- Referees are allowed to extend break times between matches depending on the situation, such as:
 - Injury
 - Consulting with team members in between plays
 - Review footage
 - Addressing fouls and penalties

Teams are allowed **(2) 1:00 min Time-outs per match.** Time-outs are exactly 1 min, they can only be taken and must be called during the Break Time period between matches, it can be used in addition to the Break

Time. **[Time Outs]**

- Referees are allowed to extend Time-outs if required only if the above listed conditions apply.

Games will begin with the torpedo in the middle of the pool, and the teams will race against each other to gain possession of the torpedo. Once a goal is made, the scoring team will throw the torpedo off to the opposing team. The opposite team will receive the throw-off during the next round. **[Game Start]**

- When a team is throwing the torpedo to the receiving team, the torpedo has to make it **to or pass** 2/3rds of the whole field.

UNDERWATER TORPEDO LEAGUE RULES OF PLAY

UNDERWATER TORPEDO LEAGUE OFFENSIVE AND DEFENSIVE PLAYS

Players may move the torpedo by swimming with it, handing it off, or by passing it to another team member while submerged, however the person in possession of the torpedo must remain under water and no part of their body may come out of the water while in possession of the torpedo.

[Movement and Passing]

A score is made once the tip of the torpedo breaks the plane of the goal and/or deposited in the goal either by placing or throwing the torpedo into the goal.

[Score]

The player in control of the torpedo may be tackled, but the tackler must keep the torpedo in view and must immediately be release by the opposing team when they are no longer in possession of the torpedo.

[Pass Off & Scrimmage]

A player or players cannot force the opposing player with the torpedo to surface during a 1v1, 2v1, and 2v2 during a play and players are fighting for possession of the torpedo.

[Forced Surface]

Players are allowed to defend their teammates who are in possession of the torpedo by keeping attacking players away with the stiff-arm maneuver, by pushing the attacking players away or up.

[Legal Contact]

Opposing players can only hold, wrap, pull or push the attacking player/players down or away from the torpedo if they are actively engaged in the scrap to gain possession.

[Legal Contact/Scrap]

If a player in possession of the torpedo is swimming away, defending players from the opposing team are allowed to pull them backwards or away from the goal.

[Legal Contact/Pull]

If a player is *not* in possession of the torpedo, defending players from any team are not allowed to pull them backwards or in any way from the torpedo.

[Illegal Contact/Pull]

Players guarding their goal are allowed to push, force or swim players that are in possession of the torpedo away from the goal without intentionally surfacing them.

[Legal/Illegal Contact]

UNDERWATER TORPEDO LEAGUE RULES OF PLAY

PENALTIES AND STOPPAGES

PENALTY CALLS

Penalties, fouls, surface calls and unsafe situations are signaled when a referee pulses their buzzer which in turn stops the play (no matter what). When a play is stopped, all players must return to their respective pool walls so that the infraction or unsafe situation can be addressed accordingly. **[Referee Call]**

- Players are limited to 2 penalties per game before being benched (2 strike rule)
- Once a player reaches the max number of penalties, they are benched until a score is made. When a player is benched, the penalty count resets back to **zero**.
- When a player is benched,
 - **Pro League:** That benched player cannot be substituted for and the team continues to play with 4 players until a score is made.
 - Teams cannot go below 4 players
- **Rookie League:** That benched player can be replaced by a substitute.

PENALTIES

- If the torpedo is thrown out of bounds during a throw-off or the torpedo, 1 re-throw is permitted, if it is thrown out again, it will result in a penalty drop in front of the receiving team's goal. **[Throw Off & Out of Bounds Throw Off]**
- When thrown to the receiving team, If the torpedo does not reach 2/3rds of the pool, 1 re-throw is permitted, if it is thrown short again, it will result in a penalty drop in front of the receiving team's goal. **[Short Throw Off]**
- After each throw-off, a minimum of one pass must occur before a player from the receiving team can score. If no pass is made before a score on the throw-off, it results in a turnover to the opposing team. **[Minimum Pass]**
- If a player surfaces any part of their body with the torpedo, it will result in a surface penalty. The team that is not in violation will receive a penalty drop and start the play over with the advantage. **[Surface Calls] [Penalty Drop]**



UNDERWATER TORPEDO LEAGUE RULES OF PLAY

- Surfacing (1v1, 2v1 and 2v2)
 - When a surface occurs, the torpedo is immediately placed on the bottom, at the site where it occurred.
 - The ref will be above the torpedo with each of the two players (one arm's length away from him on each side).
 - The signal to release the two players to dive and try to gain possession of the torpedo will be: "Ready...Go".
 - The rest of the team members will have a 5 second countdown before being able to enter the game
 - Notes
 - Any player involved in a Surface, gets a penalty strike.
 - a. 2 strike rule applies for pro league players only
 - If the surface occurs during a 2v1 or 2v2, each team will designate their own player to face off.
- No foul play is allowed: Kicking, punching, choking, single limb submissions, mask/goggles ripping, or pulling of any article of swim wear.
 - Foul play will result in a penalty and penalty drop against the offending player. Three violations from an individual player during one full game will result in that player being ejected from the rest of the game. **[Foul Play]**



UNDERWATER TORPEDO LEAGUE RULES OF PLAY

- Tackling, pulling, holding back, and grappling is only allowed on players in possession of the torpedo. Tackling or grappling players without the torpedo will be considered Foul Play. Foul play will result in a penalty call, and penalty drop against the offending player.
[Foul Play]
- No more than four players are allowed to be involved in the scrap when fighting for control of the torpedo. Only 2 players from each team can be involved in a wrap-up.
[Lockout Rule]
 - Violation of the Lockout Rule will result in the penalty drop against the violating team.
- In the event of a 3v1, all 3 players from the violating team will have a penalty strike. The player that was fouled will get a Penalty Shot on an Open Goal. The violating team will be at their wall and the opposite team is staged at the halfway point on the surface.
 - **Penalty Shot**
 - The shot will be taken from between the 3rd & 4th line
 - The Penalty shot cannot be blocked or obstructed by any player
 - If the torpedo lands in the goal it counts as a score for that team
 - **Missing a Penalty Shot**
 - If the player misses the penalty shot, it becomes a live torpedo and the play continues.
 - The team on the wall may now retrieve the torpedo and attempt to score.
- If a defending team commits a foul while the team in possession of the torpedo has passed the halfway point. The Team that was fouled will receive a penalty drop on the **3rd line (2/3) [Penalty Drop] The 2 strike rule applies to pro league teams.**

TECHNICAL FOULS

Referees have the authority to penalize teams with "Technical Fouls" which are infractions that violate the rules and code of conduct. UTL has 2 types of Technical fouls.

TYPE A

A player commits a Class A technical foul for misbehavior or unsportsmanlike conduct.

[Technical Foul]

TYPE B

A player commits a Class B technical foul when intentional physical contact between the players leads to an unsafe situation. **[Technical Foul]**

TECHNICAL PENALTIES

- If a player receives (1) technical foul, they will be ejected from the game until the match to 5 points concludes. Then they will be allowed to return to the next match.
- If a player receives (2) technical fouls, they will be ejected for the duration of all games and will not be allowed to join for the remainder of the UTL tournament.

A collage of five black and white photographs capturing various moments of swimming and diving:

- Top left: A swimmer in a blue cap and goggles is performing a butterfly stroke.
- Top center: A swimmer in a blue cap and goggles is performing a backstroke.
- Top right: A swimmer in a blue cap and goggles is performing a butterfly stroke.
- Bottom left: A swimmer in a blue cap and goggles is performing a butterfly stroke.
- Bottom right: A swimmer in a blue cap and goggles is performing a butterfly stroke.

APPENDIX

RESCUES

DEF/UTL SAFETY PROTOCOLS

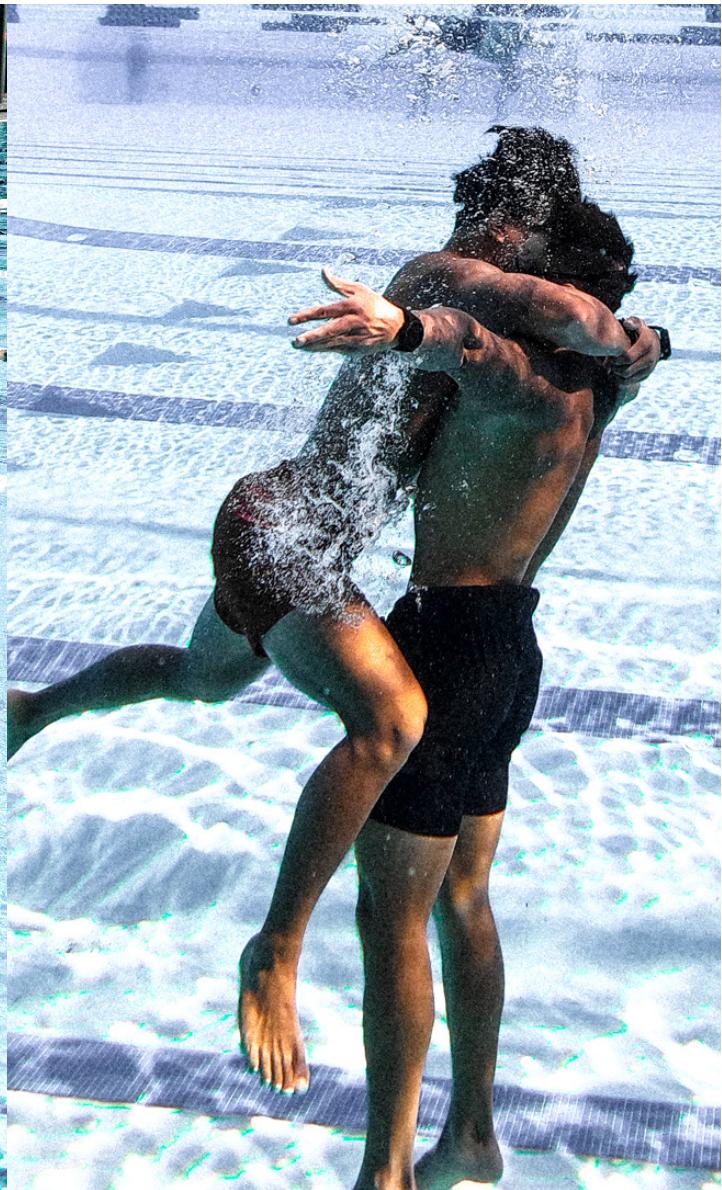
Emergencies can happen anywhere, anytime. In an aquatic emergency, every second counts. Survival depends on quick rescue and immediate care. Pool lifeguard may or may not be reliable, and they may or may not be the "Highest Medical Authority" on scene. It is our duty as instructors to ensure that our athletes receive the highest level of care possible.

In order to properly care for the victim, the determination must be made between an **active and passive victim**. This will determine the approach and measures taken during and after contact is made with the victim.

ACTIVE VICTIM



PASSIVE VICTIM



RESCUES

ACTIVE VS PASSIVE VICTIMS



An active drowning victim may be vertical in the water but unable to move forward or tread water. An active drowning victim may try to press down with the arms at the side in an instinctive attempt to keep the head above the water. People such as non-swimmers and the exhausted at the surface, who are unable to hold their mouth or nose above water and are suffocating due to lack of air. Instinctively, people in such cases perform well known behaviors in the last 20–60 seconds before being submerged, representing the body's last efforts to obtain air. Notably such people are unable to call for help, talk, reach for rescue equipment, or alert swimmers even feet away, and they may drown quickly and silently close to other swimmers or safety.

In three minutes or less, that person will begin to suffer oxygen deprivation. They can become a passive drowning victim that can be motionless and floating face down on the bottom or near the surface of the water. This may occur when non-swimmers or very weak swimmers enter water over their head. A victim may also submerge after a cardiac arrest, stroke, seizure or other medical emergency resulting in unconsciousness in the water.



RESCUE CARRIES

UNDERARM CARRY

Whether the drowning victim is active or passive, depending on the distance, the fastest way to get the athlete to the side of the pool can be a simple under arm carry. For an active drowning victim, follow these steps:

1. Attempt to let the victim know that they are going to be rescued.
2. Take the arm closest to the victim and securely grab underneath their armpit and ensure the victim is lifted, maintain a straight arm to be able to keep appropriate distance from the victim so they do not try to take you down.
3. Push the victim to the closest wall of the pool.



RESCUE CARRIES

CROSS BODY CARRY

Use the cross-body carry to carry a victim to safety if the victim is struggling or when moving through heavy surf. Ensure your victim stays calm. Swim toward the victim and maintain a safe distance careful not to be grabbed by the victim, this allows the instructor to reassess the situation and reassure the victim. The following steps illustrate proper cross-body carry procedures.

1. Use a level-of f technique to place the victim in a horizontal, face-up position.
2. Grab the victim with one hand by reaching over the victim with your free hand to encircle the victim's chest.
3. Place your free hand on the victim's opposite rib cage, just below his armpit.
4. Release your grip once you have a secure hold on the victim's chest.
5. Swim toward safety using the side stroke (same as brick tow carry) while keeping a firm grip on the victim's chest and your hip on his back.

This procedure brings the victim's face and shoulders clear of the water. Sometimes, however, the victim will struggle during the swim to safety. If this happens, either tighten your grip on the victim or defend yourself with one of the techniques discussed below.



RESCUES

ACTIVE DROWNING VICTIM

FRONT HEAD HOLD ESCAPE

A distressed swimmer or an active drowning victim may grab the instructor if the rescue technique is faulty or the victim is in full panic. If the drowning victim grabs onto the instructor, the front or rear head-hold escape should be used. To perform a front head-hold escape, the rescuer should:

1. As soon as the victim grabs hold, take a quick breath, tuck the chin down, turn the head to either side, raise the shoulders and submerge with the victim.
2. Once underwater, grasp the victim's elbows or the undersides of the victim's arms just above the elbows. Forcefully push up and away . Keep the chin tucked, the arms fully extended and the shoulders raised until free.
3. Quickly swim underwater out of the victim's reach. Surface and reposition behind the victim to conduct a cross body carry.

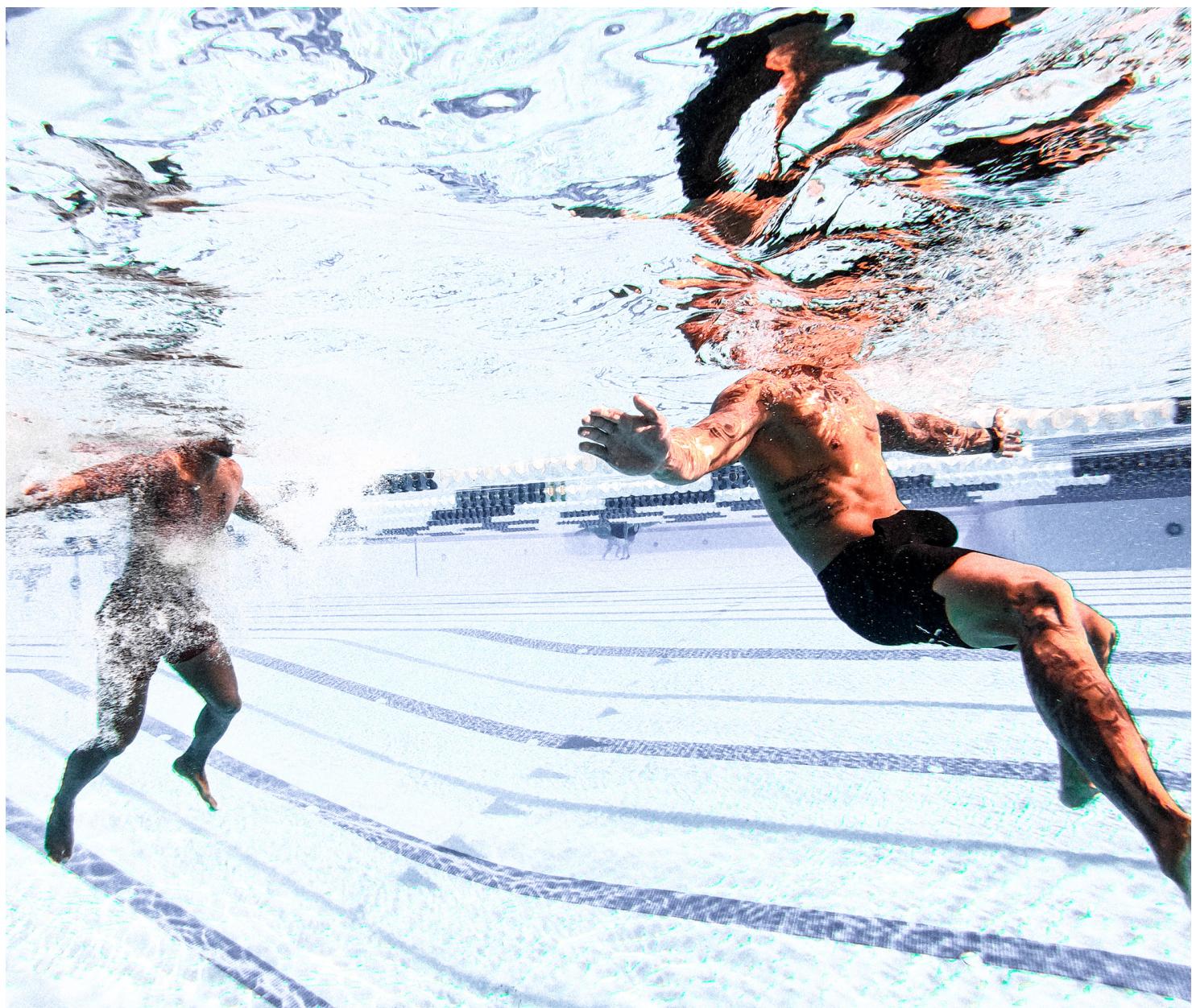


RESCUES

REAR HEAD HOLD ESCAPE

To perform a rear head-hold escape, the rescuer should:

1. If the victim grabs hold from behind, take a quick breath, tuck the chin down, turn the head to either side, raise the shoulders and submerge with the victim.
2. Once underwater, grasp the victim's elbows or the undersides of the victim's arms just above the elbows. Forcefully push up and away while twisting the head and shoulders. Keep the chin tucked, the arms fully extended and the shoulders raised until free.
3. Quickly swim underwater out of the victim's reach. Surface and reposition behind the victim to conduct a cross body carry.



RESCUES

PASSIVE DROWNING VICTIM

Based on the physiological stressors that come with the territory of DEF/UTL, it is likely (not certain) that a sudden loss of consciousness is due to hypoxia. This means the brain did not receive sufficient oxygenated blood, the brain cannot function normally, and the victim is no longer alert. This can be extremely dangerous because the victim is in the water where their airway can be covered by water, so it is imperative to protect the victims airway immediately and throughout the rescue.

Spectrum of warning signs can include but are not limited to: dizziness, headache, confusion, samba, changes in color, blue lips, etc.

Depending how long the victim is unconscious, simply arousing their nervous system may be enough to wake them up and regain consciousness.

- Attempt to wake them up by activating their sensory nerves by removing mask or goggles, blow on their eyes and face, tap their face to attempt to wake them up, and talk to the victim to regain consciousness and alertness.
- Land methods: sternal rub, squeeze the trapezoid or shoulder muscles
- Seconds can be critical, and may be the difference between simply waking a patient up and having to breathe for them.

Until proven otherwise, to assume the worst. Other considerations are that the victim could have:

- A heart attack
- Been knocked out of experienced head trauma
- Having a seizure
- Victim may have aspirated water

Laying a victim flat after a blackout will assist in getting oxygenated blood to their brain because it won't be fighting gravity like it would to someone sitting up. In the field, we always lay a patient flat if they passed out or if they have low blood pressure, poor skin signs, etc.

RESCUES

PASSIVE DROWNING RESCUES

If there appears to be an unconscious person in the pool, first ensure the person is actually unconscious but grabbing their arm and shaking them. If there is no response, activate the passive victim procedures.

Priorities:

- Protect their airway immediately and throughout incident
- Get victim out of the pool
- Airway, Breathing, CPR (ABC's)

- 1 Yell at someone on the pool deck or side of the pool for help as a spotter and others to prepare the zone with 2 people ready to pull the victim out of the water.
- 2 With a spotter, grab the victim and swim them to the side of the pool; priority is keeping the airway clear.
- 3 Once at the side of the pool, have 2 people on the pool deck lift the person out of the pool under the armpits while supporting the victim's head (it will be limp if they are still unconscious)
- 4 Help push the victim up from the hamstring to help push them up onto deck
- 5 Ensure 1 person is protecting the airway and maintaining a neutral head position (palm to back of head while moving victim).
- 6 Assess victim for 3 things: responsiveness, breathing, and a pulse

a. Responsive victim

- Assist them in coughing if they need to
- Encourage them to stay seated or lay down for a minute until they feel ok
- Victim is done with workout for the day, have them sign AMA-esque form if they insist on continuing
- Side effects of hypoxia can include combativeness

b. Unresponsive Victim

- Pull the victim's entire body out of the pool and lay flat
- 1 person immediately try to arouse with stimuli (yell their name, tap their cheek, remove goggles / blow on eyes, sternal rub)
- 1 person calls 911, specific directions to Pool (parking lots, entry, exit, etc.)
- 1 person finds lifeguard; requests AED, BVM, and backboard (place under patient as soon as it arrives)
- 1 person checks for a pulse and breathing
- 1 person gets backboard

RESCUES

PASSIVE DROWNING RESCUES

c. If the victim is breathing and has a pulse, maintain the ABC's

- If the victim starts vomiting: turn to their side so they don't aspirate, this is easier to do on a backboard. Continue to protect the airway, vomit or water can obstruct the airway

d. If victim has a pulse, but is not breathing, begin ventilating for the patient

- Mouth to mouth until a BVM arrives
- O2 tank if available
- Continuously check for a carotid pulse. If a pulse is lost, go to CPR

7 If victim cannot be woken up, has no carotid pulse, and is not breathing, start CPR

- 1 person dries chest, shaves if needed, and attaches pads of AED
- 1 person on chest compressions
- 1 person on airway (BVM)
- 1 person (not 6 different ppl) gives turnover to 911 personnel when they arrive





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