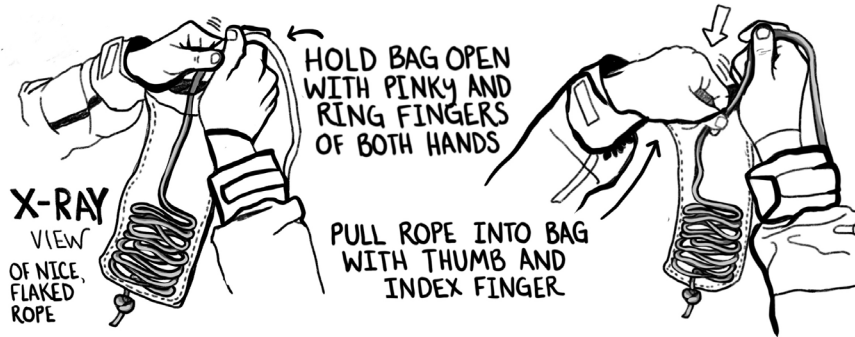


THROW ROPE

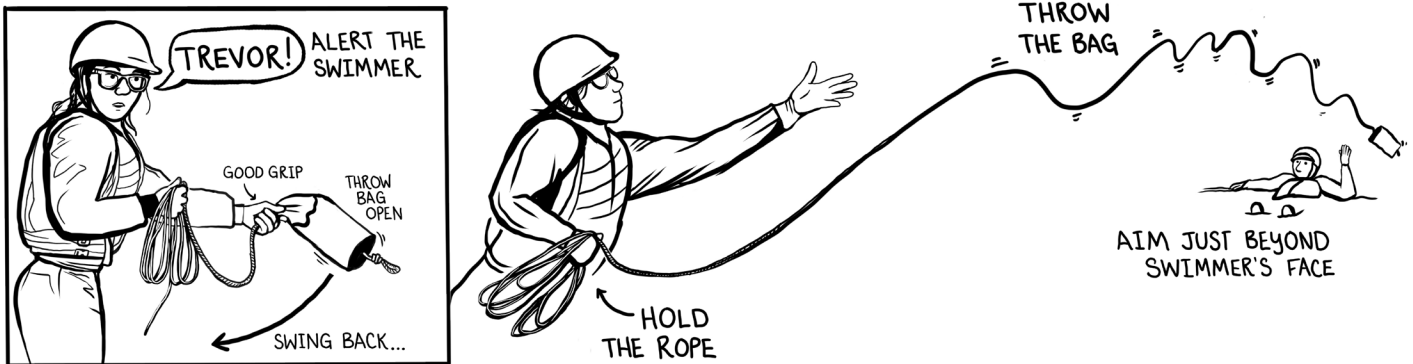
How to Throw and Receive a Rope

PREPARE



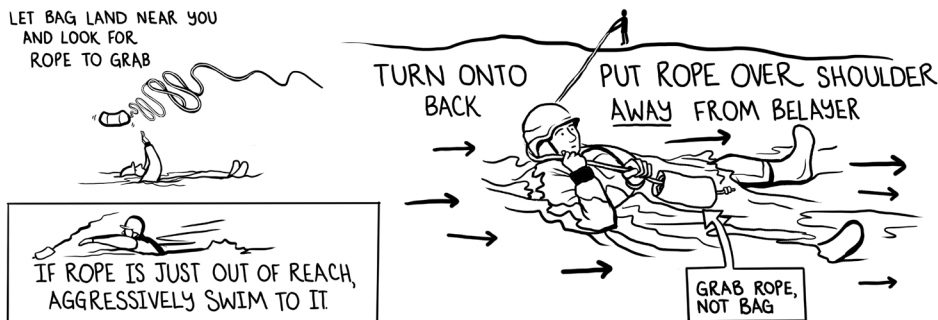
A **throw bag** can be tossed either underhand or overhand. Aim over the swimmer so that the rope drops to them. Practicing before a rescue situation makes your throw significantly more reliable.

THROW



Position yourself downstream of the swimmer, ideally at the downstream end of an eddy so that you can use the current to pull the swimmer into the eddy. Hold the end of the rope and throw the bag to deploy the rope.

RECEIVE



When being rescued by a throw bag, grab onto the rope (not the bag), turn over on your back, and put the rope over your far shoulder (away from the belayer).