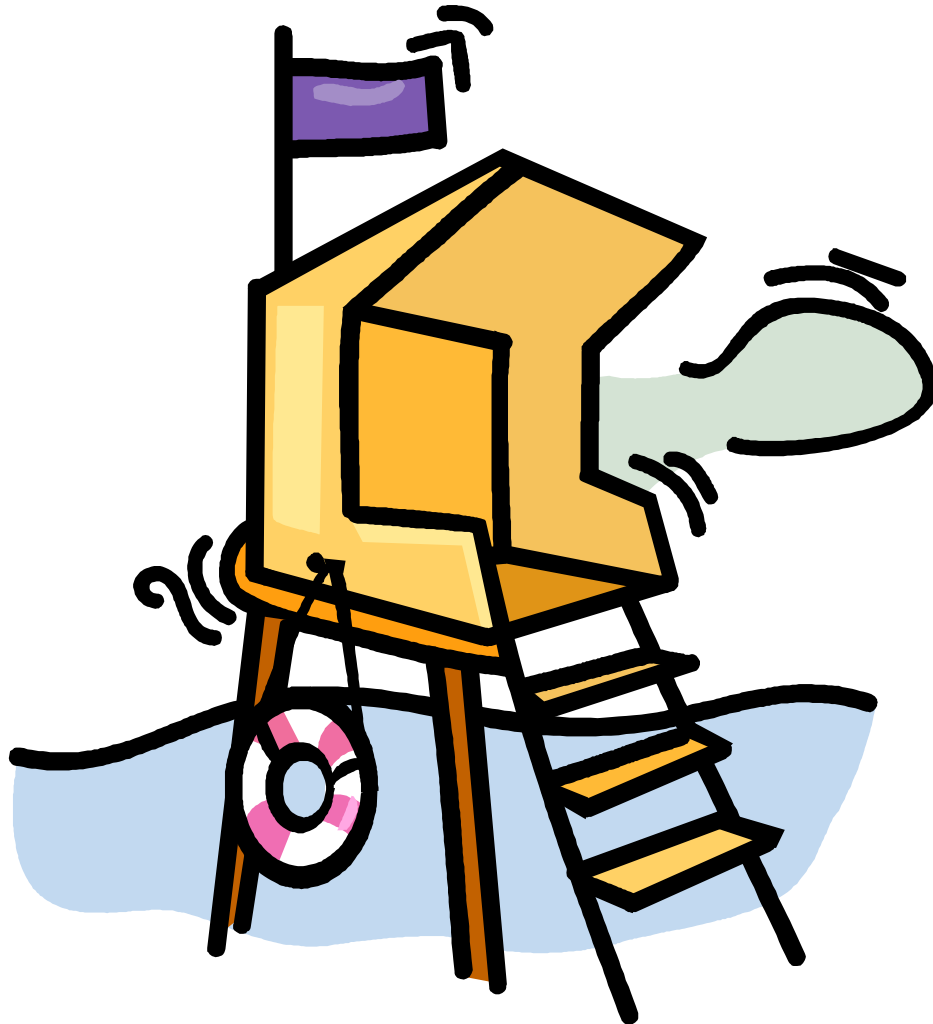


# BASIC



# LIFEGUARDING CONCEPTS

Ryan Radford 2002

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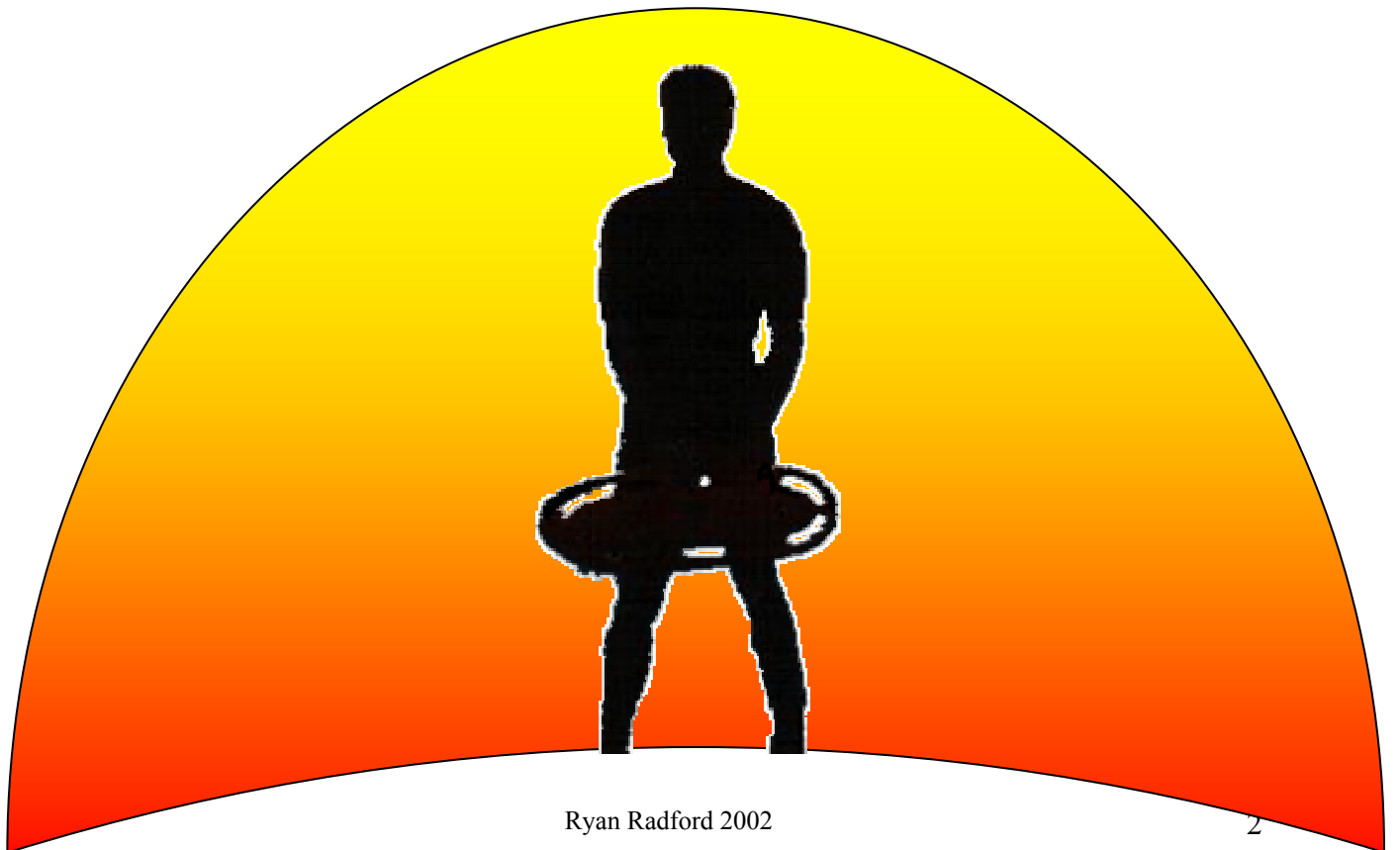
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## LIFEGUARD VS. LIFESAVER

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LIFEGUARD	LIFESAVER
<ul style="list-style-type: none"> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• Reacts _____ an accident occurs</li> </ul>
<ul style="list-style-type: none"> <li>• Backup/Team work</li> </ul>	<ul style="list-style-type: none"> <li>• May be _____ or with _____</li> </ul>
<ul style="list-style-type: none"> <li>• Main concern is _____</li> </ul>	<ul style="list-style-type: none"> <li>• Main concern is _____</li> </ul>
<ul style="list-style-type: none"> <li>• _____ and _____ Duty</li> </ul>	<ul style="list-style-type: none"> <li>• Only has a _____ obligation to help</li> </ul>
<ul style="list-style-type: none"> <li>• Can be _____ and negligent</li> </ul>	<ul style="list-style-type: none"> <li>• Protected by the _____ _____ (created in 1079)</li> </ul>
<ul style="list-style-type: none"> <li>• Must be qualified according to the _____</li> </ul>	<ul style="list-style-type: none"> <li>• No restrictions; can be anyone</li> </ul>
<ul style="list-style-type: none"> <li>• Has equipment specific to site and injury</li> </ul>	<ul style="list-style-type: none"> <li>• Often must make do with whatever is there</li> </ul>
<ul style="list-style-type: none"> <li>• Specific locale with known conditions</li> </ul>	<ul style="list-style-type: none"> <li>• Can be anywhere</li> </ul>
<ul style="list-style-type: none"> <li>• Specific and set _____ to deal with specific emergencies</li> </ul>	<ul style="list-style-type: none"> <li>• Many decisions to be made; more stress</li> </ul>
<ul style="list-style-type: none"> <li>• Professional</li> </ul>	<ul style="list-style-type: none"> <li>• Amateur assisting at a chance accident</li> </ul>
<ul style="list-style-type: none"> <li>• Supplies _____ therapy almost immediately</li> </ul>	<ul style="list-style-type: none"> <li>• _____ not started until ambulance or hospital</li> </ul>
<ul style="list-style-type: none"> <li>• Gross motor movements reduced</li> </ul>	<ul style="list-style-type: none"> <li>• G.M.M. necessary due to lack of equipment and trained teamwork</li> </ul>
<ul style="list-style-type: none"> <li>• 1<sup>st</sup> priority is to deal with the _____ panic</li> </ul>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> priority is self</li> </ul>
<ul style="list-style-type: none"> <li>• Public Awareness of hazards</li> </ul>	<ul style="list-style-type: none"> <li>• Hazards unknown</li> </ul>
	<ul style="list-style-type: none"> <li>• <i>Can be an _____ lifeguard</i></li> </ul>

## LIFEGUARDING PRINCIPLES I

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### 1) PREVENTION

### 2) BACKUP / CONTACT RESCUES

*How do we justify contact rescues in lifeguarding?*

### 3) FOCAL POINTS

### 4) TIME VS. QUALITY OF CARE

### 5) PROCEDURAL APPROACH

*Why do we use set procedures and practice them so much?*

## LIFEGUARDING PRINCIPLES II

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### **PRINCIPLES OF PREVENTATIVE LIFEGUARDING**

- 1) Lifeguards should move into action before swimmers realize they are in trouble
- 2) The closest lifeguard should deal with each incident
- 3) Each lifeguard must know where and what each other lifeguard is doing on deck at all times
- 4) When one lifeguard moves to deal with an incident, the other lifeguards must relocate to adequately cover the 1<sup>st</sup> lifeguard's area
- 5) Lifeguard-to-patron communication must be handled with courtesy and care
- 6) Scanning must be continuous to be effective. NEVER TURN BACK TO POOL.

### **PRINCIPLES OF AQUATIC EMERGENCY CARE**

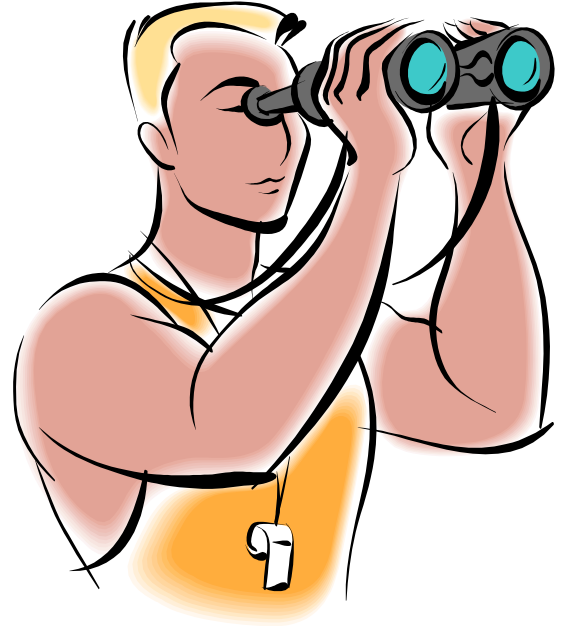
- 1) Effective preparation for emergencies is geared towards minimizing the number of decisions made under stress. Preparing for emergencies include the use of focal points, specific emergency procedures, and inservice training.
- 2) It is faster to move on deck than it is on water.
- 3) Whenever a lifeguard enters water over his/her head, backup follows immediately
- 4) During a rescue, getting the victim's head out of the water is the primary concern
- 5) In all near-drownings, the lifeguard needs to concern themselves with the need for speed of treatment, the need for oxygen in treatment, and the need to minimize the gross motor movements of the victim.
- 6) Clearing the pool during an emergency is a lower priority than care for the patient
- 7) When handling an unconscious victim, we must maintain an open airway and reduce the number of gross motor movements which can induce vomiting
- 8) When handling an injured patient, we must provide basic life support while immobilizing the injured area. Especially important in a spinal injury
- 9) When handling a heart attack, we must provide basic life support and reduce the patient's movement and stress.
- 10) A lifeguard's function in any emergency is to provide basic life support, remove the patient from the water, and prepare him for the ambulance crew.

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## SCANNING

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What should we be looking for when scanning?



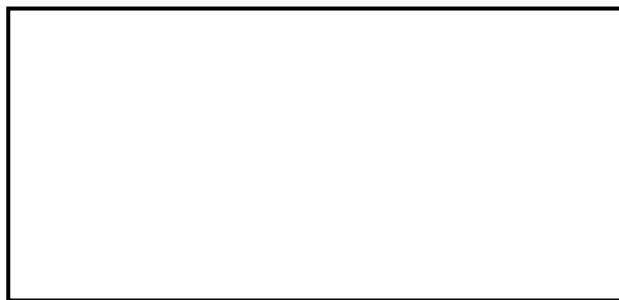
How do we scan?

THERE ARE 2 TYPES OF SCANNING TECHNIQUES:

1) \_\_\_\_\_ / \_\_\_\_\_



2) \_\_\_\_\_ / \_\_\_\_\_



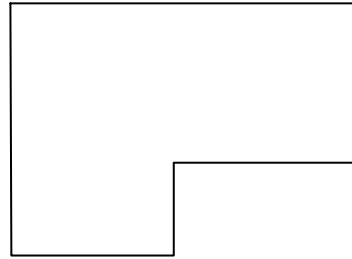
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## ROTATION & COVERAGE

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Off-Deck



Off-Deck

Why do we have regular rotations?

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## OFF-DECK LIFEGUARDING

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What can we do when we're "off-deck?"

## LIFEGUARDING POSITIONS

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### FOCAL POINT

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What is a focal point?

### INSERVICES

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What is an inservice?

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## MAJOR & MINOR EMERGENCIES

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In lifeguarding, the terms MINOR and MAJOR are used to describe different degrees of emergencies or incidents. The following are some general guidelines on how to differentiate the two terms:

MINOR	MAJOR
<i>Victim is not in an immediately life-threatening situation.</i>	<i>Victim is in an immediately life-threatening situation.</i>
Requires the assistance of _____ lifeguard	Requires _____ lifeguards
Pool _____ to be cleared	Pool _____ be cleared **
Examples: <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>	Examples: <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>

**\*\* NOTE:** A DNS is the only Major emergency in which the pool is not cleared.

*Basic Lifeguarding Concepts*