

Principles of Lifeguarding

PREVENTION

Back-Up/Contact Rescues

Focal Points

Time vs. Quality of Care

Procedural Approach

PREVENTION

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 1st 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.