

Scanning

“The best lifeguard isn’t the one who can brag about how many rescues he or she has done but instead the lifeguard who can brag about how many rescues he or she hasn’t had to do.”

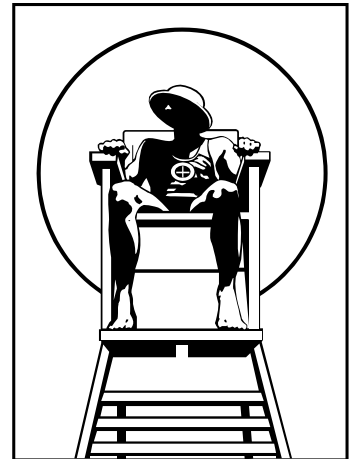
Scanning is a term used in lifeguarding to describe the technique of watching all patrons all of the time. At times this can be both a complex and an exhausting task. However, it is important that all guards are comfortable and confident in their scanning ability.

The primary function of a lifeguard is to PREVENT incidents before they happen. By developing and using an effective scan, many potential problems can be avoided. Keep in mind that scanning is not limited to your eyes. A good lifeguard uses vision, hearing, smell, and touch.

Lifeguards need to remain alert yet relaxed when on deck. They must be careful not to develop *visual myopia* while scanning. This is when the lifeguard is *looking* at the water but isn’t *seeing* what’s happening. Have you ever gotten into a car or on a bus and it seems like you’re all of sudden at your destination? You don’t really remember the in-between. It’s as if you space out for a short amount of time. This often happens when a lifeguard starts to get “bored.” This usually indicates you may need a break or a rotate of position. Remember that a person can drown in as little as 12 seconds. You can’t miss a beat.

What should you be looking for while scanning?

- Facial Expressions **
- Large Movements/Arm waving
- Cries for help/Crying sounds
- Small unattended children
- Gathering crowds
- Weak swimmers
- Placement of other lifeguards on the deck
- Large toys (mats, rafts, logs, etc.)
- Roughhousing
- Rule Breakers



How do you scan?

- Sweep eyes over your area in a smooth and sustainable manner
~ include water deck area, pool bottom, bleachers, play areas, etc.
- Be aware of areas directly behind and in front of you
- Divide your time unequally (watch higher risk areas more than lesser ones)
- Always include your other guard(s) in your scan
- Check to see people surface after dives and submersions
- 20-30 seconds is an *approximate* time to scan the entire pool back and forth ONCE.
- Know your limits

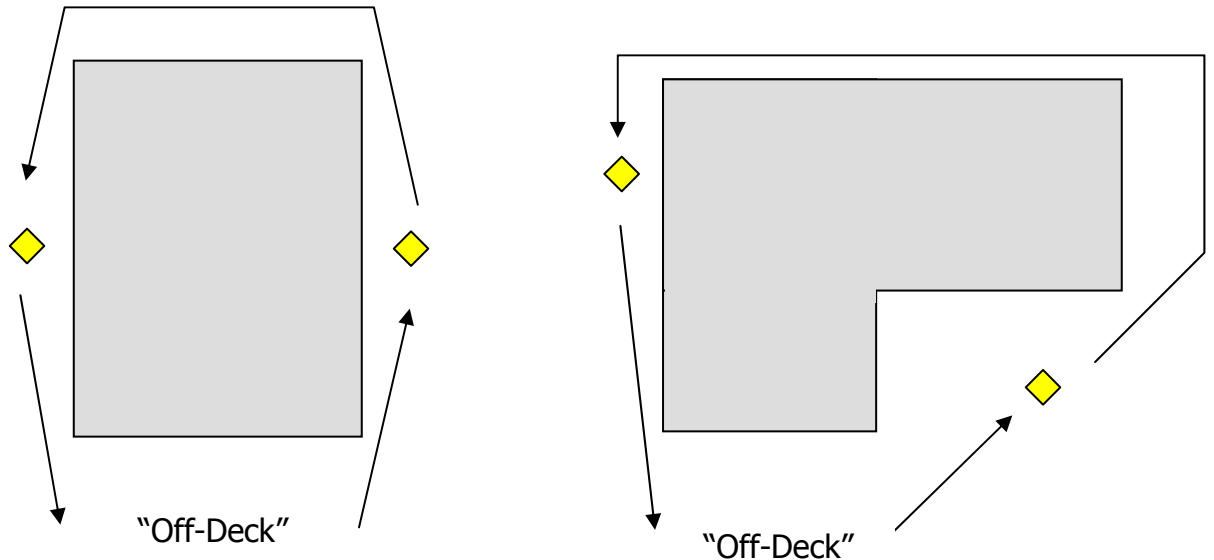
**** Read Pages 17-19 of the Alert Manual for more information on scanning. ****

Intensive/Extensive Scanning

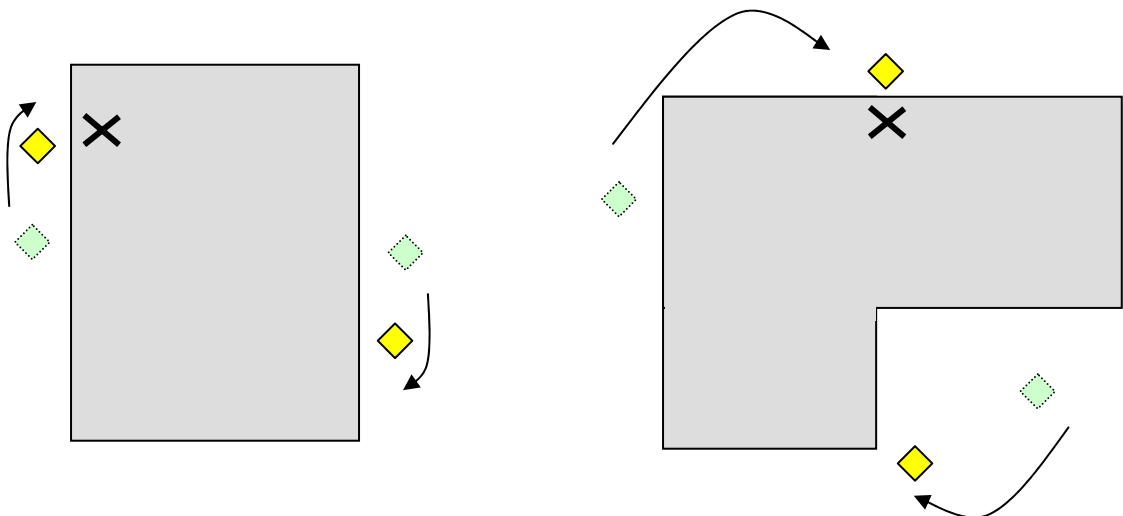
This will be covered in class.

Rotation & Coverage

Rotation is used whenever lifeguards are scanning in different zones. At a set interval (ex: every 15 minutes), guards rotate positions to get a change of scenery. Rotation helps prevent getting bored at one location and also allows for scanning breaks off-deck. It is important to rotate zones so each guard experiences a change of pace to alleviate boredom, eye strain, and busier areas are shared.



Coverage can be described as compensating movement. Whenever one lifeguard moves on deck (to deal with a PR, First Aid, etc.), the other lifeguard must cover his or her area by moving in a compensating direction. It is important to signal your other guard before you move so that they realize they will have to cover your area. Once the situation is handled, the initial guard returns and signals to all guards they are back scanning their zone.



Off-Deck Guarding

As a lifeguard, you will not always be on the deck scanning. This is referred to as “off-deck guarding.” It is a break from scanning, however it is not considered a “paid break.” Duties you can do during off-deck guarding include:

- Maintenance
- Check/restock first aid kit
- Practice/Review emergency procedures
- Prepare for lessons (lesson plans, report cards, etc.)
- Minor jobs that you never have enough time for (mirrors, etc.)
- Make posters/PR stuff

Focal Points

A focal point is a pre-determined location for bringing all major victims to. The one exception is DNS's which are always brought to and removed at the closest wall. It is always located in shallow water (unless otherwise unavoidable) and is usually very close to where safety equipment is kept on the pool deck.

WHY USE FOCAL POINTS?

Justification of Contact Rescues

In Bronze Medallion and Cross you should have been taught to avoid entering the water unless absolutely necessary. Further, you should have been taught to avoid making contact with a victim unless absolutely necessary. However, in NLS you will be taught to respond to all incidents immediately by signaling, entering the water, and making contact with the victim. How do we justify this?

- Speed – In a drowning victim, every second counts.
- The Pia Carry provides excellent support to keep head and shoulders out of the water.
- Victims feel more secure when contacted; this calms them down.
- We have **trained backup**
- Furthest rescue you will ever have to make is $\frac{1}{2}$ the width of a pool.

Major and Minor Emergencies

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
Victim is not in an immediately life-threatening situation.	Victim is in an immediately life-threatening situation.
Requires the assistance of only one lifeguard	Requires both lifeguards
Pool does not need to be cleared	Pool must be cleared **
Examples: <ul style="list-style-type: none">• Fracture• Nosebleed• Hyperventilation	Examples: <ul style="list-style-type: none">• DNS• Unconscious Victim• ABC Problem

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

You will compare the general procedures of minor and major incidents in your B.L.A.

Supervising a Body of Water

The maximum ratio of lifeguards to patrons is set at 1:100 (Health Act 1972). This means it is unlawful to operate with fewer lifeguards than required by this regulation. Most lifeguards find any more than 40-50 patrons extremely challenging. There are factors which must be considered when deciding upon the number of lifeguards needed to adequately supervise a given body of water. These include:

- Size and layout of the facility
- Number of patrons
- Age and ability/disability of patrons
- Type of patron activity
- Danger areas
- Equipment in use

There are also several factors to consider when positioning your lifeguards on deck. This is dependent on several factors as well. These include:

- The number of lifeguards of duty
- The number of patrons and their behavior or activities
- The ability of the lifeguards to see patrons, danger areas, other guards, the bottom of the pool, etc.
- The size and shape of the facility being supervised.

In your *Basic Lifeguarding Assignment*, you will describe and compare the different positions that a lifeguard may take on the pool deck including Stationary, Roving, and Elevated Station.