

Study Guide for Section 2 – Lifeguarding Skills (35 Questions) and Shallow Water Lifeguarding Skills (35 questions)

Responsibilities of lifeguards and facility management

- **Primary responsibilities of a lifeguard** - Your primary responsibility is to prevent drowning and other injuries from occurring at your facility. Lifeguards do this by:
 - Monitoring activities in/near the water
 - Preventing injuries and eliminating hazardous situations or behaviors
 - Enforcing rules and regulations and educating patrons about them
 - Recognizing and responding to all emergencies (rescues, first aid, CPR, illnesses, injuries, etc.)
 - Working as a team with other lifeguards, facility staff, and management
- **Responsibilities of a shallow water lifeguard** – Has the same responsibilities as above, but they are trained to respond to emergencies where water is up to 5 feet deep.
- **Primary responsibilities of facility management**
 - Creating and reviewing policy and procedures
 - Addressing unsafe conditions
 - Training staff

Legal considerations – Know the following legal principles that apply to lifeguards on duty:

- Duty to act
- Standard of care
- Negligence
- Abandonment
- Confidentiality
- Documentation
- Consent
- Refusal of care
- Good Samaritan law

Drowning and Injury Prevention:

- **The RID Factor** – the RID factor is an acronym that details why a person would become a drowning victim while a lifeguard is on duty. (See page 44 for a detailed explanation of the RID factor) The RID factor stands for:
 - **R – Recognition:** Failing to recognize the victim’s drowning response
 - **I – Intrusion:** When secondary duties (like maintenance tasks or other job duties) intrude on the lifeguards’ primary responsibility of patron surveillance
 - **D – Distraction:** Items that can distract the lifeguard from their active duties (talking, daydreaming, etc)
- **Behaviors of Distressed Swimmers and Potential Drowning victims:** Know what the different types of potential drowning victims: (Chart of the different characteristics/behaviors is included in this guide on the last few pages)
 - Distressed swimmer
 - Passive victim
 - Active victim
- If a patron is doing a behavior that could be potentially hazardous (like breath holding contests, swimming the length of the pool underwater, dunking friends, etc) immediately stop them from continuing the activity and explain the dangers of the activity in a calm and respectful manner.
- If the pool is very crowded or busy, a supervisor should set up additional zone coverage stations to reduce the number of patrons watched by each lifeguard.
- Know what is important to consider when a group (like a camp or a large party with only a few adults in charge) visits your pool
- The hazard communication standard requires you to have Material Safety Data Sheet (MSDS) information available. MSDS data includes information on what types of chemicals are in use at the facility that could be potentially hazardous, as well as procedures for handling these substances and responses if exposed to them.

Emergency Action Plan (EAP) and EAP Response Situations:

- Know the steps when activating the emergency action plan (EAP) for various situations. Questions will include scenarios where they will give you a situation where a hazard/drowning/safety issue occurs, and they will ask you

what the next steps in responding to the situation are. Understand what the proper procedure for signaling and responding to the EAP in various situations as the primary, secondary, and off duty lifeguard.

- If a lifeguard is on break and the EAP is activated and one of the lifeguards who is on duty has to enter the water to rescue a passive submerged victim, the on break lifeguard brings the backboard to the lifeguard and assist in removing the victim from the water as the other lifeguard clears the pool

Scanning and surveillance, and decision making

- Guidelines for effective Scanning - Drowning and injuries can happen in an instant, often silently. Scanning your entire area of responsibility quickly and thoroughly is important. You cannot prevent or save what you cannot see. When scanning:
 - **Scan all patrons** in your assigned area of responsibility.
 - Stay **focused**—do not let your attention drift.
 - Scan the entire volume of water—the **bottom, middle and surface**.
 - **Move your head and eyes while scanning** and look directly at each area rather than staring in a fixed direction. You may notice movement with your peripheral (side) vision, but to recognize that a person is in trouble, you must look directly at him or her.
 - Scan from **point to point** thoroughly and repeatedly. Do not neglect any part of the assigned area, including areas around and directly in front of the lifeguard station.
 - Focus on effective **patron surveillance** instead of the scanning pattern itself.
 - Scan for **signs of potential problems**: arm and leg action, body position and movement through the water may indicate that a patron is a weak swimmer and is in trouble in the water.
 - Scan **crowded and high-risk areas carefully**. Partially hidden arm movements might indicate that a victim is actively drowning.
 - Pay close attention to **nonswimmers or weak swimmers**.
 - Maintain an **active posture**.
 - Adjust your body position or stand up to **eliminate blind spots**. Be aware of areas that are difficult to see.
 - **Change your body position regularly** to help stay alert. For example, switch between seated and standing positions while in an elevated station.
 - While scanning, **do not be distracted** by people or activities outside of your area of responsibility. Keep focused on the assigned zone.
 - **Do not interrupt scanning** an area if a patron asks a question or has a suggestion or concern. Acknowledge the patron and **quickly explain that you cannot look at him or her while talking**, but you are listening to the patron.
 - Politely but **briefly answer the patron's question**, suggestion or concern, or refer him or her to the head lifeguard, facility manager or another staff member
- Know the different types of **surveillance coverage** and when each should be used:
 - Zone coverage
 - Total coverage
 - Emergency Back-Up Coverage
- Always scan all areas in your assigned zone of coverage and carry your rescue tube with you at all times. This is especially important when the pool is very crowded.
- In a non-emergency situation, you can take more time to assess the situation and act accordingly. In these kinds of situations, use the **FIND decision making model**:
 - **F – Figure** out the problem
 - **I – Identify** possible solutions
 - **N – Name** the pros and cons for each solution
 - **D – Decide** which solution is best, then act on it
- **Example Situations** – Questions will have scenarios where you are scanning the water and you identify an issue. They will then ask you the next steps in responding to that situation. Examples may include:
 - A person motionless in the water
 - A swimmer who is distressed and struggling
 - A swimmer who suddenly slips under the water
 - A patron running on the deck in your zone
 - A situation where obstructions or glare from the sun affect the ability for you to see your zone effectively
 - When you're on break with other lifeguards on duty and the EAP is activated, requiring one of the active lifeguards to have to enter the water

Head, neck, spinal injuries

- Know the signs and symptoms of a head, neck, or spinal injury
- If a lifeguarding staff is performing their job effectively, a head, neck, or spinal injury should rarely happen in deep water at a supervised facility.
- What should you do once immediately after you have removed a conscious victim who may have a head/neck/spinal injury using a backboard?
- How do you treat a person who has a head/neck/spinal injury who is laying injured on the ground? (Additionally, know that you should NEVER move this type of victim unless the scene becomes unsafe)
- Know the procedure for responding to head, neck, or spinal injury in deep water
- What is the response for treating a patron with a potential head/neck/spine injury while they are on land?
- Proper manual in-line stabilization while in the water – know that they're looking for you to understand that the head splint technique is the method that should be used in the water
- When backboarding someone who may have a potential spinal injury, secure the straps in the following order:
 - Upper chest -> hips -> thighs (The straps on the head stabilizer are not permanently attached to the board, so don't be confused about this not being included in the answer)

What do you do in these situations?

- Accidental fecal release (AFR) – requires water treatment, temporary pool closure (length of closure depends on if fecal matter is solid or liquid), and immediate lifeguard attention and water treatment
- You find a person in an unsupervised area (like a back room or concession stand) and the person is unconscious. If you are the only person in the area and need to leave the scene, what do you do if:
 - The person has a pulse but is not breathing?
 - The person has no pulse and is not breathing?
- A child who is not a strong swimmer is in distress near the side of the pool – Extend a rescue tube to the child and pull them to safety.
- A person who is struggling to keep their footing in a shallow area (such as a catch pool, which has quick rapids that are used to move people on inner tubes) use a simple assist to help stabilize them by reaching across the rescue tube and grabbing the person under their armpits to help them with their balance.
- A person in your zone is motionless in the water. The steps you follow in a water emergency are performed in the following order:
 - Activate EAP
 - Enter the water (this includes sizing up the scene)
 - Perform an appropriate rescue
 - Move the victim to a safe exit point
 - Provide emergency care as needed
- What do you do when you're conducting a safety check and you see a possible hazard? (examples would be like broken glass, blood, broken/faulty safety equipment, etc) - Close off the area and tell the lifeguard supervisor right away.

POTENTIAL TRICK QUESTIONS

- A question asks about which pieces of equipment should be easily accessible for emergency use. All of the answers could easily be interpreted as correct, but the question assumes that each lifeguard already is equipped with protective equipment like gloves and first aid kits. Therefore they are looking for items like a **backboard and AED** device easily accessible at the facility.
- A question regarding how a shallow water lifeguard would most likely prevent patron injuries has two potentially acceptable answers. The way they would **most likely** prevent patron injuries would be to ensure that the entire assigned zone of surveillance can be effectively scanned and is free of hazards. However, the question also has an answer that says they can prevent injuries by enforcing facility rules and regulations and educating patrons about them. While this is completely appropriate and acceptable, you may only have a few instances on duty where you'd have to enforce rules and explaining the basis for them. You should be scanning and surveying the area at all times on duty, therefore this would be the way to most likely prevent injuries.

Other things you should know:

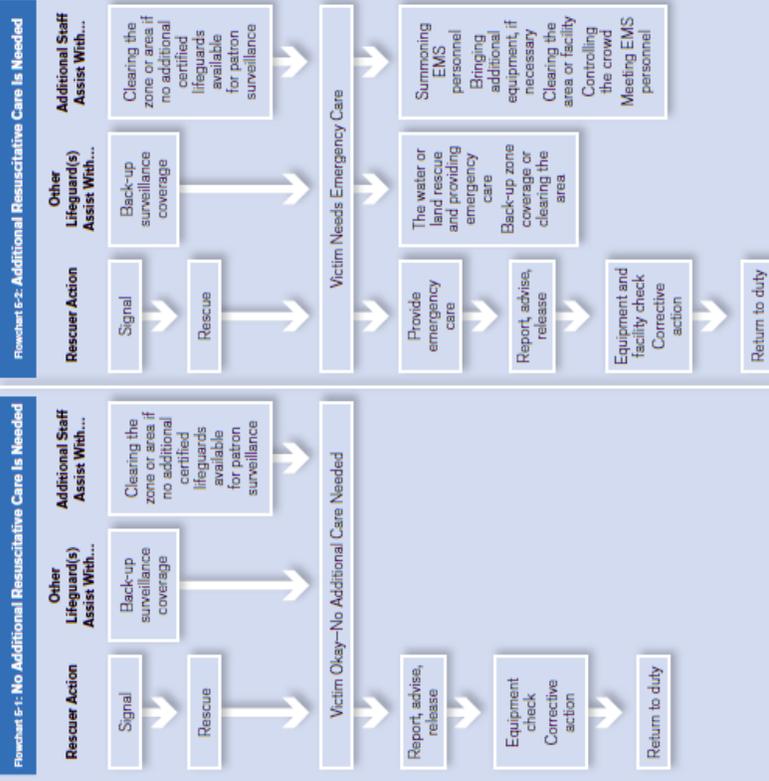
- The different types of assists and when they should be used
- When to use the HAINES position

Table 3-1: Behaviors of Distressed Swimmers and Drowning Victims

	Distressed Swimmer	Drowning Victim-Active	Drowning Victim-Passive
Head Position	Above water	Tilted back with face looking up	<ul style="list-style-type: none"> Face-up or face-down in the water Submerged
Appearance and, if visible, Facial Expressions	<ul style="list-style-type: none"> Trying to support self by holding or clinging to a lane line or safety line Expression of concern for personal safety 	<ul style="list-style-type: none"> Struggling to keep or get the head above the surface of the water Struggling to reach the surface, if underwater Expression of panic/wide eyed 	<ul style="list-style-type: none"> Limp or convulsive-like movements Floating or submerged Eyes may be closed If submerged, may look like a shadow
Breathing	Is breathing	Struggles to breathe	Not breathing
Arm and Leg Action	<ul style="list-style-type: none"> Floating, sculling or treading water Might wave for help 	Arms to sides or in front, alternately moving up and pressing down	None
Body Position	Horizontal, vertical or diagonal, depending on means of support	Vertical, leaning slightly back	Horizontal or vertical
Locomotion	<ul style="list-style-type: none"> Little or no forward progress Less and less able to support self 	None	None
Sounds	Able to call for help but may not do so	Cannot call out for help	None
Location	At the surface	At the surface, underwater or sinking	Floating at the surface, sinking or submerged on the bottom

Sample Emergency Action Plan Flow: Water Emergency

The following two flowcharts illustrate how an EAP could be implemented. The first example depicts a situation where no additional resuscitative care is needed after the victim has been removed from the water; the second illustrates a situation where additional resuscitative care is required. Your facility's EAP's will include decision points based on conditions found at the scene along with assigned roles and detailed instructions about how to proceed, which are based on specific circumstances and needs of the facility, such as staffing positions and levels and emergency response times.



If the victim was treated for serious injuries or illness, follow the facility EAP protocols for:

- Closing the facility.
- Handling family members.
- Contacting the chain of command, such as supervisors or public relations personnel.
- Handling patrons and answering questions.
- Discussing the incident details.
- Operational debriefings.