World Academy of Safety & Health

WATERFRONT LIFEGUARD STUDENT MANUAL

V.2022.

ISBN 979-8-88831-581-1 US$38.00
53800>
9 798888 315811

Waterfront Lifeguard – Student Manual, v.2021

Purpose:

This *World Academy of Safety & Health (WASH) Waterfront Lifeguard Student Manual, v.2021* is exclusively intended to provide guidance and information to enrolled students in the World Academy of Safety & Health (WASH) Waterfront Lifeguard certification training course(s). All information contained within this manual is subject to change at any time for any reason and without notice. All updates, changes, alterations, and new editions will be published on *www.lifeguardcertifications.com*.

Notification of Rights:

Trademarks, Ownership and Copyrights:

World Academy of Safety & Health (WASH)

P.O. Box 311

Riderwood, MD 21139 U.S.A.

1-800-484-0419

Email: admin@lifeguardcertifications.com

Web: www.lifeguardcertifications.com

ISBN: 979-8-88831-581-1

Published by Jefferson Marketing Group

World Academy of Safety & Health

Disclaimer

World Academy of Safety & Health (WASH) has made all reasonable efforts to ensure the content of this *Waterfront Lifeguard Student Manual, v.2021* is accurate, up-to-date, and aligned with the most recent industry standards and recommendations at the time of its publication. Scientific and medical information and data can frequently change. Medical recommendations may, in turn, be updated to reflect this latest science and data. In addition to the regular 5-year program and curriculum review and update cycle, the *World Academy of Safety & Health (WASH) Waterfront Lifeguard Student Manual, v.2021* will be updated as frequently as is needed based upon any changes in medical recommendations. Any and all updates will be published on: *www.lifeguardcertifications.com*.

Each emergency situation is unique and, hence, warrants its own set of guidelines, principles, recommendations, information and/or emergency response protocols. Therefore, it is not possible for *World Academy of Safety & Health (WASH)* to provide blanket emergency response recommendations.

This *Waterfront Lifeguard Student Manual, v.2021* must not replace or substitute for advanced medical care or emergency services response and treatment. Further, no information contained within this *Waterfront Lifeguard Student Manual, v.2021* should replace the need to seek care and/or advice from a physician, hospital staff member, or other licensed healthcare provider. Cooperation with local medical direction is necessary when developing a facility Emergency Action Plan (EAP) and best practices. Emergency services should always be contacted when there is an emergency situation.

World Academy of Safety & Health (WASH) utilizes an Advisory and Review Committee in the development of all programs, courses, manuals, resources, and other instructional materials.

World Academy of Safety & Health (WASH)
P.O. Box 311
Riderwood, MD 21139 U.S.A.
1-800-484-0419
Email: admin@lifeguardcertifications.com
Web: www.lifeguardcertifications.com

ISBN: 979-8-88831-581-1

Published by Jefferson Marketing Group

About Us

World Academy of Safety & Health is an international certifying body for Pool Lifeguards, Waterpark Lifeguards, Waterfront Lifeguards, Surf Rescue Lifeguards, Lifeguard Instructors, and Lifeguard Supervisors.

We offer high-quality courses that are an affordable, flexible, and accessible option. Courses are delivered as full in-person classes in select areas across the world. We urge you to utilize our website for the most up to date list of approvals: http://lifeguardcertifications.com/2022/01/11/program-curriculum-approvals/

We offer a need-based scholarship program for people to participate in lifeguard certification courses. We rely on outside support in the form of donations, grants, and volunteers.

We invite you to join us in our mission to prevent death by drowning worldwide. Certification courses available in select areas worldwide. We look forward to serving you!

The World Academy of Safety & Health (WASH) Lifeguard Certification Course was developed to comply with the standards outlined in section 6 of the Model Aquatic Health Code (MAHC)

lifeguardcertifications.com
1-800-484-0419

admin@lifeguardcertifications.com

Monday-Friday 9:00am-5:00pm ET

World Academy of Safety & Health

Purpose of Certification and Training Course

The purpose of the World Academy of Safety & Health (WASH) Lifeguard Curriculum and Certification program is to provide the participant(s) with the confidence, content knowledge, and physical skills to recognize, respond, and recover in the event of an emergency in or around a swimming pool, aquatics facility, or non-tidal open water.

This program offers the flexibility to be able to adapt the physical skills and/or the type of emergency response and care to the specific and/or special circumstances at an aquatic facility.

This course is not designed to train lifeguards to supervise other lifeguards. In order to provide lifeguard supervision, successful completion of a management or supervisory course is necessary.

All course participants have electronic access (using the student login on lifeguardcertifications.com) to course manuals, course slide presentations, and course skills video clips beginning with class registration and until the expiration date on the WASH certificate.

Certification Policies & Procedures

Provider-Level Course Prerequisites

Prior to the start of the course participants:

- Must be, at minimum, fifteen (15) years of age by the final meeting date of the course to be eligible to enroll.
- Must successfully demonstrate the course's pre-requisite physical skills:
  - Swim 300 yards using only front crawl or breaststroke without resting. This is an untimed event.
  - Tread water using only one's legs for two (2) minutes.
  - Swim twenty-five (25) yards, dive to a depth between nine (9) feet and twelve (12) feet to retrieve a ten (10) pound weight, return to the surface, swim twenty-five (25) yards back to the starting point while keeping the ten (10) pound weight above the water's surface. The participant must exit the pool without use of stairs or steps with the 10-pound weight in hand. Each participant will have a maximum of 1 minute and 40 seconds to complete this prerequisite skill.

Requirements for Successful Completion of Provider-Level Course

In order to earn a World Academy of Safety & Health (WASH) Pool Lifeguard certificate, participants:

- Must be present for all class meetings. This includes but may not be limited to classroom sessions, pool sessions, another in-person sessions.
- Must meet the course objective for each lesson by successfully demonstrating each required physical skill.
- Must earn a minimum score of eighty (80) percent on the final proctored written exam.

Certification Period for Provider-Level Course

Each World Academy of Safety & Health (WASH) Lifeguard certificate will have a validity period of one (1) year from the date of completion. This date as well as the certificate expiration date will be shown on the certificate itself.

Each American Safety & Health Institute (ASHI), an HSI company, certificate earned during a World Academy of Safety & Health (WASH) course will have a validity period of one (1) year from the date of completion. The Basic First Aid certificate will have a validity period of two (2) years from the date of completion. These dates as well as the certificate expiration date will be shown on the certificate itself.

World Academy of Safety & Health (WASH) reserves the right to suspend, revoke, or otherwise temporarily and/or permanently terminate the validity of any WASH certificate at any time and for any reason. This is at the sole discretion of World Academy of Safety & Health (WASH).

Certification Renewal Requirements for Prover-Level Course

There are three (3) options available to World Academy of Safety & Health (WASH) certified lifeguards once their certificate expires.

- If the certificate is no more than 30 days expired, the person may choose to enroll and complete an abbreviated recertification World Academy of Safety & Health (WASH) lifeguard certification course to earn back their lifeguard certificate. This lifeguard recertification course requires successful completion of the following components for a participant to earn back their lifeguard certificate: pre-requisite physical skills as outlined in Lifeguard Participant Manual, Policies & Procedures, Section I Course Prerequisites; all required physical skills included in the course curriculum; and final exam.

- If the certificate is no more than 30 days expired, the person may choose to CHALLENGE the course. By successfully demonstrating the physical skills and passing the final written exam, the participant can renew his/her World Academy of Safety & Health (WASH) lifeguard certification.

- If the certificate is 31 days or more expired, the person must enroll and successfully complete a full World Academy of Safety & Health (WASH) lifeguard certification course to earn back their lifeguard certificate.

Course Design

Course Overview:

The WASH Lifeguard training course is intended for individuals who will seek employment as a pool lifeguard at a facility without special waterpark features such as lazy rivers, waterslides, diving boards, and any other water features. There are several course pre-requisites that can be found in Section I of Policies & Procedures.

The goal of this course is to develop and equip students with the knowledge, skills, and confidence to respond during an in-water or dryland emergency while working as a pool lifeguard. WASH encourages instructional design and skill application that provides flexibility in terms of the best approach and response to an emergency based upon each individual facility's circumstances and constraints. WASH believes this approach allows for more real-world scenarios to be addressed and the most appropriate emergency response taught and practiced.

Program & Curriculum Structure:

Pool Lifeguard training is a World Academy of Safety & Health (WASH) core course.

Pre-Requisite(s):

Any person wishing to earn the WASH pool lifeguard certificate must successfully complete this core course (with exceptions being given to Lifeguard Instructors currently holding a valid certificate from another certifying agency recognized by WASH). Once the pool lifeguard training is successfully completed, participants will have the option to add additional *Units of Study* to earn additional specialty certificates that can include:

- Waterfront Lifeguard (lakefront/non-tidal)
- Waterpark Lifeguard
- Lifeguard Supervisor
- Surf Rescue Lifeguard (open tidal water)

Delivery Methods:

In-Person, instructor-led training classes and blended format classes will be offered. Content will be provided via instructor lecture, instructor-facilitated discussion, small group work, video segments and slide presentations. The recommended student to instructor ratio is 10:1.

Evaluation of Participants

Formal Evaluation of Required Physical Skills:

Each participant will be evaluated on a pass-fail basis for all required physical skills. Each participant must successfully demonstrate each required physical skill.

Formal Evaluation of Content Knowledge:

The written final exam is a required element to earn certification. This exam must be proctored by an Authorized World Academy of Safety & Health (WASH) instructor and is untimed – instructor(s) must provide each participant adequate time to complete the exam.

A participant must score an eighty (80) percent or better on the final written exam. If a participant is unable to meet this minimum score, he or she cannot be issued a certificate and must retake the course.

Certification:

When a World Academy of Safety & Health (WASH) certificate is issued it signifies that the participant, on the date of completion as listed on the certificate, met all course objectives by successfully demonstrating for the WASH Instructor listed on the certificate:

- an understanding of content knowledge as based upon his or her score on the final written exam
- each required physical skill as listed on the Skills Assessment Form (SAF)

A valid WASH certification card does not guarantee the cardholder's current or future performance. It is the employer's responsibility to verify the cardholder's ability to successfully perform all job duties and responsibilities.

Course Pre-Requisites

Prior to the first class session (or during the first class session) of any World Academy of Safety & Health (WASH) lifeguard certification course, each participant must successfully complete the course prerequisite physical skills.

If a participant fails to successfully complete any one of the pre-requisite physical skills, he/she will not be permitted to continue in the course.

- Verify all participants will be, at minimum, fifteen (15) years of age by the final class meeting.
- Continuously swim, using only the front crawl, for 300 yards (see Figure Pre.1.1).
- Tread water, using only one's legs, for two (2) minutes (see Figure Pre.1.2).
- Swim front crawl for twenty-five (25) yards; dive to a depth of between nine (9) and twelve (12) feet to retrieve a ten (10) pound weight; return to the surface with the weight; swim twenty-five (25) yards back to the starting point while keeping the ten (10) pound weight above the water's surface; exit the pool with the ten (10) pound weight without using the stairs and/or steps. This skill must be completed within one (1) minute and forty (40) seconds (see Figure Pre.1.3).
- Hold a current World Academy of Safety & Health (WASH) Pool Lifeguard certificate. Or, enroll in the WASH Pool Lifeguard certification course prior to enrolling in the waterfront add-on course.

Figure Pre.1.1

Figure Pre.1.2

Figure Pre.1.3

Special Considerations – Chapter 1

OBJECTIVE(S): 1. Identify special and unique features when guarding open water; 2. Explain best practices for dealing with the special features of open water environments; 3. Explain how to mark a victim's last known position in an open water environment; 4. Detail the procedures to conduct a line search to locate a submerged victim when the bottom cannot be seen; 5. Identify special equipment used to guard in open water environments; 6. Demonstrate effective use of rescue equipment & technique(s).

Lifeguarding at a non-tidal waterfront such as a lake presents unique challenges not seen by lifeguards at swimming pools. Conditions at a lake also dictate that the lifeguard be proficient in skills above and beyond what the pool lifeguard must effectively utilize.

Typically, lifeguards are not able to see to any significant depth in a lake. Certainly, they are not able to see the bottom. This, of course, presents a challenge to patron surveillance. Lifeguards must keep track of swimmers knowing that if one submerges, it is not as straightforward as seeing the victim on the bottom as the lifeguard would likely be able to do in a swimming pool setting.

Additionally, if and when a submerged victim is recognized in a swimming pool, the responding lifeguard(s) is able to see the victim as he or she executes the appropriate rescue. In a lake, that is not the case. Instead, the lifeguard must make use of landmarking and line searches.

Special Considerations at Waterfront Facilities

The swimming area at a waterfront facility should be marked with a distinct border provided around this swimming area. This will:

- Keep possible dangers to swimmers out of the area – i.e. paddleboats, canoes, etc.
- Keep the swimmers in the area so that lifeguards can more easily scan and keep watch over the patrons as well as more easily communicate with the swimmers.
- Allow for strategic positioning of lifeguards to ensure effective patron surveillance can be maintained.
- Allow for management to monitor the swimming area for underwater hazards.

Underwater Hazards

The swimming area should be inspected on, at least, a daily basis and prior to opening to swimmers for underwater hazards. These hazards should immediately be removed. If it is not possible to immediately remove the hazard, the lifeguard should communicate with management so that the area can be closed or the object marked above the water line so that lifeguards can keep patrons away from that area until the hazard is removed. Whether to close the area or mark the hazard is a decision based on the unique circumstance at the facility and must be made with patron safety as the number one priority. If patrons cannot safely use any portion of the swimming area without the hazard being removed then the area must close until the object is taken out of the water.

Docks and Piers

Floating and stationary piers and docks are common structures found at waterfront facilities. Often times, these structures are used for other recreational activities other than swimming. These include fishing, canoe or paddleboat rentals, or even boat traffic approaching the area. It is crucial that there is a clearly marked safety area surrounding these structures to keep swimmers away.

If the pier or dock includes any features such as a slide or diving board then boat traffic must be kept away and the rental area for canoes and paddleboats must be on the other side of the structure. In cases like these, there should be a clearly marked swimming area surrounding the landing zone of the slide or diving board.

Whether swimming is permitted in the area or it is strictly reserved for boats, canoes, and other activities lifeguard(s) should be assigned to the area using the same general principles of assignment used when positioning lifeguard(s) in the general swimming area.

Environmental Conditions

Changing environmental conditions throughout the day can have a dramatic impact on the water conditions at any waterfront or open water facility. These environmental conditions and their subsequent impact on water conditions should be monitored closely throughout that day. If there are any changes in the water conditions that make it unsafe for swimming, the area must be closed until conditions improve enough to make swimming safe.

Wind can lead to currents where they did not previously exist or changes to existing currents. Rain can also have a significant impact on water conditions. For example, heavy rain can:

- Negatively impact water clarity
- Decrease the water temperature
- Increase water levels which, in turn, can impact water currents
- Change the contour of the bottom which may lead to changes in water depth and/or changes to water currents

Life Jackets

Using lifejackets in non-tidal open water is crucial for enhancing safety and ensuring the well-being of individuals participating in water activities. Here's a detailed explanation of the importance, types, and proper use of lifejackets in these environments.

Importance of Lifejackets

1. **Safety**: Lifejackets provide buoyancy, helping to keep individuals afloat and reducing the risk of drowning in open water, where conditions can change rapidly.
2. **Confidence**: Wearing a lifejacket can increase comfort and confidence, allowing individuals to engage in water activities with a greater sense of security.
3. **Rescue Aid**: In emergencies, lifejackets make it easier for rescuers to locate and assist individuals in distress.

Types of Lifejackets

1. **Type I (Offshore Life Jacket)**:
   - Designed for open, rough, or remote waters.
   - Offers the most buoyancy and can turn most unconscious people face-up in the water.
2. **Type II (Near-Shore Life Jacket)**:
   - Suitable for calm waters and situations where quick rescue is likely.
   - Provides good buoyancy but may not turn an unconscious person face-up.
3. **Type III (Flotation Aid)**:
   - Designed for activities such as water skiing or kayaking.
   - Allows for more freedom of movement while providing buoyancy but may not turn an unconscious person face-up.
4. **Type V (Special Use Life Jacket)**:
   - Designed for specific activities (e.g., kayaking, windsurfing).
   - Must be worn as directed to count toward regulatory buoyancy requirements.

Proper Use of Lifejackets

1. **Selection**:
   - Choose a lifejacket that is appropriate for the activity and water conditions. Ensure it is certified by the appropriate safety organizations (e.g., U.S. Coast Guard).
2. **Fit and Adjustment**:
   - Ensure the lifejacket fits properly. It should be snug but not too tight, allowing for movement without slipping off.
   - Adjust all straps and buckles according to the manufacturer's instructions to secure the jacket.
3. **Inspection**:
   - Before use, inspect the lifejacket for any signs of damage, such as tears, frayed straps, or compromised buoyancy material.
   - Check that all closures (zippers, buckles) are functional.
4. **Wearing the Lifejacket**:
   - Always wear the lifejacket when engaging in water activities, especially in open water where conditions can be unpredictable.
   - Ensure it is worn correctly, with all straps fastened and the jacket positioned properly on the body.
5. **Education and Training**:
   - Educate participants about the importance of lifejackets and proper usage before water activities.
   - Offer training on how to put on and adjust lifejackets effectively.

Considerations in Non-Tidal Open Water

- **Environmental Factors**: Be aware of specific conditions such as water temperature, weather changes, and potential hazards (e.g., currents, underwater obstacles).
- **Group Activities**: When engaging in group activities, ensure everyone wears a lifejacket and is aware of safety protocols.
- **Supervision**: Ensure that all participants are supervised by a qualified adult or lifeguard, especially children or inexperienced swimmers.

Conclusion

Lifejackets are an essential safety measure in non-tidal open water activities. By selecting the right type, ensuring proper fit and use, and fostering a culture of safety, individuals can significantly reduce the risk of accidents and enhance overall enjoyment in the water.

Submerged Victim in Shallow Water – Chapter 2

Shallow Water Line Search

A shallow water line search is utilized when a victim slips below the surface of the water at a depth in which lifeguard(s) can easily walk and the bottom is not visible (i.e. lakefront setting).

Either the lifeguard who saw this occur or the primary lifeguard who is communicating with the bystander who saw the victim slip under the water, should immediately attempt to triangulate the victim's last known position. To accomplish this, the lifeguard should:

- Make a visual note of the victim's last known position prior to submerging.
- Quickly identify:
  - a stationary object beyond this position;
  - a stationary object that is perpendicular to this position and;
  - a stationary object that is behind you, the rescuer, on the shoreline.
- These three objects relative to the victim's last known position will allow you to maintain a marking of the depth and/or distance from the shoreline of the victim's last known position as well as the being able to maintain the victim's last known position relative to the position of the lifeguard line search in the water.
- As additional lifeguards arrive on scene, they will each enter the water, forming a line in which they are arm's length apart from the lifeguard on either side – to ensure this distance is maintained throughout the search, the lifeguards can interlock arms.
- The most senior lifeguard in the water will be the primary rescuer responsible for directing the search line and will communicate directly with the lifeguard onshore.
- The line should begin either up current or up wind from the victim's last know position; the shortest person must be in the shallowest of the water and the tallest person in the deepest part of the water with no person ever being deeper than chest deep; the line should begin to walk in the direction of the victim's last known position with each person in the line sweeping his or her feet left to right and right to left across the bottom in an effort to feel and locate the victim; the line moves at the pace of the slowest walking person.
- The line search must continue in a back-and-forth fashion across the water until the victim is located.

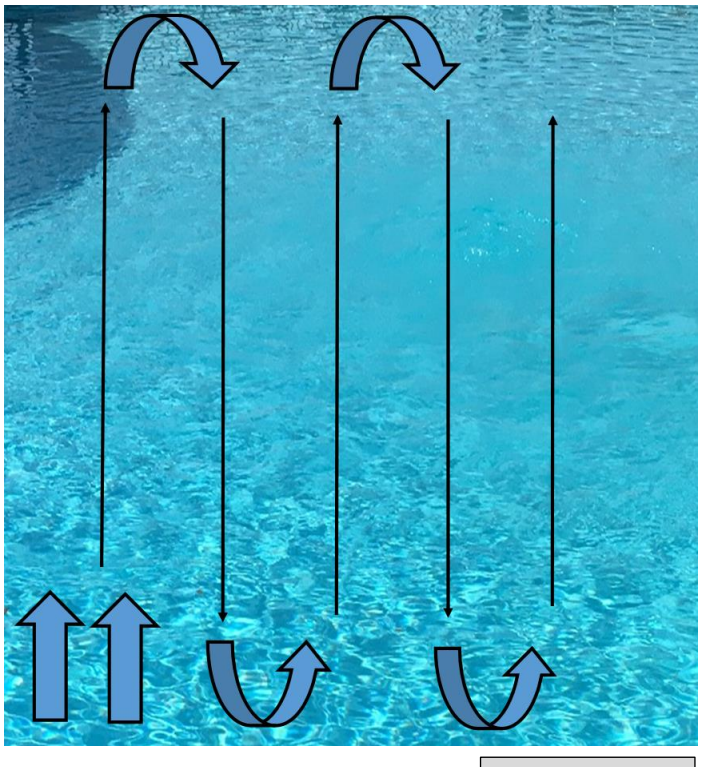


Figure CW2.1

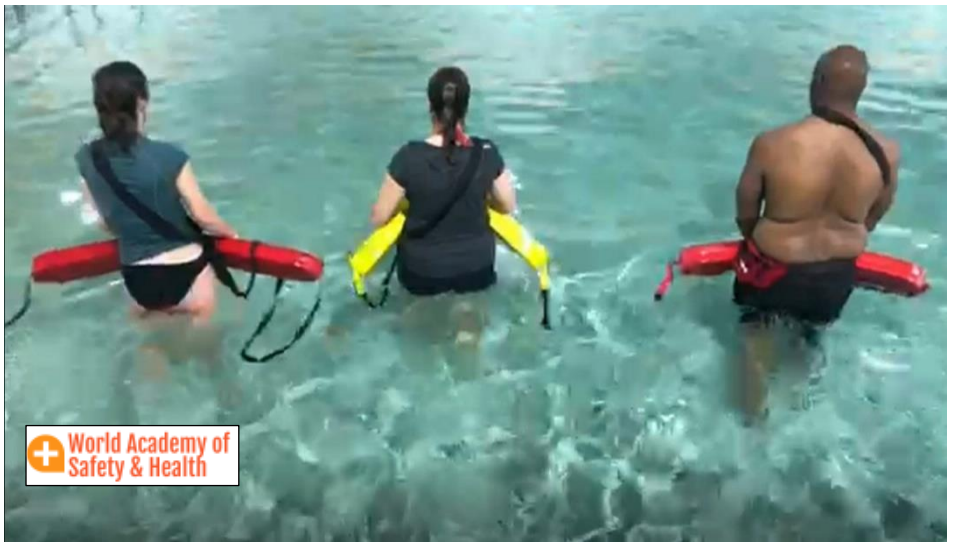


Figure CW2.2

Submerged Victim in Deep Water – Chapter 3

Deep Water Line Search

Either the lifeguard who saw this occur or the primary lifeguard who is communicating with the bystander who saw the victim slip under the water, should immediately attempt to triangulate the victim's last known position. To accomplish this, the lifeguard should:

- Make a visual note of the victim's last known position prior to submerging.
- Quickly identify:
  - a stationary object beyond this position;
  - a stationary object that is perpendicular to this position and;
  - a stationary object that is behind you, the rescuer, on the shoreline.
- These three objects relative to the victim's last known position will allow you to maintain a marking of the depth and/or distance from the shoreline of the victim's last known position as well as the being able to maintain the victim's last known position relative to the position of the lifeguard line search in the water.
- As additional lifeguards arrive on scene, they will each enter the water with mask and fins, forming a line in which they are arm's length apart from the lifeguard on either side.
- The most senior lifeguard in the water will be the primary rescuer responsible for directing the search line and will communicate directly with the lifeguard onshore.
- The line should begin either up current or up wind from the victim's last know position; the shortest person must be in the shallowest of the water and the tallest person in the deepest part of the water; the line should begin by performing a head-first surface dive to the bottom and taking the number of underwater swim strokes as preassigned by the primary rescuer in the direction of the victim's last known position with each lifeguard in the line sweeping his or her hands, arms and feet left to right and right to left across the bottom and through the water column and visually looking through the water all in an effort to locate the victim; lifeguards should resurface in an upright position once he or she has completed the preassigned number of underwater swim strokes; once all lifeguards have resurfaced, the primary rescuer moves the line to the lifeguard who is farthest back.
- The line search must continue in in this same pattern across the water until the victim is located; the search is taken over by local EMS services; or the search is terminated by local EMS services.

Locating Submerged Victim – Chapter 4

If the victim is located by lifeguards during a line search – deep or shallow water – he or she must immediately be brought to the surface of the water. Lifeguard(s) should accomplish this by any means necessary with the most desired technique being one in which the victim is grasped under each armpit by one or more lifeguards.

Once at the surface, the victim should be kept on his or her back while ensuring his or her face is clear of the water. The lifeguards should work as a team to move the victim to the shoreline as quickly and efficiently as possible. Once on the beach, the victim should be assessed and the appropriate emergency care provided based on the victim's condition.

Figure CW4.1

Use of Mask and Fins

1. Equipment Overview:

- **Mask**: Provides clear visibility underwater by creating a watertight seal around the eyes and nose. It allows the rescuer to see clearly in various lighting conditions.
- **Fins**: Help increase propulsion and speed through the water, enabling the rescuer to cover more ground efficiently and conserve energy during the search.

2. Preparation Before the Dive:

- **Check Equipment**: Ensure the mask is properly fitted and free of leaks. Adjust the straps for comfort and security. Check that the fins are snug but not too tight, allowing for easy movement.
- **Practice Breathing**: Familiarize yourself with breathing techniques using the mask. If it covers the nose, practice exhaling gently to avoid fogging.

3. Entering the Water:

- **Safe Entry**: Enter the water feet-first to avoid potential injury. Once in the water, adjust to the temperature and conditions before beginning the search.
- **Positioning**: If the water is shallow, consider a kneeling or crouching position before diving down to assess the area.

4. Diving Technique:

- **Breath Control**: Take a deep breath before submerging. This will help you dive deeper and stay underwater longer.
- **Streamlined Position**: Maintain a streamlined body position by keeping your legs together and arms at your sides. This reduces drag and allows for smoother movement.

5. Searching for the Victim:

- **Look for Visual Cues**: As you dive, keep an eye out for any signs of the victim, such as movement, clothing, or bubbles.
- **Grid Search Pattern**: Use a systematic approach, such as a grid search pattern, to cover the area thoroughly. Swim in straight lines and periodically check back over previously searched areas.
- **Use of Fins**: Utilize the fins to propel yourself effectively. Kick steadily and avoid excessive splashing to maintain control and avoid creating unnecessary turbulence.

6. Locating the Victim:

- **Touch and Signal**: If you locate the victim, assess their condition quickly. If they are unconscious or in distress, signal for assistance if possible while maintaining control of the victim.
- **Rescue Techniques**: Prepare to use appropriate rescue techniques, such as securing the victim's head above water and towing them to safety.

7. Post-Search Protocol:

- **Reassess**: After the search, evaluate your findings and communicate with fellow rescuers or emergency personnel about the situation.
- **Documentation**: If applicable, document the search efforts, including the area covered and any findings.

Considerations

- **Visibility Conditions**: Water clarity, lighting, and depth can significantly affect visibility. Be prepared to adapt your search technique based on these conditions.
- **Safety**: Always prioritize your safety. If the situation becomes dangerous (e.g., strong currents, debris), consider waiting for additional assistance before continuing the search.

Using a mask and fins effectively enhances the ability to locate submerged victims in non-tidal water, making it a vital skill for lifeguards and rescuers.

Rescue Board Rescues – Chapter 5

Rescue boards are common pieces of equipment routinely used by lifeguards at waterfront facilities. They look similar to a surfboard and are made from a variety of materials. Some rescue boards are composed exclusively form high-density foam while others have a core of plastic or fiberglass which then has an outer covering of high-density foam or rubber.

There are other features that can be added or removed from a board during production. For example:

- fins of varying sizes on the underside
- two handles on the topside while some have handles the entire length of the topside
- foam knee pads on the topside

And, the boards can vary in both size and shape which can have a dramatic impact on the manner in which the board functions in the water.

Rescue boards allow a lifeguard to:

- Reach victim(s), who are a distance from the shore, much quicker as compared to swimming to the victim(s).
- Perform patron surveillance from a different vantage point – i.e. in the water behind the swimmers. This also allows the lifeguard to be in much closer proximity to the swimmers in the case of an emergency.
- Rescue larger victims who otherwise might require multiple lifeguards to bring him or her to shore.
- Efficiently rescue a passive victim who are a distance from shore.
- Rescue multiple victims at one time.
- Perform in-water assessments of a victim.

Lifeguard rescue board with side handles, foam topper, bottom skeg.
FIGURE CW.5.1

Executing Victim Rescue with Rescue Board

- Rescuer can either use the rescue board by paddling prone – laying flat on his or her stomach while stroking the water with both arms simultaneously or one arm followed by the other arm similar to a front crawl swim stroke. Or, the rescuer may kneel on the board with his or her weight centered and while leaning forward and downward extend both arms into the water to stroke simultaneously.
- As the rescuer approaches the victim, he or she should exit the rescue board keeping hold of the board.
- Rescuer should position him or herself on the long side of the board; turn the board upside down in the water; and approach the victim by pushing the board toward the victim and while keeping the board between him or herself and the victim.

ACTIVE VICTIM:

- Rescuer should ask victim to extend one arm; rescuer grab the wrist of the victim's extended arm to help drape it over the rescue board.
- Rescuer will hold the victim on the board by continuing to grasp the victim's wrist against the side edge of the board.
- Rescuer will gain leverage with his or her kick under the water so that he or she can flip the rescue board right side up in the water while continuing to hold victim's wrist against the board so that the victim ends up on his or her stomach on the board.
- Rescuer should grasp the victim by the swimsuit and/or waistband (or the hip if necessary) to pull the victim's lower body onto the board.
- Rescuer can: side stroke to the shoreline while holding the rescue board with the other hand; use a breaststroke kick while pushing the rescue board with both hands from behind to the shoreline; place him or herself on the rescue board by positioning his or her chest between the legs of the victim and paddle with both hands toward the shoreline. An active victim can be asked to help paddle in any of these scenarios.

PASSIVE VICTIM:

- Rescuer grabs one of the victim's wrists and drapes it over the rescue board while pulling the victim's chest onto the rescue board as far as possible.
- Rescuer will hold the victim on the board by continuing to grasp the victim's wrist against the side edge of the board.
- Rescuer will gain leverage with his or her kick under the water so that he or she can flip the rescue board right side up in the water while continuing to hold victim's wrist against the board so that the victim ends up on his or her stomach on the board.
- Victim's head and face must be positioned on the rescue board so as to not take in any water.
- Rescuer should grasp the victim by the swimsuit and/or waistband (or the hip if necessary) to pull the victim's lower body onto the board.
- Rescuer places him or herself on the rescue board by positioning his or her chest between the legs of the victim and paddle with both hands toward the shoreline.

Lifeguard makes a water entry on the rescue board to begin his approach to a possible in-water victim.
FIGURE CW.5.2

FIGURE CW.5.3

Recap

Please list three advantages of rescue boards at waterfront facilities.

Explain how to effectively triangulate the last known position of a submerged victim at a waterfront facility in which the bottom is not visible.

How does a lifeguard team engage in a shallow water line search for a submerged victim?

References

1. American College of Surgeons Committee on Trauma. Advanced Trauma Life Support, 7th ed. Chicago: American College of Surgeons, 2007.

2. Association for Experiential Education. https://www.aeee.org/.

3. Bart R. and Lau H. 2021. Shallow Water Blackout. Available: Shallow Water Blackout - StatPearls - NCBI Bookshelf (nih.gov).

4. Boyd C, Levy A, McProud T, Huang L, Raneses E, Olson C., Centers for Disease Control and Prevention (CDC). Fatal and nonfatal drowning outcomes related to dangerous underwater breath-holding behaviors - New York State, 1988-2011. MMWR Morb Mortal Wkly Rep. 2015 May 22;64(19):518-21.

5. Calvert, Deb. Six preferred learning styles for adults-Adapt your message for a better response. Web-based Managing Americans. Available at: http://www.managingamericans.com/Workplace-Communication-Skills/Success/Six-preferred-learning-styles-for-adults-424.htm.

6. Centers for Disease Control and Prevention. 2015. Fatal and Nonfatal Drowning Outcomes Related to Dangerous Underwater Breath-Holding Behaviors – New York State, 1988-2011. Available: Fatal and Nonfatal Drowning Outcomes Related to Dangerous Underwater Breath-Holding Behaviors — New York State, 1988–2011 (cdc.gov).

7. Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury StatisticsQuery and Reporting System (WISQARS) [online]. [cited 2012 May 3]. Available from: URL: http://www.cdc.gov/injury/wisqars.

8. CDC. Wide-ranging online data for epidemiologic research (WONDER). Atlanta, GA: CDC, National Center for HealthStatistics; 2016. Available at http://wonder.cdc.gov.

9. Conner E. and Hawnwan P. 2020. Prehospital Use of Cervical Collars. Web-based EMSWorld Print Online Expo [online].[cited 2020 February 28]. Available at: https://www.emsworld.com/1223899/ce-article-prehospital-use-cervical-collars.

10. Ham W, et al. Pressure Ulcers From Spinal Immobilization in Trauma Patients: A Systematic Review. J Trauma Acute CareSurg, 2014; 76(4): 1,131–41.

11. Hauswald M, Ong G, Tandberg D, Omar Z. Out-of-hospital spinal immobilization: its effect on neurologic injury. AcadEmerg Med, 1998; 5(3): 214-9.

12. Malvik, Callie. 2020. 4 Types of Learning Styles: How to Accommodate a Diverse Group of Students. First published in 2018. Available at: https://www.rasmussen.edu/degrees/education/blog/types-of-learning-styles/.

13. March J, et al. Changes In Physical Examination Caused by Use of Spinal Immobilization. Prehosp Emerg Care, 2002; 6(4):421–4.

14. Pia F. 1984. The RID factor as a cause of drowning. First published in Parks & Recreation, June: 52-67. Available: www.pia-enterprises.com/RID.pdf

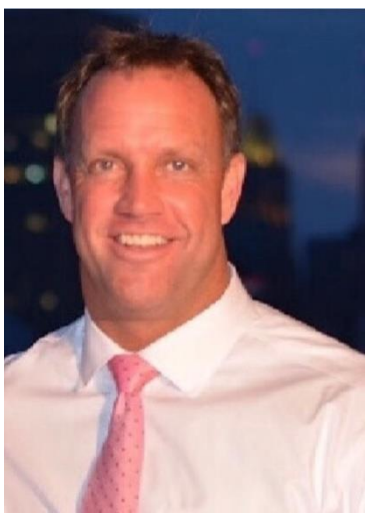
15. Totten VY, et al. Respiratory Effects of Spinal Immobilization. Prehosp Emerg Care, 1999; 3(4): 347–52.

16. University of California Davis (UC Davis). (2011). *5-step experiential learning cycle definitions.* https://www.experientiallearning.ucdavis.edu/module1/el1_40-5step-definitions.pdf.

17. White CC et al. EMS Spinal Precautions and the Use of the Long Backboard – Resource Document to the Position Statement of the National Association of EMS Physicians and the American College of Surgeons Committee on Trauma. Prehosp Emerg Care 2014; 18(2): 306

18. Wurdinger, S. D., & Carlson, J. A. (2010). *Teaching for experiential learning: Five approaches that work.* Lanham, MD: Rowman & Littlefield Education.

Biography of President



Jeff Dudley founded World Academy of Safety & Health (WASH) in 2020 in an effort to reduce water-related accidents by providing affordable and accessible training options to all populations. He has worked in aquatics since 1990. During this time, he served as Aquatics Director for Seapointe Village; Training Officer, Medic and Ocean Rescue Lieutenant for the Borough of Cape May Point; Official for the United States Lifesaving Association (USLA) National Lifeguard Championships; and has delivered lifeguard and lifesaving training and in-services across the world to pool and ocean lifeguards; police departments; 911 operators; and fire and EMS departments.

He holds both a bachelor's and master's degree as well as certifications across multiple states in special education, teacher of sciences, administrator I and II. He has worked as an educational professional since 1998 and has held positions of Teacher, Director of Athletics, Dean, Principal, and Head of School in both public and private settings. Dudley has been selected to serve on several school accreditation review committees.

Dudley lives in Baltimore County, Maryland.

Corporate Headquarters Address:
530-B Harkle Rd, Suite 100 Santa Fe, NM 87505
U.S.A.

Billing/Mailing/Shipping Address:
P.O. Box 311 Riderwood, MD 21139
U.S.A

E: admin@lifeguardcertifications.com
Ph: 1-800-484-0419
W: LifeguardCertifications.com