

# American Red Cross Lifeguarding Course Presentation



Lesson 2:

# Facility Safety, Patron Surveillance and Injury Prevention



# Management and Facility Safety

- Your job is to follow and enforce your facility's rules and regulations.
- The management team's job is to ensure that the facility is in compliance with the law and to make sure you are enforcing facility rules correctly.



# Management's Responsibility

- Create, review and revise facility policies and procedures, rules and regulations and EAPs.
- Address unsafe conditions.
- Comply with all laws and regulations for facility operations and employment.
- Maintain records regarding the facility and its employees.
- Assist after an emergency.

# Regulations and Facility Operations

- Regulations that affect your facility include:
  - Lifeguard certification requirements.
  - Facility design and safety features.
  - Pool capacities.
  - Staff training and lifeguard competencies.
  - Ratio of lifeguards to patrons.
  - Water sanitation procedures.
  - First aid equipment and supplies.
  - Lifeguarding equipment.
  - Diving depths.

# Regulations

- Federal and state labor laws:
  - Affect tasks lifeguards younger than 18 can perform.
  - Are more stringent for 15 year olds.
- OSHA regulations keep employees safe while on the job.
- The Hazard Communication Standard informs and protects employees from exposure to hazardous chemicals.

# Material Safety Data Sheet

- Each chemical has a MSDS.
- It describes special precautions for storing and using chemicals, as well as safety precautions when cleaning up spills.
- It also explains what to do if you come in contact with a chemical.
- The MSDS must be easy to find.



# Employee's Right to Know

- Which hazardous chemicals are stored in the facility
- Where those chemicals are stored in the facility
- The specific dangers of those chemicals
- How to identify chemical hazards in the facility
- How to protect themselves and others from being exposed to hazardous chemicals
- What to do if they or others are exposed to such hazards

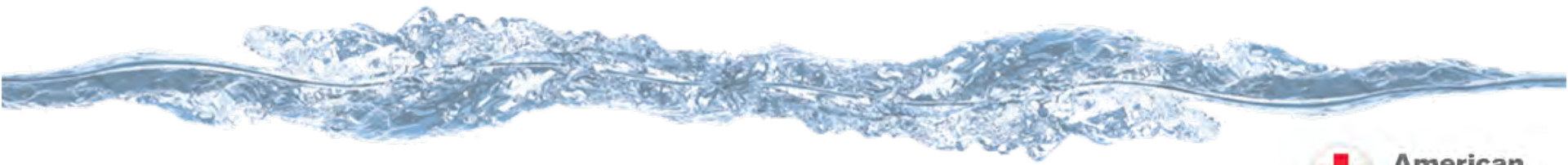


# Bloodborne Pathogens Standard

- OSHA regulation
- Designed to reduce the risk of disease transmission while on the job
- Employer must provide exposure control plan:
  - Helps protect employees from being exposed to bloodborne pathogens
  - Instructs employees about what to do if exposed

# The Drowning Process

- Your primary responsibility is to ensure patron safety and protect lives.
- Most of a lifeguard's time will be spent on patron surveillance.
  - Be alert and attentive at all times.
- Drowning is a continuum of events that begins when a victim's airway becomes submerged under the surface of the water.
  - Can be stopped, but if not, will end in death



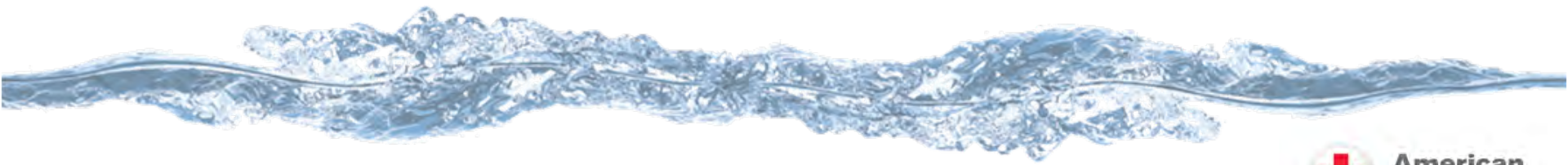
# The Drowning Process

- Begins when water enters the victim's airway:
  - Causes involuntary breath holding and then laryngospasm; victim is unable to breathe but may swallow large amounts of water.
  - As oxygen levels are reduced, laryngospasm subsides and the victim gasps water into the lungs.



# The Drowning Process

- Due to inadequate oxygen, victim may experience cardiac arrest:
  - Can occur in as little as 3 minutes after submerging
  - Brain damage and death can occur in as little as 4 to 6 minutes.

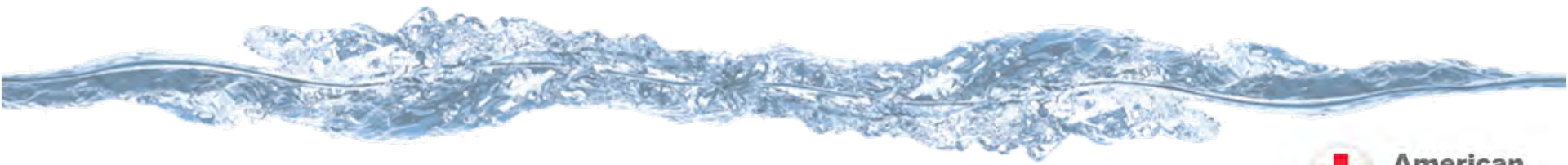


# The Drowning Process: Interventions

- Intervening variables can affect the outcome.
- Giving ventilations often will resuscitate a victim, especially if only 1½ to 2 minutes have passed.
- Unconscious victims may have isolated or infrequent gasping in the absence of other breathing, called agonal gasps.
  - Gasps can occur even after heart has stopped.
  - Normal, effective breathing is regular, quiet and effortless.
  - With agonal gasps, care for victim as if person is not breathing.

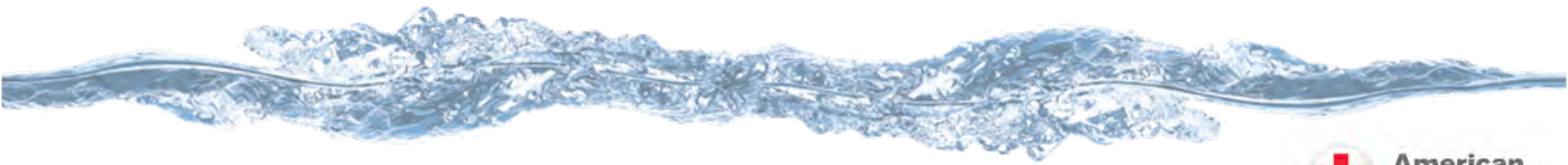
# The Drowning Process: Interventions

- What does this understanding of the drowning process mean for you as a lifeguard?



# The Drowning Process: Survival

- The greatest chance of survival is recognizing when a person needs help or is in danger of drowning.
- The sooner the drowning process is stopped, the airway is opened and the victim is resuscitated, the greater the chance of survival without permanent brain damage.



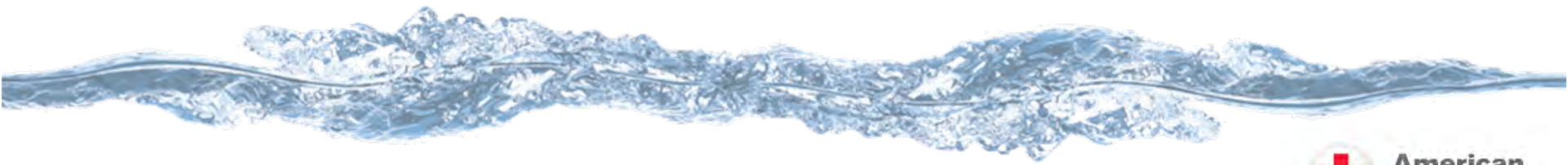
# Effective Surveillance—Victim Recognition

- Video Segment: Surveillance



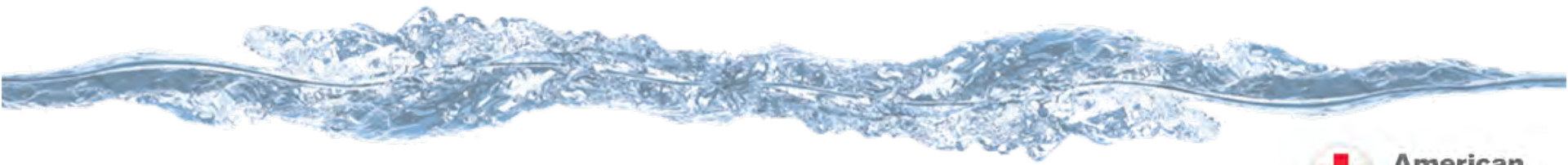
# Effective Surveillance—Victim Recognition

- What are some situations that could lead to trouble for a weak or nonswimmer?
- What are some situations that could lead to trouble for a swimmer?



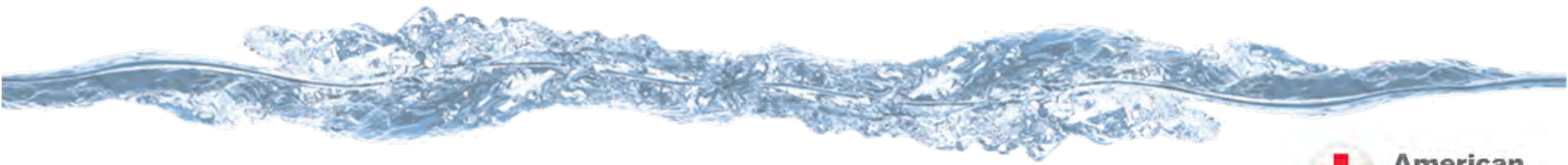
# Effective Surveillance—Victim Recognition

- What are the characteristics of a distressed swimmer?
- What instinctive drowning response behaviors would you see in a drowning victim who is struggling at or near the surface?



# Effective Surveillance—Victim Recognition

- In some cases, what might a very small child look like when in trouble in the water?
- What are some conditions that could lead to a patron becoming a drowning victim who appears to be unconscious?



# Effective Surveillance—Scanning

- Video Segment: Scanning

# Effective Surveillance—Scanning

- What are some important factors for effective scanning?

# Zones of Surveillance

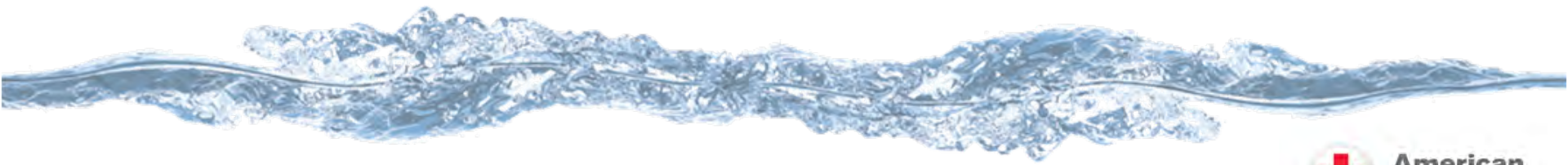
- Video Segment: Zones of Surveillance

# Zones of Surveillance

- What should you do if the number of patrons increases in your zone and you feel unable to adequately provide surveillance?

# Zones of Surveillance

- You are seated in an elevated lifeguard station and there is a glare on the surface of the water making it difficult for you to see. What should you do?





# Zones of Surveillance

- A group of preschool-aged children enter your zone. They are all weak swimmers. Although there are not many children, you feel that you are not able to watch the area adequately. What should you do?

# Injury Prevention Strategies

- Aquatic injury prevention is part of a facility's risk management program.
- Risk management includes:
  - Identifying dangerous conditions or behaviors that can cause injury.
  - Taking steps to minimize or eliminate them.
- Your goal should be preventive lifeguarding, although you should be ready to perform rescues.



# Injury Prevention Strategies

- What are some examples of life-threatening conditions?
- What could be some causes of non-life-threatening conditions?

# Injury Prevention

- You must understand how injuries occur to prevent them.
- You need to:
  - Increase your awareness of risks and hazards.
  - Help patrons avoid risky behavior.
  - Help develop a safety-conscious attitude.

# Communication with Patrons

- Important injury-prevention strategy
- Includes enforcing rules and regulations
- Variety of means to communicate risks to patrons:
  - Signs listing rules
  - Print materials listing rules handed to patrons
  - Lifeguards informing patrons of rules

# Communication with Patrons

- What information do patrons need to know concerning risky behaviors?
- How can you politely get a patron's attention?

# Communication with Patrons

- Whistle: a communication tool
  - Gets patrons' attention
  - Activates EAP
- Facility's EAP should specify number and type of whistle blasts to indicate an emergency.
- Practice using the whistle
- Use the whistle cautiously—overuse can cause patrons and staff to ignore it.



# Injury Prevention

- Video Segment: Injury Prevention



# Injury Prevention

- What did the lifeguard do to protect patrons when thunder was heard?
- What strategies did the lifeguard use to try to get the resistant man to understand the importance of clearing the pool?

# Guarding a Variety of Activities

- Different types of activities might take place when you are lifeguarding.
- Open or recreational swim challenges include:
  - Young children who are not adequately supervised.
  - Patrons engaging in risky behaviors in or out of the water.
  - A child who has wandered off from parents or caretakers.
  - Nonswimmers who have ventured into water that is too deep.
  - A patron who suffers a sudden illness.

# Organized Activities: What Questions to Ask

- What could go wrong that is unique to this activity?
- What is the swimming ability or comfort level in the water of patrons in this activity?
- Are there unique challenges or obstacles to recognizing an emergency, approaching a victim or performing a rescue?
- Do participants have medical conditions that increase the chances for sudden illness or injury due to the activity?

# Instructional Classes

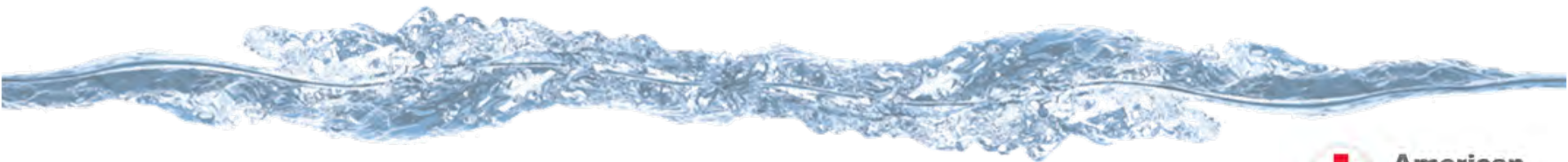
- Additional supervision is provided by trained personnel.
- Instructors or coaches are part of the safety team.
  - Should have training to ensure safety
- Instructors or coaches have responsibility for classes or teams, but that does not take away from your responsibility.

# Instructional Classes

- What might be some unique risks of participants in a water exercise class for older adults?
- What might be some unique risks of participants in swim lessons?

# Aquatic Sports and Open Water Events

- Swimming
- Diving
- Water polo
- Triathlons
- Participants may be experienced swimmers but are not exempt from needing lifeguards on surveillance duty.



# Guarding Special Attractions

- Special attractions that often create challenges:
  - Water-play areas specifically for young children
  - Play structures
  - Special rides and attractions
  - Water slides
  - Winding rivers
  - Wave pools



# Guarding Special Attractions

- What might be some unique risks of participants in competitive sports?



# Guarding Special Attractions

- Activity: Guarding Special Attractions

# Next Steps

- In-Water Skill Session: Review Skills, Victim Recognition and Lifeguard Rotation
- Putting It All Together
- Assignment