

## **Discussion:**

### Recognition

Vigilance is a state of readiness to detect and respond to certain specified small changes occurring at random time intervals in the environment. In order to stay vigilant you have to follow these techniques:

- 1) Constantly check all patrons in your zone
- 2) Talk to yourself about what you see in your zone
- 3) Limit distractions (including aquatics directors)
- 4) Mentally rehearse rescues
- 5) Get a good night's sleep

Discuss visual and behavioral signs (signs prior to entering the water)

- 1) Extreme ages (Young/old)
- 2) Extreme weights (Under/Over)
- 3) Unfamiliar or uncomfortable with environment (pale faced)
- 4) Unstable or intoxicated
- 5) Using flotation devices
- 6) Physical disabilities
- 7) Parents holding children
- 8) Improper dress or equipment

Discuss Early Warning Signs (signs that a swimmer may become distressed in the water)

- 1) Weak stroke
- 2) Hair the eyes
- 3) Glassy or anxious looking eyes
- 4) Two heads together
- 5) Hand waving
- 6) Erratic behavior
- 7) Clinging to objects for security
- 8) Neutral to negative buoyancy

### **Reminder about In attentional blindness and BMS**

**Activity:** Have one guard sit in the guard chair. Have other guards move out of ear shot of the guard. Tell them to do various things in and around the pool deck that make noise (e.g. opening and closing locker-room doors, calling for help, splashing, marco polo, dropping

things, etc.) Ask guard what they saw and heard and then ask them to share their experience.

What made it difficult to focus?

What did they focus on? And what should have they noticed that maybe they didn't right away?

What got their attention the most?

During this activity, how well did they feel they were performing their job duties?

### **In water rescue breathing drills:**

#### 1. Practice swimming while ventilating:

Have all of the guards partner up. One guard will be the lifeguard, while the other will be the victim. Each guard will rescue the "victim," who they will then rescue and perform rescue breathing on while swimming to the other end of the pool. Have the pairs switch roles and give ongoing feedback, both constructive and positive during the exercise. Make sure all guards have practiced rescue breathing and don't have any questions about it.

#### 2. Timed Exercise:

**Purpose:** To demonstrate that adding assessing the victim and performing rescue breathing while in the water should not slow down the rescue.

**Activity:** Have all of the guards now split into threes. Give each triplet a stop watch. Each guard will play one of three roles: victim, lifeguard, and timer. Have the groups go all of the way through safe in six, only noting at the beginning that assessing and rescue breathing will be necessary in the water. Have the guard with the stop watch time the rescue with and without rescue breathing in the water, noting the times for each rescue. Bring the group back together and have each group reveal how long each scenario took them. Discuss the benefits of rescue breathing in the water (primarily providing oxygen sooner to the vital organs, which helps to preserve them longer than without rescue breathing, until we are able to provide CPR and then get them advanced medical care).

### **Blindfolded CPR**

The object of this game is to have the guards practice their CPR and airway management skills while having a little fun!

- Split the group into two team and have them select who three volunteers, but do not share what the roles are.
- One person will be the victim, and the other two will be the rescuers

- Have both teams start at the same time and time the event. Guards will need to glove up, check breathing (feel only, so have the victim hold their breath), check pulse, and provide compressions and breathing.
- For an extra challenge: have the team try to set up the BVM and O2, and in the event that a team gets stuck they can ask for help from their team mates who can see.

### **25 yard swim with CPR at the end points**

- Place your lifeguards into groups of 2 (attempt to break-up guards who commonly partner together)
- Start at the end of the pool and have 1 group member swim the across the pool (length wise) (they should also enter the water feet-first)
- Once they reach the end of the pool they will immediately exit the water and become an unconscious victim, presenting face-up.
- The 2nd group member will start from the same end of the pool with rescue tube, whistle and hip pack. Once their team member is 1/2 way across the pool they will be instructed to, point, blow their whistle, and perform a feet first entry into the water. They will swim the length of the pool with their rescue tube, exit and perform care on their victim.
- They will be advised that subsequent to performing their "quick vitals checks" they will learn that there is no breathing and no pulse.
- After approximately 1 minute of care, blow your whistle and have the lifeguards switch roles...victims become rescuers and rescuers become victims.
- Have the victims immediately jump back into the pool and swim to the other end...rinse and repeat.
- Perform until group is thoroughly exhausted.