

H.E.L.P.

High Energy Lifeguard People

Competition

Strategy

Pool Sims

Pool Simulations

The Event

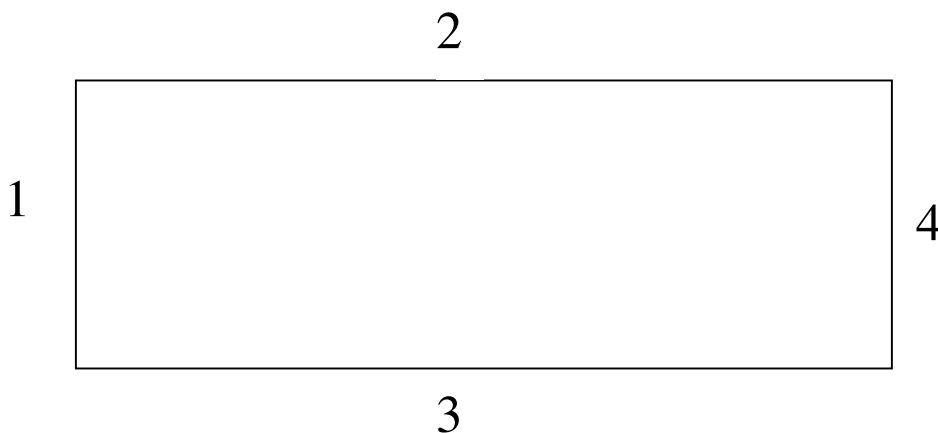
- The pool simulation event is usually advertised as 8-12 minutes. It usually runs for about 10 minutes, and is almost always longer than the first aid event. Organizers usually figure that since pool sims is a bigger percentage of the overall total, it should be the longest event.
- About 75% of pool simulations start with a DNS, 15% with a PR, and 10% with a Minor. Almost never is there a major patient before the 5 minute mark.
- The first DNS is usually in deep water
- Most pool simulations include approximately 2-3 PR situations, 2-3 Minor first aids, 2-3 DNS's, and 2-3 Majors. Usually one patient will be an easy one, and the other will be more difficult.
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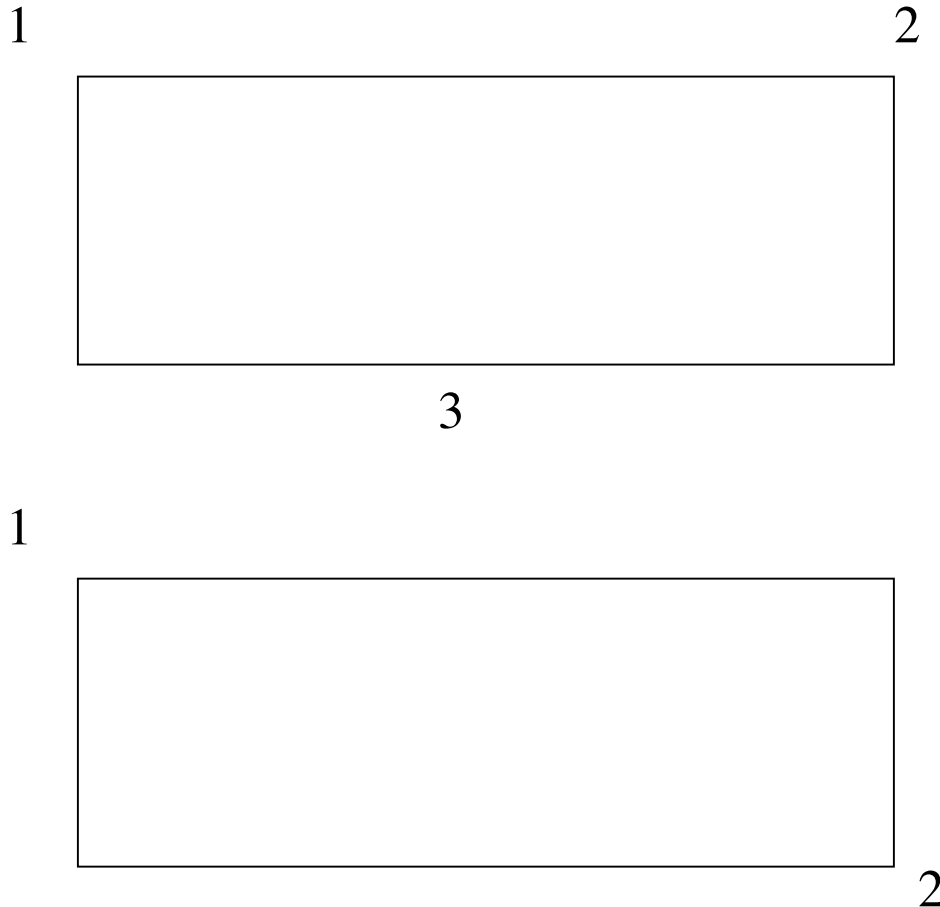
Event Strategy

1. Immediate Treatment

This is the most basic strategy for pool simulations. The closest lifeguard rescues the patient, the next closest goes for backup and brings them the equipment. The patient is treated at the point of removal as efficiently as possible. What you need to decide ahead of time is your positioning for each of the four lifeguards. Also decide where to place 3 guards, 2 guards and 1 guard.

Example:





Every pool will be different. Notice that in this example, positions 1 and 2 change when the number of lifeguards decrease.

This strategy works well when you first start competing because it is straight-forward, but has several disadvantages: It may be hard to fully treat all patients as you get pulled to other incidents, it may be hard to get your first aid equipment, and it may limit the number of lifeguards scanning.

2. Partial Corralling

The purpose of corralling is to address these disadvantages. In this strategy, DNS patients are NOT necessarily corralled – they are treated as fast as possible. However, if two DNS patients are rescued fairly close together, they are both corralled together so that one person treats both patients.

The important part of this strategy is to get minor and major first aid patients together, preferably at the focal point (although this is not essential) The purpose of this is to:

- reduce time spent in carrying equipment between patients
- free up lifeguards for scanning during the simulation
- ensure that a lifeguard can call EMS as soon as possible for major patients

Competition Resources: Pool Sims Strategy

This strategy depends on the ability to treat DNS patients quickly (and properly) and the ability to make quick decisions on corralling patients.

This can be the best strategy – many of the best teams use it. Its only limitation is that it does not allow for specialization of lifeguards. There is no control over which lifeguard does what in the simulation.

3. Fixed Position Corralling

- The idea of this strategy is to corral all patients possible to a central treatment guard and keep all other guards in their starting positions for as much of the sim as possible. This allows lifeguards to specialize in specific roles within the simulation.
- Choose a corralling point that is in a central location has some space to place lots of equipment and patients. Place most of the equipment in this spot. If there is a patient that can't be moved then the equipment will have to be brought to them from that central location.
- Decide on lifeguard placement. You will probably end up with 2 central guards (middle of pool), and 2 outer guards (example: deep end, shallow end). The idea is that you put your primary treatment guard in a central position along with the guard who you want on the first major patient. The treatment guard should stay at the corralling spot as much as possible throughout the simulation.
- When any Minor or DNS occurs, the other central guard will go as back-up. They will then transport the patient back to the corralling spot to be treated by the treatment guard. For most of the simulation, the two outer guards will stay where they are, the treatment guard will be busy with several patients, and the other central guard will be going back and forth where needed.
- When the first major occurs, the two guards that respond will include an outer guard and a central guard. The treatment guard can make the phone call immediately, and bring any equipment necessary. Once the patient is out of the water, the central guard can do the primary treatment for that patient, and simply focus on that for the rest of the simulation.
- If there is a second major, the two outer guards will respond. The treatment guard can make the phone call immediately, and bring any equipment necessary.

The first few times that you try a complete corralling strategy it will not work smoothly because it does take some practice with the same group in order to function the most efficiently. The big disadvantage of this system is that it depends on having one lifeguard who is amazing at multi-tasking in their treatment of DNS and minor patients.

If you do have a good treatment guard, this system should work better for a very difficult simulation and that is why teams use it. However, it is not necessarily better than a partial corralling strategy.

4. Flexible Position Corralling

- This strategy is similar but allows for some flexibility of positions during the simulation. This may increase overall points and allow for more double-scanning of outer zones. However, it may put guards out of position for the ideal end of sim strategy.

Competition Resources: Pool Sims Strategy

- Decide on lifeguard placement. You will probably end up with 2 central guards (middle of pool), and 2 outer guards (example: deep end, shallow end). The idea is that you put your primary treatment guard in a central position along with the guard who you want on the first major patient. The treatment guard should stay at the corralling spot as much as possible throughout the simulation.
- When any Minor or DNS occurs, the other central guard will go as back-up. **The first guard** will then transport the patient back to the corralling spot to be treated by the treatment guard. **This results in a switch of the central guard and the outer guard.**
- **Whenever this switch occurs, the two guards will rotate back to their starting positions at the first opportunity.**
- In order for this to work, all three non-treatment guards need to be comfortable in each position. While you will try to go back to your starting positions before the first major happens, you may end up in a different position at the end of the sim.
- The drawback to this is that you may have to familiarize yourself to a new zone periodically which may slow down your ability to scan or get to know the patrons in your zone – however, this should be a positive thing to get more than one person scanning each zone during the event.

Event Tips

→There are four key things you need to win pool simulations. Everyone does quite equal treatment for PR's and DNS's, but these four things usually separate the top teams.

1. Recognition – there are a lot of marks tied up in recognition points. Scanning throughout the simulation has to be a priority, especially when other things are going on. For example, while you are running for back-up it is essential to be on the look out for other things. While you are dealing with PR's is another essential time to looking out for other patients. When a pool simulation is set up, they want every patient to be able to be recognized within a reasonable amount of time (otherwise the simulation doesn't work very well). But, they do usually try to make at least one PR or Minor patient very difficult to spot. And they try to distract you at least once, so that you are late seeing a patient.

2. Minor first aid treatment – there are often a lot of marks allocated for the treatment of minor first aid patients. It is important that you actually get out the gauze and band-aids and treat the injury carefully. It is easy to just to primary and secondary survey while you are treating other patients. You are also often pulled away when the major happens. It is important, however, to finish up that treatment quickly.

3. EMS Call – Making the EMS call quickly is essential in pool sims. You can easily get distracted with all the other things going on, especially if there are two majors at the end of the sim. However, keep in mind that calling EMS quickly is probably worth many more points than clearing the pool, getting oxygen and blankets, and even backing up your other guard on a spinal removal. It is essential that you communicate clearly with other as to who is calling EMS and when.

4. Efficient majors – It is essential that you get the major patient out of the water ASAP. You can get points much faster once the patient is up on the deck, as well as freeing up guards to do other things. Because you are near the end of the sim, you cannot waste any time. Only take the patient to the focal point if it does not significantly delay the rescue.

Competition Resources: Pool Sims Strategy

→It is hard to communicate with just one standard whistle blast, because there are clearly different levels of needing backup. If there is one DNS in the deep end, you need one other guard to come down and help. If there are two spinal injuries in the deep end, you need everyone to come down and help. There are different ways that you can address this problem, but here is an example:

Short whistle blast - used to get another guard's attention to communicate something minor (PR, minor first aide, watch that kid, etc.)

Normal whistle blast - used in combination with a hand signal to call for backup (DNS, spinal, etc.)

Double whistle blast - used to indicate a double major in the water, or that the pool is now unguarded, and needs to be cleared. If you hear a double-whistle, then stop what you are doing (especially if you are just treating a minor/DNS and figure out what you need to do – example: phone EMS)

Coralling: All patients should be coralled to the main focal point. If, however, there is a patient that can't be moved, you should consider coralling all other patients & equipment to that new spot.

Wheelchairs: Any minor first aid patients, or conscious majors in the leisure pool should be removed with a wheelchair right to the focal point if possible. Always scout out the pool ahead of time to look for wheelchair placement and accessibility.

Bystanders: There are always overall marks for using bystanders, and they can actually be quite handy. Get random patrons to help hold the legs of spinal patients, grab the spineboard for you, control the crowd, etc.

Specific Victim Strategy

Fast Spinal Removal:

1st guard:

1. Canadian log roll
2. *Slow* LOC & breathing check
3. Quick movement to where second guard is waiting with spineboard
4. Give breaths
5. Chest strap and clamp

2nd guard

1. Communicate with 1st guard
2. Get the spineboard
3. Help with ABC's while 1st guard does up chest strap
4. Headblocks
5. Removal

The second guard should not need to get in the water. Their job is to get the spineboard in place and communicate with the first guard.

DNS Talk

A. Assessment

- Check breathing for pain, difficulty, coughing
- Check circulation: radial pulse & skin
- Check for other injuries
- BLANKET, reassurance

Competition Resources: Pool Sims Strategy

B. History

- Name & Age
- What happened?
- With anyone?
- Inhaled water?
- Medical conditions?

C. Secondary Drowning

- If you feel any of the following symptoms within 3 days, please see a doctor immediately. You could be suffering from something called secondary drowning
- Difficulty breathing
- Chest pain
- Coughing/Wheezing
- Fever
- Dizziness/Nausea

D. Redirection - Options

- See doctor immediately
- Stay in shallow water
- Stay with/Phone parents
- Wear a PFD
- Check in with the lifeguard before leaving

Example:

My name is Joel, and I'm a lifeguard. What's your name?

ok Bob, Can you take a deep breathe for me? Does that hurt at all?

ok, I'm just going to check your pulse... pulse feels normal, skin colour normal, no signs of shock

Are you hurt anywhere else? Nothing seen on visual RBS

ok. here's a blanket for you. Done primary survey: d-spine was ruled out, patient is fully conscious, good airway breathing circulation, and no other major problems

You're doing great, just a few more questions:

How old are you Bob? 9

What happened? Went off the diving board, cant swim well

Are you with anyone? No, mom dropped me off

Did you breathe in any water? maybe

Do you have any medical conditions? no

ok, this is important. If in the next 3 days you feel any problems breathing, chest pain, or lots of coughing, you have to make sure that you get your parents to take you to the doctor. ok?

Here is a PFD that you can wear. Now you just need to stay over there in the shallow end for me. I am going to phone your mom and tell her what happened. ok?

Competition Resources: Pool Sims Strategy

DNS forms was an idea that we have used in the past that never really worked out very well. The idea is that you use these forms to help complete more thorough treatment on DNS patients, and be able to focus more on minor first aids, and getting to majors. When using the form, make sure to:

1. Complete primary survey first
2. Make sure patient can read English
3. Hand out the form and start to go through it with them
4. Tell them that if you have to leave, they must continue filling out the form, because you will be back.
5. Make sure to fill in the recommendation box at the bottom of the form.