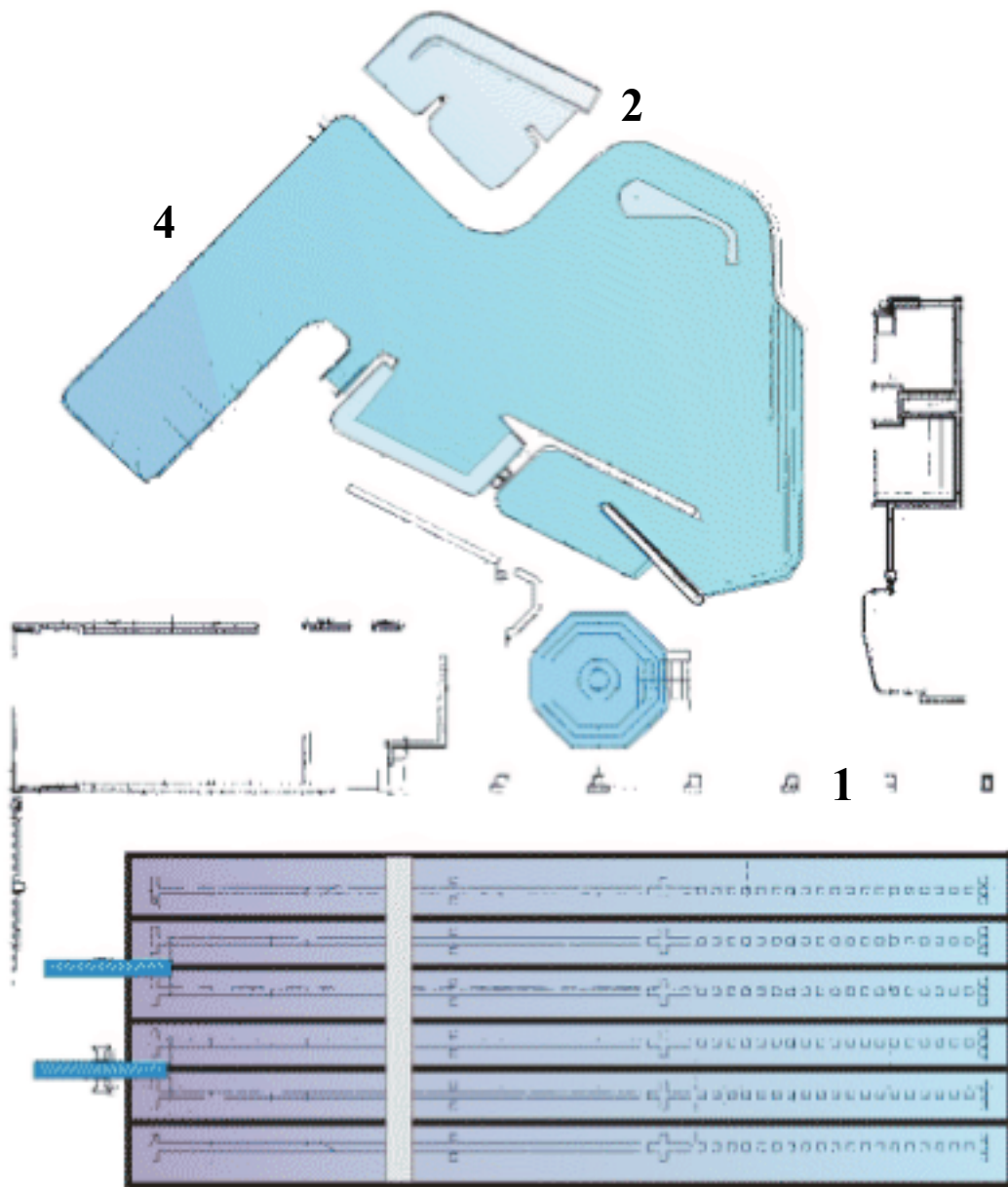


Pool Simulations

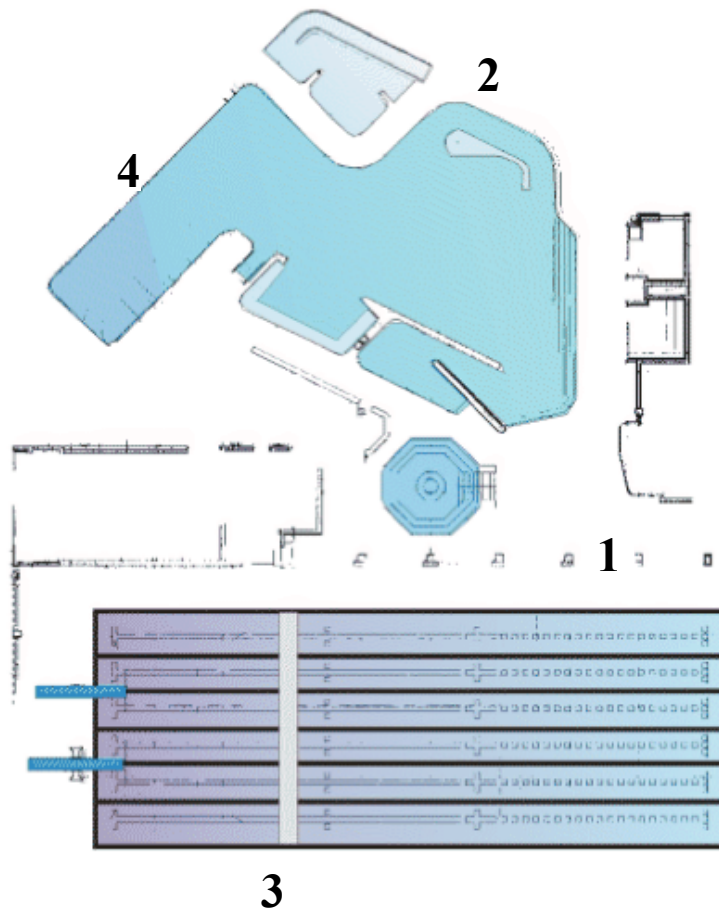
Starting Positions:

1. Joel
2. Lauralee
3. Lars
4. Sayuri



Strategy

- Each position will have first aid equipment. Position #1 and #2 will have oxygen, spineboard, and wheelchair(?) as well.
- The positions are ranked in order of importance for scanning. This means that guards #3 and 4 should do more running around and looking for blind spots and *details*. Guards #1 and 2 should be scanning the big picture and communicating while treating patients.
- Position #1 is the best place to see the entire pool, but this guard may need to shift around a lot to help cover or treat patients.
- To some extent, we want Sayuri and Lauralee working together on the leisure pool, while Lars and Joel are working together on the main pool.
- Once majors occur, we prefer to have Joel and Sayuri staying with patients. Lauralee and Lars on phone calls and pool clearing.
- Remember that 9-1-1 is still more important than clearing the pool.
- Back-up should not have to help treat a patient – they just bring equipment and help with the removal if necessary (spinal). Once 9-1-1 and pool clear are done they can go back to help.



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.

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)

Fast Spinal Removal: (for all patients in pool sims)

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.