

Simulations

For your simulations, there will be approximately five victims of varying types in some order. All victims should be treated to the standards taught in the class. You will be expected to adapt principles learned to new situations, and to work with any other candidate in the class. Any actions that would seriously jeopardize a positive outcome for any given scenario will constitute a 'fail'. Two major weak areas will also constitute a 'fail.' Here is a copy of the marksheet that I use for evaluating simulations

Public Relations:		Minor Incident:	
	<input type="checkbox"/> Recognition <input type="checkbox"/> Communication <input type="checkbox"/> Assertiveness <input type="checkbox"/> Problem Solving <input type="checkbox"/> (Pool Search) <input type="checkbox"/> (Police Called) <input type="checkbox"/> Pool Coverage		<input type="checkbox"/> Recognition <input type="checkbox"/> Communication <input type="checkbox"/> Assertiveness <input type="checkbox"/> Problem Solving <input type="checkbox"/> (Pool Search) <input type="checkbox"/> (Police Called) <input type="checkbox"/> Pool Coverage
Drowning Non-Swimmer:		Drowning Non-Swimmer:	
	<input type="checkbox"/> Recognition <input type="checkbox"/> Communication <input type="checkbox"/> Entry & Approach <input type="checkbox"/> Support <input type="checkbox"/> Backup <input type="checkbox"/> Assessment <input type="checkbox"/> History <input type="checkbox"/> Education <input type="checkbox"/> Redirection <input type="checkbox"/> Pool Coverage		<input type="checkbox"/> Recognition <input type="checkbox"/> Communication <input type="checkbox"/> Entry & Approach <input type="checkbox"/> Support <input type="checkbox"/> Backup <input type="checkbox"/> Assessment <input type="checkbox"/> History <input type="checkbox"/> Education <input type="checkbox"/> Redirection <input type="checkbox"/> Pool Coverage
Major Incident:		Major Incident:	
	<input type="checkbox"/> Recognition <input type="checkbox"/> Communication <input type="checkbox"/> Entry & Approach <input type="checkbox"/> Rollover & Support <input type="checkbox"/> Assessment <input type="checkbox"/> Critical Intervention <input type="checkbox"/> Focal Point <input type="checkbox"/> Removal <input type="checkbox"/> Patient Position <input type="checkbox"/> Assessment <input type="checkbox"/> EMS <input type="checkbox"/> Pool Clear <input type="checkbox"/> Critical Intervention <input type="checkbox"/> RBS <input type="checkbox"/> Blanket <input type="checkbox"/> Oxygen <input type="checkbox"/> Oral Airway <input type="checkbox"/> Vitals <input type="checkbox"/> History <input type="checkbox"/> Head to Toe <input type="checkbox"/> Treatment <input type="checkbox"/> Victim Care <input type="checkbox"/> Personal Protection		<input type="checkbox"/> Recognition <input type="checkbox"/> Communication <input type="checkbox"/> Entry & Approach <input type="checkbox"/> Rollover & Support <input type="checkbox"/> Assessment <input type="checkbox"/> Critical Intervention <input type="checkbox"/> Focal Point <input type="checkbox"/> Removal <input type="checkbox"/> Patient Position <input type="checkbox"/> Assessment <input type="checkbox"/> EMS <input type="checkbox"/> Pool Clear <input type="checkbox"/> Critical Intervention <input type="checkbox"/> RBS <input type="checkbox"/> Blanket <input type="checkbox"/> Oxygen <input type="checkbox"/> Oral Airway <input type="checkbox"/> Vitals <input type="checkbox"/> History <input type="checkbox"/> Head to Toe <input type="checkbox"/> Treatment <input type="checkbox"/> Victim Care <input type="checkbox"/> Personal Protection
Overall			
		<input type="checkbox"/> Scanning <input type="checkbox"/> Prevention <input type="checkbox"/> Communication <input type="checkbox"/> Teamwork <input type="checkbox"/> Knowledge <input type="checkbox"/> Judgement <input type="checkbox"/> Confidence <input type="checkbox"/> Professionalism	

Lifeguarding Situations

*Respond to an emergency situation as a single lifeguard or as a member of a team;
correctly assess and resolve situation.*

Purpose: To apply lifeguarding principles and theoretical knowledge to a practical lifeguarding emergency situation

- ☐ Recognition and immediate response to situation
- ☐ Effective communication
- ☐ Appropriate response and execution of procedures
- ☐ Selection/demonstration of effective rescue techniques or support role
- ☐ Proper use/application of equipment
- ☐ Appropriate role in handling of situation
- ☐ Accurate communication with EMS at earliest possible moment
- ☐ Continued supervision of other patrons
- ☐ Concern for good public relations
- ☐ Accurate record keeping and appropriate follow-up

Lifeguarding Techniques

3a. Scanning

- ☐ Quick identification of potential accidents
- ☐ Quick recognition of patrons in need of assistance
- ☐ Quick accurate analysis
- ☐ Ability to identify communication from other guard

3b. Positioning

- ☐ Positioning of guards with consideration for bather load, equipment location, lifeguard number and ability, danger spots, blind spots, leisure equipment and patron activity
- ☐ Effective rotation of guards while maintaining effective coverage

3c. Communication

- ☐ Immediate communication with other lifeguards when responding to an incident or emergency
- ☐ Accurate communication and response to other lifeguards and patrons
- ☐ Clear concise and accurate communication with EMS in emergency situations at earliest possible moment

3d. Recognition

- ☐ Identification of patrons in need of assistance
- ☐ Quick accurate response
- ☐ Prevention of preventable accidents
- ☐ Identification of high and low priorities

Procedures

4a. DNS Procedure

- ☐ Quick recognition
- ☐ Support of victim's head and shoulders above the surface within approximately 15 seconds of recognition.
- ☐ Approach such that the victim is unlikely or unable to grab rescuer
- ☐ Transportation of victim to shore, pool deck, or other place of safety maintaining shoulders at or above surface
- ☐ Reassurance, assessment of the victim
- ☐ Communication with other lifeguards

4b. Submerged Victim

- ☐ Quick entry and descent
- ☐ Rapid ascent with secure hold on victim
- ☐ Protection of airway during ascent and thereafter
- ☐ Quickest route to focal point
- ☐ ABC check in water
- ☐ Effective rescue breathing if necessary
- ☐ Protection of head during removal
- ☐ Ability to deal with complications (vomiting, obstructed airway)

4c. Spinal Procedure

- ☐ Quick, accurate recognition
- ☐ Rollover performed if necessary
- ☐ Primary assessment
- ☐ Immobilization of the spine during rollover and throughout procedure
- ☐ Resuscitation as required using modified jaw thrust
- ☐ Monitoring of vital signs
- ☐ Entry into EMS
- ☐ Stabilization with spine board
- ☐ Preparation for transport and removal
- ☐ Ability to deal with complications such as vomiting or obstructed airway
- ☐ Safe removal where possible

4d. Missing Person

- ☐ Recognition of problem
- ☐ Immediate implementation of missing person procedures
- ☐ Description of person and other key information obtained
- ☐ Thorough search in area where person last seen or area of greatest danger if not seen
- ☐ Immediate search of water area (if appropriate)
- ☐ Proper use of necessary equipment
- ☐ Reassurance, assistance, and/or direction to police

4e. Public Relations Incident

- ☐ Ability to deal positively with public relations situations
- ☐ Positive solutions or alternatives proposed to various public relations situations
- ☐ Follow-up and reporting

5a. Assessment of an Injured Victim

- ☐ Assessment of environmental hazards
- ☐ Removal of/from dangers
- ☐ ABC check
- ☐ Check for major bleeding

5b. Treatment of an Injured Victim

Respiratory Emergencies

- ☐ ABC's
- ☐ Establishment of nature of complaint
- ☐ Reassurance for victim
- ☐ Proper positioning
- ☐ Monitoring of vital signs and treatment for shock
- ☐ Appropriate use of any equipment used
- ☐ Determination of history
- ☐ Assistance with medication if appropriate and requested
- ☐ Appropriate response to complications
- ☐ Entry into EMS

Circulatory Emergencies

- ☐ ABC's
- ☐ Identification and control of bleeding by direct pressure to extent possible

- ☐ Reassurance for victim and treatment for shock
- ☐ Placement in appropriate position
- ☐ Monitoring of vital signs
- ☐ Appropriate use of any equipment used
- ☐ Determination of history
- ☐ Assistance with medication if appropriate and requested
- ☐ Appropriate response to complications
- ☐ Entry into EMS

Head and Spine

- ☐ ABC's
- ☐ Identification and treatment as spinal injury
- ☐ Evaluation of LOC
- ☐ Monitoring of vital signs (rechecking)
- ☐ Appropriate use of any equipment used
- ☐ No movement unless required
- ☐ Effective response to complications
- ☐ Entry into EMS

Medical Emergencies

- ☐ ABC's
- ☐ Identification and assessment of signs and symptoms
- ☐ Assistance with medication if appropriate and requested
- ☐ Appropriate use of any equipment used
- ☐ Contact with poison control if necessary
- ☐ Entry into EMS if necessary

10. Entries and Removals

- ☐ Appropriate, safe and efficient entries
- ☐ Maintenance of ABC's
- ☐ Care for victim (especially for head)
- ☐ Choice of removal appropriate for condition of victim
- ☐ Recruitment of other lifeguards or bystanders if necessary
- ☐ Communication
- ☐ Safe lifting techniques for rescuer

- ☐ Evaluate level of consciousness/response to stimuli
- ☐ Assess for spinal cord injury
- ☐ Systematic secondary survey (head to toe, vital signs, history)
- ☐ Life threatening conditions treated before minor conditions
- ☐ Entry into EMS

Hypothermia

- ☐ ABC's
- ☐ Identification and assessment of signs and symptoms
- ☐ Warming of victim as soon as possible concentrating efforts on core temperature
- ☐ Entry into EMS

Heat Stroke and Exhaustion

- ☐ ABC's
- ☐ Recognition of difference between heat stroke and exhaustion
- ☐ Removal from source
- ☐ Encouragement of fluids for heat exhaustion victims
- ☐ Cooling of victims
- ☐ Entry into EMS for heat stroke victims

Fractures, Sprains, and Dislocations

- ☐ Assessment of condition (check for sensation above and below)
- ☐ Immobilization of injury site
- ☐ Circulation check below injury; if possible, check pulse
- ☐ Effective immobilization prior to movement of victim
- ☐ Entry into EMS if necessary

Burns

- ☐ Determination of severity of burn
- ☐ Immediate immersion in cold water if present at time of injury and the injury is a localized burn
- ☐ Flushing with water for wet chemical burn
- ☐ Dusting for dry chemical burns
- ☐ Covering with dry sterile dressing
- ☐ Entry into EMS if necessary

Eye, Ear, Nose and Mouth

- ☐ Assessment and determination of severity of injury
- ☐ Treatment in line with priorities
- ☐ Entry into EMS if necessary

Pressure-related Injuries

- ☐ ABC's
- ☐ Determination of history
- ☐ Position of patient
- ☐ Stabilization, monitoring of vital signs, reassurance, treatment for shock
- ☐ Appropriate use of any equipment used
- ☐ Entry into EMS if necessary

11. Specialized Rescues

- ☐ Ability to adapt to limitations imposed by unique facility design

The following list is a sample of examples of items that constitute a 'weak' or a 'fail' during a simulation. This list is not comprehensive or inflexible. It should help to give you an idea of how the NLS standards are usually interpreted.

Resuscitation

Rescue Breathing with Near-Drowning Patients

- W patient left up to 30 seconds on back
 - F patient left more than 30 seconds on back
 - W patient left up to 30 seconds without an open airway
 - F patient left more than 30 seconds without an open airway
 - W no initial pulse check more than 20 seconds after initial ventilations
 - F no initial pulse check more than 60 seconds after initial ventilations
 - W vomiting patient not rolled into a drainage position
 - W no finger sweep after unconscious patient vomits
 - W ventilations consistently slower than 1 every 5 seconds for adult
 - F ventilations consistently slower than 1 every 10 seconds for adults
 - W single delay in ventilations over 10 seconds
 - F single delay in ventilations over 15 seconds
 - W/F seal is not consistently made over mouth
 - W landmarking is unnecessarily high or low
- note: a double breath will extend a single delay by 5 seconds

Obstructed Airway Unconscious Victim

- W hook/look consistently missed in procedure

Obstructed Airway Conscious Victim

- W abdominal thrusts done on partially obstructed airway (exceptions)
- W not encouraged to cough

Lifeguarding Techniques

Scanning

- W no recognition within 30 seconds of DNS or major

Positioning and Rotation

- W does not reposition to cover first guard's area (if required)
- F does not reposition to cover first guard's area and does not respond to situation

Communication Skills

- W either consistently leaving your area without signaling, or leaving the deck without signaling
- W either not calling for, or an excessive delay in activating EMS longer than 3 minutes or longer than 30 seconds for a pulseless victim)
- W not signaling for back-up when going into deep water

Victim Recognition

- W no recognition of potential accidents (ex. gutter grabber, diving in shallow water, etc.)

Lifeguarding Skills

Distressed Non-Swimmer

- W more than 15 seconds from recognition to support victim's head and shoulders above the surface
- W no follow up for secondary drowning
- W patient is not adequately supported during carry
- F if patients head submerges after support from guard

Submerged Victim

- W ABC assessment not done in shallow water (or pool edge when shallow water not accessible)
- W removal of victim to supine or prone position and then rolled into a drainage position within 30 seconds
- F Airway not protected or supported during carry
- F if victim not placed in drainage position within 30 seconds of removal

Use of Equipment

Spineboard

- W sandbags or V-blocks not removed for victim roll
- W poor lifting techniques causing unnecessary movement to patient on spineboard
- W lifeguard uses improper lifting techniques (uses back for lifting)

Oxygen

- W does not use oxygen when available
- W dangerous handling

Lifeguard Situations

- W does not attempt to provide appropriate assistance (ex. support in water if needed or removal if at edge)
- W pool not cleared when unsupervised for an extended period of time

Entries and Removals

- W rough handling and excessive movement

Specialized Rescues

- W/F unable to adapt to unique facility design (ex. deep water spinal procedure, deep water lumbar, tot pool spinal, land spinal, etc)

Spinal Injured Victim**Cervical**

- W modified jaw thrust not used to resuscitate unconscious patient
- F improper immobilization (readjusts clamp after rollover)
- F does not assess ABCs

Lumbar

- W does not support/immobilize
- W no stability below injury site and legs move (ex. Legs not supported during removal)
- W secure strap across injury site

Missing Person

- W does not communicate situation to other guard
- F does not search water immediately

Public Relations

- W negative attitude toward patron/public
- W situation not resolved

First Aid Skills**Assessment**

- W does not assess fracture (use point tenderness)
- W fails to quickly assess breathing for any cardiorespiratory emergency
- W fails to do a systematic secondary assessment
- W fails to assess hazards

Treatment**1. Respiratory Emergencies**

- W conscious short of breath patient not placed in position of respiratory comfort

2. Circulatory Emergencies

- W no rapid body survey performed if needed (deadly bleeding check)
- W does not control minor bleeding
- F does not control deadly bleeding

3. Head and Spine

- W does not monitor vital signs for indication of severity (re-checking)

4. Medical Emergency

- W does not ask person with non-traumatic complaints about medical conditions or medications

5. Hypothermia

- W improper re-warming of patient (ex. putting patient into hot tub)

6. Heat Stroke and Exhaustion

- W improper cooling of patient (ex. putting patient into pool)
- W failure to cool patient suffering from severe heat stroke

7. Fractures, Sprains, and Dislocations

- W does not immobilize injury above and below the injury site

8. Burns

- W no understanding of the severity of burn (ex. fails to call EMS for third degree burns)
- W no cooling