

Waterpark

Skills

- q Submerged unconscious rescue
- q First Aid assessment and treatment
- q Slantboard procedure
- q Flatboard procedure
- q Slide spinals
- q Shallow spinals
- q 0-depth spinals
- q Deep-end spinals
- q Walking-talking spinals on deck/in water
- q Prone spinal on deck/slide stairs
- q Lumbar procedure
- q DNS carry in the waves
- q Temporary stabilization of spinal patient in waves

Knowledge

- q Basic lifeguarding (Principles of lifeguarding, priorities in rescues, primary survey, etc.)
- q Waterparks (What is a waterpark, how a waterpark environment affects scanning & communication, role of the pivot guard, etc.)
- q Slides (Energy, friction, forces, effects, water levels, types of slides, safety concerns)
- q Waves (Parts of the wave, types of waves, types of generators, safety concerns)
- q First Aid (Common injuries, ruling out d-spine, personal protection)
- q Pool Chemistry (How a waterpark environment affects pool chemistry, chemicals used, etc.)

Fitness

- q The Brick
- q DNS Carry
- q Removal
- q 200 metre run, 50 metre swim, 50 metre tow (in the waves)

Judgement - *You must demonstrate the following in a simulation*

- q Positioning (stay in pivot position, appoint new pivot if necessary)
- q Scanning (Scan other guards, notice unguarded areas, see near victims)
- q Communication (Clear and systematic hand signals)
- q Control (Confident decision making, guards are appropriately assigned, all pools are covered or cleared)