

POOL LIFEGUARD RESCUE AIDS

CHOOSING A RESCUE AID

Lifeguards should be ready to rescue victims with and without an aid as drowning victims may not accept an aid or you may have multiple victims to rescue. The most effective aids for in-water rescue are those that have sufficient buoyancy to hold up a victim's shoulders at or above the water, and one that is designed specifically for water rescue such as the rescue tube and rescue can. Alternative buoyant rescue aids such as the ring buoy or adult lifejacket can be used if rescue tubes and rescue cans are not available.

CARRYING THE RESCUE AID

Lifejacket: may be worn over one shoulder through an armhole, a strap may be clipped and slung over one shoulder, or the lifejacket can be held in one hand.

Rescue can or tube: may be worn with the shoulder strap over one shoulder or across the chest. The excess line held in your hand.

Ring buoy: may be carried rope in one hand, ring in the other. Ring over one shoulder and line in hand.

ENTRIES WITH A BUOYANT RESCUE AID

Lifeguards must enter the pool with caution and concern for their safety and the safety of the victim and other patrons. The buoyant rescue aid can be held, tossed to the side, or let down to the deck or water's level before entry. If holding the rescue aid, be aware of the impact of the water and control the aid to allow a quick approach to your victim.

Entries may be feet first or head first depending on the facility design, location around the pool, obstructions, water conditions, depth and victim's condition.

APPROACHES WITH A BUOYANT RESCUE AID

If the buoyant aid is trailing behind you on your approach, time your contact with the victim so you can

retrieve the aid and extend it to the victim in a timely manner. Always approach the victim in such a way that they are unlikely to grasp you.

HOW TO RESCUE VICTIMS USING RESCUE AIDS

The following are examples – other methods may also be used.

Conscious victim:

From behind, grasp the victim around the waist with one arm and use your free hand to bring the rescue aid to the front of the victim under their arms so they can grab onto the aid. Using a buoyant aid is very useful when inserted between and under the arms for two victims clutching together.



Unconscious victim using:

Rescue tube – with the rescue tube across your chest and under your arms, approach a facedown victim using head-up front crawl. Swim up to the victim so your shoulders are aligned. Grasp the victim in a modified carry. Using a pendulum maneuver, return in the direction you came bringing the victim into a face-up position. The victim will now be floating on the rescue tube. You can then switch into another control carry (double-chin or head carries work best). You may also remain in a modified carry if it is most comfortable.

Lifejacket – put both arms through the lifejacket arm holes so that the lifejacket is inside out. If you have larger/ longer arms keep elbows out of the arm holes. Approach the victim so that your shoulders are aligned with theirs. Grasp them in a modified carry. Using a pendulum

maneuver, return in the direction you came bringing the victim into a face-up position. You can remain in a modified carry or grasp the victim in a temporary single-chin carry, pull one arm at a time out of the lifejacket and grasp the victim in a double-chin or head carry.

Recovery of submerged victims:

The rescue tube/can will be useful to help bring a large victim or double clutch victims to the surface. Once you grab the victim(s) protect the airway then pull down on the line of the rescue tube/can and swim to the surface. Use the rescue tube/can for support and transport to closest point of safety.



SOCIETY RETIRES BOAT COURSE TO REFOCUS ON BOATER SAFETY

Participation in the Society's classroom-based BOAT course has declined dramatically since online testing for the Pleasure Craft Operator (PCO) card became available. After consultation with affected Affiliates and Instructors, the Lifesaving Society will retire the Boat Operator Accredited Training program in Ontario by year end.

"Our drowning research shows a decline in deaths involving small craft since the Pleasure Craft Operator Competency program was introduced and we're proud to have been a part of that decline," says Lifesaving Society program manager, JP Molin. "The Society was one of the original accredited agencies when we launched BOAT in 1999. Since then, over 40,000 Ontarians have earned their PCO cards through the Society's BOAT course."

The Lifesaving Society is certainly not abandoning boater safety, but it's time to rethink how we can best educate at-risk boat users. The Society will refocus and reallocate resources to where they will be most effective – an expanded public education campaign targeting small craft users.

For more information about the retirement of the BOAT program, contact Program Manager JP Molin by email: jpm@lifeguarding.com.

CHOOSE IT. USE IT.

Lifeguarddepot.com® sells lifejackets. Our lifejackets are Transport Canada and coast guard approved; they are made with durable nylon outers and PE foam inners; they are brightly coloured with zippered fronts and adjustable straps. The following sizes are available: Infant (< 30 lb.), Child (30–60 lb.), Youth (60–90 lb.) and Adult (> 90 lb.).



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