

Bronze Cross, Assistant Lifeguard Situations

Scenario 1 – Rescuers



Scene Description

You are guarding a leisure swim at an indoor pool.

Location

Indoor Pool.

Weather and Water Conditions

Sun coming through all the windows. Deck is warm and humid. There is mild glare on the water.

Rescue Position and Available Items

You are in the appropriate positions for a 3-guard rotation.

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Scenario 1 – Victim 1



Scene Description

At leisure swim with friends, you are playing a game with a ball in the middle of the pool near the drop off. You jump to catch the ball and lose your footing on the way down. You cannot regain your footing and do not know how to swim, you begin to struggle in the water.

Victim Type and Victim Age

Distressed non-swimmer, 16 years old.

Victim Position

Approximate middle of the pool, shallow end just before the drop off.

Special Responses

Cannot swim, and grabs onto anyone or anything that comes near you. Need assistance climbing out of the pool as you are very distressed and having trouble breathing. You have swallowed a lot of water, and are coughing it up on deck.

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Scenario 1 – Victim 2



Scene Description

At leisure swim, you are practising to see how long you can hold your breath and sit on the bottom of the pool in the deep end. If asked to stop, you do so briefly before continuing once the lifeguard looks away.

Victim Type and Victim Age

Submerged, non-breathing, 12 years old.

Victim Position

Deep end mid-pool.

Special Responses

Submerged, non-breathing and do not regain consciousness. If AED is used, shocks will be advised.

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Scenario 2 – Rescuer



Scene Description

You are guarding leisure swim at an outdoor pool.

Location

Outdoor pool.

Weather and Water Conditions

It is a hot and sunny summer day.

Rescue Position and Available Items

You are in the appropriate positions for a 3-guard rotation. You have full lifeguarding and instructional equipment available.

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Scenario 2 – Victim 1



Scene Description

At leisure, you swim with friends. You are running to jump into the shallow end, but slip on the edge and fall sideways, hitting your head on the ladder. You are conscious, floating face up in the water.

Victim Type and Victim Age

Spinal injured victim, 11 years old.

Victim Position

Shallow end, near the wall.

Special Responses

Conscious but in pain from hitting your head, and are floating in the water, slightly stunned. You are experiencing pain in your head and neck when you try and move, with blurry vision.

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Scenario 2 – Victim 2



Scene Description

You are at a leisure swim with friends, they are all heading to the deep end, and do not know that you cannot swim. You slip in with them and hold onto the wall. One of your friends pulls you off the wall, and you begin to struggle.

Victim Type and Victim Age

Distressed non-swimmer.

Victim Position

Deep end, 3 metres from the wall.

Special Responses

You do not know how to swim and need to be carried back to the wall, where you need assistance to climb out.

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Scenario 3 – Rescuer



Scene Description

You are guarding lane swim at an indoor pool.

Location

Indoor pool.

Weather and Water Conditions

Sun coming through all the windows. Deck is warm and humid.

Rescue Position and Available Items

You are in the appropriate positions for a 3-guard rotation. You have rescue tubes, ring buoys, flutter boards, pull buoys, and reaching poles available.

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Scenario 3 – Victim 1



Scene Description

You arrive at the lane swim and are told the pool heater is not working properly, and the water will be cold. You get in, and as you are swimming your lengths, you cannot stay warm and begin to shiver.

Victim Type and Victim Age

Hypothermia, 60 years old.

Victim Position

Deep end.

Special Responses

You are cold, shivering, and your lips and nails are blue. When encouraged, you can swim to the wall and climb out on your own. Your bag with your towel in it is in your locker in the changeroom.

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Scenario 3 – Victim 2



Scene Description

At the lane swim, you are practicing as you are not a very strong swimmer, but want to join your school's swim team. You accidentally breathe in water, and when you reach for the wall, you miss and cannot get back to the wall.

Victim Type and Victim Age

Weak swimmer, 14 years old.

Victim Position

Shallow end.

Special Responses

Weak swimmer, panicking and cannot grab onto any aids thrown, needs to be carried back to the wall. Have inhaled water and are coughing.