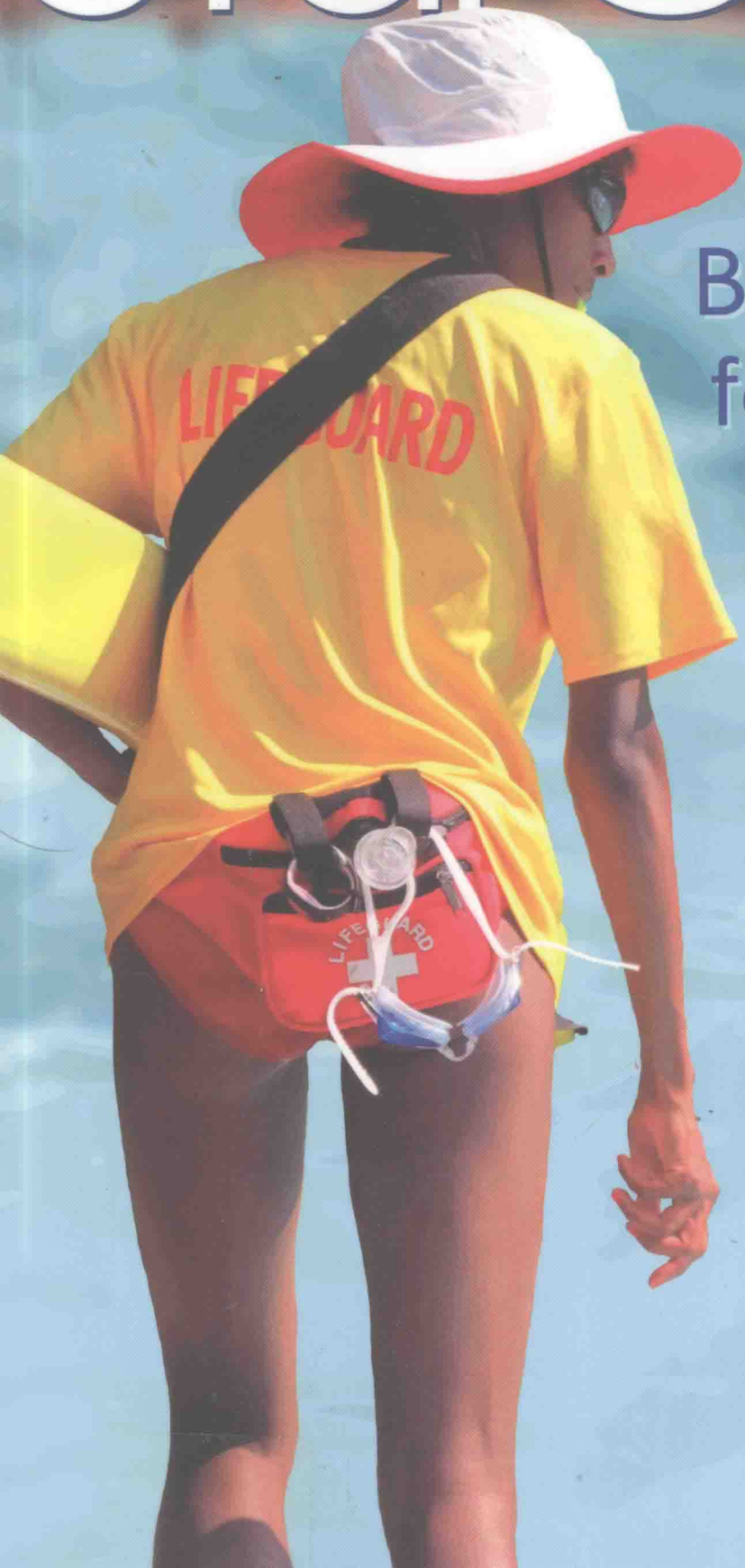
Fourth Edition

StarGuard



Best Practices for Lifeguards

Includes access to interactive multimedia web resource with quizzes

Jill E. White

STARFISH AQUATICS INSTITUTE

FOURTH EDITION

StarGuard

BEST PRACTICES FOR LIFEGUARDS

Jill E. White

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FOURTH EDITION

StarGuard

BEST PRACTICES FOR LIFEGUARDS

救生员

StarGuard :Best practice for lifeguards-4th Edition

PREFACE

Water hides and water suffocates. This inherent danger of water is the essence of the StarGuard training program. This text is designed to prepare you to earn a StarGuard course completion certificate and will help you recognize the important role you play in keeping patrons safe.

The information is concise, clear, and designed to develop your confidence and competence. The text and supplemental online resources, when combined with the training sessions taught by authorized StarGuard instructors, will teach you the essentials of lifeguarding by focusing on what is important.

In this edition, we continue to focus on the StarGuard Risk Management Model, updated to help you understand the factors that contribute to saving lives. The model includes five components:

1. prevention strategy,
2. surveillance,
3. response and rescue,
4. emergency care, and
5. workplace environment

with one part of this text devoted to each. Once you understand the model, learning best practices for applying that knowledge are the next step. The training program continues to be unique in its experiential methodology and integrated approach, combined with a team and leadership development foundation.

What's New in the Fourth Edition?

The fourth edition of *StarGuard: Best Practices for Lifeguards* and its online resource bring an increased emphasis on evidence-based practices and how those apply in the real world. The text has an expanded international focus to reflect the growth of the StarGuard program beyond the United States.

The content in the fourth edition has been updated to include new research. The reference list is now organized by chapter to increase its usefulness. The CPR, AED, and first aid content has been provided by the Health and Safety Institute (HSI) through its American Safety and Health Institute (ASHI) brand and is based on *2010 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science With Treatment Recommendations*, *2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care*, and *2010 American Heart Association and American Red Cross International Consensus on First Aid Science With Treatment Recommendations*. The consensus on science process occurs every five years, with the purpose of identifying and reviewing international science and knowledge relevant to emergency care. At the suggestion of instructors who used previous editions, first aid and CPR have been consolidated and included in the StarGuard text.

Complementing the HSI/AHSI content is an expanded chapter specific to adapting CPR and rescue skills for an unresponsive drowning victim. A new chapter explores the important step of deciding to act and a systematic method of emergency

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response. Other new or expanded content can be found for victim recognition, workplace safety, workplace culture, and site- and situation-specific considerations. The goal is to emphasize reducing risk at an aquatic facility by using a team approach that includes parents or caregivers, users, facility managers or supervisors, and your employer. This approach will help us return to reasonable expectations for the role of a lifeguard without diluting high performance mandates.

In contrast, some detail has been removed from the fourth edition and is available within other resources. The content specific to lifeguarding in a wilderness setting more than one hour from medical care is available through Landmark Learning, our education partner for that specialty training. Visit www.landmarklearning.org for more information.

The most significant addition to the fourth edition is the web resource, which you can access using the key code instructions at the front of the book. More than 95 highly interactive and multimedia learning activities will help you apply the material in the text and prepare you to successfully complete the course. If you are enrolled in a StarGuard lifeguard certification course delivered through blended learning (part online, part face-to-face), the online activities, chapter quizzes, and the online test are required and designed to help you prepare for the certification exams.

Features of the Book

The fourth edition of *StarGuard: Best Practices for Lifeguards* includes several new or revised features designed to streamline your learning experience:

- **Chapter objectives.** Each chapter's learning objectives appear at the beginning of the chapter rather than at the beginning of each part, as in the previous edition.
- **Skill guides.** Chapters that describe physical skills that you will practice during the in-person part of your training include concise charts with descriptions and photos of how to perform the skill.
- **Best practices.** Key points appear as best practices periodically throughout the book and can be found in the margins of the text.
- **Knowledge into practice.** At the end of each chapter is a section that helps you integrate the concepts you've learned throughout the chapter.
- **Visit the web resource.** This element encourages you to visit the website and lists the learning exercises you'll find there.
- **On the job.** This final section helps you understand how you will be expected to perform on the job by listing key competency requirements found in most international qualification standards.

Assistance in Meeting National and International Standards

The fourth edition continues to assist lifeguard candidates in meeting standards. The content is consistent with the guidelines for supporting the development of minimum competencies as outlined in numerous guidance documents, including but not limited to the Model Aquatic Health Code sponsored by the U.S. Centers for Disease Control and Prevention (CDC), the UK National Pool Lifeguard Qualification, the minimum competencies recommended by the International Life Saving Federation, and Australian NTIS training package qualifications. As mentioned

previously, the CPR, AED, and first aid curricula integrated into the StarGuard program are at the forefront of international standards.

Organization

Organization changes you will notice in this fourth edition of *StarGuard: Best Practices for Lifeguards* include a revised sequence of chapter order to better flow with the way the course is taught. As in the third edition, the five parts of the text follow the five components of the StarGuard Risk Management Model.

Part I contains three chapters of fundamental concepts about **prevention strategies** to reduce the risk inherent at a recreational aquatic venue. Chapter 1 identifies misconceptions about lifeguarding and the need for best practices. Chapter 2 offers strategies to reduce the risk of aquatic emergencies. Chapter 3 explains how to prevent exposure, for yourself and others, to potentially disease-causing bloodborne and waterborne pathogens.

Part II examines **surveillance** and the concepts and techniques that underlie what you will do for almost every minute you are on active lifeguard duty. Chapter 4 will help you recognize distress and drowning. Chapter 5 gives you strategies for learning to look for distress and drowning.

Part III describes the skills necessary for **response and rescue**. Chapter 6 stresses the importance of deciding to act and gives steps for taking action when an emergency situation is identified. Chapter 7 focuses on skills for land-based assists and water rescue. These chapters provide much detail related to how to perform the specific rescues as well as the objective that is meant to be achieved. This objective-based approach will help you develop decision-making skills.

Part IV looks at the **emergency care** skills necessary if a drowning, injury, or illness occurs. The goal is to prepare you to provide care until emergency medical services (EMS) arrives. Chapter 8 provides skills for managing suspected spinal injuries on land or in the water. Chapter 9 presents skills for providing basic first aid for injury and care during sudden illness. Chapter 10 presents skills for how to provide basic life support for an adult, child, or infant, including rescue breathing, CPR, AED use, and response for choking. Chapter 11 considers the unique circumstances created by a submersion incident and suggests a protocol for responding to an unresponsive drowning victim.

Part V focuses on the **workplace environment** and explores key concepts that affect how effective and safe you will be on the job. Chapter 12 provides strategies for minimizing the risk of workplace injury. Chapter 13 identifies common professional behavior and performance expectations for both you and your employer and explores the importance of workplace culture on risk management. Chapter 14 identifies site-specific and situation-specific considerations (e.g., when lifeguarding at single-guard facilities or for special events). Chapter 15 explains how to adapt your knowledge and skills for the water-park setting and chapter 16 for the waterfront setting.

The appendix provides information about using supplemental emergency oxygen. It is presented as an optional training module for use in facilities that have emergency oxygen equipment.

Web Resource

As mentioned earlier, the web resource can be used for enriching the content in each chapter. Use the instructions and key code in the letter bound into the front of the book to access the web resource.

Terminology

The terms used in this text for *drowning*, *drowning victim*, *drowning survivor*, and *drowning fatality* are based on definition guidelines developed at the World Congress on Drowning (WCD), approved at a meeting of the International Liaison Committee on Resuscitation (ILCOR), and adopted by the World Health Organization (WHO). (See definitions on page 37.)

The term *lifeguard* generally refers to a person primarily responsible for monitoring patrons in an aquatic environment by providing constant, dedicated surveillance; enforcing the facility's risk reduction strategies; and responding during an emergency.

The terms *swimmer*, *patron*, *bather,* and *guest* are used interchangeably to refer to people who are in or near the water at an aquatic facility.

The terms *victim* and *casualty* are used interchangeably to refer to people who may be in distress, drowning, or in need of emergency care.

The terms *rescuer* and *responder* generally refer to a person responding to an emergency either in or out of the water and providing care. The terms may refer to a lifeguard as well as to other personnel, bystanders who are assisting, or emergency medical services.

Compliance and Constraints

This text is solely intended to facilitate certification in a StarGuard lifeguard training class. The information is furnished for that purpose and subject to change without notice. Recommendations in this text do not replace those of local regulatory agencies or authorities, which you should consider to be primary. When an emergency occurs, the circumstances of each incident will vary, and guidelines for aquatic safety and emergency care that apply exactly in all cases do not exist. The publisher and authors make no representations or warranties with respect to any implied future performance by persons using this text or completing StarGuard training.

StarGuard certification may only be issued when an SAI-authorized instructor verifies that you have successfully completed the required core knowledge and skill objectives of the program. Lifeguard training and certification is simply the first step in becoming a competent lifeguard. The documentation you receive upon successfully completing the course verifies that you had certain skills and understanding at that time. The responsibility for future performance lies with you, your supervisor or manager, and your employer.

The Starfish Aquatics Institute is committed to helping aquatic managers and employers of lifeguards maintain high standards by offering a comprehensive aquatic risk management service that can provide lifeguard performance audits (StarReview) and operational support. The facility where you work may have this service in place, in which case you can be assured that your employer is committed to the highest level of aquatic safety.

For StarReview information, contact the Starfish Aquatics Institute at 877-465-4545, or refer to www.starfishaquatics.org.

ACKNOWLEDGMENTS

The StarGuard program began in 1999. Each edition of the StarGuard textbook reflects the contributions and shared knowledge of countless instructors, staff, colleagues, and dedicated aquatic professionals committed to saving lives.

I would like to especially acknowledge and thank the lifeguards and managers who have put the StarGuard program into practice the way it is intended. Good managers make good lifeguards, and the facilities listed here have voluntarily chosen to participate in the StarReview lifeguard and operational audit program and have achieved the highest level of safety excellence—the 5-Star award—since the third edition was published. Achieving the 5-Star award is difficult, and only a small percentage of facilities in the StarReview program can claim this recognition. Congratulations and thank you for setting the bar: Arizona Grand Resort, Arizona; Bend Parks & Recreation, Oregon; Bloomingdale Park District, Illinois; Bolingbrook Park District, Illinois; Carol Stream Park District, Illinois; Caribbean Cove Indoor Water Park, Indiana; Charleston County Parks & Recreation, South Carolina; City of Cape Coral Sunsplash Family Waterpark, Florida; City of Cape Coral Yacht Club, Florida; Geneva Park District, Illinois; Glenview Park District, Illinois; Homewood-Flossmoor Park District, Illinois; Indy Parks & Recreation, Indiana; Knights Action Park, Illinois; Land of Make Believe Water Park, New Jersey; Leawood Parks & Recreation, Kansas; Lee County Parks & Recreation, Florida; Lombard Park District, Illinois; Midwest Pool Management, Missouri; Midwest Pool Management, Kansas; Mundelein Park District, Illinois; Niles Park District, Illinois; Northbrook Park District, Illinois; Oregon Park District, Illinois; City of Overland Park, Kansas; River Road Park District, Oregon; Roselle Park District, Illinois; Skokie Park District, Illinois; The Champion Corporation, Chatham County Aquatic Center, Georgia; Tinley Park Park District, Illinois; Urbana Park District, Illinois; Village of Orland Park, Illinois; West Chicago Park District, Illinois; Wilmette Park District, Illinois; Woodridge Park District, Illinois. Of special note is the City of Cape Coral Sunsplash Family Waterpark in Florida. The exceptional staff have achieved a 5-Star award in over 20 consecutive operational audits over the past six years.

Many thanks are also due to our education partners, the American Safety and Health Institute (a brand of the Health and Safety Institute) and Landmark Learning. We have enjoyed a long relationship and respect your expertise and willingness to break new ground with us.

Special thanks to the following individuals, who have contributed greatly to the field of aquatic safety and whose ideas have been adapted and included in the StarGuard program: Tom Griffiths (5-minute scanning strategy and "disappearing dummies"); Robert Ogoreuc and Kim Tyson (STAAR rescue model); Frank Pia (RID factor); Terri Smith (vigilance voice) along with Jeff Ellis and Dr. John Hunsucker, who paved the way for innovation in vigilance and victim recognition training.

To Human Kinetics, thank you for your commitment to SAI and the StarGuard program, and special thanks to the dozens of people who make this book an outstanding product that stands above others in the aquatics industry.

Special thanks to Lake White, director of training, and the hundreds of instructors and faculty who excel at instilling the vision of the StarGuard program.

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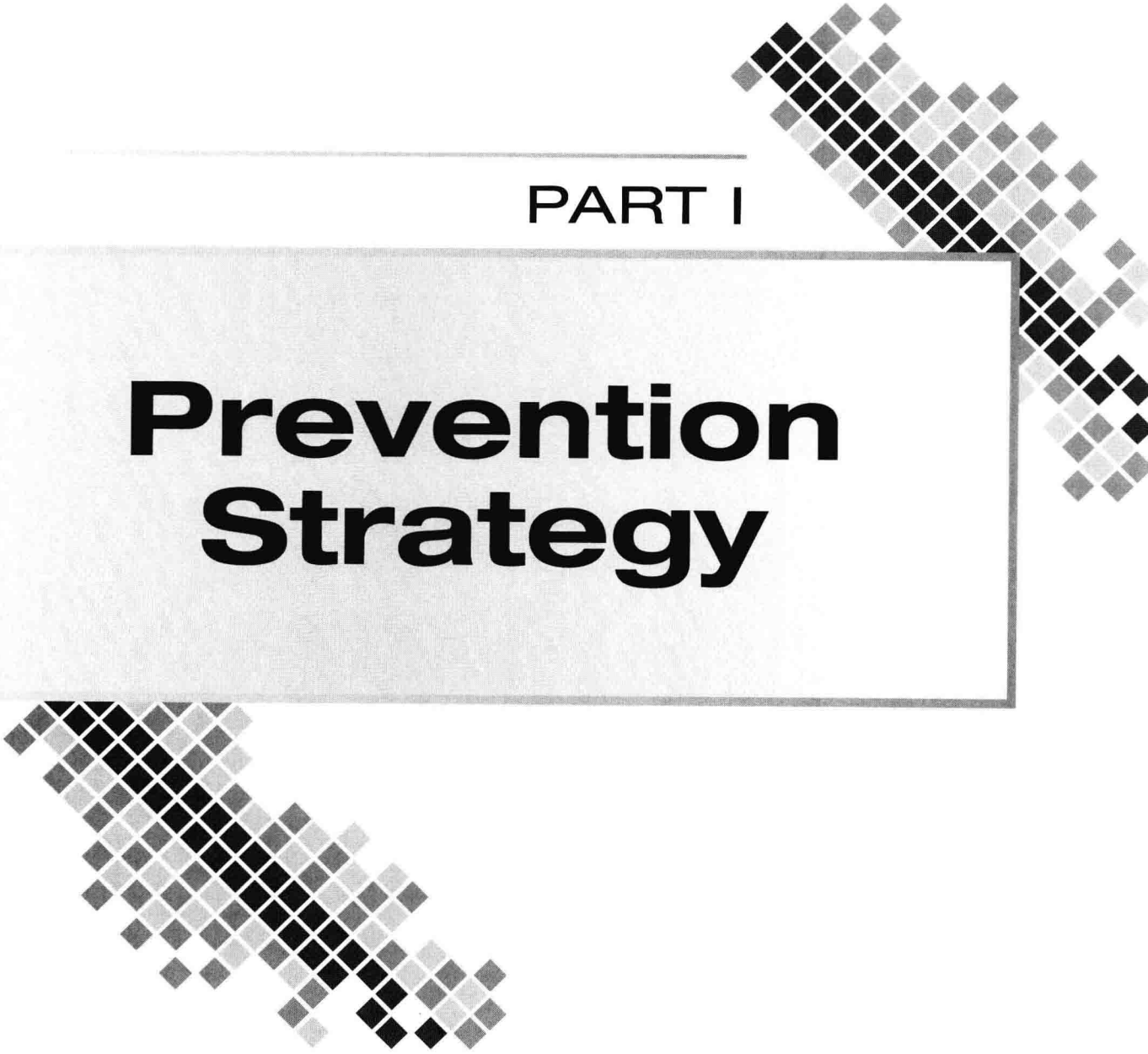

PART I

Prevention Strategy

CHAPTER 1

Foundation of Best Practices

CHAPTER OBJECTIVES

This chapter

- identifies what is important in saving lives,
- explores some misconceptions about lifeguarding,
- introduces the concept of best practices, and
- explains the need for a team approach to best practices.

Identifying What Is Important in Saving Lives

There are two kinds of lifeguards: Those who get it and those who don't. Those who get it are lifeguards for life.

What is *it*? The understanding that drowning can happen quickly, silently, with deadly consequences in a matter of minutes, and that it can happen to anyone, even in a facility where nothing has happened in decades. And that being a lifeguard (who gets it) is one of the most valuable and demanding jobs you'll ever have.

Let's contrast this attitude and understanding with lifeguards who don't get it. They may have never been told the facts about how drowning occurs in a way that instills understanding, and they may work within a culture of complacency that has built up over the years and never been challenged because no person has drowned at that facility. These people don't want to be bad lifeguards—they just don't know what they don't know. It is the goal of the StarGuard program to counteract complacency and help you understand the importance of what you will do as a lifeguard.

Aquatic facilities can and should be fun, and working there should be, too. However, it is important that you know what your job may entail.

Misconceptions About Lifeguarding

When you think about your lifeguarding job, what comes to mind? Do you have any of these misinformed ideas about lifeguarding?

- I'll be getting paid for hanging out at the pool and getting a tan.
- I'll be paid for hanging out at the pool with my friends.
- Nothing bad has ever happened at the pool where I'll work, so nothing ever will.
- Drowning will be easy to see, and I know rescue skills, so I am prepared.

Lifeguarding can be one of the best and most rewarding jobs you can have. It can also be the worst experience of your life if you don't understand the risks. The goal of the StarGuard training program is to help you understand these risks and know the actions you can take—best practices—to develop a high level of competency.

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