

Borough of Spring Lake

Beach Department



Lifeguard Manual (V 1b)

General Operations

The Spring Lake Beach Patrol protects two miles of public beach. The Beach Patrol staffs twenty-four stands to cover this area. The stands are arranged in a manner that allows for an overlapping field of vision, enabling cross coverage. Depending on staffing, conditions, and weather, most stands are open for the normal bathing hours of 9:00 am to 6:00 pm. The following lists the names of these stands from north to south. Each area's main stand is in bold print.

Area Beaches and Stand Names

Corresponding Street Names

North Beach

Far Surfers
Near Surfers
Lorraine
Middle
North Beach

Pitney Avenue
Remsen Avenue
Lorraine Avenue
Monroe Avenue
Worthington Avenue

North End

Ludlow
North End Main
Tuttle

Ludlow Avenue
Ludlow/Tuttle Avenue
Tuttle Avenue

Brighton and Breakers

Brighton
Kayak Beach
Breakers
Washington

Essex and Sussex

Mombo II
Mombo
E & S Main
South End Surfers

South End

Atlantic
South End Main
Salem
Far Salem

Pier Beach

Allaire
A Beach
Brown
Pier Beach Main

Special Access Areas

In order to protect the safety of our bathers, the SLBD has assigned specific designated areas for the following activities: fishing, surfing, and kayaking.

Fishing: the following lists the designated areas for fishing during the normal bathing hours of 9:00 am to 6:00 pm. During these hours, fishing is strictly prohibited in all other areas. The designated surfing areas are as follows:

- Pitney Avenue (Far Surfers) Jetty: north and south sides
- Washington Avenue Jetty (Washington): north and south sides
- Newark Avenue Jetty (Kayak): north side only
- Passaic Avenue Jetty (Mombo II) north and south sides
- Sussex Avenue Jetty: (E & S): north side only

By law, people actively fishing are not obligated to have a beach badge to access the designated fishing areas.

Surfing: at the discretion of management, contingent on crowd and water conditions, surfing is permitted in the following areas during the normal bathing hours of 9:00 am to 6:00 pm. During these hours, surfing in all other areas is strictly prohibited. The designated surfing areas are as follows:

- Remsen Avenue (Far Surfers)
- Washington Avenue (Washington)
- Mercer Avenue (South End Surfers)

Kayaking: at the discretion of management, patrons may launch and land kayaks on most area beaches. Patrons interested in kayaking must check with the lifeguards and receive permission before launching the kayak. The following lists the designated areas for riding waves in a surf kayak during the normal bathing hours of 9:00 am to 6:00 pm. During these hours, kayaking in all other areas is strictly prohibited. The designated kayaking areas are as follows:

- Brighton Avenue (Kayak Beach)

Windsurfing: at the discretion of management, patrons may launch and operate Windsurfing equipment at the following designated areas. Patrons interested in windsurfing must check with the lifeguards and receive permission before launching the kayak. The following lists the designated areas for operating windsurfing equipment during the normal bathing hours of 9:00 am to 6:00 pm. During these hours, operating windsurfing equipment in all other areas is strictly prohibited. The designated areas for operating windsurfing equipment are as follows:

- Remsen Avenue (Far Surfers)

Supervisory Staff

Captain

Lieutenants/Safety Certification Officer

Lifeguard Crew Chiefs

The following are the job descriptions for each:

Captain: the captain of the beach patrol reports directly to management. The following lists the duties of the captain:

- Manage all aspects of the Beach Patrol
- Supervise all lifeguard personnel.
- Manage the web site
- Manage payroll
- Manage junior guards
- Manage the tournament team
- Perform duties of a lifeguard when required

Lieutenants: the lieutenants of the beach patrol report directly to the captain. The following lists the duties of the lieutenants:

- Report directly to the captain
- Oversee the crew chiefs
- Support the crew chiefs in the implementation of the beach patrol's training program
- Assist the captain in managing the Junior Guard Program
- Assist the captain in managing the Tournament Team
- Perform the duties of a lifeguard when required

Beach Crew Chief Job Description:

Crew Chiefs: the Lifeguard Captain will appoint a "crew chief" to be the immediate supervisor of each of the Spring Lake Beach Patrol's six designated areas. The crew chief is directly responsible for the overall safety and efficiency of the assigned area. The duties of the crew chief are as follows:

- Enforce all SLPB rules, regulations, and policies
- Immediately follow the directives of the Beach Manager, Lifeguard Captain, and Lieutenants
- Complete each day's daily log and submit the daily log to the appropriate binder. The daily logs for the North Beach, North End, and Brighton area beaches will be stored in the North End Office; the daily logs for the Essex and Sussex, South End, and Pier area beaches will be stored in the South End Office.
- Monitor proper and timely setup of the required daily equipment for each stand in the area, including all of the following:

- One radio
 - Three torpedo cans
 - One line bucket
 - Two flag poles
 - 1 first aid kit
 - 1 set of ropes to mark off the stand's area
 - Flags
 - One whistle per lifeguard
 - One backboard
 - One floatable piece of equipment
- Train assigned personnel in proper and effective execution of approved rescue procedures and life guarding techniques, including the following:
 - identifying hazardous conditions
 - recognizing distressed swimmers
 - communicating with the public
 - maintaining a designated water area through use of a whistle, hand gestures, and placement of flags
 - appropriate, clear and professional radio communication
 - Initiating and executing SLBP rescue procedures
 - Assign water patrol of crew as necessary.
 - Train assigned personnel in the function, maintenance, safe storage, and safe use of all lifeguard equipment, including torps, lines, rescue boards, kayaks, and boats
 - Complete the United States Lifesaving Association's mandatory twenty hours of first aid training with the support of the Emergency Medical Technicians
- Design (with the approval of the Captain) and maintain a schedule for the season, assigning one "veteran" guard to each area stand five days a week
- Each morning, perform at least one daily radio check with each stand in the area
- Evaluates the assigned area's personnel and report strengths and weaknesses to management; all disciplinary issues need to be documented in accordance with the agreement between the Borough of Spring Lake and the Guards of Spring Lake
- Create and supervise mandatory morning workouts for the crew; these are not optional—if a crew member can not complete the day's assigned training, then he/she will be sent home for the day
- Perform the duties of a lifeguard when required

Lifeguards: Spring Lake lifeguards are an outreach to the surrounding community. Our beach embraces a "team" concept which can show itself in many ways. This can easily be seen in the coordination of rescues, communication between lifeguards and supervisors, as well as the public. Spring Lake guards are expected to possess above average personal

attributes while on duty and off duty. They should be able to interact with respect and honesty with their co-workers and the public.

The following lists the **prerequisites** for becoming a lifeguard:

- Swim 500 meters in under 9:45 minutes for beach guards.
- Swum 500 meters in under 10:00 for pool guards.
- Run 1 mile in under 10:00 minutes
- Present current and official cards for CPR/AED for the Professional Rescuer and basic First Aid (a list of acceptable certifications can be found at <http://www.springlakeguards.com>); copies, duplicates, or cards from other agencies will NOT be accepted. Pool guards have to have LGT additionally.
- Commit to working from Memorial Day through Labor Day; as per the agreement between the Boro of Spring Lake and the Guards of Spring Lake, employees returning to college before Labor Day may end their season **three days before the start of class.**

The following lists the duties of a lifeguard:

- Immediately follow all directives from the Management, the Captain, the Lieutenants, and the Crew Chiefs.
- Maintain a safe bathing area at all times
- Complete the SLBP's Open Water Lifeguard Training Program, including daily workouts and rescue drills with the crews, first aid training with the EMT's, and train independently in the afternoons when allowed
- Complete the USLA's mandated twenty-one hours of first aid training – curriculum as listed

TOURNAMENT COORDINATOR(S)

- Evaluate all interested Spring Lake Guards that are interested in participating in local, regional, and national tournaments.
- Arrange practices for the tournaments and communicate the information to the guards in an adequate time frame for them to attend.
- Meet with Crew Chiefs to discuss guards interested in and/or participating in tournaments to make sure beach coverage is maintained effectively and safely.
- Submit paperwork for Spring Lake's hosted tournament to the Chief Lifeguard for borough approval.
- Submit paperwork for registration of Spring Lake guards for regional and national tournaments to the Chief Lifeguard where necessary to submit to USLA.
- Submit paperwork and coordinate with local area beaches information necessary for participation in local tournaments.

- Submit a list of dates and maintain the list if the dates change to the Chief Lifeguard of equipment needs from the Director of Public Works. For example the use of the truck and tailors needed to move equipment.
- Gather and maintain all necessary equipment needed for each tournament.
- Update and maintain information on the web site to get information out to the guards.

JUNIOR LIFEGUARD COORDINATOR(S)

- Maintain current CPR/First Aid certifications.
- Maintain registration paperwork of Spring Lake Junior Guards, and report to Chief Lifeguard all registration paperwork of proper records.
- Coordinate and register Spring Lake junior guards for local tournaments, as well as attend those same tournaments.
- Communicate necessary supplies, clothing, and transportation of equipment needs, as well as any additional needs to the Chief Lifeguard.
- Set up dates for in person registration for the program.
- Communicate instructor needs to the Chief Lifeguard.
- Plan and maintain lessons for the instructors to implement.
- Host a parent meeting prior to the season beginning.
- Meet with Chief Lifeguard at the end of the season to evaluate the program and personnel.

EMT

- Maintain all necessary certifications to be employed as an EMT at Spring Lake Beach.
- Respond to all First Aid calls on the beach either by radio, or in person, and make all necessary decisions for the safety of the injured party.
- Maintain all necessary paperwork to record the incident. Record the information into the computer database.
- Contact and make any necessary phone contact with the local hospital and or workman's compensation doctors or insurance.
- Inform beach captain and beach manager of the situation.
- Instruct beach personnel in USLA 21 hours of first aid instruction.
- Assist in instruction of CPR and/or First Aid.
- Maintain first aid kits on the beach, pools and pavilions.
- Inform chief lifeguard of needed supplies.
- Provides emergency rescue and basic medical treatment as required.
- Utilizes various tools and power equipment in rescue operations.
- Maintains department equipment; vehicles and facilities; and performs related duties as assigned.
- Perform additional beach duties or requirements as needed.

EMT SCHEDULE AND DAILY TASKS

- Each EMT will have a schedule that involves at least 1 work shift that covers until 8:00.
- There should be a minimum of 2 EMT's to be working each day, and the time frame covered will be 7:30 – 8:00, with 2 people on during the busy part of the day.
- The shifts will be;
 - 7:30 – 12:00 (1/2 hour lunch)
 - 7:30 – 4:30 (1 hour lunch)
 - 9:00 – 6:00 (1 hour lunch)
 - 11:00 – 8:00 (1 hour lunch)
 - 9:00 – 1:30 (½ hour lunch)
 - 3:30 – 8:00 (1/2 hour lunch)
- If you are the only EMT working on any particular day the shift will be 11:00 – 8:00

Responsibilities during the 7:30 – 4:30 or 7:30 – 12:00 shift.

- First priority is to take care of first aid emergencies at any time.
- From 7:30 – 8:45 you will stay in the south end pool area.
- From 9 – 10 you will catch up on any paperwork from the previous day or set up any paperwork needs for that day.
- If you are leaving at 12:00 make sure you take your break before 11:00.
- If you are leaving at 12 you need to be available for first aid emergencies.
- If you are leaving at 4:30 from 2 - 4 you will go to the lifeguard stands and cover necessary items for the 21 hours of first aid for USLA. I will make a chart of all the guards and keep it in my office for you to refer to. You will need to maintain this list and which guards covered specific material.

Responsibilities during the 9:00 – 6:00 or 9:00 – 1:30 shift.

- First priority is to take care of first aid emergencies at any time.
- From 9 – 10 you will catch up on any paperwork from the previous day or set up any paperwork needs for that day.
- From 10 – 11:30 you will go to the lifeguard stands and cover necessary items for the 21 hours of first aid for USLA. I will make a chart of all the guards and keep it in my office for you to refer to. You will need to maintain this list and which guards covered specific material.
- From 3:00 – 4:30 you will continue to go to lifeguard stands and cover USLA material.
- If you are only working until 1:30 you will need to take your lunch by 12:00, you cannot take it at 1:00.

Responsibilities during the 11:00 – 8:00 shift or 3:30 – 8:00.

- First priority is to take care of first aid emergencies at any time.
- From 6:00 – 7:00 you will catch up on any paperwork from the day or set up any paperwork needs for the next day.
- From 7:00 – 8:00 you will go to south end pool to finish your day.

- If there are any activities such as swim meets or other recreational events you should be in that area.
- From 3:00 – 4:30 you will go to the lifeguard stands and cover necessary items for the 21 hours of first aid for USLA. I will make a chart of all the guards and keep it in my office for you to refer to. You will need to maintain this list and which guards covered specific material.
- If you are working from 3:30 – 8:00 you will need to take you lunch by 5:00, you cannot take it after 6:00.

If there is a work day in which the weather is inclement and the beach guards can move into a skeleton crew, you will be responsible to cover the USLA material with them as a group. For example, you can go to each crew area, pull them in as a group into their shed or pavilion, cover and go over material with them. This will also be the case when we re-certify in First Aid and CPR. The Safety Instructor will set up the course and you will help that person in the implementation of it to the guards and employees.

You need to be ready to have instruction on any inclement weather day. The best situation would be in each crew area, and then in the pavilions.

I will give you an example of a schedule for 4 EMT's, this is a reference.

	WED	THUR	FRI	SAT	SUN	MON	TUE
7:30-12		EMT 2					
7:30-4:30	EMT 1		EMT 4	EMT 4	EMT 3	EMT 2	EMT 2
9 – 6		EMT 3			EMT 2		EMT 1
9-1:30							
11-8	EMT 2	EMT 4	EMT 3	EMT 3	EMT 4	EMT 1	
3-8							EMT 3

Re-stocking of first aid kits will be done on Thursday mornings with the help of an additional person for the morning shift. The information of what is needed to be restocked will be done on Wednesdays. There will be a list in each pavilion of what individual stand and what is needed. The EMT's on Wednesday will collect that information and leave it in the beach office for the EMT's to complete the re-stock on Thursday.

All EMT's need to know how to enter workman's comp information into the data base on the computer and all of the contacts for insurance and any emergency information. EMT's also must continue to maintain the certification data base information of who is current and who needs to re-certify.

Spring Lake Beach Patrol
First Aid in the Aquatic Environment
Curriculum and Time Allocation

The identified curriculum topics are required training for all open water lifeguards. Under the supervision of the SLBP Chief, lieutenant, and EMTs, a schedule is coordinated with each beach sections crew chief. All trainings are under the direction of the Lifeguard captain and beach management. USLA OWL manual and the ARC Lifeguarding manual are the primary resources for the content development.

Curriculum Requirements: 21 hours per USLA standards (not including CPR).

Curriculum Topic	Time Allocation	Notes
Universal Precautions and Disease Prevention	1.5 hour	Basic prevention – gloves, protective equipment, face shields, resuscitation masks, clean up
Identify conditions, signs and symptoms under which Lifeguards are to suspect head, neck or spine (back) injuries.	1 hour	Victim Environment Land and Sea
Categorize methods of handling head, neck and spine injuries.	1 hour.	Hawaiian/USST Head Splint methods
Skill practice of safe removal and boarding of spinal injury	1.5 hours	See above
Injuries caused by marine life and other common organisms in the environment	1 hour	Jelly fish, Rays, etc.. Bee stings, FA training to include explanation of anaphylaxis and allergic reaction.
Heat related emergencies	1 hour	Heat cramps, exhaustion and stroke.
Sunburn and Cancer Awareness	1 hour	Prevention, screening, treatment
Hypothermia and shock	1 hour	Treatment. Pulse check extended.
Review Rescue Breathing and Breathing Emergencies	2 hours	ARC/AHA Infant/Child/Adult Obstructions, conscious, unconscious.

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First Aid in the Aquatic Environment
Curriculum and Time Allocation

Curriculum Topic	Time Allocation	Notes
Review Near Drowning	1 hour	Signs and symptoms Grade and FA EMT/ALS
Review O2 Admin.	2 hours	Equipment Safety Use
Wounds and Bleeding Emergencies	1.5 hours	Lacerations, puncture wounds, scalp injuries, severe bleeding, universal precautions
Muscle, Joint, Bone Injury	1.5 hours	Immobilization Simple splint – anatomical
Drugs, Alcohol, Poisoning, and Medicines	1.5 hour	Signs and symptoms, Police support, Psych assessment Med alert tags
Other Sudden Illness/Loss of consciousness	1 hour	Stroke, Seizure, Diabetic emergency EMT/ALS – 911 calls
Follow up, Debriefing, of FA calls	1.5 hour	Report details, Consult with CC and SLBP management.

- Attend training sessions on information about Blood Borne Pathogens
- Attend training sessions on information about Sexual Harassment in the workplace.

SLBP Season Rules, Regulations, and Policies

- Lifeguards will work a nine hour day, from 9:00 am to 6:00 pm, with a one hour lunch break that will be coordinated by the crew chiefs in order to maintain proper and effective coverage
- Deviations from this schedule can be arranged and will be discussed on an individual basis
- Uniforms
- Safe use of equipment
- If vacations are being taken, it is highly encourage to do so in the month of July not in August. Request for this time must be in writing at least one week prior to the requested time off.

- Lifeguards should work up until three days before they leave for college or sports camps for the end of the season.
- It is up to each lifeguard to stay current with necessary certifications, if they do not they are subject to immediate dismissal.
- Re-hire each year is not contingent upon years of service, it will be done from year to year.
- Evaluations

Beach Regulations and Areas

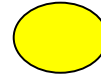
The following regulations govern our beaches and water activities:

Bathing

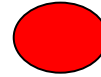


Swimming is permitted at all beaches designated with two green flags. The bathing area is the area between the two flags.

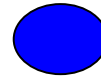
Swimming: Moderate surf conditions, exercise caution



No water entry strong surf, strong currents

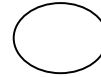


- *Boogie boards/Rafts*



Boogie Boards/Rafts are permitted in swim areas and may be designated with blue flags.

- *Boogie board with fins*



In certain surf conditions lifeguards may require fins with the use of a boogie board.

At the discretion of the chief of the lifeguards or beach manager, the following water activities are permitted as designated:

Surfing



Remsen Ave. area of North Beach
 Washington Ave. area of the Breakers section, North End Beach
 Monmouth Avenue area of South End

Kayaking



Kayaking is only permitted at the following beaches and while there is no flag color assigned, signs may be posted at the beaches noted. *Crew chiefs may permit launching and landing (only – no wave riding) of kayaks at other beaches if environmental and attendance conditions are favorable.*



Brighton Ave. area of North End
Mercer Ave. area of Essex and Sussex

Windsurfing/Kite surfing

At the discretion of the Chief of the Lifeguards or Beach Manager, windsurfing/kite surfing is permitted only at the Brighton Ave. Beach of North End and Near/Far Surfer Beach of North Beach. Windsurfing is not permitted in any other area.

Notes:

Signs are posted with information and flag colors at the entry steps to all beaches. It is important that guards know the bathing regulations and areas designated for activities, so that they may enforce such.

At the Bath and Tennis club beach, B&T lifeguards are responsible for surfers and kayakers and other activities in the Jersey to Morris Ave. area.

The chief of the lifeguards may extend her authority to the crew chiefs for decisions on the beach.

Scuba diving (that is full gear self contained underwater breathing apparatus) is permitted with the following guidelines – permission must be cleared through the police department and a letter given, scuba divers must check in with the lifeguards for directions and location, all safety requirements, and maritime laws governing scuba must be fulfilled (example - divers must have a dive flag that is visible from surface of water). In addition, Scuba divers must be no fewer than two – buddy system in place. Scuba is not permitted in the fishing areas (see fishing beach section).

Weather and Environmental Closing Procedures

Weather and environmental conditions in outdoor facilities such as beaches relate directly to the safety of swimmers. This procedure primarily deals with Lightning and Thunder storms; however, other environmental conditions may be covered by the same guidelines.

In general lifeguards should be aware of weather conditions and their environment and consistently monitor such, to maintain patron and their own safety.

The following procedures are in place:

In case of a thunder or lightning incident, the lifeguard is to call in the occurrence to their crew chief. Crew chiefs will verify the report and radio the Chief of the Lifeguards.

Chief of the Lifeguards will instruct the Lifeguards on the course of action to be taken. (Standby, or Clear the beach and water of all swimmers are some examples).

When the Chief calls for evacuation of the beach and water, lifeguards are to signal by whistle (one long whistle blast) and torp (hold torp over head and point to the boardwalk) to all patrons that they are to seek shelter. Specifically guards are to instruct patrons, that “dangerous lightning and storm activity has been reported and for safety reasons everyone must seek shelter off the beach”.

Once the water and beach are clear, Lifeguards are to seek shelter for their own safety and monitor the radio for an “all clear” from the Chief.

Guards are to continue to monitor activity on the beach and in the water, in case anyone does return to the beach before the “all clear”.

If any lifeguard feels they need to leave the beach area for their own safety they may do so but must notify supervisor(s) when they do so.

An all clear will be called when 20 minutes have passed without any repeat incidents of Thunder or Lightning.

Notes:

According to the National Weather Service and Lightning Safety Council- Thunder and / or Lightning are indistinguishable; in other words they are the same and we do not have to have both to be considered a weather incident.

If the Chief or Lieutenant are not present, the crew chief of the section reporting the incident will monitor the time and weather.

It is a good idea to listen for weather reports prior to the start of the day.

If a patron is uncooperative or refuses to leave the beach, radio for back up from the crew chief and then leave the beach to maintain personal safety.

When you seek shelter stay away from tall objects that attract lightning, do not use showers,

Pools and offices will follow same procedures; however, the pool lifeguards will radio from the offices to the Chief.

Harassment Policy

The Spring Lake Beach Patrol and borough is committed to a workplace that is free of discrimination and harassment based on race color, religion, age, sex, national origin, disability or any other basis protected by federal, state or local laws. In an effort to prevent such illegal harassment or discrimination from occurring, we will communicate this policy to every employee. No employee of this company is exempt from this policy.

Examples of misconduct

Discrimination or harassment based on race, color, religion, age, sex, national origin, disability, or any other legally protected status is considered a form of employee misconduct. Examples of such misconduct may include, but are not limited to:

- A request or demand for sexual favors accompanied by a threat concerning an individual’s employment status or a promise of preferential treatment.
- Unnecessary and unwelcome touching of an individual for example- patting, pinching, hugging or repeatedly brushing against another individual’s body; or
- Offensive jokes, comments, slurs, e – mail, memos, faxes, cartoons or gestures.

- Physical violence or threats of any kind.

Disciplinary action, up to and including termination, may be taken against any employee engaging in this type of behavior. Disciplinary action may also be taken against any employee engaging in this type of behavior. Discipline action may also be taken against any employee who in bad faith makes a false or dishonest claim of harassment or discrimination. Any supervisor or manager who has knowledge of such behavior yet fails to take appropriate action is also subject to discipline.

Reporting complaints

Any employee who believes he or she is being discriminated or harassed based on any of the grounds stated above should report it immediately to his/her direct supervisor or to the human resources department (or manager). The company will investigate the complaint, make a written determination of its conclusion and when appropriate prepare a plan of action to correct the problem and prevent reoccurrence. The company shall inform the complaining employee of its determination.

Non retaliation

Under no circumstances will an employee be penalized for reporting what the employee believes in good faith to be harassment under this policy. If you believe that you are being retaliated against for bringing a complaint of harassment or discrimination, you should report such conduct immediately to your direct supervisor or to the human resource department (or manager). Any supervisor or manager who retaliates against an employee for making a complaint shall be subject to disciplinary action up to and including termination.

If you have questions about the policy, please contact your supervisor or the human resources department (or manager). The success of our policy depends, in significant part, upon the understanding and cooperation of all our employees.

Evaluation Forms: Below are some examples of lifeguard evaluation forms that can be used.

BOROUGH OF SPRING LAKE BEACH DEPARTMENT
LIFEGUARD EVALUATION

Name of Lifeguard: _____

Date: _____

Location: _____

Evaluation Codes:

E: Exemplary **S:** Satisfactory **U:** Unsatisfactory **NI:** Needs Improvement **NA:** Not Applicable

1) Appearance_____

2) Adherence to dress code_____

- 3) Punctuality_____
- 4) Conformance to work schedule_____
- 5) Maintains proper coverage of assigned area(s)_____
- 6) Overall Training/Workout Performance_____
- 7) Cooperation with Supervisory Personnel_____
- 8) Cooperation with colleagues_____
- 9) Courtesy to Public_____
- 10) Maintains equipment properly_____
- 11) Uses communications effectively and properly_____
- 12) Follows and enforces municipal rules, policies, and ordinances_____
- 13) Ability to remain calm in stressful situations_____
- 14) Ability to render first aid/C.P.R to those in need_____
- 15) Ability to observe water/beach/pool safety situations_____
- 16) Efforts in training and utilizing lifeguard water safety equipment_____
- 17) Overall job performance_____

*Letter(s) of Commendation on file **YES**_____ **NO**_____

*Letter(s) of Discipline on file **YES**_____ **NO**_____

***COMMENTS:**

Eligible for rehire in _____ as a lifeguard: YES_____NO_____

Evaluator's Signature _____ Date_____

Employee's Signature_____ Date_____

Spring Lake Beach Patrol
Season Year End Evaluation

Employee: _____ **Area:** _____

Evaluation Codes

AP (Advanced Proficient), P (Proficient), PP (Partially Proficient), NP (Not Proficient)

<u>Follows and enforces department policy and procedure:</u> _____
<i>Explanation:</i>
<u>Demonstrates effort and participation in daily training program:</u> _____

<i>Explanation:</i>	
<u>Interacts courteously and professionally in dealing with patrons:</u>	_____
<i>Explanation:</i>	
<u>Actively engages in preventative lifeguarding:</u>	_____
<i>Explanation:</i>	
<u>Communicates effectively with colleagues and supervisors:</u>	_____
<i>Explanation:</i>	

Thank you for your service at Spring Lake for the _____ summer. In looking forward to the _____ season, your position is **tentatively** as follows:

Ocean Lifeguard _____

Pool Lifeguard _____

EMT _____

Undecided/Other _____

This assignment is contingent upon current certifications and passing physical requirements.

Thank you,
Janet Carbin
Chief Lifeguard

Daily Equipment: the following lists the daily equipment required for correct stand setup:

- One operational radio
- One whistle per lifeguard
- Three torpedo cans
- One line bucket
- 1 set of ropes to mark off the stand's area
- Two flagpoles with the appropriately colored flags
- One first aid kit
- One spinal board
- One floatable piece of equipment: kayaks, rescue boards, boats, and jet skis

Radio Communications: for the duration of bathing hours, each open stand will be equipped with a radio. The radio functions as the primary means of communications. The radio enables guards to communicate with other stands, crew chiefs, EMT's, the

Lieutenants, the Captain, and Management. Additionally, local law enforcement agencies closely monitor SLBP communications over the radio.

The following lists guidelines for proper and effective use of the radio:

1. **Basic Usage:**

- **Working the radio:** press down the transmission button and hold it for two seconds (transmissions are on a slight delay because of the use of a repeater system.) Remember to shield the radio from the wind
- **Transmitting:** identify the stand/location making the transmission; then identify the stand/location receiving the transmission. Note the following example, “Near Surfers to North Beach)
- **Receiving:** identify the stand/location receiving the transmission; then authorize the transmission by saying “go ahead” and repeat the name of the stand sending the transmission. Note the following example, “This is North Beach. Go ahead Near Surfers.”
- **Ending the transmission:** after receiving stand concludes the transmission by stating, “copies.” Note the following sample transmission:

Near Surfers: “Near Surfers to North Beach”

North Beach: “This is North Beach; go ahead Near Surfers”

Near Surfers: “Can you send the crew chief down here?”

North Beach: “She is on her way.”

Near Surfers: “Near Surfers copies”

North Beach: “10-4.”

2. **Rescue Transmissions:**

North Beach: “Rescue North Beach; one torp in the water. Standby.”

Nearby Crew Stands: Will wait for further direction to either “bump” personnel as needed, send a rescue line or torp, or to cover the stand where the rescue is occurring. All guards on each side of the rescue should be standing in order to give a visual cue that there is a “situation” at that stand.

3. **Emergency Transmissions:** a variety of situations may occur that require an emergency transmission. These situations include: serious medical issues, including stroke, heart attack, loss of consciousness, severe bleeding, etc; a missing persons report; hazardous water conditions; and emergencies requiring immediate police attention. **The following are guidelines for emergency transmissions:**

- During an emergency transmission, all other radio communication must cease (except other emergencies)
- Emergency medical situations require a call to an EMT and, if necessary, a call to either the North End Office or South End Office—depending on the location of the incident—to request an ambulance; **When requesting an**

ambulance, the lifeguard must provide the office with the correct street name for the location of the stand

- The sudden emergence of hazardous water conditions must be reported following the appropriate chain of command: Crew Chiefs, Lieutenants, Captain, and Management.
 - Emergencies requiring immediate police attention (such as a fight on the beach) should be reported to either the North End Office or South End Office—depending on the location of the incident; be clear and specific about the nature of the incident
 - Procedures for reporting a missing person can be found in that section of this manual
- 4. FCC Regulations:** the following lists some basic FCC guidelines regulating radio transmissions
- No person shall transmit any unnecessary, unidentified, or superfluous radio transmissions
 - No person shall transmit any obscene, profane, or offensive language
 - No person shall interfere or cause interference with any radio transmission

Rescue Techniques and Procedures

Special Rescue situations

Jetty rescues and rocks - Jetty and rock rescues can be a frightening situation, however with proper training and awareness of how to maintain personal safety lifeguards can respond and assist patrons. Jetty rescues usually result from two events – a. patrons have climbed or got on the rocks from the beach and the returning tide has trapped them on the jetty; and b. current or surf conditions have carried swimmers on to the rocks. The following steps are to be undertaken:

1. Personal/lifeguard safety is priority number 1. To this end, lifeguards should don any and all protective equipment available. Most likely this will mean wearing swim fins, and taking a torp; if available gloves and wet suit are highly desirable.
2. The primary lifeguard or rescuer should swim to a position in the water that is adjacent to the victims on the jetty. Talk to the victim, assess and determine their condition. Do not swim to or on jetty right away. While treading water, observe for current and wave action. Upon determining water action, try to talk the victim/s off the rocks and have them swim to you and your torp for safety. Instruct the victim on what you want them to do.
3. If you are not able to talk the victims off the jetty, you may have to go in and on to the rocks. Again, watching the water action and timing the waves is critical.

Go in on the back side of a wave or in between a set. Keep the torp and your feet in front of you to deflect the rocks as needed.

4. After you have the victim secure and have given them instruction on what you want them to do for reentry to the water (feet first entry, swim away from jetty, no diving) initiate re entry and immediately begin swimming victim and your self away from the rocks.
5. A secondary guard with a line should be in the water waiting to assist the primary guard and victim. This guard should position himself out of the influence of the wave and water action (20 yards should be sufficient) and wait.
6. When primary guard and victim meet up with secondary/guard with a line, the rescue in effect becomes a standard rescue and all procedures mentioned in the earlier part of the rescue procedures are in effect (see rescue procedures).

Notes:

Never dive head first into water of unknown depth or where there are submerged hazards such as rocks. Shallow water dives and feet first entry are the preferred entry methods.

Swim immediately upon entering the water away from the rocks.

Be aware cuts, scrapes and other wounds are likely in jetty rescues. Be sure to check the victim and yourself after the rescue is done.

Assessment and determining level of cooperation available from the victim is essential to making a safe/successful plan for the rescue in the water.

Lost and Found (Child) Person Procedure

Many times during the season, lifeguards are faced with reuniting a lost child with its parents; this can be a stressful time for everyone involved. It is important to be patient and in a calm state of control during these situations.

A missing child/person situation must be evaluated thoroughly for the potential of the most serious of lifeguarding situations and that is of a submerged or missing swimmer. Procedures and direction on how to determine and conduct the review are covered elsewhere in this manual.

The following procedures are in place:

For a Lost Child/Person:

1. The stand receiving the report will make an "All call" providing a description (see step two).
2. Ask the reporting parent or party for a description of the child including:

Name?

Where the child was last seen ?

What was the child wearing, age and physical description?

How long has the child been missing?

Is anybody else looking for the child? Where are you sitting?

Does the child swim and does the child go in the water?

If possible have one of the parents or reporting party stay at the stand.

3. The crew chief of the section reporting the L/F child will make confirming announcement.
4. CC will document the time of report and also responses to above. This information will be critical to the decision on whether to enact the EAP/Code Red for missing swimmer.
5. Lifeguards while continuing surveillance of their water, will scan their areas for the reported missing person/child.
6. Upon sighting or finding the reported missing person, the lifeguards will call in to the reporting stand, to confirm the description and identity of the found person. You will allow the reporting stand to take control at this point and re affirm that you correctly have the missing person.
7. The reporting stand will take the lead and instruct the other guards as to what is needed to reunite the missing person/child with its reporting parents/party.
8. Once the separated parents and child are reunited at the reporting stand, an all call - "stand location - the child has been reunited with the parents" will be made to all beaches.
9. The crew chief of the section will radio back a confirmation of the successful reuniting of the lost child and parents.

For a Found Child/Person:

Remember the child is likely to be upset and frightened. Many children have been told not to talk to strangers. Try to calm and reassure the child, identify yourself by name and as a lifeguard.

1. Keep the child at your location and in plain view to any searching parties.
2. Get as much information as possible from the child such as:

Their family name?

Where were they were sitting (beach name), who they were with and what were they doing at the time of separation?

Do they know the cell number of their family members?

3. Tell the child that you are going to use the radio to help locate their parents.
4. If possible put the child up on the stand and blow the whistle one long blast and then hold your hand over the child's head, palm down. If the child is frightened to go up on the stand, do not force them.

5. If no one claims the child, call it in as if reporting a “Lost” child to your main stand. See steps 3 & 4.

6. If more than 10 minutes has gone by, crew chief will contact the Beach office of their section and request that a police officer be dispatched to their stand to take over the situation.

IMPORTANT - Always confirm with lost child that the claiming party or parent is indeed their guardian. If you have any suspicion as to authenticity or a conflict with identification, call your crew chief for back up and instruction.

Notes:

Do not make any assumptions about a sighted child or missing person; check it out and confirm it before making any transmissions by radio.

Keep your focus on the water and surveillance.

Do not move or walk a child without direction from the reporting stand or crew chief.

If you are not involved directly with the situation stay off the radio.

The offices will follow same procedures above.

S.T.A.R.R.: Method for Responding to Aquatic Emergencies

by Kim W. Tyson and
Robert W. Ogoreuc,
Ocean City, N.J.

The purpose of this article is to provide lifeguard instructors, training officers and lifeguards with a basic tool to use when educating lifeguards in the methods and techniques for responding to aquatic emergencies. The acronym S.T.A.R.R. was developed to assist lifeguards when training and performing key elements of an aquatic rescue. S.T.A.R.R. stands for Scan, Target, Assess, Rescue, and Removal of a victim of an aquatic emergency.

Scan: Using preventive lifeguarding techniques the lifeguard on duty should be vigilant and observant of the water that they are watching. During the scanning phase the lifeguard will select the best observation techniques, specific to the design of the facility, location of the lifeguard, lifeguard chairs, number of swimmers, activity of the swimmers, their swimming ability, and the changing environmental conditions the lifeguard is faced with while on duty.

While the lifeguards are scanning their water, they should constantly be evaluating the swimmers ability, activities, and changing water conditions. This evaluation process will assist the lifeguard in determining which patrons are at higher risk than others. The lifeguard has now initiated targeting individuals who may be in need of preventive actions and possible rescue procedures.

Target: The targeting phase can best be described as locking on to individuals who are entering hazardous conditions or who exhibit signs of fatigue, panic, distress and potentially the Instinctive Drowning Response (IDR). The IDR is when a person is unable to call out for help, has instinctive arm movements, and has no supporting kick (Pia,1991). The IDR can last

20-60 seconds (Pia,1991). Distressed individuals will need to be signaled, alerted and waved into shallower water or prohibited from engaging in the activity that they are performing or possible removal from the water if conditions and swimming skill level warrant. If no response is initiated by the patron or the individual is nonresponsive and has entered the IDR, the lifeguard will then have to quickly make the decision to initiate the pre-planned emergency action plan for responding to this aquatic emergency. If the targeted individual is in need of assistance, then the lifeguard must activate the emergency action plan by blowing his/her whistle or other communication device (radio or phone) and leave their station and quickly approach the victim. While the lifeguard is approaching the victim they need to continue to keep the victim in sight and assess the victim's changing behavioral conditions as well as the environmental conditions.

Assess: Assessment begins from the moment the lifeguard is on duty and starts to watch their water. During this phase of S.T.A.R.R. the lifeguards focus is on the assessment of bathers in his/her zone/area while targeting and locking on to any potential victims. Once the lifeguard recognizes the signs of a distressed or drowning situation they need to have the appropriate rescue equipment and choose the best method to approach the victim, maintain visual contact and watch for behavioral changes in the victim, and then make contact and control of the victim (Brewster, 1995). This is often referred as
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integrated problem solving, whereas the rescuer evaluates the scene and the individual's behavior and any changes in those conditions which would cause the rescuer to modify the rescue sequence and events for the set of changing conditions now present.

Rescue: Rescue is the point where contact, control, and support of the victim take place. The lifeguard should attempt to keep the rescue flotation device (rescue can, tube, or buoy) between the rescuer and the victim to maximize the safety and support of the victim. The lifeguard should try to verbally calm the victim and provide the best stabilization that will provide both air and support to the

victim. The rescuer needs to identify themselves to the victim that they are a trained lifeguard and reassure them that the situation is under control. Once the victim is stabilized the rescuer should then determine how they would transport and remove the victim from the water. The rescuer will have to determine if they need additional lifeguards to assist in the rescue and removal, and what is the best route of extraction. If additional help is needed, use the appropriate hand equipment, whistle signal, or buoy signal to activate additional rescuers into the water. Choosing the best route for extraction, the lifeguard will have to evaluate the water and surf conditions such as wind, waves,

rip currents, density of bather load, lateral currents and shore line obstructions, inshore holes, and drop-offs.

Removal: Removal is the last point of the S.T.A.R.R. method. The lifeguard(s) should react to changing water conditions and control the victim while swimming into the shore and watching for incoming waves. If waves are present, let the victim know when waves are incoming and secure the victim. Get the victim to shallow water where they can stand and transport them out of the water. If the victim cannot stand and walk, provide additional assistance by carrying them out of the water and position them on the beach

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S.T.A.R.R.

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for first aid and life support care, unless spinal cord injury is suspected. In the case of a spinal cord injury the lifeguards should follow their agencies standard operating procedures for suspected spinal injuries. Once on the beach, the victim should be monitored for vital signs, and information should be collected and recorded detailing the rescue and condition of the victim. In life-threatening situations more advanced medical care is needed and should be summoned immediately. A debriefing should occur among supervisors and lifeguards evaluating the rescue. Record the vital incident data and critical information and insure that all rescuers are

prepared mentally and physically to return to duty.

We hope that the S.T.A.R.R. will be one of the many tools that professional lifeguards will use when training and applying situation problem solving skills when responding to a wide array of aquatic emergencies. We wish you the best as you strive to train and prepare yourself and fellow lifeguards for the various water rescues that we will all be exposed to as we continue to protect and safeguard the public on our beaches.

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RECOGNITION AND OBSERVATION OF POTENTIAL RESCUE VICTIMS IN AN OPEN WATER ENVIRONMENT.

by **Bill Richardson**

The following presentation will focus on the first of five basic premises related to one of the primary lifeguard ' , responsibilities, that of rescue response. The five premises of rescue response are:

- Know how to recognize trouble
- Know how to get to the victim
- Know what to do with the victim in the water
- Know how to get back with the victim
- Know what to do with the victim once back on shore

While rescue is one of the primary responsibilities of lifeguards, the most important responsibility must be prevention. Because time is the most critical of all factors, the recognition of potential victims is key to the preventative lifesaving model. Lifeguards must be well trained in the observation of swimmers for signs of distress certainly, but they must also be trained to observe beach clientele for indications of their swimming ability and rescue potential even before they enter the water. In order to provide the essential elements of preventative life guarding this report considers all factors including the environment, beach topography, dry land observations and specific observations relative to individuals presentations in the water as a vital part of scanning the surf for potential rescues.

Surf

Without providing a whole seminar on waves and their formation, suffice to say that waves are generated by wind with few exceptions. The exceptions being seismic activity and tides. The energy of a wave, often travels great distances with the strength of the waves based upon:

- The velocity of the wind,
- The distance over which the wind has effect and the duration of the winds effect.

The experienced lifeguard knows that waves can cause visible changes in beaches depending upon the size and type of wave and the composition of the bottom. Waves are categorized into three primary forms:

- Spilling waves
- Plunging waves (also known as shorebreak)
- Surging Plunging waves

Plunging Waves generally have the most impact on beach conditions and may aid the most in the formation of Rip Currents. They are also responsible for more injuries in the surf environment than the other two types combined. Such injuries include bodysurfing, body boarding and surfing neck and back injuries created when the swimmer or surfer is thrown against the bottom. However, any of the three types of waves may be responsible for increased longshore or lateral currents. The danger to swimmers from longshore currents is that they may be carried laterally along the beach to the area where a Rip Current pulls them seaward and small children can be carried into inshore holes where the depth of the water could easily be overhead.

Backwash

Backwash is most notable on steeply inclined beaches and particularly around high tide and during increased surf activity. Because the returning water often knocks peoples feet out from under them, this phenomenon is particularly hazardous to smaller children and older people.

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Shorebreak

Plunging waves often break on or very near to shore and sometimes in little or no water. Such waves are said to break on the shore and are extremely hazardous to bodysurfers, bodyboarders and surfers who are thrown against the bottom, creating severe injuries including cervical-spinal trauma.

Lateral Current

Lateral currents are also known as longshore currents or lateral drifts. These currents are created when waves coming from an angle to the beach push water along the beach as the waves break. These currents may be so strong that a swimmer is unable to retain their position relative to shore. Those who do not pay attention can be swept sideways into a Rip Current and then beyond the breakers.

Sand Bars

Sand bars and troughs are found in areas where consistent lateral currents have cut a channel in the sand bottom near the beach. The size, depth and shape of these channels can vary greatly depending upon the type and consistency of the sand and the strength of the current. Sand bars may attract unsuspecting waders into an area adjacent deeper water, only to have them swept off by the lateral current and into the channel or trough. Often the lateral currents that create these sand bars feed Rip Currents. Swimmers often fail to recognize that the depth of the water is greatly varied and upon diving head first into the water without checking first often find the back side of an inshore hole or a sand bar with their head, causing severe cervical spinal injuries.

Inshore Holes

Inshore holes are depressions in the sand caused by erosion of the sand and is fairly localized. These areas can be extremely hazardous to small children. Inshore holes can also be a serious hazard to lifeguards who can sprain or fracture an ankle or knee during response to surf rescues. Because inshore holes, sandbars and troughs are often close to shore, it is essential that lifeguards be taught to scan both shallow and deep water.

Rip Currents

Rip Currents occur when waves spilling over sandbars into troughs on the shoreward side pile up and subsequently exit quickly through any break in the wall of sand that traps them. Similarly, lateral currents push up against inshore holes or immovable objects such as promontory points, jetties, groins or piers, forcing the water seaward and creating what has been described as "rivers in the surf" which pull seaward. Based upon USLA National Statistics, Rip Currents account for more than 80% of all surf beach rescues. Statistically, spring and early summer are the most hazardous times because of the unstable condition of the bottom created primarily by winter storms. These conditions are further aggravated by colder water temperatures which effect both swimmers and lifeguards alike.

Characteristics;

- Rough
- Choppy
- Suspended particles (sand, debris and kelp particles)
- Foam

- Usually pull the hardest with ebbing tide and during lulls between sets of waves

Rip Currents can be defined in four types:

- Fixed or Stationary Rips
- Permanent Rips

Beach Topography

In addition to the previously mentioned problems which exist in the water and which are generally related to waves or surf, there exist another set of problems associated with physical structures that often occur on our beaches. Steep berms, rock outcroppings, cliffs and man made structures such as groins, jetties and piers, all create their own unique physical hazards to swimmers and must be observed and be controlled as to access by the swimming public.

Weather

Storms of all nature, fog, lightening and waterspouts all carry their own particular problems which lifeguards must deal with. Specific emergency action plans should be developed to deal with each type of hazard. Lifeguards must be attuned to these environmental hazards and be prepared to deal with the results. Similarly temperature and sun exposure is a continual problem for beach attendees. Lifeguards should be aware of the impact of the sun, its harmful rays and how adverse temperature, both high and low, can effect the beach populace.

RECOGNITION AND ASSESSMENT

In the USLA's manual the chapter on Water Surveillance is introduced with the following statement:

"In emergency medicine there is often reference made to a golden hour - the period of time after a traumatic injury during which effective medical intervention is essential to the saving of life. In open water lifesaving, such a time frame is an unheard of luxury. Lifeguards measure the opportunity for successful intervention not in minutes. but in moments."

In order to effectively prevent injuries and successfully intervene before a drowning occurs, one of the primary skills a lifeguard must learn is the recognition and assessment of potential rescue victims, often before the victims themselves are aware they are in danger. Experienced lifeguards can frequently predict which persons will need assistance long before an emergency arises and sometimes even before they leave the parking lot. This is possible by observing visual clues as defined in this portion of this paper. While some of the information may appear to contain bias, the information is based on statistical evidence based upon years of evaluating rescue records and accounts of seasoned lifeguards.

Dry Land Observations The observation of patrons as they arrive and "set-up" at the beach front will many times provide specific clues as to the possible aquatic abilities or beach sense of various individuals.

Age - Very old or very young individuals should be watched carefully. They may lack the physical ability or strength to fight an unexpected current or to quickly move away from a dangerous situation. These individuals usually incur injuries very near the shoreline requiring quick recognition and immediate response.

Body Weight - Persons who are overweight or extremely underweight each have their own specific problems in an aquatic environment, but both may be out of shape and not capable of struggling for longer periods of time as compared to individuals who have stayed in some physically inclined condition. Overweight persons may become easily exhausted and are hampered in their ability to move quickly to avoid danger while those who are underweight can be adversely effected even by moderately cold water.

Pale or Extremely White Complexion or Extreme

Sunburn - Individuals who look as though they just stepped out of a mayonnaise jar often are making their first visit to the beach this season, or for that matter their first trip ever. These person should be watched carefully to ascertain their swimming ability once they enter the water. They should also be contacted about the hazards of the sun. Extremely sunburned individuals may simply be the ones who were here yesterday that came back to fill in their "tan". Guards should continue to key on these persons for the same reasons as those who are milk white . . . Intoxication - Alcohol and water don't mix. Most beach facilities do not allow alcoholic beverages, and for go reason. Statistics indicate a high degree of drowning incidents, in the United States are related to alcohol consumption. Individuals are impacted in two general ways that will contribute to the probability of their getting into trouble in the water. The impairment of their normal physical abilities. The impairment of their ability to act responsibly. Improper Equipment & Flotation Devices – Some individuals who have limited swimming skills often rely on flotation devices to bolster their ability to access deeper water. Many times these devices become separated from the swimmer by wave action, or the apparatus simply deflates because of a leak, leaving the swimmer to their own basic ability. Many individuals get the "right kind of gear" but fail to follow simple safety rules like using leashes and swim fins with bodyboards.

- Improper Attire - Persons entering the water wearing clothes, other than those meant for swimming are also at risk. The weight and the restrictive nature of wet clothing can cause a person to tire more quickly. Similarly, not using wet suits when they should be used or using them when they are not needed are also keys.

- Disabilities & Ethnicity - While persons with physical impairments generally know their limitations and often use swimming as a means of exercise, the addition of currents, waves, variable water temperatures and other environmentally driven factors, may cause them great difficulty. They should be watched carefully and warned of these types of hazards. There have been studies that identify significant differences in the drowning rates of various racial and ethnic groups. However these statistical trends vary somewhat on a regional basis and there appears to be an association with socioeconomic factors. However varied, lifeguard agencies should evaluate their own statistics to identify at-risk populations in their own areas of operation.

Swimmer Observations

Once the above visitors enter the water, additional clues will aid the guard in evaluating their condition. The pre-entry clues simply allow the guard to key on individuals who MAY be a problem. When they hit the water, either the suspicions are confirmed or negated. A number of signs and symptoms in the water are the essential clues the guard must watch for. Facing Toward Shore - Swimmers, generally face toward shore when they are concerned about how to exit. Body surfers and body boarders usually face the waves to prevent them from being pummeled and to catch waves. The less experienced individuals are looking toward shore. Head Low in the Water - Competent swimmers remaining in a stationary position usually hold their head high. They tread water, breaststroke, swim on their back, but generally they keep their chins well out of the water.

- Low or Erratic Stroke - This key usually accompanies the subjects head being low in the water. The swimmer may display erratic stroke with the elbows dragging. Lack of Kick - Under normal circumstance the weaker swimmer displays little or no kick. Stronger swimmers will often propel themselves solely with their legs and feet and usually use fins to add to their abilities. · Waves Breaking Over the Head - Most people who are competent swimmers will dive under waves to prevent themselves from being pummeled.
- Hair in the Eyes - The natural instinct for most people in control of themselves in the water is to sweep the hair out of their eyes. Glassy, Empty or Anxious Eyes - It is said that the eyes are a window to our emotions. Depending on the distance and the quality of

optical equipment, the lifeguard can read fear, anxiety and fatigue in the eyes of a distressed swimmer. **Heads Together** - Swimmers who suddenly converge and remain together may be attempting to assist one another. Persons who congregate together in the water for no other apparent reason may be attempting to assist another person who is in difficulty. **Hand Waving** - Self explanatory. The guard must be alert to it as an indicator. **Being Swept Along By or Fighting the Current** - The first sign of distress for a swimmer caught in a current is that they are being swept laterally or being pulled offshore by the current. **Erratic or Unusual Behavior** - Watch for hyper-active motions, such as flailing or for total immobility in the water. **Clinging to Fixed Objects** - Individuals hanging onto pier pilings or other solid structures or those attempting to climb on to jetties or groins during surf activity. **Drowning Presentations** Classic, obvious signs that a person has gone beyond being in distress to the imminent danger of drowning are:

- **Double Arm Grasping** - Which resembles an ineffective butterfly stroke when the individual slaps at the water with both arms simultaneously.
- **Climbing the Ladder** - Simply stated, the victim looks as though they are climbing an imaginary ladder' in the water and further looks as though they are attempting to crawl up out of the water.

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EFFECTIVE WATER OBSERVATION

Observation Techniques - Visual Scanning

Several basic and key observation techniques must be employed to enable the lifeguard to adequately observe all the people in their area of responsibility. Visual scanning requires the guard to sweep their area of responsibility continually, looking from side to side, checking each person or group of persons briefly to ascertain any of the previously defined indications of difficulty of distress. Watch swimmers close to shore as well as those offshore. The guard begins to put their visual scanning effort together with the keys described earlier in this paper to determine who needs assistance and who doesn't.

Watch all classifications of bathers, waders, fanny dippers and swimmers with equal intensity to locate trouble. **Use of Optical Equipment** - Guards absolutely must wear good sunglasses, for the protection of their eyes but also to aid them in seeing the water and swimmers, particularly when glare is a problem. Sunglasses will also aid in preventing eye fatigue due to long periods of exposure to the sun. Good quality Polaroid lenses will almost completely eliminate glare and make scanning the water much easier. Quality binoculars are also important. Be careful not to use binoculars with too tight a field of vision as they are extremely limiting. Never rely totally on binoculars when scanning as they generally limit your field of view and cause "tunnel vision". Use them to verify your initial instincts and to key on those clues that require much closer scrutiny, such as, hair in the eyes or the eyes themselves, to check for swim fins on a swimmer or to establish why two people are close together in the water. **Use of Other Senses May Become Necessary.** It should be noted that while visual keys are extremely

Overlapping Responsibility

Beaches with multiple towers or stands need to keep them close enough together to allow overlapping of vision to avoid creation of blind spots or areas without coverage between guards. In this situation there is no clear boundary between the stations and guards must overlap their visual scanning effort and eliminate the potential for problems.

Cross Checking

Because glare and other natural conditions may obscure portions of an area, guards must cross check with each other to insure that all areas are covered completely.

Communications becomes an important tool for lifeguards in these situations. Radios or telephones are the best methods to properly communicate in these circumstances.

AREAS OF RESPONSIBILITY

Lifeguards must consider all areas of the water, the beach and related facilities as part of their responsibility and potentially an area where they must respond. These areas include the Primary, Secondary and Tertiary Zones. Primary Zone - The water is the lifeguards top priority. The Primary Zone for each lifeguard is the water area for which they are responsible. This zone automatically increases when lifeguards in adjacent towers are on a response or the tower is closed.

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Secondary Zone - Usually this area includes adjacent water, including the Primary Zone of other lifeguards, the beach, immediately adjacent park areas, the sky and the water to the horizon. Less frequent scanning of this zone is required, I but the lifeguard should check this zone regularly. . Tertiary Zone - Generally, the Tertiary Zone includes all other areas within sight of the lifeguard. It could include adjacent streets and parking lots for example. These areas should also be quickly scanned, but far less frequently than the Primary and Secondary Zones. Guards may not necessarily respond to these areas themselves, but may observe an incident that requires a response by a supervisory unit or another entity such as police and/or fire personnel. Emergency personnel are all expected to respond quickly and efficiently once an emergency arises. This is the case even with lifeguards. However, lifesaving on open water beaches must be preventive rather than just reactionary. Using the known concerns of the environment, topographical and other possibly non-aquatic keys, lifeguards can initiate contacts with the public to prevent accidents before they happen. Using good scanning skills and relying in on Dry Land and Swimmer Observations as a means of recognizing potential rescues also allows the guard to make contact before the incident progresses to a drowning scenario. Preventative Lifeguarding is the key to success in the elimination of drowning. Pre-recognition and observation skills along with complete awareness of ones area of responsibility are essential elements in that process.

ABOUT THE AUTHOR: Bill Richardson is retired from the City of Huntington Beach where he was the Marine Safety Captain for ten and one half years. As the city's highest ranking Marine Safety Officer his agency responsibilities included management of the Marine Safety Division, control over operation of 3.5 miles of beach, 110 marine safety employees and an annual budget of just over \$3 million. He progressed to the Captain position, attaining every rank in the department from Recurrent Ocean Lifeguard in 1962 to Marine Safety Captain in 1984 until his retirement in 1994

THE UNITED STATES LIFESAVING ASSOCIATION MANUAL OF OPEN WATER LIFESAVING

The only comprehensive manual for the training and reference of lifeguards at both surf and inland beaches. This text is designed to be the core reference book for training open water (beach) lifeguards and for junior lifeguard programs. It is an essential source of information for beach lifeguard supervisors and administrators. The text is over 300 pages in length and consistent with requirements of the USLA Lifeguard Agency Certification Program. It contains over 100 photographs and 25 technical drawings.

Spring Lake Beach Department Standard Operating Procedure Guarded Beach or Pool – Code Red

- I. Beach Department Procedure:

- A. The lifeguard will immediately signal to his/her HQ that we have a serious rescue or a submerged victim situation. The lifeguard will refer to such situation as a **CODE RED**.
- B. The Chief Lifeguard will immediately survey the problem and notify the Police Department and Beach Supervisor. In the absence of the Chief Lifeguard, the highest ranking supervisor will survey and also the Chief Lifeguard will be notified.
- C. An incident commander will assume the role.
- D. The beach or pool will be closed and all available lifeguards will report to the rescue scene. Beach Police and or a skeleton crew of lifeguards will be left at their station to keep people out of the water.
- E. Marker point in water and on land of last known sighted spot of victim/s.
- F. Additional help given to IC with radio and communication assistance.
- G. Appropriate search pattern and rapid entry divers enacted immediately.
- H. Search for one hour or until designated by IC to alter plan.

II. Communication/Dispatch:

- A. Spring Lake communications personnel will dispatch the following units to report to the situation when requested by Lifeguards.
 - 1. Police Patrol Units
 - 2. First Aid Squad
 - 3. Fire Department
 - 4. Local Dive Team – Sea Girt, Belmar, Manasquan and Wall
 - 5. Additional Lifeguards from neighboring beaches.
 - 6. Paramedics
 - 7. Coast Guard, Marine Police
 - 8. K- 9 Units – Wall, Belmar
- B. Dispatchers will attempt to obtain the following information:
 - 1. Exact location and number of victims
 - 2. Any rescue attempts by lifeguards in progress
 - 3. Any other pertinent information such as water and wave conditions, wind and other weather conditions.
 - 4. Monitor and LOG all radio transmissions with the on going effort to establish a time line

III. First Officer Responsibilities:

- A. Report arrival and provide initial assessment, including:
 - 1. The number of victims and location.
 - 2. Assessment of situation by the Chief Lifeguard or Incident Commander(IC)
 - 3. Any other relevant information
- B. Duties and Functions:
 - 1. Coordinate any needed emergency communication
 - 2. Provide crowd control
 - 3. Provide adequate beach access for responding EMS and Fire units.
 - 4. Further witness information

5. Request any additional rescue assistance as directed by the IC.
- C. Coordinate arrival of additional units until relieved by a supervisor
 1. Additional officers at scene
 2. A police officer at beach access point
 3. Crowd and vehicle control at scene
 - D. Brief any arriving emergency support personnel.
- IV. Fire / Rescue Effort:
- A. Secure necessary information from police
 - B. Determine the necessary personnel and equipment are in place
 - C. Provide rescue or personnel assistance to IC
 - D. Establish a command post in conjunction with Police, EMS, Dive Teams and Beach Patrol
- V. Emergency Medical System Efforts:
- A. Evaluate and care for victims as need develops
 - B. Determine the need for ALS unless already on scene
 - C. Transport to the appropriate medical facility
- VI. Additional Emergency Personnel:
- A. Arrive on scene and one member report to IC
 - B. Follow all directions from IC and report back to your team.
- VII. Crisis Counseling / Debriefing:
- a. Establish communication with county crisis or designated counselor for all involved
 - b. Debriefing on scene immediately
 - c. Within 24 hours a larger scale debriefing to take place with all agencies
 - d. Statements taken from all pertinent personnel

Checklist

1. Were SOP's followed and are they in place for such incident?
2. Was there an IC and if so were they qualified to hold such position?
3. Do you have an emergency operation plan in place?
4. Checklist for dispatchers in office?
5. Log book?
6. Are the lifeguards using approved hand signals?
7. Was the right type of search pattern used – three types – in , on and under water – circular, fan or parallel search?
8. Was EMS called immediately?

9. Were dive teams and rapid entry teams notified immediately?
10. Was an IC area set up – command post?
11. Were time lines kept?
12. Was there proper crowd control?
13. Was EMS and EMS equipment ready on the beach?
14. Was the incident command system used? If not, why?
15. Is anyone trained in IC system?
16. Emergency Operation plans should be in place for submersions, missing persons, major medical injuries, fire, severe weather, high surf, environmental disasters, after hours emergencies, auto/aircraft/boat crashes
17. Were additional resources called in immediately?
18. Who handled witness statements?
19. Family Liaison?
20. Media Liaison?

Communication with public: performed by supervisory personnel

Rescue Procedures

Recognition

Action

Radio

Whistle

Perform appropriate actions

Call for backup

Recognize Hazardous Conditions

To identify a rip current, lifeguards, swimmers and surfers should look for the churning, choppy area of water near the shore that is different in color due to the swirling sand stirred up from the ocean floor. The rip area can also be accompanied by foam, seaweed and debris.



A rip current is a dangerous area of water that flows offshore back to sea and is oftentimes 20 to 50 yards in width (of course each varying in strength and size). The rips flow perpendicular from the shore in a narrow river like current that vary in strength sometimes rising to very hazardous levels. A swimmer can eventually fatigue and drown in attempting to swim back to the beach against this flow. A rip current is especially a danger to weak and inexperienced swimmers. In extreme cases, the speed of a particular rip can be so strong as to overpower even an Olympic level swimmer in the event that this prized athlete is trying to swim directly into the current in an attempt to return safely to shore. Aside from ocean beaches, rips can also be found at large bodies of water with breaking waves such as the Great Lakes.

To return to safety, a swimmer should swim out of the rip and then return to shore, as opposed to attempting to fight the current directly. In other words, they should swim approximately parallel to the beach to get themselves free from the rip and then into shore. If unable to return to the beach due the rip's strength, one should not panic as to save energy. They should remain calm better enabling them to make clear decisions. The swimmer should then tread water and float until the area of the rip current subsides or when they are rescued. The victim could also holler for help and wave their arms to attract attention to their deadly situation.

A lifeguard must constantly be on the lookout for rips forming in his/her assigned area and signal swimmers out of danger. If a victim becomes overpowered by the rip and requires assistance, the lifeguard would rescue the victim and utilize rescue techniques and equipment as practiced on their crew in pulling the victim parallel to the beach to become free of the rip and then onwards into shore and safety. While the lifeguard's priority is "better safe than sorry," if a swimmer is caught in a rip that lacks in severity, the guard could direct them to swim out of this rip. Constant judgment is required as to when to perform the rescue keeping in mind that once a guard is involved in a surf rescue, that their assigned area is not being covered and/or neighboring lifeguards are forced to cover more area (as they cover the guard performing the rescue).

Use of Equipment

All guards will be efficient with the use of a rescue torpedo, rescue line, rescue board, rescue kayak and rescue boat.

All guards will practice lifesaving with all of these elements and continually develop their proficiency.

BEACH AND POOL LIFEGUARD REQUIREMENTS AND EXPECTATIONS

The following list is **just some** of the things that should be considered for those people considering becoming a beach or pool lifeguard and a reminder to those who are currently beach or pool lifeguards.

Spring Lake lifeguards are an outreach to the surrounding community. Our beach and pool embraces a “team” concept which can show itself in many ways. This can easily be seen in the coordination of rescues, communication between lifeguards and supervisors, as well as the public. Spring Lake guards are expected to possess above average personal attributes while on duty and off duty. They should be able to interact with respect and honesty with their co-workers and the public.

- 500 meter swim in under 9:45 minutes (this is a MINIMUM) requirement.
- Pool lifeguards in less than 10 minutes.
- 1 mile run in under 10 minutes (this is a MINIMUM) requirement.
- Current Professional CPR/AED and at minimum a Professional FIRST AID certification, pool lifeguards also must have LGT. A list of acceptable certifications is on a tab on the www.springlakeguards.com web site.
- Work availability from Memorial Day to Labor Day.
- Work availability for emergency situations, before or after regular beach hours.
- If necessary, availability to pick up additional work days if beach conditions deem necessary.
- Attend training sessions to keep necessary certifications of Professional CPR/AED/FIRST AID and LGT current.
- Attend training sessions on information about Blood Borne Pathogens.
- Attend training sessions on information about Sexual Harassment in the workplace.
- Participate in group crew training each morning. This will involve lifesaving drills as well as use of all lifesaving equipment, and physical fitness training.
- Drill on first aid requirements for USLA beach certification.
- Drill on pool safety procedures.
- Participate in individual workout in the afternoon involving use of equipment and/or also incorporating swimming or running.
- Strive to become proficient in rowing, single or double.
- Become proficient in uses of paddleboard and kayaks.
- Meet time standard qualifications in rescue techniques. For example, swimming with rescue torpedo, securing a victim, and or pulling the rescue line.
- Follow directions, policy and procedures of crew chief, lieutenant, beach captain, or any other administrative personnel on the beach.

I _____, have read carefully and understand the
Borough of Spring Lake Lifeguard Manual (V 1b) and acknowledge that it applies to me
both in my present capacity and in any future position I may hold with the borough.

Employee signature

date