



<b>Name:</b>	<b>Date:</b>
<b>Affiliate:</b>	<b>Instructor:</b>

## Delayed Back-Up Assignment for the NL Program

Total Mark: /25



### INSTRUCTIONS

- Write your name on the assignment cover sheet.
- Answer the questions in the assignment booklet referencing the *Alert: Lifeguarding in Action* manual and the *NL Candidate Workbook*.
- Give the completed assignment to your Instructor on the due date.

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#### BC & Yukon Branch

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## Delayed Back-Up Assignment

Read the excerpt from the BC & Yukon Branch *Back-up Policy*. With this in mind, read each situation below and discuss the actions you would take.

### **Back-up Policy**

***Whenever a lifeguard undertakes a contact rescue, another lifeguard must respond, and should enter the water to provide immediate back-up if required. The purpose of this is to ensure the safety of the rescuer(s) and that the victim's airway is effectively maintained.***

Although entering the water should be a back-up lifeguard's initial reaction, this is a decision that requires judgment. If available, back-up **must** enter the water immediately if:

- The safety of the rescuer in the water is not confirmed, or
- The victim is not being well-supported with the airway effectively maintained above the water (head and shoulders above the water), or
- The rescuer is not making progress towards safety.

There are times when a back-up lifeguard **may** choose not to enter the water immediately. For example:

- Another back-up lifeguard is already responding;
- Back-up arrives, and the victim is already within reaching distance of the edge;
- The lifeguard(s) in the water clearly communicates that back-up is not required.

While it is always preferable for a lifeguard to have NL certified back-up immediately available, lifeguards also should be trained in the use of rescue aids. Lifeguards should either be carrying a rescue aid or have one within arm's reach in situations where they know that their other staff member is not NL trained or back-up could be delayed.

As per the NL Award Guide), lifeguards must be trained on how to rescue a victim both with and without an aid (not all victims will grab an aid). Lifeguards should consider carrying a rescue aid when lifeguarding as:

- Trained back-up may not always be available.
- The rescuer versus victim size ratio may require additional support.
- The swimming and support ability of the rescuer may be an issue.
- Using a rescue aid effectively is a safety precaution for lifeguards.

1. You are the only lifeguard on deck. The back-up guard is doing cashier duties at the front desk. There are no other staff members on duty. A large patron is unconscious in the deep end. (5)

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2. You are the lifeguard in the staff room. The only other lifeguard is guarding the pool. A cashier is on duty at the front desk. You are called to an outside location for a major first aid situation (example: cardiac arrest). (5)

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3. You are the only lifeguard on deck and the other lifeguard is in the staff room. A cashier is on duty at the front desk. A double DNS occurs in deep water with victims locked together. (5)

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4. You are the only lifeguard on deck when a spinal injury occurs in the deep end of the pool. The cashier on duty at the front desk does not have any first aid training and cannot swim. Note: the *Lifesaving Society* suggests that there always be a minimum of two lifeguards on duty. However, as per the 2010 BC Swimming Pool Regulation, lifeguards may find themselves in a circumstance where there is only one lifeguard and one 'assistant'. (5)

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5. You are the only lifeguard on deck when a spinal injury occurs in the shallow end. The second lifeguard is in the maintenance room balancing chemicals and must remove boots, gloves, apron and eye shield before coming to assist you. A cashier is on duty at the front desk. (5)

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