



Thank you for your interest in becoming a Swim Aide with the Ben Hair Just Swim for Life Foundation! In order to run our lessons efficiently, there are three main types of volunteers that are necessary. (1) Water Safety Instructors hold some type of certification by a nationally recognized organization, such as the American Red Cross or the YMCA. These individuals must be at least 16 years old, take the required course, pass an examination, and are in charge of running the swim lessons. (2) Swim Aides require less formal training, must be at least 13 years old, proficient swimmers, and be very dependable and responsible. Swim Aides take directions from the certified instructor and help with the lessons. (3) Dry Deck Volunteers must be at least 18 years old and will help with all out-of-the-water aspects of the class, such as organizing children as they move into the pool area, monitoring the class, and allowing the instructor to focus on the “in-water” components of the class.

Swim Aides

Using co-instructors is an effective way to increase the amount of individual attention each participant receives. Instructor aides must work under the direct supervision of a Water Safety instructor who is actively teaching the course. Effective use of aides allows the instructor to focus more time on the instructional aspects of the classes. Swim Aides must pass a swim test, safety course, and have an 8 hour apprenticeship under a Senior Instructor to become certified as a Swim Aide.

Prerequisite Swim Test:

- € Headfirst dive [2 feet on side of pool and stride]
- € Swim under water 4 body lengths
- € Feet first surface submerge completely
- € Survival swimming for 30 seconds
- € Front crawl for 25 yards with open turn
- € Backstroke for 25 yards with open turn
- € Treading water – 2 different kicks for 2 minutes
- € Treading water – 30 seconds with hands above water
- € Breaststroke for 15 yards
- € Butterfly for 15 yards
- € Elementary backstroke for 25 yards
- € Sidestroke for 15 yards
- € Push off streamline position, dolphin kick for 4 body lengths
- € Streamline on back for 4 body lengths with flutter kick

Final Assessment:

- € Perform feet first entry in deep water, swim front crawl for 25 yards, change direction and swim elementary backstroke for 25 yards
- € Swim breaststroke for 15 yards, change direction and swim backstroke for 15 additional yards

Safety Program

Learn Safety Topics

- € Reach or Throw Don't Go
- € Recreational water illness
- € Think so you Don't Sink
- € Look Before you Leap
- € Staying safe around Aquatic Environments
- € Don't Just Packet Wear Your Jacket
- € Recognize emergencies
- € How to call for HELP
- € Too Much Sun is No Fun

Perform Safety Skills

Non Swimming Rescue and Assists

- € Reaching assist with equipment
- € Reaching assist without equipment
- € Throwing assist
- € Wading assist with equipment

Head, Neck and Back Injuries

Discussion Topic:

- € Caring for head neck and back injuries and stabilizing head, neck and back

Perform Skills:

- € Hip and shoulder support
- € Head splint technique
- € Head and chin support – face up
- € Head and chin support – face down

The above is recognized by American Red Cross and USA Swimming

Swim Aide Guidelines

Water Safety instructor aides should—

- Demonstrate the skills being taught under the direction of the Water Safety Instructor.
- Assist participants under the direction of the Water Safety instructor.
- Assist in supervising participants and act as a safety spotter.
- Assist students that need individual help.
- Distribute, collect, and store equipment.

- Recognize unsafe conditions and behaviors and respond either by addressing or reporting situations to the instructor.

Swim Aides should NOT

- Be left unattended with students in the water.
- Provide instruction unless under the direct supervision of the Water Safety Instructor.
- Leave the pool with students in the water unless they are attended by an instructor.

Water Safety instructor aides should exhibit a strong sense of maturity and responsibility. Water Safety instructor aides must have successfully completed the level or demonstrated the knowledge and skills for the level for which they are serving as an aide. Below is a guide for beginner Red Cross swim levels. You **do not** need to memorize these criteria, but they may be useful for understanding the different swimming levels.

Red Cross Learn-to-Swim Curriculum Overview

Level 1: The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. In Level 1, you teach elementary aquatic skills. At this level, participants start developing positive attitudes, good swimming habits and safe practices in and around the water.

- Enter and exit water independently.
- Demonstrate breath control and submerging (bobbing, blowing bubbles).
- Demonstrate front and back float/glide and recovery to vertical position **with support**.
- Demonstrate alternating and simultaneous arm and leg action on front and back **with support**.
- Explore treading in chest deep water.

Level 2: The objective of Level 2 is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on the front and back that lay the foundation for future strokes.

- Enter and exit water independently in shoulder-deep water
- Fully submerging and holding breath for 5 seconds, bobbing 5 times
- Demonstrate front and back float/glide and recovery to vertical position independently.
- Change of direction of travel and position (front to back) independently
- Demonstrate treading independently for 15 seconds in shoulder deep water.
- Swim on front and back independently for 5 body lengths

Level 3: The objective of Level 3 is to build on previously learned skills by providing additional guided practice. You teach participants to survival float, swim the front crawl and elementary backstroke. You introduce the scissors and dolphin kicks and build on the fundamentals of treading water.

- Demonstrate jumping into deep water
- Rotary breathing
- Front and back float for 30 seconds in deep water
- Changing direction of travel and position (front to back) independently in deep water
- Treading in deep water
- Swim on front (flutter kick/ dolphin kick/ front crawl)
- Elementary backstroke

Swim Aide Trainer's Guide

Step 1: Prerequisite Swim Test. [Pool, 30 min]

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Step 2: Safety Topics. [Classroom, 30 min]

• *Reach or Throw Don't Go*

- ◆ If you see that someone needs help, call an adult and/or the lifeguard.
- ◆ If no adult or lifeguard is present or capable to help and the victim is close enough, without going into the water yourself, use a reaching assist to help him or her out of the water.
- ◆ Perform a reaching assist simply by extending your reach to the victim.
If any object is available, use it to extend your reach, such as a foam noodle, kickboard, shirt, belt, stick or towel.
- ◆ Community pools, recreational areas and many hotel and motel pools have reaching equipment, such as a reaching pole or shepherd's crook, near the water.
- ◆ If you cannot help quickly, call or have someone else call 9-1-1 or the local emergency number.
- ◆ See Step 3 for information about reaching assists with equipment, reaching assists without equipment, and throwing assists.

- *Recreational water illness*

- ◆ A recreational water illness (RWI) is an illness that comes from contact with contaminated water.
- ◆ RWIs can be transmitted in water parks, swimming pools, hot tubs and spas, rivers, lakes and oceans. Diarrhea is the most common symptom of a RWI, but they also can cause infections in the skin, ears, eyes, chest and lungs.
- ◆ These illnesses are most commonly spread through swallowing or breathing in water particles containing germs.
- ◆ The Centers for Disease Control and Prevention (CDC) recommends that all swimmers follow the “PLEAs” that promote safe healthy swimming:
 - ◆ Please do not swim when you have diarrhea. You can spread germs in the water and make other people sick. This is especially important for kids in diapers.
 - ◆ Please do not swallow the pool water. In fact, avoid getting water in your mouth altogether.
 - ◆ Please practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers.
 - ◆ Please go on bathroom breaks often. Waiting until you have to go may mean that it is too late.

- *Think so you Don't Sink*

- ◆ Even if you are following the rules, accidents and emergencies can still happen.
- ◆ If you are swimming and an emergency happens, remember to think so you don't sink. If you get tired and cannot make it to safety, do not panic and think about what you can do.
- ◆ You can lean back or roll over on your back and float. That way you can rest. You can stay on your back and wait for help or start swimming when you have had enough rest.
- ◆ *Add this Activity to Learn-to-Swim Level 2:*
- ◆ Have participants swim 3 body lengths on the front then roll to the back and then float on the back for 5 seconds.
- ◆ Have participants swim 3 body lengths on the front then roll to the back and float on the front for at least 5 seconds. Then, have participants roll to the front and swim another 3 body lengths then roll to the back and float on the back again. Have participants repeat these steps until they make it back to the side of the pool.
- ◆ Have participants swim 5 body lengths on the front then roll to the back and float on the back for 10 seconds. Then, have participants swim back to the side on the back.

◆*Add for Learn-to-Swim Level 3:*

◆You can bob toward safety if you get into water that is a little over your head. Take a breath and submerge to the bottom then push off toward shallow water or the side of pool. Just keep bobbing until you reach safety.

◆*Add for Learn-to-Swim Level 4:*

◆You can use survival swimming to reach safety. That way you can save energy. You can stay on your front and make forward progress.

◆*Add for Learn-to-Swim Levels 5 and 6:*

◆For many people, waves are part of what makes swimming in an ocean fun. Even at designated beaches, waves can be dangerous.

◆When the waves crash onto shore, they create currents. One type of current created by wave action is a rip current, sometimes referred to as a *rip tide*.

◆Rip currents often form narrow strips of choppy water that moves differently than the water on the other sides of it. Rip currents move very fast, and if you get caught in one, they can take you away from shore.

◆If you get caught in a rip current it is important to remember to think, so you don't sink. You can try to swim parallel to shore until you are free of the current. You can also just let the current take you away from shore.

◆Rip currents weaken a little way from shore, once the current weakens you can begin swimming back to shore. If you are too exhausted to swim to shore, signal a lifeguard by calling and waving for help.

- *Look Before you Leap*

- ◆Swimming in a safe place is very important. That is why you should only swim in areas where swimming is allowed and only when a lifeguard or grown-up is watching you.

- ◆Check with a lifeguard to see if it is okay to jump in the water. If it is allowed, make sure that you can see what is in front of you before you enter the water.

- ◆When you are ready to go in, stand at the edge and curl your toes over the edge. Do not run and jump or dive. Do not jump or dive on people or objects.

- ◆If you cannot see the bottom and you are not sure what is under the water, do not jump or dive in.

- ◆*Add for Learn-to-Swim Levels 1 and 2:*

- ◆Jumping into a pool can be great fun, but it is important to make sure the area is safe before you jump in.

- ◆It might be hard to see the bottom at some swimming areas, like a beach at the ocean or a lake.

◆Only jump into the water at a pool, beach, waterpark or other designated swimming area and only do so if it is allowed. Because you cannot tell what is on the bottom or how deep it is, never jump in the water unless you are at a designated swimming area. There may be rocks, weeds, sunken logs, broken glass or other things that could cause injuries.

◆*Add for Learn-to-Swim Levels 3 and 4:*

◆Whenever entering the water in a headfirst position, follow safety rules at all times—never make exceptions. This includes when learning from different positions, including the sitting, kneeling, compact and stride positions.

◆Be sure the water is at least 9-feet deep and ensure that nothing is in the way in the water every time you enter the water in a headfirst position.

◆Never dive or enter the water headfirst into an above-ground pool, the shallow end of any in-ground pool or at a beach.

◆Never dive or enter the water headfirst into cloudy or murky water.

◆Check the shape of the pool bottom to be sure it is safe for diving or headfirst entry. n Pools at homes, motels and hotels might not be safe for diving or headfirst entry.

◆When performing a headfirst entry from a deck, the area of entry should be free of obstructions (such as lane lines, kickboards and other pool users) for at least 4 feet on both sides and a clear, safe distance in front.

◆*Add for Learn-to-Swim Levels 5 and 6:*

◆The following are rules to keep in mind when diving from a diving board:

◆Use the ladder to climb onto the diving board or tower. Climbing in any other way is not allowed.

◆Only one bounce on the end of the diving board, unless supervised by a coach.

◆Only one person on the diving board at a time.

◆No other swimmers in the diving area when the diving board or tower is in use.

◆Only dive or jump straight out from the end of the diving board or tower.

◆Look before diving or jumping to make sure no one is in the diving area.

◆Swim to the closest ladder or wall immediately after diving or jumping.

- The hands must enter the water first when performing a headfirst entry.

- The tower can be used only with supervision from a qualified instructor or coach.

- Learn or practice twisting, somersaulting, inward and reverse dives only under the close supervision of a qualified instructor or coach.

- *Staying safe around Aquatic Environments*

- ◆ Playing in, on and around the water can be a lot of fun, but it also can be dangerous. There are special rules to follow whenever you are near water.

- ◆ Only swim in areas where swimming is allowed and only when a lifeguard or grown-up is watching you. A grown-up should know where you are and what you are doing at all times.

- ◆ Every swimming area has rules; be sure to follow all the rules. If you do not know the rules, ask your parents or the lifeguards to explain them to you.

- ◆ Always ask permission before going anywhere near water. If your home has a pool or there is one near by, stay away unless you have permission and a grown-up is with you. Stay away from any other source of water like a pond, a fountain or even a bucket of water.

- ◆ Stay within an arm's reach of the grown-up who is watching you. If you are playing with an inflatable toy, you still need to stay by a grown-up. If you fall off or the toy loses air, you could get into trouble.

- ◆ Pool decks are for walking only, no running or other horseplay. They are very slippery and you could fall.

- ◆ Only go in the water after a grown-up has given you permission.

- ◆ Make sure that you go to the bathroom before entering the pool and ask to go to the bathroom whenever necessary.

- *Don't Just Pocket Wear Your Jacket*

- ◆ Recreational boating includes, but is not limited to, the following types of vessels:

- Open motorboats, Personal watercraft, Cabin motorboats, Sailboats, Canoes/kayaks

- ◆ Boating can be a safe and enjoyable pastime, but it is important to know the dangers. Follow the basic rules of boating safety:

- ◆ Always wear a life jacket.

- ◆ Take a boating safety course.

- ◆ Do not drink alcohol.

- ◆ Make a float plan and have a way to communicate.

- ◆ Pay attention to weather forecasts and understand local water conditions and hazards. If you are caught in severe weather—

- Slow down and maintain enough speed to steadily move forward and still stay in control.

- Make sure everyone onboard is adequately dressed and wearing a properly fitted life jacket.

Turn on the boat's navigation lights.

Head into waves at a 45-degree angle. Personal watercraft should approach waves at a 90-degree angle.

Have passengers sit low in the boat or on the floor of the boat near the centerline. Anchor the boat, if necessary and it is safe to do so.

- ◆ To prevent yourself or passengers from falling overboard—
- ◆ Do not lean out. Keep centered in the boat with your center of gravity low in the boat. Always keep your shoulders between the gunwales on small boats.
- ◆ Do not move about the boat. If you must move, maintain three points of contact.
- ◆ Sit only where appropriate. Do not sit on the gunwales, bow, seatbacks or any other area not designed for seating.
- ◆ Do not stand up in small boats.
- ◆ Riders should wear U.S. Coast Guard-approved life jackets when using personal watercraft.
- ◆ A personal watercraft is a type of boat. Know the local laws and regulations. Some states have special laws governing the use of personal watercraft that address operation, life jacket use, registration and licensing requirements, education, environmental restrictions, required safety equipment and minimum ages.
- ◆ Operate personal watercraft with courtesy and common sense. Pay attention to surroundings and follow the traffic pattern of the waterway. Obey no-wake and speed zones.
- ◆ Use extreme caution around swimmers, surfers and other boaters. Run personal watercraft at a slow speed until the craft is away from shore, swimming areas and docks. Avoid passing close to other boats and jumping wakes. This behavior is dangerous and often illegal.
- ◆ Ride with a buddy. Always ride in groups of two or three. You never know when an emergency might occur.
- ◆ Riders should always attach the engine cut off lanyard to themselves and the personal watercraft during operation.
- ◆ Develop a float plan before leaving the shore.

Life Jackets

- ◆ Life jackets are not just for boats, but everyone should wear a life jacket while boating. In addition, young children and anyone who cannot swim well should wear a life jacket whenever they are in, on or around the water.

◆ Even in public pools or waterparks, people who cannot swim well should wear a life jacket. Life jackets are not a substitute for close supervision. Young children and poor swimmers need close supervision at all times. Whenever children are in, on or around the water, a responsible individual should be designated to provide constant supervision and stay within arm's reach if the child is young or a poor swimmer, even if the child is wearing a life jacket.

◆ There are several types and many styles of life jackets, and they are rated for their buoyancy and purpose. The type of activity and water conditions help determine which type to use. n For any type, be sure it is U.S. Coast Guard-approved and in good condition.

◆ A life jacket helps you stay afloat if you fall into the water.

◆ Whenever you go boating wear a life jacket. Put on your life jacket before going out on the dock and do not take it off until you return.

◆ Life jackets are not just for boats. You should wear a life jacket whenever you are in, on or around the water. The only time you should be near the water without a life jacket is when you are at a swimming area and a grown-up is watching you.

◆ Even if you are at a swimming pool or a waterpark, if you cannot swim well then you should wear a life jacket and stay near the person who is watching you.

◆ *Add for Learn-to-Swim Level 3 and above:*

◆ Even if you are a strong swimmer, you should wear a life jacket whenever you are in, on and around water if it is cold.

◆ Always wear a life jacket in any situation where there is a chance of falling or being thrown into the water, such as being towed on water skis or tubes or while riding personal watercraft.

◆ ***Activity for All Levels:***

◆ Point out the U.S. Coast Guard marking on the life jacket and highlight the weight guidelines in the label. n Emphasize the importance of selecting the correct size life jacket and wearing it properly, including fastening all zippers, ties or snaps.

◆ Guide the children in selecting and putting on an appropriately sized U.S. Coast Guard-approved life jacket.

◆ Help children enter the water then move around the teaching area. Give light support as needed.

◆ Working with one child at a time, have the child in a face-to-face position, then cue him or her to roll over onto the back then float for a brief period. Cue the child again to roll over onto the front then return to the wall.

◆ Cue the child to jump into the water then return to the wall using the combined stroke on front.

- *Recognize emergencies*

- ◆ Anyone who falls into water and cannot get back to shore or the side of the pool is in trouble and needs help. Tell the lifeguard or a grown-up right away.
- ◆ Never try to go into the water and help someone who is in trouble. They could grab onto you and pull you in the water.
- ◆ Sometimes a person who is in trouble cannot call for help, which is why you should tell the lifeguard or a grown-up right away if you think someone is in trouble.
- ◆ A person who is face down and has not moved or is on the bottom of the pool and not moving is in trouble and needs help. Tell the lifeguard or a grown-up right away.

- *How to call for HELP*

- ◆ When you see someone who is in trouble, stay calm and tell the lifeguard or a grown-up right away.
- ◆ If a lifeguard or a grown-up is not nearby, use a phone and call 9-1-1 or the local emergency number.
- ◆ Tell the person who answers the phone what happened. Do not hang up. The person who answers the phone might be able to tell you how you can help.
- ◆ You should only call 9-1-1 or the local emergency if there really is an emergency. Never call this number unless emergency help is really needed.
- ◆ Activity:
 - ◆ Use a toy or non-working telephone and have participants simulate calling for help. Do not have them actually place the call!
 - ◆ Tell participants to memorize the phone number “9-1-1,” their address and telephone number, the color of their house or the car in the driveway. After class, speak to parents and remind them to help their children practice this task.
 - ◆ Tell participants:
 - ◆ When you call 9-1-1, the person who answers the phone might want to know — Your name, The telephone number from where you are calling, What happened, Where you are, How many people are hurt or in trouble, What is wrong with the person, What help (first aid) is being given.

- *Too Much Sun is No Fun*

- ◆ Overexposure to the sun's ultraviolet (UV) rays is a problem for everyone, regardless of age, location or skin color.
- ◆ Sunburns in childhood can result in health problems later on in life, so children are especially at risk.
- ◆ The consequences of overexposure are severe. Too much sun can lead to eye damage, cataracts, immune system suppression, premature aging of the skin and, most seriously, skin cancer.
- ◆ Protect your and your children's skin in the following ways:
 - ◆ Seek shade and limit the amount of time in direct sunlight between 10 A.M. and 4 P.M. This is the time of day when UV rays are most harmful.
 - ◆ Always make sure you generously apply sunscreen to children about 10 to 15 minutes before they go out into the sun. Apply sunscreen to all exposed skin using a sun protection factor (SPF) of at least 15 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every 2 hours, even on cloudy days, and after swimming or sweating.
 - ◆ Have children wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, whenever they are exposed to UV rays.
 - ◆ Watch for the UV Index. The UV Index provides a daily forecast of the expected risk of overexposure to the sun, using a scale of 1 to 11+. On a day with an intensity level of 1, there is a low risk of overexposure and on an 11+ day there is an extreme risk.
- ◆ Some of the light that comes from the sun is bad for you. That is why you need to protect your skin whenever you go outside in the sun. If you stay in sun without protecting your skin, you can get a sunburn.
- ◆ Every time you go outside, protect your skin.
 - ◆ Try to stay in the shade. Play in the shade or stay inside between 10 A.M. and 4 P.M. This is when light from the sun is most dangerous.
 - ◆ Put on a lot of sunscreen before you go outside. Put it on again every 2 hours and put it on again after you go swimming or if you are sweating.
 - ◆ Wear clothes, like a long-sleeved shirt and pants to protect your skin from sunlight. You also should wear a hat with a brim and sunglasses. These things will help protect your skin from getting burned.

- ◆ You have to be extra careful when you are by water, sand or snow. When sunlight shines on water, sand or snow, it bounces off and can burn your skin.
- ◆ *Add for Learn-to-Swim Level 4:*
- ◆ Energy from the sun is called solar radiation. UV rays are a type of solar radiation. Overexposure to UV rays can cause sunburns and lead to serious illness later on in life.
- ◆ UV rays are invisible, so you need to take steps to protect your skin whenever you go outside in the sun.
- ◆ Seek shade if possible. Remember that the sun's UV rays are strongest between 10 A.M. and 4 P.M. Follow the shadow rule when in the sun: Watch your shadow, no shadow, seek shade!
- ◆ Pay attention to the UV Index. The UV Index provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun. Stay inside when the UV Index is high.

Step 3: Performing Safety Skills [Pool, 30 min]

- ◆ Reaching Assist with Equipment
 - * Brace yourself on the pool deck, pier surface or shoreline.
 - * Extend the object to the victim.
 - * When the victim grasps the object, slowly and carefully pull him or her to safety. Keep your body low, and lean back to avoid being pulled into the water.
- ◆ Reaching Assist without Equipment
 - * Brace yourself on the pool deck, pier surface or shoreline.
 - * Reach with your arm and grasp the victim.
 - * Pull the victim to safety.



◆ Lead participants through the throwing assist.

- * Demonstrate the steps yourself then have participants practice.
- * Brace yourself on the pool deck to ensure you cannot be pulled into or fall into the water.
- * Hold the coil of line in the open palm of the non-throwing hand and grasp the side of the ring buoy with the throwing hand.



- * Step on the non-throwing end of the line.
- * Hold the buoy vertically, step back with the leg on the throwing side, swing the buoy backwards and then forwards for an underhand toss. Let go of the coiled line and keep your foot on the end.
- * Aim the throw so that the ring buoy lands just behind the person's shoulder. Tell the person to grab the buoy.
- * After the person has a firm grasp on the ring buoy or line, drop any remaining coil and pull him or her to safety. Keep the body low and lean back to avoid being pulled into the water.
- * Slowly pull the person to safety by reaching out and grasping the line with the thumb inward. Pull the line in to the side with that hand while reaching out with the other hand. Con-

tinue the alternate pulling and reaching action until the person is at the side or is able to stand in shallow water.



Wading Assist with Equipment

Head, Neck and Back Injuries

Discussion Topic:

€ Caring for head neck and back injuries and stabilizing head, neck and back

Caring for a head, neck or back injury is similar to caring for other serious bone or muscle injuries. A lifeguard must stabilize and restrict motion of the head, neck and back. Because movement can cause further damage, keep the victim as still as possible until emergency medical services (EMS) personnel arrive and take over. If unsure whether the victim has a serious injury, always provide care as if the head, neck or back is injured. The care provided to a victim with a head, neck or back injury depends on—

- The victim's condition, including whether he or she is breathing and shows signs of life (movement and normal breathing).
- The location of the victim (shallow or deep water, at the surface of the water, submerged or not in the water).
- The availability of additional help, such as other lifeguards, bystanders, fire fighters, police or EMS personnel.
- The facility's specific procedures.
- The air and water temperature.

CARING FOR HEAD, NECK AND BACK INJURIES IN THE WATER

If a head, neck or back injury is suspected, follow these general rescue procedures:

1. Activate the facility's emergency action plan (EAP).

Alert other lifeguards that a victim has a possible head, neck or back injury in addition to any other problems identified. The other lifeguards will perform their responsibilities as indicated in the facility's EAP for head, neck and back injuries. These responsibilities may include: Providing backup coverage, Clearing the water of patrons, Getting the backboard and head immobilizer, Summoning EMS personnel by calling 9-1-1 or the local emergency number.

2. Assess the victim's condition. Determine if the victim's condition has changed. For example, the victim may have been at the surface of the water, but may have submerged before a lifeguard approached.

3. Safely enter the water. If the victim is near a pool wall or pier, minimize water movement by using a slide-in entry rather than a compact jump or stride jump. If a running entry is used, slow down before reaching the victim.

4. Perform an appropriate rescue. Swim to the victim to make contact and use an in-line stabilization technique to minimize movement of the victim's head, neck and back. Use an appropriate in-line stabilization technique based on the victim's location and whether the victim is face-up or face-down.

5. Move the victim to shallow water whenever possible. It is much easier to care for the victim in shallow water. If the victim cannot be moved to shallow water—for example, the victim is in a deep-water pool—both the victim and lifeguard can be supported with a rescue tube. Whenever possible, seek the help of other rescuers for head, neck and back injuries in deep water.

6. Check for consciousness and signs of life. A victim who can talk is conscious and breathing. If the victim is unconscious, look for movement and check for normal breathing for no more than 10

seconds. If there are no signs of life, immediately remove the victim from the water using a backboard.

7. Remove the victim from the water. Place and secure the victim on a backboard and remove the victim from the water.

8. Provide emergency care as needed.

Perform Skills:

€ Hip and shoulder support

€ **Head splint technique**

To perform the head splint technique on a **face-down** victim in shallow or deep water who is at or near the surface, the lifeguard should—

1. Approach the victim from the side. In deep water, use the rescue tube for support (**Fig. 10-1**).

2. Grasp the victim's arms midway between the shoulder and elbow. Grasp the victim's right arm with the right hand and the victim's left arm with the left hand. Gently move the victim's arms up alongside the head.

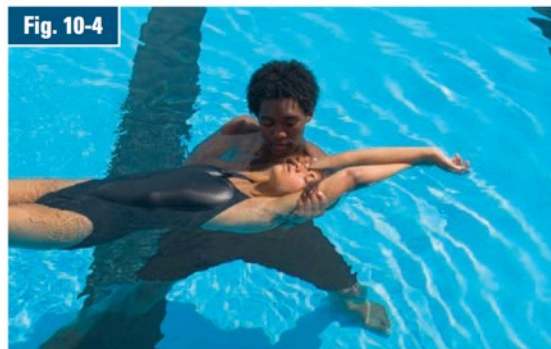
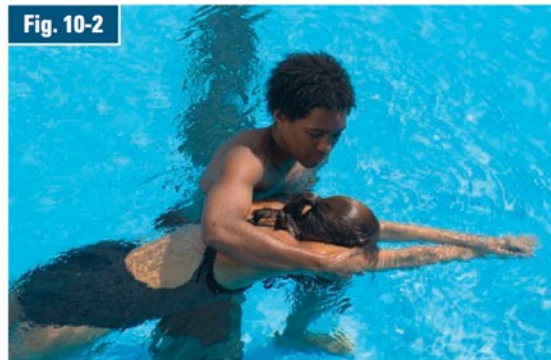
3. Squeeze the victim's arms against his or her head to help hold the head in line with the body (**Fig. 10-2**).

4. Glide the victim slowly forward. If in shallow water, the lifeguard should lower him or herself to shoulder depth before gliding the victim forward. Continue moving slowly and turn the victim until he or she is face-up. To do this, push the victim's arm that is closest to the lifeguard under the water while pulling the victim's other arm across the surface toward the lifeguard (**Fig. 10-3**).

5. Position the victim's head close to the crook of the lifeguard's arm, with the head in line with the body (**Fig. 10-4**).

6. Hold the victim in this position until help arrives. If the victim is in deep water, move the victim to shallow water, if possible.

7. Check for consciousness and signs of life. If there are no signs of life, immediately remove the victim from the water.



To perform the head splint technique on a **face-up** victim in shallow or deep water at or near the surface, the lifeguard should—

1. Approach the victim's head from behind, or stand behind the victim's head. In shallow water, the lifeguard should lower his or her body so that the water level is at his or her neck. In deep water, the lifeguard should use the rescue tube for support.
2. Grasp the victim's arms midway between the shoulder and elbow with the thumbs to the inside of each of the victim's arms (**Fig. 10-5, A-B**). Grasp the victim's right arm with the right hand and the victim's left arm with the left hand. Gently move the victim's arms up along- side the head while the lifeguard repositions him or herself to the victim's side while trapping the vic- tim's head with his or her arms.
3. Slowly and carefully squeeze the victim's arms against his or her head to help hold the head in line with the body. Do not move the victim any more than necessary (**Fig. 10-5, C-D**).
4. Position the victim's head close to the crook of the life- guard's arm, with the head in line with the body (Fig. 10-5, E-F).
5. Hold the victim in this position until help arrives. If the victim is in deep water, move the victim to shallow water if possible.



6. Check for consciousness and signs of life. If there are no signs of life, immediately remove the victim from the water.

Head and chin support

The head and chin support is used for face-down or face-up victims who are at or near the surface in shallow water at least 3 feet deep. In deep water, the head and chin support can be used for a face-up victim. Use a rescue tube for support. The head and chin support is not appropriate in all situations:

- Do not use the head and chin support for a face-down victim in water less than 3 feet deep. This technique requires the lifeguard to submerge and roll under the victim while maintaining in-line stabilization. It is difficult to do this in water less than 3 feet deep without risking injury to the lifeguard or the victim.
- Do not use the rescue tube for support when performing the head and chin support on a face-down victim in deep water. This impedes the lifeguard's ability to turn the victim over. However, once the victim is turned face-up, another lifeguard can place a rescue tube under the rescuer's armpits to help keep the victim and rescuer afloat (**Fig. 10-6**).

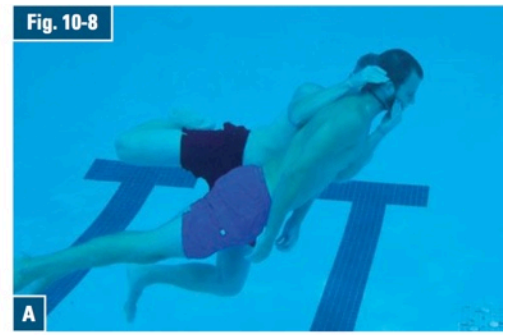
To perform the head and chin support for a face-up or face-down victim at or near the surface, the lifeguard should—

1. Approach the victim from the side (Fig. 10-7, A).
2. With the lifeguard's body at about shoulder depth in the water, place one forearm along the length of the victim's breastbone and the other forearm along the victim's spine.
3. Use the hands to gently hold the victim's head and neck in line with the body. Place one hand on the victim's lower jaw and the other hand on the back of the lower head. Be careful not to place pressure or touch the front and back of the neck (Fig. 10-7, B-C).
4. Squeeze the forearms together, clamping the victim's chest and back. Continue to support the victim's head and neck.

If the victim is face-down, the lifeguard must turn him or her face-up. Using the head and chin support to stabilize the spine, slowly move the victim forward to help lift the victim's legs. The lifeguard should turn the victim toward him or herself while submerging (**Fig. 10-7, D**).

Roll under the victim while turning the victim over (**Fig. 10-7, E**). Avoid twisting the victim's body. The victim should be face-up when surfacing on the other side (Fig. 10-7, F).

5. Hold the victim face-up in the water until help arrives. If the victim is in deep water, move the victim to shallow water if possible.
6. Check for consciousness and signs of life. If there are no signs of life, immediately remove the victim from the water.



References

Lifeguarding Manual, American Red Cross (2007). Banta Book Group, StayWell (3rd edition). pages 1-220.

Ben Hair Just Swim for Life Foundation –

Aquatic Water Safety Instructor Aide Program - Volunteer

Volunteer _____

Supervisor/Instructor _____

Pool Site _____

Description: A willingness to support an instructor in helping beginner to advanced swimmers of all ages gain success. You will be working hands-on, giving stroke correction and water safety skills while assisting a Water Safety Senior instructor. Time commitment involves committing hours working with BH-JSL sponsored Learn-to-Swim programs. Upon completion of Water Safety Instructor Aid requirements [Pre req test, Safety topics, and Perform Safety skills test] student will be issued a Water Safety Instructor Aide certificate.

I assume full responsibility for the risk of personal injury, death, and property damage due to the negligence and/or fault of the parties released by this document, and/or due to the condition of the property, whether such negligence, fault, and/or condition of the property is present at the signing of this agreement or takes place in the future.

On my own behalf and on behalf of my heirs, personal representatives, and assigns, I hereby release BH-JSL, and all of their officers, directors, members, managers, partners, employees, boards or commissions and volunteers (collectively, "the parties released by this document") from all claims, demands, actions, rights of action, or other legal rights to claim compensation for any loss or injury which I may sustain as a result of their negligence or fault, or the condition of the property, by any other cause whatsoever, whether loss or injury occurs while participating in, going to, or coming from my volunteer activities. However, this waiver and release does not apply to gross negligence or intentional torts by the parties released by this document.

Further, I agree to indemnify and hold all parties released by this document harmless from any claims or demands.

I expressly agree that this waiver and release agreement is intended to be as broad and inclusive as permitted by the Laws of the Commonwealth of Virginia and of any other state wherein such activities may occur, and that if any portion hereof is held invalid, the remainder hereof shall continue in full force and effect.

This Agreement contains and embodies the entire agreement and understandings between the parties concerning the subject matter hereof, has no expiration date.

YOUR SIGNATURE INDICATES THAT YOU HAVE READ AND AGREE TO THE ABOVE.

Volunteer Print Name _____

Volunteer Sign Name _____

Parental Consent _____

Date _____

Aquatic Water Safety Instructor Aid Apprenticeship Hours

Date	Time In/Time Out	Total Hours/Day	Instructor Initial

