

Water Safety

Do not consume alcohol and drugs
Don't swim beyond personal ability
No Running
No Horseback
Don't eat too full
No plunging without guidance
No pushing or ducking

Rescue Principle

1. Recognition of emergency
2. Acceptance of responsibility
3. Assessment
4. Plan of action
5. Action
6. Emergency care

Recognition of Emergency

1. Someone chasing a ball
2. Crying for help
3. Awkward swimming
4. Someone look worry and depressed
5. Pool environment – no safety sign board/not enough safety bouy
6. No lifeguard

To train in recognize victim

1. Non swimmer
2. Weak swimmer
3. Injured swimmer
4. Unconscious swimmers

The purpose :

Useful teaching and learning tool

When time of need, you will know what to do

Non swimmer

Head facing anywhere, submerged
Unable to shout for help
Hand movement frantic, violent

Weak swimmer

Head facing shoreline, not constantly submerged
Able to shout for help
Hand movement less frantic, controlled
Enable to response to clear instruction

Injured swimmer

Head facing shoreline, not constantly submerged
Able to shout for help
Hand holding injury

Unconscious swimmer

Head totally submerged in water
Unable to shout for help
Non hand movement at all

Acceptance of responsibility

Are you a volunteer? Must rescue?
Do you want to help?
It will effect others (bystanders)
Are you well train?
Capable?

Assessment

Think before you act
You own ability, skill, fitness
How urgent
Any help available
What type of aids
Your own safety
Depth of water
Possible entry and landing

Plan of action

Make use of bystanders/helper
Leadership role
Awareness of ability
Give clear instruction
Command and control

Adopt the 7 methods of rescue technique

- Talk
- Reach
- Throw
- Wade
- Row
- Swim
- Tow

Action

Action according to plan (try to rescue in 4 mins if not survival will drop)

Exercise initiative

Emergency Care

Call 995

- Location
- Number of casualty
- Leave your number

Four emergency principles

- Assessment
- Preservation of life
- Minimize effects of any injury
- Contacting emergency services

Provide treatment (first aids)

1. Bleeding (RICE)
 - Rest and Reassurance
 - Immobilization or applies ice
 - Compression
 - Elevation
2. Bleeding from the ear
 - Not to plugged or covered
 - Position the affected ear down
3. Bleeding from the nose
 - Sit upright and lean slightly forward
 - Pinch the nose for 10mins, breath through mouth
 - Not to blow or sniff
 - Spit excess fluid

4. Laceration

- Control bleeding by immobilize, compress, elevation
- Clean the wound
- Dressing
- Remove superficial foreign object
- Remove deep foreign object by doctor

5. Fainting

- Lie back with leg raised
- Place recovery position
- Loosen clothing
- Ventilation and open window

6. Cramps

- Stretch and massage

What if drowning?

Drowning is caused by asphyxia (cannot get enough oxygen and become unconscious or die (usually takes about 4 to 6 mins)

Victim – Choke and cough

Water goes into stomach.

Small quantity of water enters trachea (air pipe).

Contraction in Laryngospasm, cause the trachea to (air pipe to close) therefore no oxygen.

Asphyxia – Choke, strangulation, hanging

Near drowning – victim survive

Secondary drowning – victim survive and die later

21% oxygen when breathe in, 17% oxygen when breathe out. Good enough to save a victim

Rescue Technique

Talk

- Give clear instruction
- Encourage

Reach

- 1-2m away
- Hold on, I am a lifeguard and I am coming to save you
- Maintain eye contact, keep reassuring
- Use suitable air (clothes/pole)
- Position near edge and lower gravity
- Extend pole above water
- Exit water and stir up lift

Throw (Board)

- 5m away
- Hold on, I am a lifeguard and I am coming to safe you
- Maintain eye contact, keep reassuring
- Locate the board and position near edge
- Hold board with thumb and middle finger
- Index finger as a restraint (control)
- Shout catch the board
- Swing twice and thrice at 60-90 degree
- Encourage victim to swim back
- Don't throw last board (for accompanied rescue)

Throw (Unweighted rope)

- 8m away
- Hold on, I am a lifeguard and I am coming to safe you
- Maintain eye contact, keep reassuring
- Locate the rope and position near edge
- Coil the rope evenly
- Face and align
- Swing rope thrice
- Take 2 steps back and secure rope
- Pull and over hand technique
- Fish up and stir up

Wade – Open water

- 10-12 m away
- Hold on, I am a lifeguard and I am coming to safe you
- Maintain eye contact, keep reassuring
- Dip the pole and measure depth by aligning with waist
- If the depth is allowable, then put the pole down before slide in. Don't slide in with the pole
- Slide in proceed towards
- Use pole to ensure the ground have stable footing
- 1-2m extend the pole above water
- Shout grab the pole and pull back
- Use stir up

Accompanied Rescue

- 25m in deep water
- Hold on, I am a lifeguard and I am coming to safe you
- Maintain eye contact, keep reassuring, locate aid
- Slide in or straddle jump, maintain eye contact
- 2 arm length (shout catch the board)
- Pass the board
- Swim 45 degree with 2 arm length apart
- Use stir up

Towing with aid

- 25-30m
- Hold on, I am a lifeguard and I am coming to safe you
- Maintain eye contact, keep reassuring, locate aid
- Slide in or straddle jump, maintain eye contact
- Swim towards
- 2 arm length (shout catch the board)
- Let casualty stabilize and tow back
- Casualty face down – so can keep on sight – reduce panic
- Stir up life and perform treatment for shock