



2011 LIFEGUARD COMPETITION GUIDEBOOK

For Chapters, Teams, and Judges

INTRODUCTION

This guidebook is designed to provide all the necessary information to permit you to provide an American Red Cross Lifeguard Competition in your area. A Lifeguard Competition is a collaboration of a number of different people. We have tried to provide comprehensive information for each of the players. The information is included together in one place so that your chapter has a comprehensive understanding of the 2011 Lifeguard Competition and so that each of the collaborators knows their responsibilities.

This guidebook is specifically for the 2011 Lifeguard Competition and is based on material from the American Red Cross *Lifeguarding* manual Guidelines 2006.

This guide book has been compiled by the 2010 Ohio State Lifeguard Committee.

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The Local Chapter's Role

The following information has been prepared to assist local American Red Cross Chapter staff in understanding the role they may play in providing a Lifeguard Competition in their area. A chapter may sponsor a local competition or work together with other chapters to sponsor a competition. Each of these local competitions (held in accordance with the guidelines outlined herein) effectively serve as “qualifiers” for the statewide competition. For this reason, throughout this guidebook, the term “*local competition*” will be used interchangeably with “*Chapter-Sponsored State-Qualifying Competition*.” Lifeguard teams must participate and place in a state-qualifying competition to be eligible to participate in the Statewide Lifeguard Competition.

- The chapter(s) needs to elect/select a Competition Director. This individual may be a volunteer or paid staff. This is the person responsible for planning and managing the local event.
- The chapter should work closely with the Competition Director in locating and securing a suitable location for the local competition (information about facility requirements is included on page 4).
- The chapter should assist with marketing the competition to lifeguards in their jurisdiction. Participating Lifeguards DO NOT have to possess an American Red Cross Lifeguarding/CPR for the Professional Rescuer certificate, but must be able to demonstrate the skills as taught in the American Red Cross Lifeguarding program.
- The chapter must ensure that the qualifications of the judges for local competitions meet the standards described herein.
- The chapter should provide information about the Statewide Lifeguard Competition to the winners of their local (State Qualifier) competition and encourage them to participate in the Statewide Competition.
- The chapter must provide an updated AED Trainer for each team. (Must meet ECC Guidelines 2005)
- Teams entering the Statewide Lifeguard Competition must have placed in a local (State Qualifier) competition. Teams will advance to the Statewide Competition according to the chart below based on the number of teams at the event, not what County or ARC jurisdiction the team comes from:

Number of Teams in Local Event	Number of Teams who Advance to Statewide Lifeguard Competition if Qualified	Number of Judges to be sent to the State Competition
2 Teams	One (1) Team	1
3-5 Teams	Two (2) Teams	2
6-10 Teams	Three (3) Teams	3
11-15 Teams	Four (4) Teams	4
16-20 Teams	Five (5) Teams	5
Etc. in groups of 5		

- Chapters may sponsor a local competition with a minimum of two (2) teams. Chapters are also encouraged to work together to host “regional” or “multi-chapter sponsored” competitions to encourage participation. Teams may participate in a Local Competition anywhere in the State. These teams’ eligibilities to progress to the State level are determined by the number of teams competing at the local event and NOT the county or ARC jurisdiction they come from. The schedule of the local Lifeguard Competitions hosted by the larger chapters will be available for your convenience in encouraging the participation of Lifeguard teams from your area if you are unable to host a local competition.

- Chapter and Participants should adhere to the following time line for submitting information to the State Host Chapter:
 - ASAP Notify State/Local Host Chapter the date, time, and location of a local competition (Form included. State Hosting Chapter will communicate with NHQ.)
 - Results of local event should be submitted to State Host Chapter no later than two weeks prior to the State Event

Facility Characteristics and Requirements

The facility selected to host your local Lifeguard Competition must meet certain minimum criteria:

- Certified lifeguards must be on duty throughout the event.
- The **shallow** end of the pool must be a **maximum** of 4 feet deep.
- The **deep** end of the pool must be a **minimum** of 9 feet deep.
- The pool itself must be a minimum of 30 feet wide and 60 feet long

Event Rules

- Competitors must be at least 15 years of age at the time of the local event.
- Competitors must complete and sign an event registration form. Those who are under 18 years of age at the time of the local event must have a parent or legal guardian sign the registration form as well.
- Competitors do not have to be certified ARC Lifeguards but need to be able to test to the ARC standards.
- Teams must consist of 4 competitors. There is no gender requirement.
- An alternate team member is strongly encouraged, but not required.
- Teams must submit a team registration transmittal in addition to each competitor's completed registration form and applicable registration fees to the host chapter in accordance to the host chapter's policy.
- Team membership cannot be changed after the team is registered for the local event.
- Team membership, as registered for the local event, cannot be changed for the state event.
- Teams must provide their own equipment for the event. This includes:
 - Rescue Tubes
 - Backboard w/ straps
 - 10 lb. rubber diving brick
 - Resuscitation Mask
 - Examination gloves (non-latex, nitrile or vinyl)
 - Bandage material (2x2 gauze, roller gauze, triangular bandage, etc.)

- Teams are to check into the event together starting at a time specified by the Competition Director.
- Each team member must be able to provide proof of age at the time of check in.
- Each team member will be marked with their team number and may be assigned an area for their use.
- It is strongly encouraged that teams dress in similar color and attire to help identify them as a team. This can be their uniform from their facility or they may select another specifically for the event. However, the use of full body paint and distasteful language on shirts will be not be tolerated and may result in possible disqualification.
- During the event, competitors are to conduct themselves in an appropriate and professional manner.
- Competitors should be thoroughly familiar with the events in which they are competing.
- At the end of the event, there will be an award ceremony. Awards will be given to the first, second and third place winners in each of the events and overall team winners.
- At minimum, score sheets will be available 24 hours after the end of the event.
- The meet manager's decision is final.
- Professionalism is a MUST!

NOTE: Event 4 – First Aid Scenario will be determined the day of the event from the following:

- A – Severe Bleeding
- B – Severe Burns
- C – Overdose
- D – Explosion

Officials

Definitions:

- Judge - person responsible for the operation and management of a particular event as well as assessing skill performance, awarding points and penalties to competitors. The judge is responsible for orienting/training all persons involved in the event.
- Victim – person responsible for accurately imitating a real person involved in an emergency situation.
- Timer – is responsible for accurately starting and stopping a stopwatch in accordance with the Judges’ instructions.
- Scorekeeper - person(s) responsible for tallying the judges score sheets and computing place points. The scorekeeper should be equipped with pencils and a calculator. A laptop is preferable. The master score sheet has been formatted in MS Excel for ease of use.

Qualifications:

Judge

- Minimum: Current American Red Cross Lifeguarding Instructor or appropriate ARC Instructor.
- Preferred: Current American Red Cross Lifeguarding Instructor Trainer or appropriate ARC Instructor Trainer.

For the Statewide Lifeguard Competition, all judges will be current American Red Cross Instructor Trainers.

Appropriate ARC Instructor or Instructor Trainer indicates a person that holds a teaching authorization in an area that compliments skills in the Lifeguard Training program. First Aid/CPR/AED Instructors and Instructor Trainers, and Emergency Response Instructors (ERI) and Instructor Trainers (ERIT) are qualified to judge any non-water rescuer events (first aid and CPR scenarios).

Victim

- Minimum: LG
- Preferred: LGI, LGIT, WSI, WSIT

Victims are an important player in a Lifeguard Competition. It is important to select victims that consistently, accurately and repeatedly imitate the behavior of a person in distress. Victims are to be familiar with the characteristics of drowning victims and be able to perform as such under instruction from their Judge.

Timer

Anyone can be a timer (minimum of 15yrs of age). Judges will brief timers on the operation of a stopwatch and when to start and stop. Timers have the sole responsibility of accurately reporting the competitors’ official time to the Judge.

Scorekeeper

This person, or team of people, should be fluent in mathematics and have a basic understanding of the rules. This person should be detailed and methodical to ensure accurate event results.

Awarding Points

Skill Points: Points are awarded for specific components of skills demonstrated correctly. Each event scoring sheet allows space for judges to indicate the points awarded (do not use an “x”). Partial points are not to be awarded; instead the team receives either 1 point or 0 points for that specific skill component.

Place Points: Points are awarded to teams based **first** on their skill points and then placed in order in accordance to the time it takes to complete the event. These points are in addition to skill points (where applicable). The fastest time with the highest skill points will be awarded 8 points, the second fastest is awarded 7 points, third is awarded 6, etc (based on an eight team event). Judges will record the time on the event judging sheet.

Tallying Points

The Event Judging Forms are used to score each team for each event. Judges will award points for correct and complete skill as outlined on the form. They will also record the official time of the competitor. The score sheets will be collected and given to the scorekeeper. The scorekeeper will tally the skill points and compute the place points. The judging forms are not to be shared with teams until the end of the event and all scores have been added and announced. A score sheet has been attached for your convenience.

Judging Water Entries

In past years, the event judging forms have specified the type of entry and approach stroke to be used. This did not allow the flexibility important to hosting competitions in a variety of settings with different pools. For this competition, the approach stroke may be either modified breaststroke or front crawl and the entry may be either a stride jump or compact jump depending on the environment of the host pool. Using the guidance provided in the *Lifeguarding* manual (and reprinted below), the judges should determine which entry is to be used based on the facility where the events are being conducted.

Stride Jump: Use the stride jump with a rescue tube only if the water is at least 5 feet deep and you are no more than 3 feet above the water.

Compact Jump: Use the compact jump when you are more than 3 feet above the water, such as on a lifeguard stand, but do it only into water at least 5 feet deep. You can also use the compact jump from the deck into water less than 5 feet deep.

Slide-In Entry: Use the slide-in entry with a rescue tube if the water is shallow, crowded or when a head, neck or back injury is suspected.

This information (which entry to use) should be conveyed to participants before they begin the event; may be adjusted due to the facility that is hosting the event e.g. shallow water at start end of event....

Other Judging Concerns:

- Judges are responsible for the health & safety of the participants in their events. As such, Judges must stop any situation that may endanger the victim i.e. scraping, dropping, or drowning a victim. These stops will result in a 10-point penalty. The Judge will direct the competitor as to where to resume the skill. The competitor will then be able to continue through to the end of the event. If the competitor does not wish to continue, they will forfeit the event and no points will be awarded.
- The Lifeguarding Manual does not specifically state the desired victim position on a backboard. However, for the safety of the victims in any competition, the participants are to ensure the victim is in the center of the backboard and that the victim does not slip.
- A Judges' briefing, prior to the all the events, is strongly recommended to ensure safety and consistency. The head judge should review the following:
 - Victim position on backboard (safety)
 - Tube slippage (e.g., at this level of competition, the tube should not slip below the hips.)
 - Spider straps (allowable if the team is familiar with using them)
 - Retractable lines/covers on tubes (acceptable)
 - No partial points are to be given (only "0", "1", "2", "3")
 - Judges and victims prior to event should determine consistent interpretation of skills, e.g. a weak hold on the victim during the rescue will result in the victim becoming active again.
 - No goggles for any events!

Judges may confer with meet managers to clarify questions concerning their event, during their event but between rotating groups if necessary.

All Decisions by Judges are Final!

More for Judges:

Each judge assigned to an event should also meet with both their victim and their timer to talk about their own specific event for safety and consistency.

- How far away should the victim be
- Which way should the victim be laying (face up or face down depending on event) or facing away from start position or toward the start position
- A safety signal if something goes wrong e.g. didn't catch breathe, feels like really being drowned, etc.
- What the victim should pay attention to e.g. did the rescuer talk to you (checking for consciousness), did you feel secure while they were holding you, etc...
- Where to discuss things immediately after team is finished event to go over point's e.g. off to which side, out of pool or edge of pool, etc.
- Decide prior to start of your event where you will permit the spectators to stand e.g. along the edge of the pool, behind a certain point/line, etc. Survey your scene!
- Judge, victim or timer should not discuss any part of rescue with team that just finished or team waiting to go

The committee has decided that cords may be wrapped or stuffed on their tubes. Rescuers must of course be wearing their tubes appropriately as well as holding excess lines if not wrapped or stuffed. This does not constitute 'cheating' or 'laziness' but instead is another method of preventing the line from being accidentally tripped over when correctly entering the water. (March 2010 committee)

The committee encourages all judges to make notes on their judging sheets. Be specific with your critiques since this will help future competitions. If you are unable to write on your sheets (too busy, too noisy, etc.), please consider jotting down your comments/critiques/complaints and compliments and give it to a committee member/meet manager so that your observations are noted.

As always, we appreciate your participation in this event because frankly we couldn't do it without you!

APPENDICES

- 1 Checklist of Materials Needed
- 2 Event Descriptions
- 3 Competitor Registration – Local
- 4 Team Registration (for transmittal)– Local
- 5 Competitor Registration - State
- 6 Team Registration (for transmittal) – State
- 7 Points on Specific Events for Meet Manager/Volunteer Recruiter/Judges

Appendix 1

CHECKLIST OF MATERIALS NEEDED BY CHAPTER

EQUIPMENT

- Adult Manikins (2) and Updated 2005 AED Trainer (2)
- Participant Prizes
- Stopwatches
- Clipboards (judges, event coordinators, registration table)
- Writing implements (pens/pencils)
- Pocket Calculators (for head judge)
- Awards (medals, trophies, certificates, etc. of your choice)
- Tables for registration/awards
- Megaphone or access to PA system for announcing
- Whistles
- Snacks for participants
- Drinks/Water Coolers available

PERSONNEL

- Certified Lifeguards on Duty (typically provided by host site of the competition)
- Judges (including a head judge)
- Victims
- Timers
- Scorekeeper
- Greeters & Registration - Welcome participants to the pool, direct participants to locker rooms, etc.

Appendix 2

EVENT 1--Active Victim Rescue

NOTES:

- This is a timed event.
- If control is not maintained, victim may become active at any time during the event.
- Victim must be located at the surface.
- The distance and position (victim on the surface and distance from the pool wall) must be equal for each team due to the timed nature of this event.
- Please ensure that if there are multiple stations that victims are consistent in the scenario given

PERSONNEL:

- Judge – LGIT
- Victim – LGI
- Timer

Rescue Equipment:

- Rescue Tube (Team)

STEPS:

- “Ready, Go.” (Timing Starts)
- Activate Emergency Action Plan based on your home facility’s procedures. Verbal activation or whistle may be used.
- Enter the water from deck level with the rescue tube—securing shoulder strap, hold excess line in hand, tube under both arms.
 - **Stride Jump:** Use the stride jump with a rescue tube only if the water is at least 5 feet deep and you are no more than 3 feet above the water.
 - **Compact Jump:** Use the compact jump when you are more than 3 feet above the water, such as on a lifeguard stand, but do it only into water at least 5 feet deep. You can also use the compact jump from the deck into water less than 5 feet deep.
- Approach the victim using either the modified breaststroke or front crawl with head out of the water. Rescue tube must not fall below hips and **may not** trail behind rescuer upon entry or approach.
- Contact victim—Reach under armpits and pull back, maintain control of victim and the tube. Do not lose contact with the victim. Keep victim’s face out of the water. Grasp top of victim’s shoulders with hands, talk to the victim as you tow them to the side.
- Tow victim—tube does not slip out from under victim. Two arm tow.
- Placement of victim on wall—primary lifeguard brings the victim to the side of the pool and turns to face the wall while protecting the victim’s head and keeping the victim’s face out of the water.
- **Timing Stops**—Judge will verbally indicate that the time has stopped when victim is in place and **BOTH** rescuers hands are secure on the wall/pool gutter
- Communicate with victim about exiting the pool. Rescuer supervises the victim out of the water as victim exits under own power, rescuer guides the victim all the way out of the water.
- Victim may become active at any time during the event if control is not maintained.

EVENT 2--Passive Victim Rescue

NOTES:

- This is a timed event.
- This will take place in the deep end of the pool.
- Victims must be located on the surface.
- The distance and position (victim on the surface and distance from the pool wall) must be equal for each team due to the timed nature of this event.

PERSONNEL:

- Judge – LGIT
- Victim - LGI
- Timer

RESCUE EQUIPMENT:

- Rescuer Tube (Provided by Team)
- Gloves (Team)
- Pocket Mask (Team)
- Adult CPR Manikin (Chapter)

STEPS:

- “Ready, Go.” (**Timing Starts**)
- Activate Emergency Action Plan based on your home facility’s procedures. Verbal activation or whistle may be used. Be sure to include verbally calling for a backboard and a secondary rescuer so that the judges know that is part of your EAP.
- Enter the water from deck level with the rescue tube—securing shoulder strap, hold excess line in hand, tube under both arms.
 - **Stride Jump:** Use the stride jump with a rescue tube only if the water is at least 5 feet deep and you are no more than 3 feet above the water.
 - **Compact Jump:** Use the compact jump when you are more than 3 feet above the water, such as on a lifeguard stand, but do it only into water at least 5 feet deep. You can also use the compact jump from the deck into water less than 5 feet deep
- Approach the victim using either the modified breaststroke or front crawl with head out of the water. Rescue tube must not fall below hips and **may not** trail behind rescuer upon entry or approach
- Contact victim—Reach under armpits and grasp victim’s shoulders and roll victim onto tube. Do not lose contact with the victim. Keep victim’s face out of the water. Check for consciousness.
- Tow victim—tube does not slip out from under victim. Two arm tow.
- Secondary rescuer brings backboard to side of pool, removes head immobilizer and straps and prepares for placement of victim on the wall.
- Placement of victim on wall—primary lifeguard brings the victim to the side of the pool and turns to face the wall while protecting the victim’s head and keeping the victim’s face out of the water.
- **Timing Stops**—Judge will verbally indicate that the time has stopped when secondary lifeguard grabs both victim’s wrists (right to right and left to left).
- Removal from the water—secondary lifeguard has hold of victim’s wrists (right to right and left to left), then pulls the victim up slightly, keeping victim’s head above the water and away from the pool edge.
- Primary lifeguard removes the rescue tube and climbs out of the water.

- Primary lifeguard guides backboard, foot-end first, straight down into the water next to the victim on the correct side (to turn the victim onto the board). Secondary lifeguard turns victim onto the backboard. Both lifeguards quickly grasp one of the victim's wrists and one of the handholds on the backboard.
- Primary lifeguard gives the signal and the two lifeguards pull the victim and backboard onto the deck while maintaining the victim's position on the backboard. The board is to be lowered to the deck and away from pool edge.
- For safety at the competition, lifeguards maintain victim's position on backboard while removing.
- Primary lifeguard puts on gloves and provides immediate care based on the victim's condition by checking for breathing and opening the airway using head tilt/chin lift technique. JUDGES NOTE: Secondary may become primary at this point but must remain primary throughout remainder of event.
- Two Person Adult CPR (on a manikin placed nearby) - put gloves on, check breathing for about 10 seconds, look, listen and feel for breathing. Proper placement and seal of pocket mask, two breaths with pocket mask. Check for signs of life for no more than 10 seconds, proper hand placement, arms straight, and shoulders over hands, 30 compressions to 2 breaths. Rescuer should maintain the appropriate depth and speed of compressions until the AED pads are ready for placement. There should be a minimum of two cycles or more under judge's discretion. .
- Judge will prompt that an AED has arrived. Follow ECC 2005 protocols for AED administration.

EVENT 3--Shallow Water Spinal Injury Management

NOTES:

- Rescuers have five minutes to complete this event. Points will be awarded for components completed within the five-minute time frame.
- The maximum water depth for this event is 4 feet.
- The distance and position (victim on the surface and distance from the pool wall) must be equal for each team.
- A maximum of two team members are to participate in this skill. The Judge will verbally remind the team prior to starting the skill.
- Victim will be face-down

PERSONNEL:

- Judge – LGIT
- Victim - LGI
- Timer

RESCUE EQUIPMENT:

- Appropriate Backboard with straps and head immobilizer (Team)
- Rescue Tube (Team)

STEPS:

- “Ready, Go.”
- Activate Emergency Action Plan based on your home facility’s procedures. Verbal activation or whistle may be used.
- Enter the water (Slide-in entry) with rescue tube.
- Primary rescuer—Approach the victim—Use stabilization technique, Head splint or Head/chin support, smooth contact and turn, proper hand placement, keeps victim level, maintains in-line stabilization technique and establish consciousness.
- Secondary rescuer— places victim onto backboard, maintains in-line stabilization.
- Rescue tube must be inserted under the head of backboard (page 167, Figure 10-10 B).
- Rescuers maintain in-line stabilization through the transitional period from the initial placement of the victim on the board to stabilizing the victim’s head by placing their hands on either side of the head.
- Communicate with victim throughout the rescue.
- Strap the victim securely to the backboard in proper order (primary or secondary rescuer based on turn of choice)—Chest strap secured, hands secured, legs secured, head immobilized. **CHINSTRAPS ARE NOT TO BE USED.** *Spider straps or other similar type of strapping is acceptable if team(s) have practiced with these devices.*
- Rescue tube may be inserted under the foot of the backboard for additional floatation if desired (page 169, Figure 10-15).
- Remove from water by both rescuers on the pool deck – Straps should be snug, victim should be removed safely and smoothly as a unit.
- **Timing Stops**—Judge will verbally indicate that the time has stopped when the victim has been gently placed on the deck or when the 5 minute maximum time limit has been reached.

Event 4 -- First Aid Scenario

The following is a list of scenarios, from which one will be chosen the day of the event by the host chapter.

EVENT 4A--First Aid for Severe Bleeding to the Arm or Leg

NOTES:

- This is not a timed event.
- All teams should treat the same injured body part (i.e., if you select arm for your competition, then all teams must treat a bleeding arm).

PERSONNEL:

- Judge – LGIT, ERIT, FA/CPR/AED IT
- Victim

RESCUE EQUIPMENT:

- Gloves (Team)
- 1- 2x2 Dressing (Team)
- 1- 2 inch Roller Bandage (Team)
- 1 Roll Bandage Tape (Team)

STEPS:

- “Ready, Go.”
- Activate Emergency Action Plan based on your home facility’s procedures. Verbal activation or whistle may be used.
- Universal Precautions—put gloves on first.
- Size up the scene
- Communicate with victim—identify yourself and indicate your level of training. Obtain victim’s consent to provide care.
- Apply direct pressure with dressing – apply direct pressure over wound in a sterile manner.
- Bandage—Start of bandage secured, tie off over wound, neat and snug.
- Judge prompt—“You have applied a second bandage but the victim still continues to bleed, show me what you could do.” Response needed: Apply a second bandage and keep applying pressure.
- Judge prompt – “Victim appears to be going into shock.” Response needed: Lower victim to the ground and elevate feet no more than 12 inches.

EVENT 4B--First Aid for Severe Burns

NOTES:

- This is not a timed event.
- All teams should treat the same injured body part (i.e., if you select arm for your competition, then all teams must treat a bleeding arm).

PERSONNEL:

- Judge – LGIT, ERIT, FA/CPR/AED IT
- Victim

RESCUE EQUIPMENT:

- Gloves (Team)
- 1 - 2 inch Roller Bandage (Team)
- Water

STEPS:

- “Ready, Go.”
- Activate Emergency Action Plan based on your home facility’s procedures. Verbal activation or whistle may be used.
- Universal Precautions—put gloves on first.
- Size up the scene
- Communicate with victim—identify yourself and indicate your level of training. Obtain victim’s consent to provide care.
- Remove the victim from source of the burn.
- Explain what steps they will take to help the victim.
- Cool the burn with large amounts of cool water.
- Cover the wound and loosely bandage with dry sterile dressing
- Judges Prompt: “Victim appears to be going into shock.” Response: Lower victim to the ground and elevate feet no more than 12 inches.
- Reassure victim

EVENT 4C--First Aid for Sudden Illness

NOTES:

- This is not a timed event.

PERSONNEL:

- Judge – LGIT, ERIT, FA/CPR/AED IT
- Victim

RESCUE EQUIPMENT:

- Gloves (Team)

STEPS:

- “Ready, Go.”
- Activate Emergency Action Plan based on your home facility’s procedures. Verbal activation or whistle may be used.
- Universal Precautions—put gloves on first.
- Size up the scene. Judge Response: “The scene is safe”.
- Communicate with victim—identify yourself and indicate your level of training. Obtain victim’s consent to provide care.
- Following SAMPLE method:
 - Ask the victim for signs and symptoms
 - Judges Response: “I took some of these pills and now I don’t feel good”
 - Ask if they have any allergies
 - Judges Response: “No allergies”
 - Ask about medications
 - Judges Response: “No, just these that I just took.”
 - Ask about past medical history
 - Judges Response: “No”
 - Ask about last oral intake
 - Judges Response: “Nothing in the last twelve hours”
 - Ask what events lead to the incident
 - Judges Response: “My significant other broke up with me last night and I have been feeling a little upset. I can’t eat and I can’t sleep.”
- Make victim comfortable, call poison control/EMS and monitor ABC’s.

EVENT 4D--First Aid for Injury to Muscles, Bones or Joints

NOTES:

- This is not a timed event.
- All teams should treat the same injured body part (i.e., if you select arm for your competition, then all teams must treat an injured arm).

PERSONNEL:

- Judge – LGIT, ERIT, FA/CPR/AED IT
- Victim

RESCUE EQUIPMENT:

- Gloves (Team)
- 2 Triangular Bandages

STEPS:

- “Ready, Go.”
- Activate Emergency Action Plan based on your home facility’s procedures. Verbal activation or whistle may be used.
- Universal Precautions—put gloves on first.
- Size up the scene
- Check for consciousness
- Communicate with victim—identify yourself and indicate your level of training. Obtain victim’s consent to provide care.
- Judge’s Prompt: “Victim is holding arm and complaining of pain.”
- Ask the Victim what happened
- Explain what the rescuer will be doing
- Have victim minimize movement while they support their arm.
- Check for feeling warmth and color
- Proper placement of triangular bandage, supporting the injured arm
- Secure arm with binder.
- Recheck for feeling warmth and color.
- Monitor ABCs and wait for help to arrive.

EVENT 5--Brick Event

NOTES:

- This is a timed event.
- Bricks must be located in a minimum depth of 9 feet
- The distance and position (depth of the victim in the water and distance from the pool wall) must be equal for each team due to the timed nature of this event.
- *Mandatory* that each team supply a spotter to ensure rescuers do not hit their heads on the side of the pool
- The penalties are consistent with the brick retrieval from the pre-screen requirements
- **PENALTIES:** *5 second penalties for the following:*
 - *The rescuer does not come straight up*
 - *The rescuer performs an improper surface dive*
 - *The rescuers face does not stay out of the water Brick does not stay at the chest area*
 - *Brick is thrown onto the pool wall/gutter*
 - *Proper approach is not being used (e.g. rescuer does not keep head out of the water)*
 - *Using the bottom of the shallow end of the pool to propel yourself*
- **DISQUALIFICATION:** *automatic disqualification for the following:*
 - *2 false starts*

PERSONNEL:

- Judge (2 or 3) - LGIT
- Timer with Stopwatch

RESCUE EQUIPMENT:

- 10 lb Rubber Dive Brick (Provided by Team)

STEPS:

- Lifeguards start in water with one hand on side of pool
- Judge Prompts "Lifeguards, Take Your Marks... GO." (**Timing Starts**)
- Approach stroke to the opposite wall using either the breast stroke or front crawl. (**Head out** of water as on pg.62 of Lifeguarding Manual)
- Feet first surface dive. Appropriate mechanics must be used.
- Must come straight up from where lifeguard submerged. ****Lifeguards are not permitted to come up at an angle to cut off area of the pool...must surface as if doing a submerged victim rescue.**
- Contact brick and return to surface.
- Tow brick back to starting point, holding the brick with **two hands** (pg. 2-1 of the LGI Manual). Rescuers must keep their face above water the entire time when swimming back to the starting point. The brick must stay at the chest area.

Timing Stops when the brick is **gently** placed on the wall/gutter of the pool and the rescuer is standing on the deck with two feet firmly planted on the deck.

NO GOGGLES ARE PERMITTED!

EVENT 6 – Approach Stroke Relay

NOTES:

- This is a timed event.
- All 4 team members participate
- Each team member will swim one length of the pool (25 yards or meters).
- No running starts
- **PENALTIES:** 1 second penalties for the following:
 - *The rescuer loses the tube (each instance is 1 second)*
- **PENALTIES:** 5 second penalties for the following:
 - *The rescuers head is not kept out of the water*
 - *The rescuer fails to hold the excess line during entry*
 - *Advancing without the rescue tube in proper position*
- **DISQUALIFICATION:** automatic disqualification for the following:
 - *2 false starts*
 - *Improper entry*

PERSONNEL:

- Starter
- Judge, 2 per lane
- Timer, 1 per lane

RESCUE EQUIPMENT:

- Rescue Tube (Provided by Team)

STEPS:

- “Lifeguards take your marks... GO!” (**Timing Begins**)
- Enter the water from deck level with the rescue tube—securing shoulder strap, hold excess line in hand, tube under both arms.
 - **Stride Jump:** Use the stride jump with a rescue tube only if the water is at least 5 feet deep and you are no more than 3 feet above the water.
 - **Compact Jump:** Use the compact jump when you are more than 3 feet above the water, such as on a lifeguard stand, but do it only into water at least 5 feet deep. You can also use the compact jump from the deck into water less than 5 feet deep
- Approach the opposite end of the pool using either the modified breaststroke or front crawl on the tube—tube may not trail behind rescuer upon entry or approach. Also tube may not be below the waist of the rescuer at any time during the event.
- Touch the wall with at least 1 hand.
- Remove the shoulder strap and hand the rescue tube to the teammate.
- All remaining team members must follow the same procedures as listed above.
- When the last member of the relay touches the wall with at least 1 hand, **timing will stop.**
- Maximum of 10 possible place points for first place.

NO GOGGLES ARE PERMITTED!

Appendix 3

AMERICAN RED CROSS
LIFEGUARD COMPETITION
COMPETITOR REGISTRATION - Local

Participant Information:

Name: _____
Address: _____
Phone Numbers: Home: _____ Work: _____ Cell: _____
Email Address: _____
DOB: _____ Team: _____

Release

I/my minor child, _____, wishes to participate in the Lifeguard Competition on _____ at _____ (hereinafter "Event"). I understand and agree that I/my child am/is electing to participate in this activity at my/his/her own risk. I also understand that this Event requires a moderate degree of physical conditioning and stamina and involves strenuous lifting and carrying of participants and equipment. I/my child am/is physically capable of participating in the Event and I am not aware of any physical or medical condition that would interfere with my/my child's ability to participate.

In consideration for being allowed to participate in this Event, I release and discharge the American National Red Cross, American Red Cross of Greater Columbus, City of Groveport, YMCA of Central Ohio, The Local Lifeguard Competition Committee, and all employees, assignees, officers, members, agents and successors of the foregoing ("Releases"), from any and all claims for personal injury, death, or property damage arising from or in any way connected with my/my child's participation in the Event, except where the same is caused by the willful misconduct or gross negligence of the Releases.

Participant's Signature Date

Parent's or Guardian's Signature (if participant is under 18 years of age) Date

I further acknowledge that I/my child may be photographed during the course of the competition. I grant full and unlimited permission to the American Red Cross and its agents and affiliates to use my/my child's name, photographs or any other record of participation in this Event in any broadcast, telecast or other account of the Event for publicity purposes, without compensation, by placing my initials here. _____

EMERGENCY INFORMATION

Parent or Guardian Information (if participant is under 18 years of age)

Name: _____
Address: _____
Phone Numbers: Home: _____ Work: _____ Cell: _____

Emergency Contact Information:

Name: _____
Relationship to participant: _____
Phone Numbers: Home: _____ Work: _____ Cell: _____

Appendix 4

**AMERICAN RED CROSS
LIFEGUARD COMPETITION
TEAM REGISTRATION TRANSMITTAL - LOCAL**

TEAM NAME: _____
 POOL AFFILIATION: _____
 POOL ADDRESS: _____
 PHONE: _____
 EMAIL: _____
 TEAM REPRESENTATIVE/COACH: _____

COMPETITORS' NAME	Registration Form?
1	
2	
3	
4	
ALT.	

NOTE: Alternate team member only competes as a replacement for one of the regular competitors, not as an addition.

	EVENT	PRIMARY RESCUER	SECONDARY RESCUER
1	Active Victim Rescue		N/A
2	Passive Victim Rescue		
3	Spinal Injury		
4	First Aid		N/A
5	Brick Relay		N/A
6	Approach Stroke Relay	ALL TEAM MEMBERS	

- Each person on the team must be a primary rescuer in at least one event.
- Send Registrations to: YMCA: 6767 Refugee Rd, Canal Winchester, OH 43110 Attn: Elissa James

FEE: There is a \$35.00 registration fee to enter the Local Lifeguard Competition. A complete registration packet must be received by Elissa James at the YMCA by: July 7th, 2011.

- Cash, Checks, or Credit Cards will be the only acceptable forms of payment.

For Business use Date Received: _____ All Comp. Forms (Y/N) _____			
Paid \$		Check #	CC#: Name:
			# exp:

Points on Specific Events

Meet Manager/Volunteer Recruiter/Judges

Event 1 - Active Victim Rescue

- If more than one station, make sure victims are of equal size/weight as close as possible.

Event 3 – Shallow Water Spinal Injury Management

- If more than one station, make sure victims are of equal size/weight as close as possible.
- Each victim (of multiple stations) should be laying same distance and same direction.

Event 5 (Brick Race)

- Assign someone specific to place the brick after each team has completed event
- No goggles

Event 6 (Approach Stroke Relay)

- Whistle, bell or start gun should be used to START race
- No goggles