



# NEWS RELEASE



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For Immediate Release

## Best Lifeguards in Ohio Showcased Their Skills at Sunday's State Lifeguard Competition

**August 6, 2007** – Twenty-three teams made the trek from across Ohio to Dublin Community South Pool on Sunday to compete in the State Lifeguard Competition. The top overall teams included:

- First Place: Dublin North
  - Including: Jon Weirich, Stuart Benton, Amy Meeks and Kim Wigram
- Second Place: Oakley Pool - Cincinnati
- Third Place: Kettering Recreation Complex – Kettering

Lifeguards competed in six events including: Active Drowning Rescue, Passive Drowning Rescue (w/ CPR), Shallow Water Spinal Management, First Aid, Brick Race (which simulates a submerged passive victim) and the Approach Stroke Relay. While the competition is intended to be friendly and fun, the skills tested are ones that could mean life or death for an individual facing an emergency.

“Local communities are the ultimate winners of this competition. The impressive demonstration of lifesaving skills performed at Sunday’s competition directly impact swimmers’ safety at pools with Red Cross trained lifeguards,” said Scott Gerding, Aquatics Coordinator for the American Red Cross of Greater Columbus.

“These guards train hard and work hard to keep swimmers safe in and around the water.” Participating lifeguards swam a combined length of 80 football fields by the end of the competition, all in the name of saving lives. Visit [columbus.redcross.org](http://columbus.redcross.org) to learn more about Lifeguard and other safety training opportunities.

The American Red Cross of Greater Columbus is dedicated to helping make families and communities safer at home and around the world. Sustained by over 700 volunteers, the Red Cross provides assistance to nearly 500 families each year after home fires and other disasters strike. Last year the organization trained and educated more than 113,000 area residents in vital lifesaving skills like first aid, CPR and how to prepare for emergencies. The Red Cross also sent more than 800 emergency messages between members of the military and their families. The community transportation program provides rides to medical appointments for seniors and individuals with disabilities, logging nearly 17,000 trips last year. All these programs and more are made possible by the donations of time and money from the greater Columbus community.

Michael Carroll is the CEO of the American Red Cross of Greater Columbus and Michael Schoedinger serves as the board chair.

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