

POOL EMERGENCY ACTION PLAN

Signs of Accident Situations:

Preventative Lifeguarding – the term applied to a technique that prevents an accident by eliminating the hazard or hazardous behavior. Important aspects of preventative lifeguarding are knowing what to look for:

- The ability to know the signs of impending trouble in the water
- To recognize, even anticipate tip off actions or behavior of swimmers and non-swimmers

Activities that can result in a drowning situation:

- Children pulling themselves along the gutter into deep water or along a rope dividing shallow and deep water.
- Underwater breath holding or distance swimming contests.
- Poor swimmers who are obviously tiring.
- Pushing, particularly in deep water.
- Head first dives into shallow water
- Dunking other swimmers.
- Children using flotation devices in water over their standing depth.
- Gum chewing while swimming.
- Improper use of snorkel equipment.

Signs of Distress:

- Excessive thrashing of arms.
- Abnormal head bobbing in fear or panic.
- A facial expression of fear or panic.
- A complete disregard of, or failure to acknowledge a whistle.
- Frantic efforts to proceed in one direction, but body remain in a stationary position or moves in opposite direction.
- A cry for help.
- Watch out for a swimmer whose face remains on the surface, with arms extended, thrashing and who cannot level himself off or stand up.

Accident Procedures:

For a minor incident, give two sharp blasts of your whistle to alert other guard(s).

For a major incident, give one long blast of your whistle.

For a suspected Spinal Injury, give two long blasts of your whistle.

If you are the only guard on duty during a major accident, blow your whistle and clear the pool, radio the building supervisor or hit the emergency button.

- Following American Red Cross methods and procedures, whoever is closer to the victim immediately signals an emergency, enters the water, approaches the victim, and performs an active, passive, submerged, or spinal injury victim rescue, swimming extension rescue, reaching assist or other appropriate rescue or assist.
- The other person clears the pool, sends swimmers to the locker room if appropriate, notifies EMS and the Building Supervisor, then returns to help with the rescue.

Spinal Injury Victim:

- Following American Red Cross methods and procedures for spinal injury, whichever Lifeguard is closer to the victim immediately signals an emergency, shouts "EVERYBODY FREEZE", enters the water, approaches the victim, and performs in-line stabilization.
- The other Lifeguard calls 911, and the building supervisor, clears the pool and sends swimmers to the locker room after the first rescuer has applied in-line stabilization, then returns to help with the rescue.
- A Building Supervisor must be notified to help provide appropriate first aid care, supervision, or directions to EMS on how to enter the pool. Building Supervisor will be responsible for contacting Aquatics Director and Facility Director
- Ambulances should be instructed to enter the pool via the emergency exit doors for the pool on the south side of the Recreation Complex. The Building Supervisor should be waiting for them to guide them to the emergency. The doors should be propped open for EMS.
- Rescuers will follow universal precautions when giving fist aid.

Distressed Victim:

- The first rescuer moves the distressed victim to safety, and assists the victim from the pool. If a victim is unable to exit the pool with assistance then both rescuers remove the victim from the pool using the two-person removal from the water as taught in the American Red Cross Lifeguard Training.
- If EMS has not been called and if the victim is unable to exit the pool with minimal assistance and must be removed by both rescuers, immediately call EMS.
- Once the victim has been removed from the water the first lifeguard administers appropriate first aid and follows universal precautions.
- If EMS has not been called and if the victim's condition worsens or if any other life threatening conditions are found during the primary or secondary surveys, immediately call EMS.

Active Drowning Victim:

- The first rescuer moves the victim to safety, and assists the victim from the pool. If a victim is unable to exit the pool with assistance then both rescuers remove the victim from the pool using the two-person removal from water as taught in the American Red Cross Training.
- Once the victim has been removed from the water, the first lifeguard administers appropriate first aid and follows universal precautions and waits for EMS. Even when the victim seems not have sustained any serious harm, any active drowning victim should be evaluated by EMS.

Passive Drowning or Submerged Victim:

- The first rescuer moves the victim to safety, and both rescuers remove the victim from the pool using the two-person removal from water.
- Once the victim has been removed from the water, the first lifeguard administers appropriate first aid and follows universal precautions and waits for EMS.

Accident Reports:

An accident report must be completed as soon as possible after the emergency and given to the Aquatics Director.

In the event of a drowning or other serious accident the aquatics director will arrange for critical incident stress debriefing and class cancellations or substitute instructors as needed.

Weather/Other Emergency Situations:

Tornado Watch/Warning: The police department will notify the Rec Complex if there is a tornado watch/warning. In the event of a tornado warning guards will clear the pool immediately. Blow your whistle to gain the attention of the patrons, and announce that you have to clear the pool due to tornado warning. Help to guide them to the multi-purpose room in order to keep them safe. No minor (under 18) unaccompanied will be allowed to leave until the police department has notified us. We will highly encourage adults to remain in the facility, but it is their decision if they wish to leave.

Fire: Clear the pool immediately. Pull the fire alarm, and escort all patrons outside through the pool emergency exits toward the parking lot. Evacuate to parking lot at least 300 feet away from the building. Note location of fire extinguishers for small fires.

Severe Thunderstorm: Our facility is grounded, therefore, swimming during a lightening or thunderstorm is permitted. Be alert to respond to a possible tornado warning.

Other (gas leak, pump room fire etc.): Notify Building Supervisor/ Front desk of the emergency. Clear the pool immediately. Evacuate to at least 300 feet (far end of parking lot).