## Control Bystanders

You may need to control bystanders to prevent them from interfering with a rescue or emergency care. This may involve:

- Using a firm but calm voice to ask bystanders to move back so that care can be provided. Do not yell at patrons.
- Roping off areas or positioning chairs around the emergency site.
- Using the public address system to communicate with patrons.
- Repeating commands and requests as often as is necessary.
- Ensuring that EMS personnel have a clear path.
- Keeping bystanders and any children away from the rescue scene.

Any safety team member should be empowered to solicit aid from bystanders as appropriate, such as to summon EMS personnel or to help with crowd control. Always follow your facility's policies and procedures when seeking assistance from patrons. However, emergency plans should not rely on bystander aid in lieu of adequate staffing. Bystanders are not primary response personnel.

## Evacuate the Facility

In certain circumstances, such as a fire or violent situation, you may need to evacuate the facility. To evacuate everyone safely:

- Give the predetermined signal and instruct patrons to clear the pool or waterfront area.
- Follow the facility's evacuation procedures to clear all areas of the facility, including locker rooms, lobby areas and staff rooms.
- Direct patrons to a position of safety.
- Ensure that patrons do not re-enter the facility until the facility is declared safe for re-entry. In emergency situations, EMS, fire or law enforcement personnel will inform facility staff when it is safe to re-enter.

# After the Emergency

## Report, Advise, Release

After the emergency has been resolved, you and other members of the safety team still have three important tasks to complete: report, advise and release.

### Report the Incident

Staff members involved in the incident need to complete the appropriate incident report form as quickly as possible after providing care. Collect the required information about the victim, such as name, address and contact information, before you release the victim. After releasing the victim, you can continue filling out the information regarding the rescue. The person who made the rescue should fill out the form, recording only factual information of what was heard and seen and any action taken. Do not record personal opinions or information given to you by someone else. Depending on the circumstances, other lifeguards involved in the incident may sign your form as witnesses or fill out their own, separate forms.

## TRAINING WITH EMERGENCY PERSONNEL

As a professional lifeguard, you may have the opportunity to train with local emergency medical services (EMS) personnel, including emergency medical technicians, paramedics, firefighters and law enforcement officers. These training sessions can be beneficial to both lifeguards and EMS personnel. In addition to fostering good relationships, training together gives lifeguards a better understanding of their role on the EMS team and familiarizes EMS personnel with the aquatic facility's emergency procedures.


Your facility might offer a variety of joint in-service trainings including but not limited to:

- Medical emergency action plans and procedures.
- Emergency action plans for severe weather, and chemical and natural disasters.
- Threats to public safety and facility security.
- Types of equipment to be used during an emergency.
- Missing-person protocols for land and water.
- Public-indecency awareness.
- Demonstration of CPR/AED and lifeguarding skills.
- Practice and coordination of medical emergency action plans.
- Practice and coordination of missing person procedures.
- Practice and coordination of evacuation procedures for fire or other emergencies.
- Proper radio communications.
- Procedures for recognizing and handling suspicious behavior.

One of the benefits of these trainings is that you and your fellow lifeguards get a chance to see EMS responders in action and to practice interacting with them before an actual emergency occurs. For example, if your training session involves practicing how to transfer care to EMS personnel, you might discover that you may be expected to continue giving CPR even after EMS personnel arrive.

Likewise, EMS personnel may benefit from these training sessions by getting to see lifeguards carry out water rescues and provide emergency care. This gives EMS personnel the chance to become familiar with your skills and your facility's equipment.

Both EMS personnel and lifeguards benefit from trainings that cover emergency action plans. By practicing EAPs in advance, both have an opportunity to address potential problems. For example, while practicing an evacuation plan you may discover that the EMS stretcher does not fit in your facility's elevator.

Sometimes you will be responsible for requesting witness statements from bystanders, although this usually is done by a lifeguard supervisor or manager. Witnesses should write their names, addresses phone numbers and statements on separate, dated forms, describing the incident in their own words. Do not tell witnesses what to put in their statements and separate witnesses when they are completing their statements; if they are allowed to be together, they may talk to each other, which may distort their perception of the emergency.

Remember that documentation is important for legal reasons as well as for tracking when, where and how often incidents occur. Reports provide valuable information for facilities to use when they assess safety protocols, such as staffing levels or placement of lifeguard stations.

### Advise the Victim

Depending on the nature of the incident, your next step may be to advise the victim. For example, you might give the victim safety instructions to prevent a similar incident from recurring or recommend that the person follow up with a health care provider. In certain cases, you might advise the person not to return to the water for a period of time. In a serious or life-threatening emergency, it may be more appropriate to have EMS or medical personnel provide the advice. Always be certain to document your actions and any advice given to the victim on the incident report.

### Release the Victim

A victim may be released only when the rescue and emergency care provided by you and your safety team is complete. In some cases, you will release the person under his or her own care or to a parent, guardian, camp counselor, group leader, instructor or other staff member. In other situations, you will release the victim to the care of advanced emergency care providers, such as EMS personnel. Always be sure to document that the victim was released.

## Notify the Chain of Command

The facility's lifeguard supervisor or facility manager needs to be notified when emergencies occur. With a serious injury or death, the lifeguard supervisor or facility manager notifies the appropriate administrator(s) as soon as possible. The administrator works with responding agencies to determine who should contact the victim's family. Your chain of command also may offer advice and guidance on what needs to be done before reopening the facility.

## Check the Equipment and the Facility

All equipment and supplies used in the rescue must be inspected. You or other safety team members must report and/or replace all damaged or missing items before returning to duty. Properly clean and disinfect any equipment or areas of the facility exposed to blood or other potentially infectious materials. Use biohazard bags to dispose of contaminated materials, such as used gloves and bandages. Place all soiled clothing in marked plastic bags for disposal or cleaning. If the facility was cleared or closed during the incident, put all required equipment back in place before reopening the facility.

Remove any equipment involved in the emergency, such as a tube, sled or mat, from rotation until it is cleared by the lifeguard supervisor or facility manager.

# SAMPLE INCIDENT REPORT FORM

Date: _____ Time: _____ AM PM Day: Mon Tue Wed Thur Fri Sat Sun

**Facility Data:**

Facility: _____ Phone Number: _____

Address: _____

City: _____ State: _____ Zip: _____

**Patron Data:** (complete a separate form for incidents involving more than one person)

Name: _____

Phone Number: (H): _____ (Cell): _____

Address: _____

City: _____ State: _____ Zip: _____

Family Contact: Name: : _____ Phone: _____

Date of birth: _____ Age: _____ Gender: Male Female

**Incident Data:**

Location of Incident: (describe the location below and mark an X on the facility diagram)

Location: _____

Water Depth, if a water rescue: _____

Water Conditions: _____

Facility Condition:_____

Description of Incident: (describe what happened and include any contributing factors such as unaware of depth, medical reasons, etc.): _____

_____

_____

Did an injury occur? Yes No

If yes, describe the type of injury: _____

_____

**Care Provided:**

Did facility staff provide care? Yes No

Describe care provided in detail: _____

_____

_____

_____

_____

**Patron Advised:**

Describe any instructions provided to the patron: (cautioned to obey the rules, issued a life jacket, etc.) _____

_____

Patron returned to activity? Yes No

**Patron Released To:**

Self Parent/Guardian

EMS Transported off-site Medical Facility: _____

**Staff Information:**

Name and position title of staff that provided care: _____

Name(s) of assisting lifeguard(s) or staff involved in incident:

_____

_____

**Report Prepared By:**

Name: _____ Position: _____

Signature: _____ Date: _____

**Witnesses** (attach witness descriptions of incident)

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

**Witnesses** (attach witness descriptions of incident)

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

**Refusal of Care:**

Did victim refuse medical attention by staff? Yes No

If yes, victim (parent or guardian for a minor) signature: _____

Attachments:

*Note any attachments such as EMS personnel report or follow-up conversations with the victim and/or parents or guardian.*

If an injured victim was put on a backboard, EMS personnel usually will use that same backboard to transport the victim to a hospital. If this occurs, ask EMS personnel to temporarily exchange backboards with the facility; otherwise, immediately replace the backboard or close the facility until a backboard is available on site. Report any missing or damaged items to the lifeguard supervisor or facility manager.

## Take Corrective Action

Before reopening the facility, you or another member of the safety team should correct any problems that contributed to the incident, such as tightening a loose step on a ladder. If a problem cannot be resolved, you may need to restrict access to the unsafe area.

## Return to Duty

After completing your responsibilities for the rescue, return to surveillance duty at the appropriate lifeguard station. Follow the procedures for lifeguard rotations. Inform your supervisor if you need time to regroup or are too shaken by the incident to effectively focus on surveillance.

## Reopen the Facility

During or after a significant incident, the lifeguard supervisor, facility manager or another individual as identified in the EAP decides whether to close the facility temporarily and then, when to reopen. The decision may depend on safety issues, such as whether enough lifeguards are ready to return to surveillance duty, all of the required equipment is in place or spills involving blood or other potentially infectious materials have been cleaned up.

## Deal with Questions

Television or newspaper reporters, insurance company representatives and attorneys may ask questions about the emergency, as may people who are just curious. Do not give out any information about the incident or injured person. Only management or a designated spokesperson should talk to the media or others about an incident; your doing so may lead to legal action. The procedure for dealing with the media and others should be laid out in the policies and procedures manual and the EAP.

If people ask questions, let them know that you are not the appropriate person to speak to regarding the incident and refer them to the manager or spokesperson. Do not discuss the emergency with anyone who is not on the facility staff, except for safety team members who are there to assist staff. If the area where the incident happened is visible from public property, you cannot prevent people from taking pictures or filming from a public area. However, facility policy may state that permission from management is necessary before anyone is allowed to take photos or film inside the facility.

## Attend the Operational Debriefing

The entire safety team may attend a meeting to talk about what happened before, during and after the emergency. Avoid assigning blame or criticizing anyone's actions or reactions. Goals of the debriefing are to:

- Examine what happened.
- Assess the effectiveness of the EAP.

## CRITICAL INCIDENT STRESS

In an emergency, a person may react both physically mentally. Physical reactions include muscles becoming more tense and the heart rate and breathing increasing. Mental and emotional stress may manifest as sleeplessness, anxiety, depression, exhaustion, restlessness, nausea or nightmares. Some effects may occur immediately, but others may appear days, weeks or even months after the incident. People react to stress in different ways, even with the same incident. Someone may not even recognize that he or she is suffering from stress or know its cause.

A critical incident may cause a strong emotional reaction and interfere with a lifeguard's ability to cope and function during and after the incident. For lifeguards, critical incidents include:

- A patron's death, especially the death of a child or a death following a prolonged rescue attempt.
- An event that endangers the rescuer's life or threatens someone important to the rescuer.
- The death of a co-worker on the job.
- Any powerful emotional event, especially one that receives media coverage.

These catastrophic events are especially stressful if the lifeguard believes that he or she did something incorrectly or failed to do something—even after doing exactly what he or she was trained to do. This stress is called *critical incident stress*. It is a normal reaction. Someone experiencing this usually needs help to recognize, understand and cope with the stress. If this type of stress is not identified and managed, it can disrupt a lifeguard's personal life and his or her effectiveness on the job. Facility management should help by contacting a licensed mental health professional.

- Consider new ways to prevent similar incidents.
- Be alert for stress reactions after a critical incident. If the incident involved a serious injury or death and you need assistance in coping with the experience, a licensed mental health professional may help.

# EMERGENCIES OUTSIDE OF YOUR ZONE

Emergencies sometimes occur away from the water in places such as locker rooms, concession areas, entrance and lobby areas, mechanical rooms, playgrounds and play areas and parking lots.

You must be prepared to respond to these emergencies even though they are outside of the immediate aquatic environment and not part of your zone of responsibility.

If you witness or are told about an emergency when you are *not* on surveillance duty, you should activate the predetermined EAP signal. If the signal cannot be heard

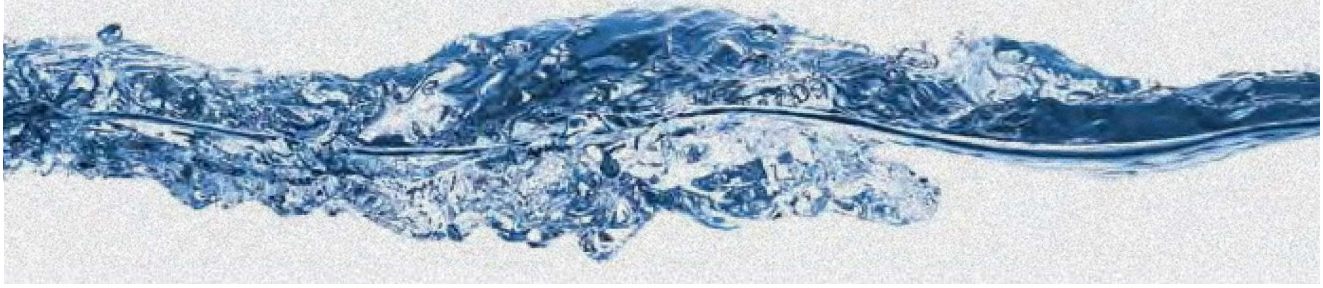
## THE NEED FOR RESCUE DATA

Training agencies, such as the American Red Cross, can gain a great deal of useful information from reviewing aquatic facilities' rescue reports. Knowing the details about the emergencies to which lifeguards respond and the rescue methods that they use while on the job can help these agencies to determine what lifeguards and management need to know to be prepared and effective in an emergency.

As one example, the Department of Kinesiology at the University of North Carolina at Charlotte has developed a rescue reporting system to gather information for this purpose. The ultimate goal is to help the Red Cross and others learn more about what actually takes place when lifeguards are called upon to respond to an emergency. This includes details, such as:

- Environmental conditions at the time of the rescue.
- How lifeguards identified the emergency.
- Type of equipment used.

The information is gathered in a multiple-choice format and is completely anonymous. All emergencies, from a complex rescue to a simple reaching assist, can be reported. To access the survey, go to water-rescue.uncc.edu.



from your location, and you cannot or should not move the victim, you should send a patron to alert another staff member to initiate the facility's EAP. In the meantime, size up the scene, assess the victim's condition and give appropriate care.

You also could be summoned by other safety team members to respond to or assist with emergencies in other parts of your facility, such as a gymnasium, childcare area, cardio or weight room, sauna or park area. Whereas some of these areas might be supervised by facility staff trained in basic first aid, lifeguards might be called upon to respond in an emergency because they are trained at the professional level. Follow your facility EAPs for leaving your zone of responsibility to assist in these types of emergency situations.

## WRAP-UP

EAPs are blueprints for handling emergencies. You need to know your EAP responsibilities and the roles given to all members of the safety team. Working as a team and practicing EAPs helps everyone know how to respond in an emergency and how to manage the stress it may cause.

CHAPTER 6

# Water Rescue Skills

You must always be prepared to enter the water to make rescues when on duty. This means that you have the proper equipment immediately available and are properly stationed to see your entire zone of responsibility. You should be scanning your zone, looking for signs indicating that someone may need help. If someone does need help, you must assess the victim's condition, perform an appropriate rescue, move the victim to safety and provide additional care as needed.

The skills discussed in this chapter will give you the tools needed to safely perform a rescue in most aquatic environments, although the steps may need to be modified, depending on the actual situation in the water. When performing a rescue, you should keep in mind the skill steps that you have learned, but focus on the ultimate objective—to safely rescue the victim and provide appropriate care. ■

# GENERAL PROCEDURES FOR A WATER EMERGENCY

In all situations involving a water rescue, follow these general procedures:

Activate the emergency action plan (EAP).

- Enter the water, if necessary.
- Perform an appropriate rescue.
- Move the victim to a safe exit point.
- Remove the victim from the water.
- Provide emergency care as needed.
- Report, advise and release.

## Activate the Emergency Action Plan

As soon as you recognize an emergency situation, always immediately activate the EAP (Figure 6-1).

Figure 6-1


Immediately activate your facility's EAP when an emergency situation occurs.

## Enter the Water, if Necessary

In some cases you will be able to use a reaching assist to pull a victim to safety from a deck or pier, such as a distressed swimmer at the surface. However, in most situations you will need to enter the water to perform a successful rescue.

You must quickly evaluate and consider many factors when choosing how to safely enter the water. Each time you rotate to a new station, keep in mind the following factors as you consider how to enter the water to perform a rescue: water depth, location and condition of the victim, location of other swimmers, design of the lifeguard station, your location, facility set-up and type of equipment used (rescue board, rescue buoy or rescue tube).

## Perform an Appropriate Rescue

The type of water rescue you use will depend on the victim's condition. This includes whether the victim is active or passive, at or near the surface, submerged, or possibly has sustained an injury to the head, neck or spine. You should ensure that the victim's airway is above the surface of the water as you move the him or her to a safe exit point.

Begin your rescue by approaching the victim. Always keep the victim or the location where you last spotted the victim within your line of sight. When swimming, always travel with the rescue tube strapped on during your approach to the victim. An exception may be a waterfront setting where additional specialty rescue equipment may be used, such as a rescue board or watercraft. You may approach the victim by:

- Walking with a rescue tube to the victim in shallow water.
- Swimming with a rescue tube to the victim.

- Traveling on the deck or beach for a distance, then swimming with a rescue tube to the victim.
- Paddling on a rescue board.
- Navigating in a watercraft.

As you near a victim you need to maintain control and may need to reposition your rescue tube, rescue board or watercraft before making contact. For all assists and rescues when the victim is in distress or struggling, communicate directly with the person. Let the victim know that you are there to help and give any necessary instructions using short phrases. For example, say "I'm here to help. Grab the tube."

Be aware that the victim's condition and location can change between the time you notice the problem and when you complete your approach. For example, a victim who was struggling at the surface may begin to submerge as you approach, requiring you to use a different type of rescue than originally planned.

## Move the Victim to a Safe Exit Point

After performing a water rescue, move the victim to a safe exit point. For some, this can be as simple as helping him or her to walk out of the water, such as in a simple assist. For others, it requires supporting the victim on the rescue tube while keeping his or her mouth and nose out of the water as you move to the safe exit point, such as in an active victim rear rescue.

Do not automatically return to the point where you entered; you may be able to reach another point faster. However, realize that the closest place on land may not be feasible for removing the victim: there may be limited deck space or lane ropes, or equipment or other features may block the way. Move quickly to the nearest point with appropriate access. Be sure that the chosen exit site has enough room to safely remove the victim from the water. You also will need enough space to provide any additional care needed, such as giving ventilations or CPR.

## Remove the Victim from the Water

Safely remove the victim from the water. For conscious victims, this may involve simply assisting the victim out of the water. For victims who are unresponsive or victims suspected of having a head, neck or spinal injury, you will need to use a backboard or a rescue board.

## Provide Emergency Care as Needed

The victim may need additional emergency care after the water rescue. This can range from helping the person regain composure to giving ventilations or performing CPR.

## Report, Advise and Release

After an emergency, you and other members of the safety team must complete incident report forms, advise the victim on the next steps and release the victim to the appropriate parties. Every water rescue should have a written report. Documentation is important for legal reasons as well as for tracking when, where and how often incidents occur. After the victim is out of the water and care has been given, advise the person, as appropriate, by providing any safety instructions

necessary to prevent the likelihood of the incident recurring. You then may release the victim to his or her own care or to a parent or guardian.

## TRAIN TO THE STANDARD, MEET THE OBJECTIVE

In this course and throughout your ongoing training, you will be taught how to perform water rescues based on American Red Cross standards. You will learn these techniques in a specific manner. However, in the real world, no two aquatic emergencies are exactly alike. Actual rescue situations often are fast-moving and rapidly changing. You may not be able to follow each step exactly as you have learned and practiced. So, in an actual rescue, keep in mind the skill steps you have learned, but your primary focus should be on the overall objective—saving the victim's life.

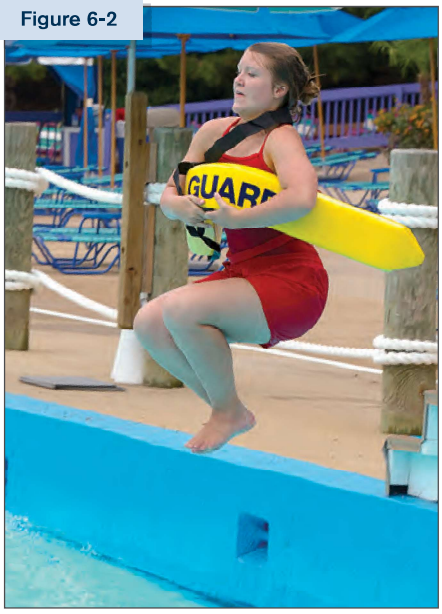
During this course and on the job, you must make decisions and handle situations as they occur. Keep in mind these four core objectives in any rescue situation:

- Ensure the safety of the victim, yourself and others in the vicinity. This includes the entry, approach, rescue, removal and care provided.
- Use a rescue technique that is appropriate and effective for the situation.
- Provide an appropriate assessment, always treating life-threatening conditions first.
- Handle the rescue with a sense of urgency.

## RESCUE SKILLS

This section contains summaries of water rescue skills that will be taught in this course, along with the objectives specific to each type of skill. Skill sheets describing the skill steps are located at the end of the chapter.

Figure 6-2



The compact jump can be used to enter water at least 5 feet deep from an elevated station.

### Entries

The objective of entries is to get in the water quickly and safely, with rescue equipment, and begin approaching the victim (Figure 6-2). It may not be safe to enter the water from an elevated lifeguard stand if your zone is crowded or due to the design or position of the stand. You may need to climb down and travel along the deck or shore before entering the water. The type of entry used depends on:

- The depth of the water.
- The height and position of the lifeguard station (elevated or at ground level).
- Obstacles in the water, such as people, lane lines and safety lines.
- The location and condition of the victim.
- The type of rescue equipment.
- The design of the facility.

There are several ways to enter the water for a rescue:

- **Slide-in entry.** The slide-in entry is slower than other entries,

but it is the safest in most conditions. This technique is useful in shallow water, crowded pools or when a victim with a head, neck or spinal injury is close to the side of the pool or pier.

- **Stride jump.** Use the stride jump only if the water is at least 5 feet deep and you are no more than 3 feet above the water.
- **Compact jump.** You can use the compact jump to enter water from the deck or from a height, depending on the depth of the water. If jumping from a height (when you are more than 3 feet above the water, such as on a lifeguard stand or pier), the water must be at least 5 feet deep.
- **Run-and-swim entry.** To enter the water from a gradual slope—zero-depth area, such as a shoreline or wave pool—use the run-and-swim entry.

## Rescue Approaches

The objective of a rescue approach is to safely, quickly and effectively move toward the victim in the water while maintaining control of the rescue tube, keeping the victim in your line of sight. The best way to swim to the victim using a rescue tube is with a modified front crawl or breaststroke (Figure 6-3, A–B). With the rescue tube under your armpits or torso, swim toward the victim with your head up, keeping the rescue tube in control at all times. For long distances or if the rescue tube slips out from under your arms or torso while you are swimming, let the tube trail behind (Figure 6-4).

Figure 6-3 A

Modified front crawl approach

Figure 6-3 B

Modified breastroke approach

If necessary, reposition the rescue tube in front of you before contacting the victim.

In shallow water, it may be quicker or easier to walk to the victim. Hold the rescue tube at your side and walk quickly toward the victim. If necessary, position the tube in front of you before contacting the victim.

## Assists

The objective of an assist is to safely and effectively help a victim who is struggling in the water and move him or her to safety. Assists are the most common way that lifeguards help patrons who are in trouble in shallow water.

Figure 6-4

Allow the rescue tube to trail behind you when swimming long distances.

Figure 6-5

Simple assist

An assist may be required to help a patron:

- Stand up because he or she is small or has been thrown off balance, such as by landing at the bottom of a slide (Figure 6-5).
- Get to the surface when he or she is submerged in shallow water.
- Enter and exit an attraction.
- Get in or out of inner tubes or rafts.
- Reach shallow water or a ladder when he or she is tired.

You also may use an assist for a patron who is stuck on a slide or becomes frightened. In this instance, you should climb up the slide to reach the patron and talk to the patron to help calm him or her and provide direction.

If you are stationed in the water, such as when standing in a catch pool, assists can be performed quickly without interrupting patron surveillance. However, if a rescue is needed instead of an assist, activate the EAP.

The most common assists include the:

- **Simple assist.** A simple assist can be used in shallow water and may be merely helping a person to stand. The simple assist also may be used to rescue a victim who is submerged in shallow water and is within reach.
- **Reaching assist from the deck.** To assist a distressed swimmer who is close to the side of the pool or a pier, use a reaching assist from the deck by extending a rescue tube within the victim's grasp. A swimmer in distress usually is able to reach for a rescue device. However, a victim who is struggling to keep his or her mouth above the water's surface in order to breathe may not be able to grab a rescue tube. In this case, you may need to enter the water to rescue the victim using a front or rear victim rescue.

## Rescuing a Victim at or Near the Surface

The objective of rescuing a victim at or near the surface of the water is to safely and confidently support the victim using the rescue tube before the victim submerges (Figure 6-6). The victim's airway should remain above the water while you move to a safe removal point, assess the victim's condition and then provide the appropriate care.

Figure 6-6

Active victim rear rescue

Use the following rescues for victims at or near the surface of the water:

- **Active victim front rescue:** for a drowning victim who is facing toward you
- **Active victim rear rescue:** for a drowning victim who is facing away from you
- **Passive victim rear rescue:** for a drowning victim is who is face-down at or near the surface in a vertical-to-horizontal position, seems unconscious and is not suspected of having a head, neck or spinal injury

## Rescuing a Submerged Victim

Figure 6-7 A

Rescuing a submerged victim.

Sometimes a drowning victim is below the surface. This could be in shallow water or in deep water beyond your reach. The objective in rescuing a submerged victim is to effectively and quickly go under water, make contact with the victim, bring him or her to the surface and support the victim on the rescue tube while maintaining an open airway (Figure 6-7, A—B). Continue to maintain an open airway while moving the victim to a safe exit point, remove the victim, assess the victim's condition and provide appropriate care.

Use the following rescues, based on the victim's position in the water:

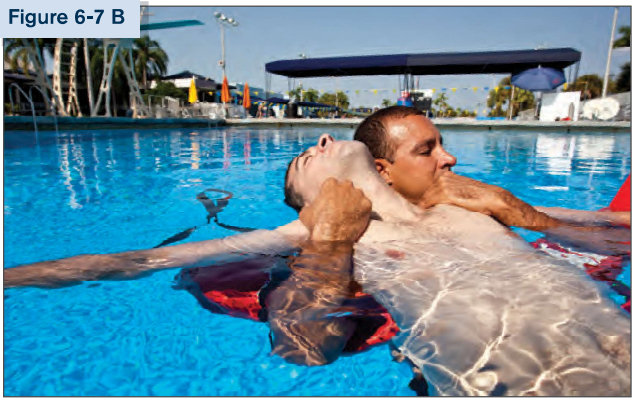
- **Submerged victim in shallow water:** for a victim who is passive, submerged in shallow water and beyond your reach
- **Submerged victim in deep water:** for a victim who is submerged in deep water

An additional lifeguard may be necessary to provide assistance, especially for a deep water rescue. For example, the additional lifeguard may need to retrieve and position the rescue tube if you had to remove the strap to reach the victim.

In deep water, surface dives enable you to submerge to moderate depths to rescue or search for a submerged victim. When a victim is below the surface, you must be able to get under water or to the bottom using one of the following:

- **Feet-first surface dive.**
- **Head-first surface dive.**

Figure 6-7 B



Bring the victim to the surface while supporting the victim on the rescue tube.

## Multiple-Victim Rescue

Sometimes two or more victims need to be rescued simultaneously. This may happen, for example, when a victim grabs a nearby swimmer to try to stay above the water (Figure 6-8) or when a parent attempts to rescue a child but is overcome by the child's strength. The objective for this rescue is the same as for any other active victim.

Several lifeguards should assist in a multiple-victim rescue, if possible. At least one lifeguard should check the bottom for possible submerged victims while other lifeguards rescue the victims at the surface.

Figure 6-8

Multi-victim rescue

## Removal from Water

At this stage in the rescue, the objective is to safely and effectively remove the victim from the water, taking the victim's condition into account, and to provide the appropriate care. You must