

VICTIM RECOGNITION PREVENTION & RESCUE





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This lecture is going to focus on the Potential Victim part of the “Preventative Action Equation”:

Preventative Action = Ocean Hazard + **Potential Victim**

As well as clearly differentiating between a preventative action and a rescue



GOALS

- Understand preventive actions that can be taken to avoid the need for a rescue.
- Be able to identify what a potential victim looks like.
- Identify the behaviour of a drowning victim.
- Explain the main parts of the rescue.

PREVENTION VS RESCUE

PREVENTATIVE ACTION: Action taken by a lifeguard to warn/move an identified potential victim out of an identified ocean hazard

RESCUE: When a lifeguard or their equipment makes physical contact with a victim to assist them in the water

NOTE: Preventative Actions can quickly become rescues

PREVENTION

Preventative actions are better than Rescues



- Good Work Day = 50 Preventative Actions; 0 Rescues
- Bad Work Day = 5 Rescues; 0 Preventive Actions

PREVENTION

- Staying active - not reactive
- Do not wait for the rescue to develop, be preventative
- Preventative actions sometimes require you to enter the water and assist.
- You should be able to recognize a problem before it is a rescue



PREVENTION

- Observe swimmers
 - “WATCH THE WATER”
- Discourage people to swim with clothes on *
- No Alcohol
- Keep swimmers away from: boats, vessels, surfers, heavy surf and other hazards
- Know your own beach
 - Underwater hazards: rocks and reef areas, in shore holes on the coast.



Recognition of Potential Victims

WARNING!

Culturally Relative Fallacy – It's important to note that characteristics of potential victims will vary by location.

The things that you think would look out of place on your beach, may be normal somewhere else!

EVALUATION OF THE PUBLIC:

- Age (young, old)
- Physical Fitness Appearance (obese)
- Incongruent activity capacity / skills under present ocean conditions (swimming / surfing ability, etc.)
- Unstable State (alcohol & drugs)
- Ditching flotation devices
- Wrong equipment for the activity or conditions:
 - Swimming / bodyboarding without fins –
 - Use of inappropriate clothing in the water

DETECTING A VICTIM IN DANGER: SCANNING TECHNIQUES

- Constantly observe area
- Keep Scanning
- Define Possible Victims
- Binoculars
- Polarized sunglasses



VICTIM RECOGNITION



Distressed swimmer

- Because of the distressed swimmers floating skills, he or she has enough control of their arm's and legs to keep their mouth above the surface of the water.
- May not be able to move towards safety.
- Able to breath and may call out for help!



Distress Indicators

- Facing shore
- Low head
- Low stroke (Doggy Paddle)
- Lack of kick
- Waves breaking over the head
- Catching large waves without body surfing
- Hair in the eyes
- Glassy eyes
- Heads together
- Hands waving
- Fighting the current
- Erratic activity
- Clinging to fixed objects

PHYSICAL INDICATORS OF A PERSON IN DANGER



Example of hair in the face with a misuse of a floatation device

PHYSICAL INDICATORS OF A PERSON IN DANGER



PHYSICAL INDICATORS OF A PERSON IN DANGER



Swimmers during the swim-leg of a triathlon.

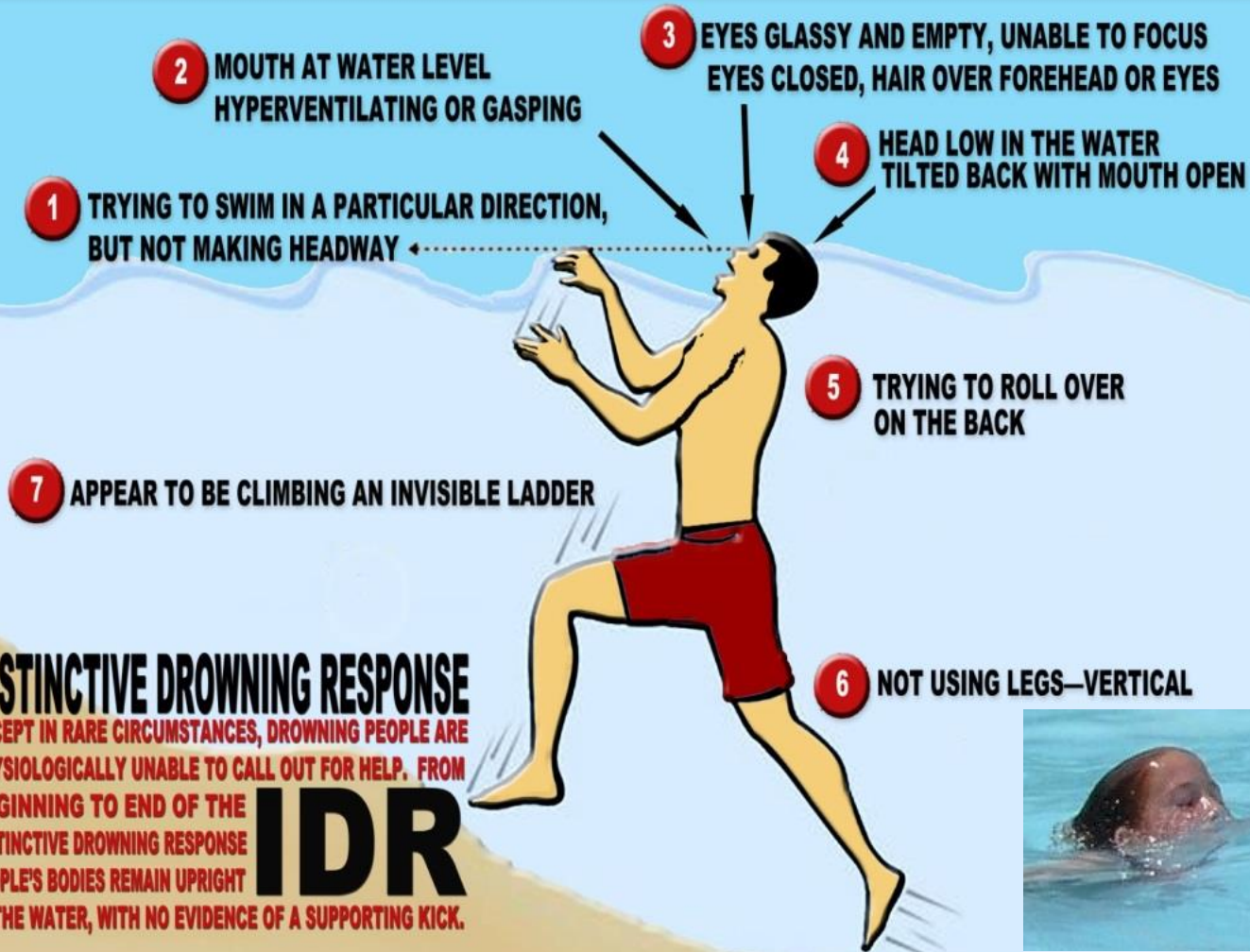
PHYSICAL INDICATORS OF A PERSON IN DANGER

Victim is getting help from others in the area.

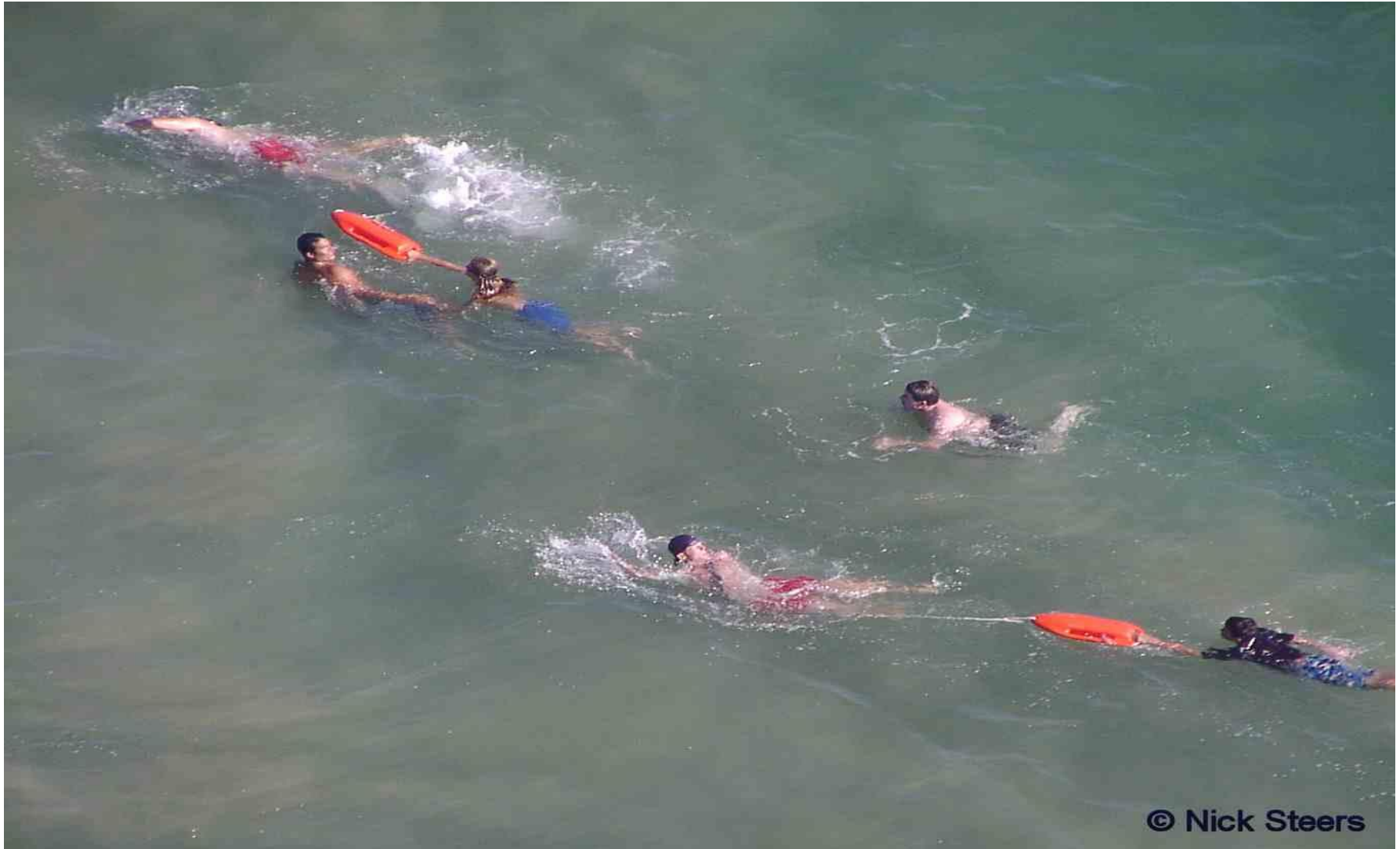


PHYSICAL INDICATIONS OF A VICTIM IN DANGER

WHAT DOES DROWNING LOOK LIKE?



The Rescue



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PERFORMING THE RESCUE

- Type of Rescue
- **Alert your team**, flankers, supervisor
- Run quickly but in control
- Choose entry point
- Control your equipment
- High Stepping
- Dolphining
- Swim with your head up! – don't lose sight of your victim.



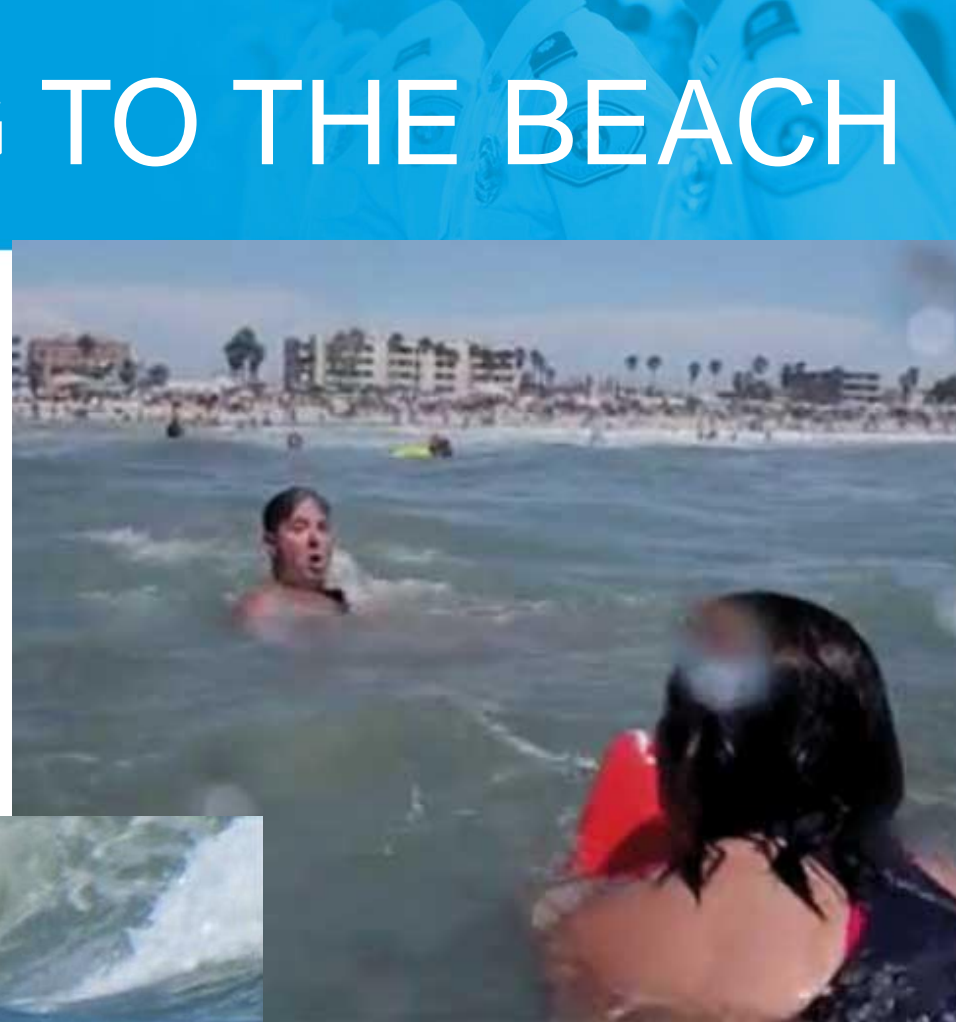
ARRIVING AT THE VICTIM

- Communicate with them as soon as possible and introduce yourself.
- Do not make direct physical contact.
- Stop about 2 meters before victim.
- Tell them what you want them to do.
- Hand over the rescue buoy.
- Take a moment to rest with victim.
- Reassure



RETURNING TO THE BEACH

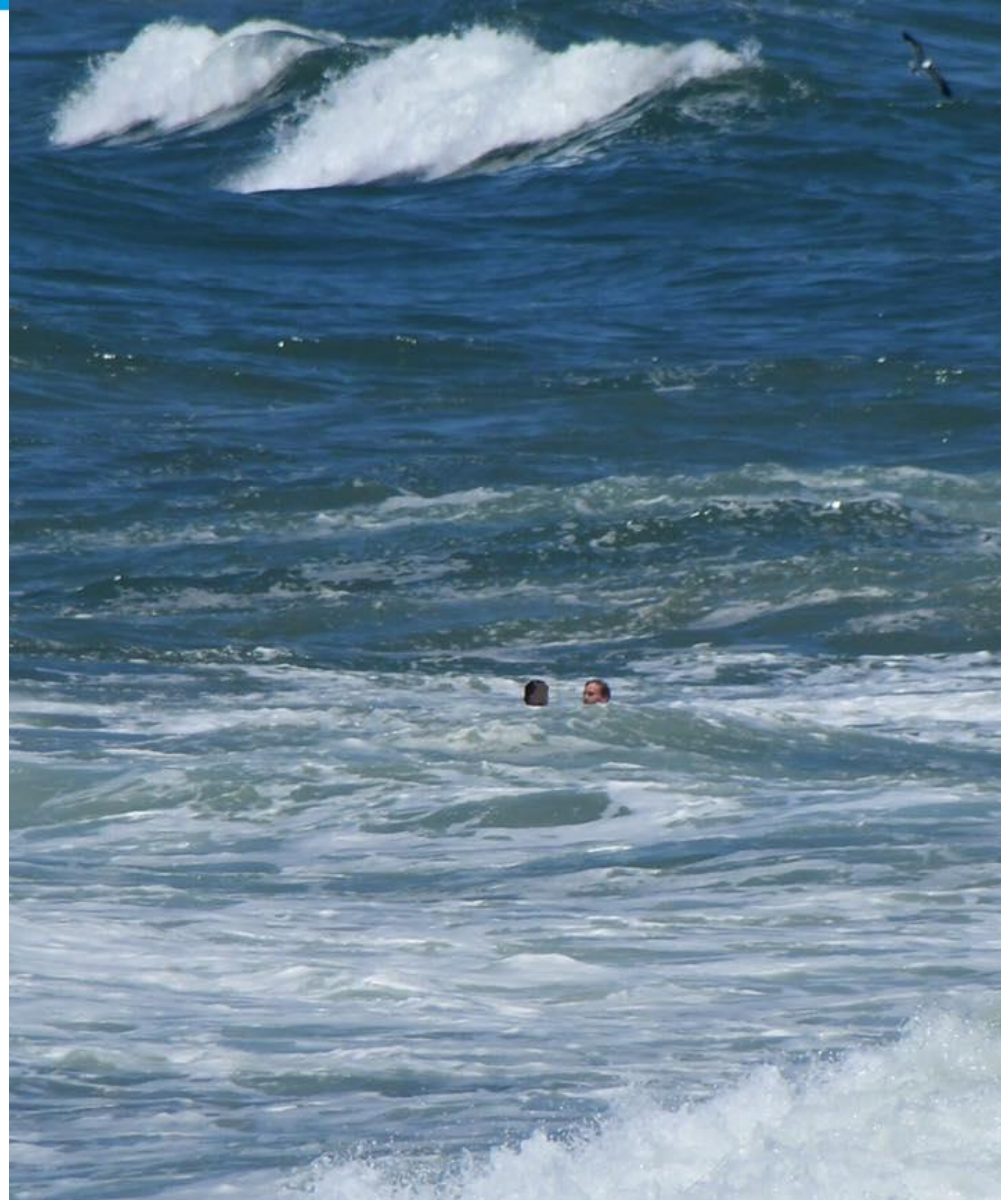
- Locate and use currents
- Look back -head up
- Ask the victim to kick
- Watch out for waves
- Alert other lifeguards.





RESCUE WITHOUT A BUOY

- **Last Option!!**
- Self Defense Approach
- Support arm of victim (Swim Assist)
- Cross-Chest Carry
- Be ready to escape from a panicked victim at all times!
- Try and find something that floats before entering water.



MASS RESCUE

- Request help (Utilize resources available)
- Use the buoy
- Lifeguard signals constantly
- Most - Affected victim uses the float
- Additional drowning victims need another buoy
- Leave the 1st buoy with the first victim
- Hook victims together if possible.
- Utilize command presence to calm victims



REVIEW: SIGNS OF A RESCUE

- Falling off Board
- Hair in face
- Hanging on rocks
- Vertical in water
- Poor stroke
- Stuck in rip
- Not making progress

