

ISLA ACADEMY VOCABULARY

Administrative Aid – A Deployment Role for ISLA Volunteers that are not lifeguard certified.

Beach Safeguards: Academy Cadets that are not able to meet ISLA Lifeguard certification standards but participate in the academy; formerly known as the “low” or “Larry” group.

Beanies - Also known as a “Surf Cap”, must be always used by both instructors and cadets while in the water.

Burnside Buoy – Another term for a rescue can, named by its inventor Bob Burnside.

Cadets: Students taking the ISLA Basic Open Water Lifeguard Academy, formerly known as participants.

Code 2 - An urgent call for assistance (non-life threatening), that could also be used to mean “Come to me”. Signaled with a static vertical arm or buoy. Code signal is acknowledged by the receiver by sending the same signal in return, then proceeding urgently towards the code 2 giver.

Code 3 - An expedited emergency response for a life-threatening situation; requires emergency lights and siren for an emergency vehicle. Signaled with a waving side-to-side vertical arm or buoy. Code signal is acknowledged by the receiver by sending the same signal in return.

Code 4 - OK, Acknowledgement, or no assistance necessary. Signaled with a static horizontal arm or buoy. Signal can also mean “Are you ready to start the physical event?” or “I’m OK”.

Code X - Code word which signifies a missing (submerged) swimmer and causes implementation of an emergency plan for locating and retrieving a missing swimmer; signaled by crossing the arms overhead in the form an X. Code signal is acknowledged by the receiver by sending the same signal in return.

Deployment Role – Not to be confused with ISLA Rank or Certification Level, its a specific assigned / volunteered role taken by an instructor during a ISLA Academy. I.e Diplomat, Operation Commander, Head Instructor, Co-Head instructor, Media Specialist, Beach Accountability Supervisor, Water Safety Supervisor, Lead Safeguard Instructor, Drill Instructor, Classroom Specialist, Assistant Safeguard Instructor, Assistant Instructor. See the ISLA Deployment Roles & Duties document for more info.

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DNF - Acronym for “Did Not Finish”, is used to denote when a cadet that failed to complete a physical event.

Dolphining – The action of jumping out and over/under waves with arms extended once the water is too deep for high stepping.

Drowning - The process of experiencing respiratory impairment from submersion/immersion in liquid.” Drowning outcomes should be classified as: death, morbidity (injury), and no morbidity (non-injury).

Heats – For safety reasons, a large group of cadets can be divided into heats for swims.

High Steps (high stepping) – The action of using high knees then jumping over small waves to enter the water quickly; used before dolphining.

Holding-A-Line - Using two fixed points on land to help the instructor fight the current and maintain a fixed position in the water.

Host - The organization, agency, partner, or person that ISLA is working with to conduct the humanitarian project. This is the main contact that is in communication with the ISLA Project Coordinator.

Ins and Outs – used for various reasons including exercise, discipline, or for “smokescreen-ing” where cadets go in and out of the water (usually around instructor turnarounds that signal a code 4). Good for practicing high knees & dolphining.

Instructor On-The-Board – performed by the Water Safety Supervisor instructor role. This instructor oversees setting up the physical event, the safety of cadets in the water, and is responsible for the spacing of instructors Safety Aiding the physical event, as well as quickly filling in areas that are lacking instructor coverage. Even though they provide a great visual reference point to the swimmers in the water, the instructor on the board should NEVER be used a turnaround point in the water as the pack of swimmers swimming around the board trap the instructor in place, and don’t allow them to “hold-A-line” or respond quickly to an emergency.

ISLA Instructor (Certification Level) - A trained professional lifeguard working as a ISLA volunteer, who is assisting the Head Instructor (ISLA Instructor 2) during ISLA Academy. Also known as an Assistant Instructor.

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ISLA Instructor 2 (Certification Level) - Is a "Field Grade" ISLA Marine Safety Officer who is the certifying officer of the ISLA Academy. Instructor 2's have the ability to train and certify ISLA Basic & Advanced Open Water Lifeguards. Instructors 2's prepare Sr. Instructors for the MSO exam, and need the approval of an ISLA Instructor 3 in order to conduct an ISLA Academy.

ISLA Instructor 3 (Certification Level) - Approves Academy requests from ISLA Instructor 2's and can train and certify ISLA Instructor 2's with the approval of the ISLA President.

ISLA Operation – Formerly known as an "ISLA Project" or humanitarian development project. There are three types, Training Academy, Lifeguard Exchange, Train the Trainer.

ISLA Rank – Not to be confused with Deployment Role or Certification Level. Awarded based on ISLA experience, past performance, skills, testing, and dedication to the organization.

Lifeguard Start - Also known as a "Flag Start", which is laying on your stomach, elbows out, hands on top of each other, chin on hands facing forward, with ankles touching together.

Marine Safety Officer – A highly experienced lifeguard, international traveler, and qualified ISLA official capable of leading a ISLA Operation and certifying a Training Academy. Possesses an ISLA Lifeguard 2 Certification.

Operation Commander – Formerly known as Project Leader or Operation Leader. A general title given to the "Boots on the ground" ISLA leader that is responsible for organizing and executing the ISLA Operation. ISLA rank must be "Squad Leader" or above for non-Academy projects; "Watch Commander" for ISLA teams larger than 6 volunteers. The ISLA Operation Commander MUST have the rank of Marine Safety Officer to lead an operation with a training Academy.

"Push Up Position" - an expression, used for various reasons including exercise, discipline, or for "smokescreen-ing" Instructors must always do push-ups with cadets unless it's used for a cadet's individual behavior modification.

Parallel "Box" Swim - Type of course for a physical event where the instructors form a horizontal line out in the water that makes the cadets swim out, parallel to shore, then swim in. Box Swims are the easiest to set up and safest for the cadets as the parallel

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portion of the swim can be conducted close to shore. The 1st physical event of the ISLA Academy is always a 500m Box Swim.

Perpendicular “Line” Swim - Type of course for a physical event where the instructors (or buoys) form a straight line out to sea that makes the cadets swim out, then swim in. Line Swims are difficult to set up and maintain (without buoys), as instructors need to constantly fight the current and conditions to “hold-A-line”. The major benefit of this swim is that instructors in the center can safety aid cadets on both sides of them. Line swims also builds confidence in the cadet's ability to swim far out to sea.

Peterson Tube – Another term for a rescue tube, named by its inventor Pete Peterson.

Preventive Action (PA) - Verbal commands or advice to potential victims in order to help them avoid or extricate themselves from a ocean hazard or dangerous area; note: a preventive action is not a rescue.

Rescue - Any case in which a lifeguard physically assists a victim in extrication from the water when the victim lacks the apparent ability to do so alone. If the victim touches any part of the lifeguards rescue equipment that is considered a rescue.

Safety Aiding – The technique/method of how ISLA instructors keep cadets safe during swims. Safety Aiding provides vigilance over the training cadets during a physical event. Spacing and communication with other instructors is crucial to maximize coverage.

Senior ISLA Instructor - An experienced ISLA instructor who is training to become an Instructor 2. Sr. Instructors usually hold the ISLA Rank of “Squad Leader” or “Watch Commander”. Sr. Instructors may be given the deployment role of Head Instructor during a training Academy.

Smokescreen - Is a term used only amongst instructors, which is a filibuster or distraction given to the cadets (usually in the form of push-ups or a run) in order to allow time for the instructors plan and organize the next activity/ event.

Squads – A neat evenly spaced-out group of cadets.

Squad Check – Can be performed by any ISLA instructor at anytime, but **MUST** always be done before entering and after exiting the water from a physical event or practical water skills.

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Squad Leader – The cadet at the front of reach line responsible for knowing everyone's name in his squad, and where they are at so that they may perform a "squad check".

"Suits and Beanies" - an expression, tells cadets to get into swimsuits and have their beanies tied on their heads (to be prepared to get in the water).

Turnaround – any location used as a marker (both in the water and on the sand) for cadets to return to another location. If an instructor is used as a turnaround they should be wearing their beanie and signaling code 4 with the rescue can/buoy.

Turtle/Tail Position – Performed by the Lead Safeguard Instructor role and wears a blue and green instructor beanie. This instructor is at the very back of the pack of cadets who are engaged in a physical event. This instructor is responsible for staying with the last swimmer(s) until the end of the event, as well as making the decision to label cadets as DNF'ers at the beginning of the event.

Uniform (for students): Red trunks, beanie in pocket, and ISLA shirt tucked in.

Warrant Marine Safety Officers – Special ISLA Rank awarded to Hosts of an ISLA Operation.

Waterline: where the water meets the sand