

## Four Corners: Drowning Resuscitation (required)

### Equipment needed:

- Gather CPR manikins and airway supplies (*CPR mask*)
- Rag to clean manikins (*keep clean*)
- Soap and water to make foam

### Necessary information to teach:

- Drowning is a process (*Fatal, non-fatal +/- complications*)
- Explain signs/symptoms (*blue lips/skin, not breathing, foam*)
- Explain drowning = lack of OXYGEN to brain
- Drowning specific CPR:
  - Shake and shout
  - Call for help/ambulance
  - Head-tilt/Chin lift/Jaw thrust
  - Give patient 5 rescue breaths ASAP
    - Do NOT wait for Bag Valve Mask (*BVM*) + Oxygen tank; Room air is sufficient
    - Show C/E grip on CPR mask
    - BVM with oxygen is ideal
  - Then 30 compression to 2 rescue breaths
  - Suction/clear vomit (~85%); “push through” foam
- Suggestions:
  - Use car engine with/out gas analogy to explain hands-only CPR vs. drowning-specific CPR
  - Oxygen, Oxygen, Oxygen
  - Sing “*Stayin alive*” (*100-120 Beats per min*)
  - Ensure full chest recoil, straight elbows, knees next to patient, correct hand placement

## Four Corners: Bleeding Control (required)

### Equipment needed:

- Bleeding control training kit with fake limbs
- Rolled gauze, towels, t-shirts
- Approved tourniquets (*don't use in-service ones*)
- Pressure bandages

### Necessary information to teach:

- Why blood is important
- Bleeding control Procedure:
  - Call for help/Ambulance
  - Hold direct pressure (strong grip)
  - Pressure bandage
  - Pack a junctional wound with gauze
  - Tourniquet 2-4” above
    - Only stop tightening when bleeding stops
    - Will be painful
- Suggestions:
  - Pool noodle with lacerations/punctures
  - Boat with hole, needs to be plugged

## Four Corners: Code X

### (optional)

#### Equipment Needed:

- Last seen “buoy” or “marker” if appropriate for conditions
- Victim (living or an object)
- Reporting party
- Rescuers/participants

#### Necessary Information to Teach:

- Find “last seen point”
- Use sighting technique of lining up 2 frontal distal objects as well as one lateral object once at last seen point. Initiate orientation.
- Review hand signals for redirection of single rescuer by incident commander. Include Code X signal.
- Introduce surface dives aka “spot dives/hasty search”
- Introduce a search pattern: line search (aka grid search), or circle search (starting at last known point and expanding out like a radar screen line).

#### Suggestions:

- Curious bystanders or non-class members who are interested in activity work well as “submersion victims”
- Designate roles: incident commander, 1<sup>st</sup> rescuer, and additional resource lifeguards. Before beginning exercise.
- Can be performed on the sand, an open field, or from the water (more difficult for communication).

## Four Corners: Hand Signals

### (optional)

#### Equipment Needed:

- Participants
- Rescue tube/can
- Incident commander/director

#### Necessary Information to teach:

- Review hand signals for: inside, outside, left, right, code x, code 4, assistance needed, and emergent return to beach/cancel event signals. Signal with and without rescue tube/can.

#### Suggestions:

- Can be introduced on land, and then transitioned to water for additional aquatic time.
- Races or “games” can be created with directional signals, such as: swimmers not being shown the correct course and signalers needing to direct them to the finish line.

## Four Corners: Spinal Board

### (optional)

#### Equipment needed:

- Spinal board or makeshift spinal board such as surf-board
- Makeshift spinal straps
- C-collar, if appropriate/realistic as a resource in country

#### Necessary information to teach

- Mechanism of spinal injuries/when to suspect spinal
- Assessment skills of the spinal patient
- Limiting lateral movement of head, neck or spine
- Long axis movement of patient if necessary, slowly.
- Communication with movement of patient

#### Suggestions

- Time permitting, can introduce different starting points for initiation of care (standing, sitting, laying down)
- Time permitting, consider aquatic spinal precautions
- Spinal immobilization in the field w/out equipment. (sand barriers, holding in-line c-spine with hands).

## Four Corners: Victim Carry

### (optional)

#### Equipment Needed

- Participants

#### Necessary information to teach

- Appropriate and safe lifting techniques.
- Types of carries and indications (C-spine, large victim, unconscious victim, small rescuer).
- Assessing shoreline for holes, sand banks, and the entry/exit paths with least resistance.
- Communicating with partner if non-solo carries introduced.
- When completing carry, bring patient to high-dry sand.
- Recovery position.

#### Suggestions

- Can intensify this station and transition from aquatic rescue, to carry, to CPR or medical aid