

# ISLA PHYSICAL EVENT JOB AID

Alert the MSO of any possible safety concerns ASAP. Only ISLA Sr. Instructors can call off, cancel, or modify a Physical Event. Cadets should NEVER be in the water without an instructor. If a cadet is injured, in the water or on the beach, it is our ISLA Instructors' fault for failing to enforce rules, not recognizing hazards, or mitigating any risks proactively. Before cadets go in & after they come out of the water, always:

1. Form the class in squads to begin & continue to maintain accountability. Check swim beanies.
2. Use the Squad Leaders; confirm status by simply asking each one "Is everybody here?"
3. Have the class "sound off" to confirm the reported count. *Trust, but verify.*

## Responsibilities of the **Turtle / Tail Instructor** include:

1. Keeps all cadets in front of them on the Physical Event course.
2. Stays behind the last swimming cadet until they are out of the water (so that all Instructors know that the Physical Event is officially over).
3. Oversees DNF-ing participants that are taking too long to enter the water or swim past the surf zone.
4. Leaving the Turtle / Tail position to swim a participant back to shore puts others in danger. In the rare & extreme circumstance that the Turtle / Tail needs to assist a distressed swimmer to shore, advise a nearby Instructor to take the Turtle / Tail position. The instructors should then relay-communicate ("play telephone") to each other who the new Turtle / Tail Instructor is. The Rescue Board Instructor can relay the information faster.

## Responsibilities of the **Rabbit / Front Instructor** include:

1. Leads the Academy cadets around the course while periodically turning on back to observe & ensure safety procedures are still in place and being followed.
2. While swimming past course marking buoys, checks in and sees if all are Code 4.
3. This position is reassigned first (or deleted completely) to help other sections if necessary, and responds to medical emergencies.

## Responsibilities of the **Back of the Pack Instructors** include:

1. DNF-ing cadets taking too long to enter the water or get past the surf zone.
2. Identify the difference between slow, distressed, & drowning cadets. RESCUE drowning cadets!
3. Ensure that at least one Instructor stays within communications distance of the Turtle / Tail to take over the position if necessary.
4. When working with a distressed swimmer, verbally encourage them to continue. Use the "carrot" method with your rescue buoy by keeping it just out of the swimmer's reach. But keep in mind that giving the cadet a rest on the buoy will disqualify them. Meanwhile, continue to observe other swimmers & maintain your spacing with the other Instructors.
5. If a cadet refuses to return to shore when directed to, do not argue...you do not have time. Your responsibility is with the rest of the event. Pass the supervision of the cadet to the Turtle / Tail to keep an eye on the refusing cadet.

## Responsibilities of the **Turnaround Buoy Instructors** include:

1. Keep your buoy in the Code 4 position above your head so that you are clearly visible continuously.
2. Triangulate your position in two separate directions to ensure that you stay in the same location.
3. Keep in constant communication, both verbal & non-verbal, with your flanking instructors.
4. Keep your eyes on each swimmer as they approach, encouraging them as they pass.

## Responsibilities of the **Rescue Board Instructors** include:

1. Having the best vantage point, ensure that the Instructors in the water don't "bunch up" around a few swimmers. Tell the Instructors to "spread out, move-up, move-down, etc." to fill gaps in Safety-Aid coverage.
2. Being able to move quickly over the water, constantly paddle back & forth along the outside edge of the pack of swimmers (creating an outside border).
3. Be the main responder to Code 2 or Code 3 buoy signals from the other Instructors.
4. Coordinates rescue of panicked swimmers with other rescuers but remains in water to coordinate all ISLA lifeguards.

## Responsibilities of the **Instructor(s) that have Unspecialized Roles** while Safety-Aiding include:

1. Never enter the water without your ISLA beanie, or go for a swim or run on the beach without your buoy & fins.
2. Report cadets who DNF-ed to the Head Instructor by swim beanie number ASAP.
3. Watch your spacing in the water with other Instructors. If there are more than 3 Instructors within yelling distance, you probably need to spread out.
4. Constantly keep your head "on a swivel" watching swimmers in front, behind, & all around you.
5. Motivate & encourage cadets, but do not be afraid to DNF a swimmer who will obviously not finish the event & might pose a danger to the entire group.
6. If a cadet unknowingly swims in the wrong direction with their head down, hold your buoy up in Code 4 & start yelling at the group of swimmers "Swim towards me!" to reset the pack in the correct direction. Or, physically stop them & direct them to swim to a specific Instructor who yells "Swim to me!" or, use your body as a firm border so as they bump into you, they are forced in the right direction without altercation. Repeat this option if needed.
7. If an Instructor 2 yells a command to you, acknowledge with a Code 4 signal & carry out the order. Please do not take the command personally, the Instructor 2 is only being direct & projecting their voice so that you can hear it. If their tone upsets you, speak with them professionally in private after the event.

If there is any apparent "down" time, both before & after the Physical Event, keep the cadets constructively occupied (the Drill Sargent should be doing most of this):

1. Never ask other Instructors in front of cadets "What are we doing next?".
2. Using the Squad Leaders, reconfirm accountability and better align the formation.
3. Lead the cadets in warmup or cooldown exercises & stretching. Realign the formation afterwards.
4. Conduct an academic review of lecture material. Ask the question, pause, call on a cadet. Speak clearly and loud enough to the cadet that is in the back. If necessary, close in the formation.
5. "Discipline" the class for slowness, disorganized formation, etc. with pushups & / or flutter-kicks. Lead by example & do the exercise with the cadets...& always remember to smile!