

Additional BSA Lifeguard Study Notes:

FIND Model

- F – Figure out the problem
- I – Identify possible solutions
- N – Name the pros and cons for each solution
- D – Decide which solution is best, then act

RID Model

- R – RECOGNIZE the instinctive drowning response
- I – Duties the INTRUDE on the guard's primary responsibility
- D – Allowing DISTRACTIONS to divert attention

Safe Swim Defense (SSD) (In the quick):

- Qualified Supervision – 21 years old or older and trained on SSD (minimum training); only 1 supervisor required for the activity
- Personal Health Review – Depending on limitations, swimming should be open to all
- Safe Area – Search area to remove hazards or mark locations
- Rescue Personnel – Lifeguards, Swimming and Water Rescue trained, trained in line/tender rescues
- Lookout – Understands SSD and monitors weather and area for potential hazards
- Swim Abilities – 3 levels (Non-Swimmer, Beginner, and Swimmer)
 - Non-Swimmer – no specific test, still encouraged to get in and meet instructor
 - Beginner – Jump into water over your head, surface, swim a total of 50 FEET to include 1 sharp turn
 - Swimmer – Jump into water over your head, surface, swim a total of 100 YARDS to include at least 1 sharp turn. The first 75 yards are to be a strong forward stroke (crawl, breaststroke, or sidestroke) then 25 yards using a resting backstroke (Elementary Backstroke). Once the distance is complete, show you can float (usually on back)
- Buddy System – Can be doubles or triples. Primary purpose is to help watch buddy if there is an issue
- Discipline – Without this, we have chaos

Minimum ages for BSA Lifeguard

- For application, minimum age is 15
- For serving as lifeguard at pool, minimum age is 15
- For serving as lifeguard at open water, minimum age is 16

Water depths:

- Non-Swimmers – Waist to chest-deep
- Beginners – Max depth should be just over the head
- Swimmers – Max depth 12 feet in clear water (max of 8 feet in turbid water)
- For entering water from elevated platform, minimum depth should be 5 feet
- Maximum height for diving is 40 inches (about 1 meter)
- Minimum depth for diving into the swim area is 7 feet
- Turbid water defined as a swimmer treading water cannot see their feet

BSA Guard Ratios:

- Swimming event – 1 guard per 10 swimmers (Cub Scout, Scouts BSA, and Venturing)
- Boating event – 1 guard per 10 boats (Scouts BSA and Venturing); 1 guard per 5 boats (Cub Scouts)

Buddy Tag Markings:

- Non-Swimmer – buddy tag left without any markings (no colors, just name and unit number)
- Beginner – buddy tag has only top colored red
- Swimmer – buddy tag has top colored red and bottom colored blue

Spinals:

- Two basic techniques to immobilize – in-line stabilization and head-chin splint
- Apply technique based on the situation
- If victim is not breathing, work to get them out of the water using a backboard as quick as possible and then take action as needed.