

USLA 2018 AGENCY CERTIFICATION APPLICATION SUPPLEMENT

Version 7.0 3/15/2018

SEA BRIGHT OCEAN RESCUE

STANDARD OPERATING GUIDELINES



CERTIFIED

2018

SEA BRIGHT OCEAN RESCUE STANDARD OPERATING GUIDELINES

MINIMUM STANDARDS:

Training: Open Water Lifesaving
Methods and Curriculum

Feb 2018



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Purpose: To establish the minimum standards that set the initial open water lifesaving training and re-current continuing education for all **Seasonal Ocean Lifeguard** personnel. All training must be compliant with the USLA Minimum Standards for Seasonal Open Water (ocean) Lifeguard under the 2017 Revised Agency Certification Program.

Categories of Education and Training:

1. Initial Training "Rookie School"
2. Recurrent Lifeguard Continuing Education (CE)

Divisions of Training:

A. Pre-Requisite

- Physical Assessment (**New Hire initial assessment - 500 meter pool Swim Test**)
- Pre-season **500 m Swim Test** completed < 10 minutes (Recurrent)
- Current BLS and First Aid Certification

B. Pre-Service "Rookie School"

- Rookie Selection
- Rookie Training
- Field Training (Integrated) completed within 30 days of the start of Rookie Training.

C. IST - In-Service Training - Recurrent Guard School

- Scheduled structured training
- Skills Verification and Testing

D. Annual Competency Testing - including **Swim Test:- 500 meters completed < 10 minutes**

- Rookie - Module Testing and Rookie Ocean Qualification
- Recurrent - Annual Ocean Qualification

1. Initial Training – Pre-Service "Rookie School" 70 hours (64 hours minimum + 6 hours flex)

- I. USLA Open Water Lifesaving Required Curriculum of no less than 43 hours covering identification and demonstration of Knowledge Objectives and Skills Objectives found in Sections I. II. III. IV. V. VI. VII. VIII. IV. as found in the **Open Water Lifesaving Agency Certification Standards @ USLA.org Published 4/29/2017.**
 - **SWIM TEST** - Includes module swim test (pool) 550 yards completed in < 10 minutes
 - **River Rescue**- hours include integrated swift water rescue training covering NFPA 1670 (swift water rescue 17.3.3 17.3.2 17.3.3) Published JB Learning September 2017 taken from the revised 2017 IAFC NFPA1600 and NFPA 1670 manual for Water Rescue.
- II. 21 hours of additional medical training completed before field training assignment - See SOG Training-Medical (initial)
- III. Competency Testing 6 hours- Ocean Qualification "Rookie Test"
 - **SWIM TEST**- Includes (surf) Open Ocean 500 meter swim completed in < 10 minutes

2. Recurrent Continuing Education (CE) IST - minimum 16 hours annually:

- I. Minimum yearly CE requirement is 16 hours completed during In-Service Training evolutions and testing spread throughout the season. Recurrent training will cover various Rescue and Medical topics within the following curriculums:
 - USLA "Required Course Curriculum" as outlined in the Agency Certification Program standards revised 4/29/2017 as found at www.USLA.org Sections I. through IV.
 - NFPA 1600 and 1670 (**swift water rescue** 17.3.3 17.3.2 17.3.3 and **surf rescue** 20.3.1, 20.3.2, 20.3.3) Published JB Learning September 2017 taken from the revised 2017 IAFC NFPA Guidelines
 - **Annual Ocean Qualification** - includes ocean swim test
 - **SWIM TEST**- 550 yard open water timed swim completed in < 10 minutes annually

SEA BRIGHT OCEAN RESCUE STANDARD OPERATING GUIDELINES

Minimum Standards: Training - Medical (Initial) Curriculum and Certification

Feb 2018



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Purpose: To outline the initial curriculum and standards for medical training and certification for Rookie personnel including the 21 hours of additional medical training consistent with the USLA Agency Certification Program Minimum Standards. This 21 hours of training will be integrated into the 64 total hours of initial ocean lifeguard Rookie Training completed within 30 days of the start of training.

1. Pre-Requisite MEDICAL Certifications: (Seasonal Ocean Lifeguard)

All OCEAN LIFEGUARD personnel will maintain the following minimum required medical certifications for the duration of the summer season, Any lapse in certification will be met with removal from the roster until re-certification is obtained.

1. **BLS HCP Certification** with a course content compliant with AHA BLS for Healthcare Professionals
SOG: Supplemental Document 1A BLS - Course Outline
2. **First-Aid Certification** with a course content compliant with AHA Heart Saver First Aid
SDOG: Supplemental Document 1B First Aid - Course Outline

2. Pre-Service Medical Training - Pursuant to the USLA's guidelines for Agency Certification **all 21 hours of medical aid and HCP BLS certification must be completed before any assignment on the beach.**

Methodology:

- **Lecture and video:** 15% of medical training will be completed either by lecture and or integrated AHA lecture and video presentations.
- **Skills Instruction:** 25% of training will be completed with skills training segments focused on teaching the skill as it will be tested. Critical Fail Criteria is enforced during this training.
- **Teaching [skills] Scenarios** 30% of training will occur during scenario training where the student is evaluated on their ability to assess and identify medical problems and perform their skills during situational recreations of actual medical emergencies.
- **Skills Testing** 15% of training will be completed in the form of testing. The majority of these hours will be credited during the Rookie's ocean qualification test.
- **Homework Assignments and Integrated Review** 15% Homework assignments including online FEMA courses and blood borne pathogen training completed off-duty and reviewed in detail at the beginning of each day.

3. ADDITIONAL MEDICAL TRAINING - (Rookie) **21 hours of additional medical aid training and BLS certification must be completed before assignment on the beach.**

a) Resuscitation Under Special Circumstances - 7 hours

This training is not part of the standard AHA HCP BLS course and provides additional supplemental training for the Rookie in the art of resuscitation. This is extra training in addition to the lifeguard's BLS certification. The focus is drowning resuscitation using information found in the 2015 (2010) AHA ECC Special Circumstances of Resuscitation Guidelines as listed on the AHA website <https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-guidelines-2/part-10-special-circumstances-of-resuscitation/>

SUBJECT	hours
Drowning Resuscitation	2
Trauma Resuscitation	1
PIT-Crew CPR / High-Performance CPR	2
Environmental Emergencies	1
Opioid and Drug OD	.5
Shock and Lightening Strikes	.5

b) EMR Medical Response Training - 14 hours

Medical training specific to the current NHSTA Published Education Standards for Emergency Medical Responder found on the NHSTA web site: https://www.ems.gov/pdf/education/National-EMS-Education-Standards-and-Instructional-Guidelines/EMR_Instructional_Guidelines.pdf. This training will also contain supplemental material related to aquatic medical care as outlined in the 2017 USLA Manuel for Open Water Lifesaving 3rd edition.

SUBJECT	hours	SUBJECT	hours
Medical Legal Considerations AMA RMA	1	Introduction to Oxygen Therapy and Devices	1
Infection control and PPE	1	Injuries Related to Aquatic Life	.5
Traumatic Injury Head Neck and Extremity	1.	Spinal Injuries - water and beach presentation	1.5
Bleeding Control and Wound Care	1	SCUBA Related Illness Diving Emergencies	.5
Traumatic Chest Injury Sand Hole Collapse	1		
Incident Command – FEMA ICS System	2		
Basic Ambulance Orientation Operations	.5		
Packaging (Beach Extrication)	1		
Airway Management and Suctioning	2		

SEA BRIGHT OCEAN RESCUE STANDARD OPERATING GUIDELINES

Minimum Standards:

Training -Medical Recurrent Curriculum and Certification

Feb 2018



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Purpose: To establish the standards for annual medical refresher training for Recurrent Ocean Lifeguards. This training will be no less than 6 hours per year (season.)

1. Recurrent MEDICAL Refresher (CE) Education and Training:

All Recurrent Ocean Lifeguards will receive a minimum of **6 hours** of CPR and medical refresher training and testing annually. Incorporated into the summer training schedule, all refresher medical training will be accomplished utilizing In-Service Training and will occur throughout the summer season.

In-Service Training (IST) - Medical 6 CE hours annually for a total of 12 hours every two years (minimum) –

- a) Includes CPR and First-aid recertification each 2 year cycle.
- b) Includes on duty IST refresher training evolutions following current USLA, NHSTA and AHA ECC medical curriculum(s) The following topics and skills shall be reviewed throughout the lifeguard season-
 - Current trends in treatment of fatal and non-fatal drowning
 - Environmental injury and drowning resuscitation per AHA ECC (2010) 2015 guidelines found under “Special Circumstances of Resuscitation”
 - Basic airway management and mechanical suction unit competence
 - Basic wound care
 - Specific training in the management of traumatic injury including life-threat bleeding control and motion restriction following spinal cord trauma
 - Medical legal issues, implied consent and refusal of medical care
 - Personal Safety- Infection control and proper use of PPE
 - High performance CPR and aggressive drowning resuscitation efforts

2. Yearly Rescue and Medical Skills Competence Verification:

All Recurrent Ocean Lifeguards - Before annual Ocean Qualification Testing, during testing and thereafter each Recurrent Ocean Lifeguard depending on job designation must demonstrate competence of some or all of the following core rescue and medical skills. Competency verification evolutions (scenarios) will occur throughout the lifeguard season either individually or in teams.

Core Rescue and Medical Skills

- Water Rescue Conscious Victim
- Water Rescue Unconscious Victim
- Water Rescue Code-X leading to drowning resuscitation
- Primary Assessment with airway management water's edge
- Shark Accident Rescue -Catastrophic Bleeding Control
- Spinal Motion Restriction, water extrication
- Resuscitation CPR (Pit Crew) High Performance CPR, beach extrication
- AED Deployment and Operation on the move
- Basic Splinting and Bandaging
- Victim packaging
- Sand Hole Rescue airway management and extrication

SEA BRIGHT OCEAN RESCUE STANDARD OPERATING GUIDELINES

Minimum Standards: Seasonal Ocean Lifeguard "ROOKIE"

Feb 2018



CERTIFIED

Purpose: To establish the minimum standards for the initial education, training and certification requirements of an ocean lifeguard. (compliant with 2017 revised USLA Guidelines for Agency Certification.)

I. **Medical Clearance** – The Ocean Lifeguard Trainee must be at least **16 years old**. Prior to beginning Rookie he/she must obtain a medical exam and clearance for the rigors of ocean lifeguard duties including adequate vision, hearing acuity, stamina and general health. Fit for Duty form must be signed by an MD DO, PA or ARNP.

I. **Pre-Requisite Medical Certifications:** (see SOG: Training - Medical)

1. Each Rookie Ocean Lifeguard will complete the following medical training and certification courses prior to their first field training assignment. **certifications required are:**

- **BLS HCP Certification** with a course content compliant with AHA BLS for Healthcare Professionals
SOG: Supplemental Document 1A BLS - Course Outline
- **First-Aid Certification** with a course content compliant with AHA Heart Saver First Aid
SDOG: Supplemental Document 1B First Aid - Course Outline

II. **Pre-Service - Initial Ocean Rescue Training – "ROOKIE SCHOOL"**

1. **Open Water Lifesaving 74 hours 64 hour minimum course requirement:** [+ 6 hours for Rookie Test [initiated 2017]

Minimum of 64 hours of open water lifesaving training must be completed within 30 days of Rookie Selection and prior to assignment to independent ocean lifesaving duties. Rookie School follows the USLA's "Required Course Curriculum" as outlined in the Agency Certification Program standards revised 4/23/2017 as found at www.USLA.org Sections I through IV.

** See SOG - Training - Open Water Lifesaving

- **16 hours - Rookie Selection** Basic Ocean Rescue- following USLA Required Curriculum covering basic lifeguard duties, water observation, risk management and open water rescue techniques Included is emergency medical response training. This phase is focused on the evaluation of basic water rescue competence and physical fitness. **Must complete 500 m swim in < 10 minutes to advance to Rookie Training.** Covering topics pulled from sections I thru IV. of the USLA's Required Course Curriculum **(7 hours of additional medical training included)**
- **24 hours - Rookie Training** Advanced Ocean Rescue - Structured classroom and scenario based training in advanced open water rescue techniques, aquatic medical response, aquatic risk management, search and rescue, specialized ocean and basic swift water rescue, lifeguard communications and scene management. All training compliant covering topics pulled from sections I thru IV. of the USLA's Required Course Curriculum **(14 hours additional medical training included)**
- **24 hours - Field Training (Tower Training)** Rookies will complete at least 24 hours of their initial training requirement assigned to a field training officer. Trainees will be assigned to a lifeguard stand with a supervising Ocean Rescue Specialist overseeing their activity for the entire shift. The Rookie's performance will be closely monitored and their performance accurately documented as they experience various lifeguard situations outlined in sections I thru IV. of the USLA's Required Course Curriculum

21 Hours of Additional (integrated) Medical Training- Rookies must complete their 21 hours of additional medical training prior to entering Field Training: Please see SOG Minimum Standards Training- Medical (Initial) Curriculum and Certification.

III. **Written Test:** Ocean Lifeguard Trainees will take a comprehensive Ocean Rescue Operations Exam and must receive a minimum passing score of 80% before independent assignment on the river bank or ocean front.

IV. **Ocean Rescue Qualification (Rookie Test) + 6 hours** - All rookie ocean lifeguards must complete and pass their Ocean Rescue Qualification Test before independent assignment on the ocean front. This test will include-

1. 500 meter open ocean swim completed < 10 minutes
2. 400 Meter Run swim Run completed < 6:00 minutes
3. Rescue Scenario - Water Confidence Testing Panicked Swimmer
4. Rescue Scenario - Drowning Resuscitation CPR AED Scenario
5. Sand Hole Collapse (team scenario)

SEA BRIGHT OCEAN RESCUE STANDARD OPERATING GUIDELINES

Minimum Standards: Recurrent Lifeguard (Seasonal Ocean Lifeguard)

Feb 2018



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Purpose: To establish the minimum standards that set the education, training and certification requirements of all recurrent ocean lifeguard personnel. (compliant with USLA guidelines for Agency Certification.)

I. Medical Clearance – The Recurrent Ocean Lifeguard must be at least **16 years old** and he/she must obtain a medical exam and clearance for the rigors of ocean lifeguard duties including adequate vision, hearing acuity, stamina and general health. Fit for Duty form must be signed by an MD DO, PA or ARNP. .

II. Pre-season Swim Test Each Ocean Lifeguard will compete a **500 meter swim in less than 10 minutes** witnessed and documented by a super or pre-approved designee authorized by an Ocean Rescue Supervisor.

III. Pre-requisite Medical Certification: Certification must remain current until re-certification testing on July 3rd 2018

1. Each Recurrent Ocean Lifeguard will compete the following medical training and certification courses prior to them receiving a duty assignment. Pre-season **certifications required are:**

- **BLS HCP Certification** with a course content compliant with AHA BLS for Healthcare Professionals
SOG: Supplemental Document 1A BLS - Course Outline
- **First-Aid Certification** with a course content compliant with AHA Heart Saver First Aid
SDOG: Supplemental Document 1B First Aid - Course Outline

IV. Initial Ocean Rescue Training REQUIREMENT – Open Water Lifesaving

1. The Recurrent Ocean Lifeguard must have **previously** completed an initial USLA compliant open water lifesaving course of at least **64 hours** in duration their first year of employment

** see: SOG Minimum Standards Training – Open Water Lifesaving

2. New Hire Lifeguards trained at another USLA Certified Agency must:
- Provide proof of initial 40 hours of lifesaving training
 - Provide proof of 21 hours of CE completed in additional medical training
 - Complete SBOR's initial RWC River Rescue Course (Mather Rescue)
 - Complete at least 22 hours of CE under Sea Bright Ocean Rescue

V. Continuing Education and Training 22 hours (per season) **16 hours minimum**

The Recurrent Ocean Lifeguard must complete annually:

- **6 hours** of medical refresher training
 - including Core medical skills competencies
 - including recertification in CPR and First Aid
 - **16 hours** of refresher training in advanced open water lifesaving (including Ocean Qualification testing) topics pulled from the following curriculum:
 - USLA "Required Course Curriculum" as outlined in the Agency Certification Program standards revised 4/29/2017 as found at www.USLA.org sections I. thru IV.
 - NFPA 1600, 1670 (swift water rescue 17.3.3 17.3.2 17.3.3 and surf rescue 20.3.1, 20.3.2, 20.3.3) Published JB Learning September 2017 and taken from the revised 2017 IAFC NFPA Guidelines
- ** see: SOG Minimum Standards Training – Training - Open Water Lifesaving

VI. Written Test: yearly Ocean Lifeguards will take a comprehensive Ocean Rescue Operations Exam and must receive a minimum passing score of 80%.

VII. Ocean Qualification Testing - 6 hours - All recurrent ocean lifeguards must complete their Ocean Rescue Qualification testing each year before July 3rd. This test will include

1. 500 meter open ocean swim completed < 10 minutes
2. 400 Meter Run swim Run completed < 6:00 minutes
3. Rescue Scenario - Advanced
4. Rescue Scenario - (Drowning Resuscitation)
5. Critical Medical Scenario
6. BLS Skills Testing

SEA BRIGHT OCEAN RESCUE STANDARD OPERATING GUIDELINES

Minimum Standards: OCEAN RESCUE SPECIALIST (Seasonal Ocean Lifeguard)

Feb 2018



CERTIFIED

Purpose: To establish the minimum standards that set the education, training and certification requirements for the job title of Ocean Rescue Specialist. The Ocean Rescue Specialist is considered a senior ocean lifeguard with a secondary duty assignment to the Surf Rescue Team. This SOG also encompasses all ORS-Lifeguard Supervisory Positions.

- I. **Medical Clearance** – The **Ocean Rescue Specialist** must be at least **18 years old** and he/she must obtain a medical exam and clearance for the rigors of ocean r including adequate vision, hearing acuity, stamina and general health. Fitness for Duty form must be signed by an MD DO, PA or ARNP.
- II. **Pre-requisite Experience and Screening** – To qualify as an **Ocean Rescue Specialist** an Ocean Lifeguard must
 1. Show proof of **1000 hrs** of experience at an ocean front beach.
(*EMT certification and one year with a local Rescue Squad may be substituted for 400 hrs of experience)
- III. **Pre-season Swim Test** - The **Ocean Rescue Specialist** must compete a **500 meter swim in less than 10 minutes** witnessed and documented by a super or pre-approved designee authorized by an Ocean Rescue Supervisor.
- IV. **Pre-requisite Certifications:** certifications must remain current until re-certification testing on July 3rd 2018

The **Ocean Rescue Specialist** will compete the following medically focused training and certification courses:

- a) **BLS HCP Certification** with a course content compliant with AHA BLS for Healthcare Professionals
SOG: Supplemental Document 1A BLS - Course Outline
- b) Professional EMS certification Emergency Medical Responder, EMT or Paramedic
 - Minimum medical certification includes completion of EMR training of no less than 40 hours covering NHSTA Curriculum and become certified as a NJ EMR, National Registry EMR or ASHI EMR.
- c) Completion of (PWC) NJ State boating safety course and certification

V. **Initial Training – Open Water Lifesaving and Advanced Open Water Lifesaving**

The Ocean Rescue Specialist must show proof of completion:

- Minimum training requirements for Seasonal Ocean Lifeguard as outlined in the SOG -Training Open Water Lifesaving (initial)

VI. **Recurrent Education and Training IST (Advanced Lifesaving) - Minimum 22 hours (annually)**

The Ocean Rescue Specialist must complete all 22 hours of CE requirement.

- 6 hours of medical refresher training annually or 12 hours every two years
- 16 hours of refresher training in advanced open water lifesaving and rescue (including Ocean Qualification testing)
 - USLA “Required Course Curriculum” as outlined in the Agency Certification Program standards revised 4/23/2017 as found at www.USLA.org objectives pulled from sections I thru IV.
 - NFPA 1600, 1670 (swift water rescue 17.3.3 17.3.2 17.3.3 and surf rescue 20.3.1, 20.3.2, 20.3.3) Published JB Learning September 2017 and taken from the revised 2017 IAFC NFPA Guidelines
 - Training and testing for SRT personnel focused on high risk low probability rescues including.
 - 1) Submersed swimmer Code-X
 - 2) Sand Hole Collapse
 - 3) RWC crewman check-off (River and Ocean)
 - 4) Resuscitation (Team Leader)

VII. **Written Test: yearly** Ocean Lifeguards will take a comprehensive Ocean Rescue Operations Exam and must receive a minimum passing score of 80%.

VIII. **Ocean Rescue Qualification Testing + 6 hours** - The ORS must complete their Ocean Qualification testing each year before July 3rd of that season. The ORS test will include:

1. **500 meter open ocean swim completed < 10 minutes**
2. 400 Meter Run-Swim- Run completed < 6:00 minutes
3. Rescue Scenario - Advanced RWC crew or operator
4. Rescue Scenario - Drowning Resuscitation
5. Critical Medical Scenario (Team Leader)

SEA BRIGHT OCEAN RESCUE STANDARD OPERATING GUIDELINES

Minimum Standards:
Ocean Lifeguard Supervisor
Ocean Rescue Specialist
(Seasonal Ocean Lifeguard)

Feb 2018



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Purpose: To establish the minimum standards that set the education, training and certification requirements for each of the three levels of **Ocean Lifeguard Supervisor**.

Lifeguard Supervisor: There are three levels of lifeguard supervisor they are:

1. **Ocean Rescue Specialist - Captain**
2. **Ocean Rescue Specialist - Lieutenant**
3. **Ocean Rescue Specialist - Sergeant**

I. **Ocean Rescue Captain - Minimum Standards**

- a) Appointed by the town council based on written recommendation from the Beach Manager
- b) Must meet all training and certification requirements of Ocean Rescue Specialist
- c) Must have at least 400 hours experience as an Ocean Rescue Lieutenant
- d) Must have 2000 cumulative hours of experience as an Ocean Rescue Specialist
- e) Certified EMT or MICP (paramedic) State of NJ
- f) BLS and First Aid **instructor** certification from either ASHI, AHA or ARC
- g) Open Water Scuba Certified (preferred)
- h) Complete IS 100 b, IS700, and IS 800 training courses (Incident Command)

II. **Ocean Rescue Lieutenant (Lifeguard Training Officer) - Minimum Standards**

- a) Appointed by the Beach Manager based on recommendation from the Ocean Rescue Captain
- b) Primary lifeguard instructor and course coordinator
- c) Must meet all training and certification requirements of Ocean Rescue Specialist
- d) (Preferred) 400 hours experience as an Ocean Rescue Sergeant
- e) Must have 1000 cumulative hours of experience as an Ocean Rescue Specialist
- f) Certified EMT or MICP (paramedic) State of NJ or NREMT
- g) CPR and First Aid instructor from ASHI, AHA or ARC
- h) Compete IS 100 b, IS700, and IS 800 training courses (Incident Command)

III. **Ocean Rescue Sergeant (Field Training Officer) Minimum Standards**

- a) Appointed by the Beach Manager based on recommendation from the Ocean Rescue Captain
- b) FTO and Lifeguard Instructor
- c) Must meet all training and certification requirements of Ocean Rescue Specialist
- d) Must have 1000 cumulative hours of experience as an Ocean Rescue Specialist
- e) (preferred) Certified EMT or MICP (paramedic) State of NJ or NREMT
- f) (preferred) CPR and First Aid instructor from ASHI, AHA or ARC
- g) Compete IS 100 b, IS700, and IS 800 training courses (Incident Command)

SEA BRIGHT OCEAN RESCUE STANDARD OPERATING GUIDELINES

Document:1A

Minimum Standards:
Supplemental Document
BLS for HCP Course Outline

2018



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Purpose: To establish the accepted modalities and course content for Basic Life Support (BLS) training and certification for all ocean lifeguard personnel attached to either Sea Bright's Lifeguard Agency or Aquatic Rescue Response Team.

The modalities and course outline listed below are from the American Heart Association's certification course: **BLS for Health Care Professionals** which is the training program of choice for SBOR. Training and certification in BLS from either ASHI or American Red Cross are acceptable so long as they have a skills component and contain all content equivalent to the following **course description and a length of 4.5 hours in duration covering the following subjects : 1 person and 2 person adult, child and infant CPR, AED operation, use of barrier devices and Bag Valve Mask resuscitators, relief of foreign body airway obstruction (FBOA), Stroke CVA assessment.**

BLS - Instructor-Led Training



CLASSROOM

UPDATED TO REFLECT
GUIDELINES
2015 CPR & ECC

The BLS Course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED.

In the Instructor-led course, students participate in simulated clinical scenarios and learning stations. Students work with an AHA BLS Instructor to complete BLS skills practice and skills testing. Students also complete a written exam.

Features

- Reflects science and education from the *2015 AHA Guidelines Update for CPR and ECC*
- Instructor-led, hands-on class format reinforces skills proficiency
- Emphasis on high-quality CPR including a team dynamics classroom activity
- Video-based course with real world scenarios

HeartCode® BLS



BLENDED

UPDATED TO REFLECT
GUIDELINES
2015 CPR & ECC

HeartCode BLS uses a variety of eLearning assets such as dramatizations, eSimulations, animations, self-directed learning, and interactive activities to teach students BLS knowledge and skills.

After completing the online portion, students attend a structured BLS Hands-On Session with an AHA Instructor. This session focuses on meaningful skills practice, debriefing, team scenarios, discussions of local protocols, and skills testing. Where available, students may also complete the hands-on session with a voice-assisted manikin (VAM).

HeartCode BLS is for healthcare professionals seeking an alternative method for completing an initial or renewal BLS Course.

Features

- Updated science and education reflecting the *2015 AHA Guidelines Update for CPR and ECC*
- Includes in-facility and prehospital tracks; student chooses his/her track before starting the HeartCode BLS Online Portion
- Enhanced learning experience through eSimulations, life-like animations, video scenarios, and knowledge checks
- Accessible version available for students with hearing, vision, and/or motor impairments on OnlineAHA.org only.

Course Content

- High-quality CPR for adults, children, and infants
- The AHA Chain of Survival, specifically the BLS components
- Use of an AED
- Effective ventilations using a barrier device
- Importance of teams in multirescuer resuscitation and performance as an effective team member during multirescuer CPR
- Relief of foreign-body airway obstruction (choking) for adults and infants

SEA BRIGHT OCEAN RESCUE STANDARD OPERATING GUIDELINES

Document:1B

Minimum Standards:
Supplemental Document
First Aid - Course Outline

2018



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Purpose: To establish the accepted modalities and course content for First-Aid training and certification for all ocean lifeguard personnel attached to either Sea Bright's Lifeguard Agency or Aquatic Rescue Response Team.

The modalities and course outline listed below are from the American Heart Association's course: **Heart Saver First Aid** which is the training program of choice for SBOR. Training and certification in First-Aid from either ASHI or American Red Cross are acceptable so long as they have a skills component, are 3 hours in length and contain all content equivalent to the following **course description**.

Certification as an EMR, EMT, AEMT or Paramedic supersedes the First Aid Training certification.

Heartsaver® First Aid



CLASSROOM

UPDATED TO REFLECT

GUIDELINES
2015 CPR & ECC

100% classroom training means students are with an AHA Instructor for their entire learning experience.

Heartsaver First Aid is a video-based, instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrives. Students learn duties and responsibilities of first aid rescuers; first aid actions for medical emergencies, including severe choking, heart attack, and stroke; and skills for handling injury and environmental emergencies, including external bleeding, broken bones and sprains, and bites and stings.

This course is for anyone with limited or no medical training who needs a course completion card in first aid to meet job, regulatory, or other requirements.

Features

- Video-based course ensures consistency
- Instructor-led, hands-on class format reinforces skills proficiency
- Student Workbook comes with Heartsaver First Aid Quick Reference Guide that summarizes first aid actions for many injuries and illnesses
- Course is updated with the new science from the *2015 AHA Guidelines Update for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care*

SEA BRIGHT OCEAN RESCUE



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TRAINEE	NAME:
FTO INSTRUCTOR	NAME:
SHFT	DATE: 2018 Day of Week:
Shift #	Duty Assignment:

DAILY FIELD TRAINING REPORT

Instructions: Evaluation is to be completed by the shift training officer or lifeguard supervisor.

1. Assign point value to each of the nine sections of **USLA Required Curriculum for Open Water Lifeguard**
2. Any score of 1 requires mandatory comments and Performance Improvement Plan.

**** EVALUATION CRITERIA POINTS:**

4	Meets expectations consistent with Ocean Lifeguard Instructor FTO status
3	Meets expectations consistent with performance as an Ocean Lifeguard
2	Meets expectations for Ocean Lifeguard Trainee Needs Improvement
1	Fails to meet expectations consistent with minimum standards Needs Training
N/O	NOT OBSERVED

SECTION I. BASIC RESCUE

Task/Skill/Duty	Point
Responds safely and professionally to water rescue or medical aid	
Effects basic rescues and assists in all conditions	
Proficient using, board, fins, RFD	

SECTION III PROFESSIONAL STANDARDS

Task/Skill/Duty	Points
Wears correct authorized uniform	
Understands and complies with SBOR departmental SOG's.	
Completes daily physical training	

SECTION III. ENVIRONMENTAL HAZARDS

Task/Skill/Duty	Points
Identifies beach water Hazards	
Memorizes the day's tide times	
Identifies Rip Currents	

SECTION IV. LIFEGUARD COMMUNICATION

Task/Skill/Duty	Points
Speaks clearly and professionally	
Makes clear swimmer warnings	
Uses professional radio comms	
Uses proper arm signals and incorporates whistle properly	

SECTION V. RECORDS AND REPORTS

Task/Skill/Duty	Points
Completes STAT sheets for every preventative action, water rescue, assist, medical aid and missing person	

SECTION VI. PREVENTATIVE LIFEGUARDING

Task/Skill/Duty	Points
Completes aquatic risk assessment prior to sign-on	
Sets proper condition warning flags	
Makes appropriate warnings to mitigate risk and control hazards	
Maintains high state of vigilance	

SECTION VII RESCUE PROCEDURES

Task/Skill/Duty	Points
Demonstrates competence using all assigned rescue equipment	
Uses proper approach and egress during water rescue / swim assist	
Demonstrates comprehension/ability to perform 6 Components of a Rescue	

SECTION VIII. EMERGENCY MEDICAL RESPONSE

Task/Skill/Duty	Points
Insures medical equipment is present and working completes daily check	
Performs Basic 1 st Aid minor injury	
Wears PPE & washes hands	

SECTION IX. MISSING PERSON

Task/Skill/Duty	Points
Manages basic missing child or missing person incident	
Understands aspects of CODE-X search procedure and patterns	

COMMENTS and PERFORMANCE IMPROVEMENT PLAN:

Check if comments are continued on back of report

Trainee Signature acknowledging review of this evaluation: