

# SIMULATED EMERGENCY RESPONSE EVENT DESCRIPTIONS

SECTION 6 – CANADIAN COMPETITION MANUAL

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LIFESAVING SOCIETY®

*The Lifeguarding Experts*

Section 6

## **SIMULATED EMERGENCY RESPONSE EVENT DESCRIPTIONS**

Simulated emergency response events test the judgment, knowledge, and skills of lifeguards who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start. These events are judged within time limits.

In Canadian championships, simulated emergency response events shall be conducted without male and female categories. Teams may consist of any combination of males and females.

The following events are described in this section:

First Aid

Water Rescue

Priority Assessment

### **6.1 GENERAL CONDITIONS FOR SIMULATED EMERGENCY RESPONSE COMPETITION**

- i) Team management and competitors are responsible for being familiar with the competition rules and procedures governing the simulated emergency response events.
- ii) The competition order shall be determined by draw in a method approved by the referee.
- iii) A team that is absent from an event at the time the team was scheduled to compete or, a team that arrives after the lock up is closed, shall be disqualified from any events affected by that lock up and receive a score of zero. The team may compete in the remaining events.
- iv) An acoustic signal from the referee will indicate the start and end of the event. The team will have an allotted time to deal with the situation.
- v) Competitors may use all material and equipment available on the deck and in the pool.
- i) Competitors shall clearly show their intentions and actions to the judges.
- vi) Competitors may wear corrective eyewear. Loss of such eyewear shall not be grounds for protest or appeal.

### Language interpretation

French / English language interpretation shall be provided by the organizing committee of Canadian championships.

Teams who require interpretation service must make this known to organizers when registering for the championship.

Teams are encouraged to provide their own interpreters. These interpreters may not be a member of the team.

### Seeding for simulated emergency response events

Simulated emergency response events are conducted in 2 rounds – heats and finals.

**Heats:** Teams are placed in heats based on a draw. The initial draw for heats and position within heats shall be conducted by the head scorer and supplied to teams. Entries from the same club will be seeded in different heats. A maximum of 16 entries are allowed in a heat.

**Finals:** Based on their performance in heats, the top 4 entries from each heat will advance to the A-final. The next 4 entries (competitors placing 5<sup>th</sup> through 8<sup>th</sup>) from each heat will advance to the B-final. Eight entries will compete in the A-final. Eight entries will compete in the B-final. Draws for position within finals shall be made by competition officials following a process approved by the referee.

- If 8 or fewer entries register in a simulated emergency response event, they shall advance directly to the A-final.
- If 9 entries register in a simulated emergency response event, 2 heats shall be conducted, but only an A-final shall be conducted.
- If 10 or more entries register in a simulated emergency response event, heats shall be conducted and both an A- and B-final shall be conducted.

Draws for position within finals shall be made by competition officials using a method approved by the referee.

### Security and lock-up

Before the start and throughout the competition, teams are isolated in a secure lock-up area out of sight and sound of the competition arena. The scenario, actors, and any equipment shall be secret

until competitors are locked up.

After competing a team may observe subsequent teams compete.

Teams in lock-up are not permitted to see or speak to anyone, excluding event officials, who are not in lock-up. Competitors are required to alert an official immediately of any breach of security, intentional or unintentional. Coaches, alternates and assisting personnel should take particular note of this security issue as they are equally bound by this rule.

Security breaches may result in disqualification from the championship, at the discretion of the referee. Once lock-up has been closed, only officials will be allowed to enter. Teams will be marshalled from lock-up just prior to competing.

Coaches and non-competing team members are free either to watch other teams compete or to travel with their team into lock-up. If they choose to travel with their team they must stay with their team as if they were competing and meet lock-up schedules before they close. If an alternate does not meet lock-up schedules he or she will not be eligible to compete in any event affected by that lock-up.

If a team member for an emergency response event falls ill or becomes injured, another member of the team may be substituted. The substitute must be on the team's original registration form, and have met lock-up requirements.

#### **Communication in lock-up**

Teams will not be allowed communication devices in lock-ups. Teams will be allowed electronic communication devices (e.g., VHF radios) for use during competition.

If teams wish to use electronic communication devices they must leave them with lock-up officials to hold. They will be returned just prior to competing.

Teams using walkie-talkies will need to provide a unit for use by one of the officials.

Telecommunication devices such as cellular phones and pagers will not be permitted during competition or in lock-up.

#### **Victim assessment and treatment**

Teams are to assume all conditions, victim simulations and signs

and symptoms are as they find them. Team members are encouraged to verbally report to the judge, signs and symptoms as they discover them. For example, a simulated victim's pulse will likely be quite healthy. Team members are to report this, as they find it, and allow the judge to modify the findings to suit the simulated situation. In this case the judge may instruct the team that the pulse is weak and rapid. Should no changes in victim condition be required the judge may indicate “As you find it”. If the judge is silent, competitors should assume that all conditions are “as they find it”.

### **Protective equipment**

The use of protective equipment will be evaluated on score sheets. If competitors can reasonably assume that they may come in contact with bodily fluids, the use of protective equipment is required. Teams should not don protective equipment until the simulated situation requires it.

### **Oxygen equipment**

The use of oxygen therapy equipment is encouraged when it is an appropriate treatment. Marks will be awarded to teams correctly using oxygen therapy equipment where it is an appropriate treatment.

### **Safety – simulated treatment**

Competitors shall *simulate* ventilations and compressions when victims are not manikins. When manikins are used as victims, competitors will be expected to fully demonstrate ventilations and compressions as required for their victim.

Victim safety is a priority. Teams are instructed not to use painful stimuli or techniques. A quality simulation with a verbal explanation will suffice to replace these techniques. Manual thrusts or compressions, the insertion of airways, use of oxygen, defibrillation, and suction are to be simulated and verbalised.

Extreme care is to be taken when moving victims. Judges are instructed to intervene if they feel victims are at risk of injury. Teams who endanger or injure victims will be scored accordingly.

### **Scoring – communication with officials**

During simulation, judges will observe competitors as they

recognize and respond to incidents. Depending on the event, competitors will be evaluated on how they react to simulated emergencies and incidents. In emergency response events, competitors are responsible for making their actions and intentions clear to the judges.

#### **Score sheet verification**

Immediately after competing, each team is responsible for sending 1 team member to the score sheet verification area to check the addition of the score sheets and then sign them.

## 6.2 FIRST AID

### **Event description**

The simulated emergency will consist of multiple victims within a designated competition area. Teams will effect assessment, treatment, and call for the required assistance within a specified time limit.

Teams will be held in lock-up prior to being escorted to the marshalling area for the event.

### **Team uniforms and equipment**

Teams are responsible for providing their own first aid supplies and equipment.

Team members competing in First Aid shall wear uniforms which are appropriate for lifeguarding and which identify them as a team.

### **Disqualification**

Teams may be subject to disqualification if, in the opinion of the judges, they receive any “outside assistance” by word or other signal which is deemed to assist them in the assessment.

## 6.3 WATER RESCUE

### Event description

From the referee's first long whistle, teams will have no more than 60 seconds to set up on the pool deck. No situations will occur during this set up time.

On the acoustic starting signal, teams will lifeguard for the specified time during which they are required to deal with all incidents.

Teams are not responsible for recognizing what they cannot see from the pool deck. Teams will be alerted to "off deck" emergencies.

Teams will be locked up prior to being escorted to the pool area to begin their situation.

***Clearing the pool:*** The "public" will not actually be cleared from the pool or pool area during simulated emergency response events at Canadian championships. When a team signals "clear the pool," the designated official shall acknowledge when the pool is deemed to have been cleared by raising a flag.

Teams may not clear the pool to prevent a simulated emergency.

### Team uniforms and equipment

Teams may bring any equipment they wish into this event, and teams are responsible for providing their own specialized rescue equipment. Teams are encouraged to use their own innovative equipment.

Team members competing in Water Rescue shall wear uniforms which are appropriate for lifeguarding and which identify them as a team.

### Disqualification

Teams may be subject to disqualification if, in the opinion of the judges, they receive any "outside assistance" by word or other signal which is deemed to assist them in the assessment.

## 6.4 PRIORITY ASSESSMENT

The Priority Assessment event tests the initiative, judgment, knowledge, and abilities of 4 lifesavers who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start. This is a 2-minute event.

All teams respond to the identical situation and are evaluated by the same judges.

In Canadian Lifeguard Championships the Priority Assessment shall be conducted without male and female categories. Teams may consist of any combination of males and females.

General conditions for Priority Assessment are identical to those for other Simulated Emergency Response Events outlined in this section.

Teams will be locked up prior to being escorted to the pool area to begin their situation. (See *Security and lock-up*, page 3-4.)

### Event start

One at a time, teams are escorted from lock-up to the pool where, following an acoustic signal, they are confronted with “victims” in various locations who need various types of assistance.

Actors will begin their victim simulations immediately prior to the acoustic starting signal, and as the team enters the competition area. At the acoustic signal competitors respond to the victims in any manner they wish within the time limit.

### Competition arena

The competition arena shall be clearly defined to all teams in advance. There shall be a clear indication of the location of both entry and exit points from the scenario area (e.g., which pool sides can be used). Competitors shall be advised in advance if there are pool steps in the entry or exit area which may be removed or used.

Unless otherwise advised, competitors shall assume that the conditions in the competition arena are “as found.”

### Situation scenarios

Simulated emergency scenarios, secret until the start of the event, shall be designed using one or more of the following approaches:

- an amalgam of single or multiple-person situations which are related.
- a group of people involved in a number of situations which relate to a common theme, such as a pool party or an upturned crowded boat.

Simulated emergencies shall be staged as realistically (and as safely) as possible, and not test the competitors' imagination. For example, a situation in which an actor complains of burned hands should be staged with *simulated* evidence of a fire, or electrical wire, or chemicals. (Real fire, live wires, or actual chemicals shall *not* be used.)

#### Victims, manikins and bystanders

Victims shall be role-played by actors who present different problems necessitating different types of aid. Victim types may include *simulated* non-swimmers, weak swimmers, injured swimmers, and unconscious victims. In addition, competitors may be confronted by resuscitation manikins in the role of "victim," as well as bystanders and swimmers.

The role-playing may evolve (e.g., a conscious victim becomes unconscious) during the course of the scenario providing that marks reflect the change, that there is consistent timing in the change, and that the change is consistent for every competitor throughout the competition.

Competitors shall be notified before the start if victim type is to be signified by a symbol (e.g., a red/black cross on forehead indicating unconsciousness).

#### Principles of rescue

Competitors are expected to respond as a group of 4 individual lifesavers acting in a coordinated team under the direction of an identified team leader.

Unlike lifeguards who often work as part of well trained teams in controlled aquatic environments, lifesavers must be prepared to respond appropriately in unexpected emergencies without benefit of specialized equipment, back-up, or established procedures and communications systems. In such circumstances, the personal safety of the lifesaver is paramount at all times and this shall be

reflected in the marking sheets.

In brief, rescuers should manage the situation as follows:

- *Mobilize* the mobile
- *Secure* the safety of those in imminent danger
- *Recover* and resuscitate those in need of continuous care

The mobile may include those capable of assisting themselves to safety. Those in imminent danger may include non-swimmers and injured swimmers. Those in need of continuous care include unconscious, non-breathing, or suspected spinal-injured victims.

When carrying out a rescue competitors must remember:

- Rescue from a position offering greatest safety to oneself
- The management of rescue principles
- Approach victims with extreme caution
- Avoid direct personal contact with conscious victims

If entering the water is inevitable, competitors select the most effective techniques for the situation without endangering their own life in any way.

It is important that competitors clearly show their intentions and actions to the judges.

### Equipment

Competitors may use all material and equipment available within the competition arena. Competitors may not bring their own equipment into the competition arena.

### Start and timekeeping

An acoustic signal will indicate the start and finish of each team's emergency response.

### Judging

A judge shall be assigned to an actor or group of actors, and assess all teams in that part of the scenario for the entire competition.

***Scoring shall reward the competitors' accurate assessment of which victims take priority.*** The competitors' assessment of which victims take priority will depend on the nature of the emergency. For in-water victims, competitors should follow these victim priorities in determining whom to help first:

- Conscious, non-swimmers receive top priority
- Weak or injured swimmers
- Unconscious victims and submerged victims

### **Disqualification**

The following behaviour may result in disqualification:

- i) Receiving outside assistance, direction, or advice.
- ii) Taking any telecommunication device into the security area.
- iii) Using any equipment not provided as part of the event.
- iv) Physically or verbally abusing an actor.