

Ocean LIFEGUARD



Florida Beach Patrol Chiefs Association / Southeast Lifesaving Association

SPRING 1996

VOL. VII



FEATURING: Beach Patrol of the Year,
Lifeguard of the Year and Junior Lifeguards



The United States Lifesaving Association **SPRING MEETING**

Ft. Lauderdale, Florida • April 24-27, 1996

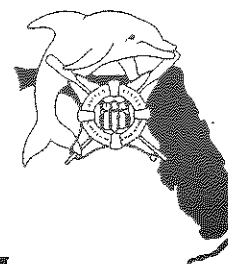
at the

INTERNATIONAL SWIMMING HALL OF FAME
and the **DOUBLETREE HOTEL**



AGENDA

- April 24** Check-in
Welcome party 7 p.m.
- April 25** U.S.L.A. Board of Directors Meeting
at Swimming Hall of Fame
- April 26** I.S.H.O.F. Sea Symposium
(Open Water Session)
- April 27** U.S.L.A. Board of Directors Meeting
at Doubletree Hotel Ballroom
Drowning Intervention Seminar
at Swimming Hall of Fame
U.S.L.A. Banquet Dinner - 7 p.m.



*Southeast
Region*

I.S.H.O.F. SEA SYMPOSIUM

FRIDAY - OPEN WATER SESSION

- I. The Etiology of Drowning
- II. Drowning Rates: Rising or Falling?
- III. Racial Variations in Drowning: Cultural or Biological?
- IV. Drowning Behavior in Open Water Environments
- V. Drownings and Near Drownings on Surf Beaches in Brazil
- VI. Drownings and Near Drownings on Surf Beaches in Florida

***Symposium will include a certificate of completion.
Florida International University will award 1 college
credit for an additional fee.**

U.S.L.A. Conference and Symposium	Cost \$90.00
Sea Symposium Only	Cost \$25.00
Earlybird Registration (before April 1)	Cost \$70.00
Sea Symposium Only	Cost \$15.00

SATURDAY - DROWNING INTERVENTION SESSION

- I. Drowning in a Hypothermic Environment
- II. Drowning Behavior in Closed Aquatic Environments
- III. Drowning Intervention: A Coast Guard Perspective
- IV. Drowning Intervention: A U. S. Army Corps of Engineers Perspective
- V. Drowning Intervention: An American Red Cross Perspective
- VI. Dr. Henry Heimlich
- VII. Drowning Intervention: A YMCA Perspective
- VIII. Drowning Intervention: A Public Service Perspective
- IX. Drowning Intervention: "Every Child A Swimmer" Perspective

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Hotel Reservations \$69.00 per night (U.S.L.A. Conference price)

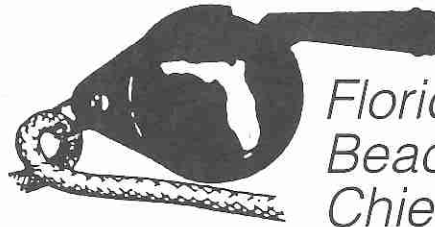
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Mission Statement: To Promote Public Safety & Education
on our Surf Beaches and to Create the Highest Level of Professionalism
among our Lifeguard Ranks.

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The Beach Report

by William McNeely Jr. - Editor

I am very happy to take the position as editor for the 7th issue of the "Ocean Lifeguard" magazine. Like many of you, my love for lifesaving is sincere and I totally enjoy being a professional lifeguard. I have always had a strong desire to read anything in print on the subject of water safety that was available.

Reading each issue of the "Ocean Lifeguard" and the "American Lifeguard" magazine has always been exciting. The knowledge that I have received from these publications, the U.S.L.A., their textbooks and videos has had a tremendous impact on my home beach patrol over the years.

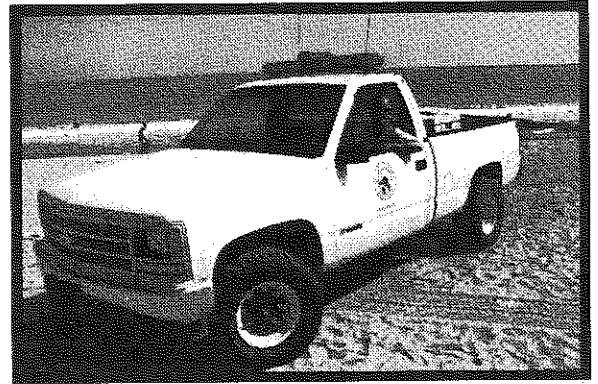
Since 1988, the "Ocean Lifeguard" has been edited by Dr. John Fletemeyer, Chief of lifeguards for the Town of Palm Beach. Each year he pushed the South East Region and the Florida Beach Patrol chiefs Association to publish another issue.

He was awarded for his efforts by the F.B.P.C.A. this year and the magazine will continue due to the outstanding support from our sponsors and readers. John is now the editor of the new magazine titled, "The International Journal of Aquatic Education".

The Beach Report will be a section in the magazine featuring letters and reports submitted by our readers. We are also holding a contest which will award the best photographs of lifeguards in action.

Don't forget to check out the excellent products offered by our advertisers. Please mail your photos and articles to:

St. Lucie County Marine Safety
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Fort Pierce, Florida 34982-0760



Letters

August 28, 1995

St. Lucie Co. B.O.C.C.
2300 Virginia Ave.
Ft. Pierce, FL 34982

Dear Commissioner Barnes:

Being a native Floridian and what I consider to be a good swimmer, I always took our lifeguards for granted. I thought their job was a breeze, until August 26th, 1995. When I arrived at the beach with my three children, ages 2, 4, and 11, the lifeguards were in a staff meeting and after speaking with the Chief of Lifeguards, was advised not to go swimming until their meeting was over. When the lifeguards were in their towers the children and I entered the water and not more than 5 minutes later were caught in a rip tide which pulled us out fast. I commend these guys on their fast action. I lifted my hand and immediately two guards were on their way out. We were using a flotation device, so my 2 year old and I made it to shore but if I had not known and trusted that these guys were getting my 4 year old and 11 year old safely to shore, I would have never made it myself. I wish to publicly applaud and thank the lifeguards at Boardwalk Beach on Saturday, August 26th. Excellent job guys!!

Sincerely,

Gloria West

Gloria West

Haulover Beach Patrol
10800 Collins Avenue
West Palm Beach, FL 33154



Sirs:

I'm writing you in regards to Mike Jackson one of your lifeguards.

On June 9, 1994 my husband Darrell Seal was walking on the beach down on 163rd Street pier when he was struck by lightning.

Thankfully, Mike was close by and immediately started CPR on him.

My husband is starting to talk now and slowly getting well. He's at home.

We want to thank you for hiring such an exceptional person as Mike Jackson because our family truly believes that if he hadn't been Darrell would not still be alive now would he have a chance of recovering.

From everyone I spoke with Mike was quick to size up what had happened and to start getting oxygen to Darrell.

The doctors said that because of that Darrel should recover hopefully to at least 95%.

Again, our heartfelt thanks to Mike and everyone else that helped, we want to commend him for his work and the Patrol for hiring people of his caliber.

Thank you.

Sincerely,

Linda Seal

Linda Seal
and the whole Seal family

How Much Is An Ocean Lifeguard Worth When You Need One?

by Richard Connell

A true emergency occurs when you fully understand that you have over estimated your abilities in the ocean environment and panic is bounding through your arteries with the sudden insight that your very existence is in jeopardy. You are moments away from unconsciousness, no longer able to breathe, your heart rapidly approaching cardiac arrest. You are numbed by the shock that on a beautiful day at the beach, in a marvelous environment, this terrifying reality has occurred. What can you do? Who will help? How can you get help? Is this it?

Imagine for a moment the actuality of:

- The father who received an 8:45 p.m. 911 call a few weeks before his daughter's 18th Christmas. "Sir a young woman is missing in a plane crash at Delray Beach, can you provide us with information that may help us identify her? Would you describe what she was wearing when you last saw her and who was she with? Where she was planning to go?" Rescuer's discovered the incoherent pilot who had managed to swim, to safety alone walking unexpectedly up the beach and called in lifeguards to assist in the search. With the PBSO helicopter incessantly hovering above the ocean, the plane was located in 35 feet of water. Lifeguards dove in to inspect the wreckage. The plane had come to rest upside down on its back, the engine had been torn off on impact. The precarious young cargo still silently strapped in her seat, as he swims back to the surface, the lifeguard feeling the surging of his pulse as he broke the surface of the water. The incessant noise of the whirling helicopter blade beating the air above his head annoyed him. He saddened, looking into the waiting eyes of the grief stricken father in the boat above him confirming finality of his discovery.
- The anguish of the two uncertified diving companions who could not keep the unconscious face of their friend, a young diver who illegally rented them equipment, above the surface of the water. Lack of experience caused him to incorrectly load his slim tanned body with lead dive weights to the point of negative buoyancy. Desperately screaming for help almost 200 yds. offshore, their terror cutting across the gentle summer waves as their companion drowns in their arms.
- The defiant young surfer who chose to ignore the lifeguard's admonitions to stay out of the ocean due to the high number of sharks in the area on a festive Thanksgiving Day. The ignorance of his arrogance as he walked off the public beach to an area of private property where lifeguards could not monitor his activities. Almost immediately two frenzied six foot lemon sharks ripped at the flesh, muscle and tendons of his left arm destroying his arm between wrist and bicep. Bravely pulled to shore by onlookers responding to his screams. The arriving lifeguard applies a tourniquet to save his remaining blood volume. The uninjured hand appearing unattached to the grotesquely mauled arm. Rushing him to the Hospital in the sheriff's helicopter which had been coincidentally flying over the beach to monitor the sharks. Imagine the abyss of this young man's regret as he drifts in and out of consciousness.
- The bewilderment of a mailman volunteering to assist a young Michigan woman newly engaged and visiting her fiancée recently transferred to IBM in Boca Raton. She had discovered after leaving the beach that she had misplaced her car keys on the beach and needed them to leave before the approaching electrical storm got any closer. Ignoring the direction of the lifeguards to evacuate the area, they returned to the beach. The mailman mistakenly perceived in an instant of awareness that she had dove to the sand in front of him to escape a sudden bolt of lightning. He was stunned to discover that it had actually terminated her life leaving him unscathed at her side. The lifeguards quickly rushed into the storm to move her to a position of safety and attempted to resuscitate her according to their standing orders.
- The revulsion of the close friend as he helplessly witnessed the invisible whirling propeller of the powerboat strike his companion, a young father of two, in the forehead. The impact rendered the beautiful tropical aquamarine ocean water a ghastly crimson. The young man's blood and twisted corpse drifted lifelessly in the current along the bottom. The unbidden task of the lifeguard to locate, recover and transport the mangled body to shore for the Fire and Police Departments.
- The apprehension of the lifeguard requested by to the Fire Department to assist in the recovery of the occupants of a high powered speed boat that had impacted a seawall at high speed. The entire top of the boat was sheered off and inside the empty hull were the ominously silent engines along with several empty brown beer bottles floating grotesquely in a mixture of blood and salt water. They were eerily sloshing back and forth through the torn fiberglass of the hull in concert with the rhythm of the waves.
- The incredulity of the lifeguard summoned to the beach after hours early one July evening by a fellow lifeguard to assist in the rescue of a popular young high school athlete. He was amazed at the multi dimensional search effort. Two hovering helicopters, Police Dive Team members, a Fire Department Boat Operator with volunteer divers frantically searching the water for the missing young man. The teenager had suddenly been swept seaward in a rip current while retrieving a football from the ocean. The lifeguard offered to assist. He had been assigned to the tower in that area for eight hours earlier that day. The Incident Commander reassured him, "Thanks, but we have the situation under control, we have enough people in the water, its best if you go home." The next morning searching commenced at sunrise by the Police Dive Team. The beach was a secured crime scene area. The lifeguards again offering their expertise to search in the area they speculated the young man's body would be found. Their search of less than five minutes located the man's lifeless body at the head of a familiar rip current. The young man's family had kept an all night vigil on the beach and were watching from the shore as the lifeguard discreetly signaled to the other lifeguards. The distraught wail of a suddenly childless mother seared the surface of the water as the comprehension that her most beloved son would never have the opportunity to fulfill her hopes and dreams for him.

Continued on page 4

Continued from page 3

• The inequity of being called on St. Valentines Day evening to assist in the rescue of a windsurfer last observed a mile offshore in 35 mile per hour offshore gusting offshore winds. The extravagance of the Fire Department as it deployed thousands of dollars of equipment and manpower over an entire mile of beach. The lifeguard was dumbfounded in utter disbelief as an overweight fireman in scuba gear prepared to enter the water to conduct a search under water at night for a windsurfer who was last spotted more than a mile offshore on the surface in the vanishing daylight. Incident Command requesting the lifeguard to use a 12' paddleboard to enter the rough surf at night and search for an unseen victim with the encouragement that a helicopter would be dispatched to make an offshore pick up. It was readily apparent that the offshore winds would preclude the lifeguard and windsurfer returning against the fierce offshore winds. Graciously the helicopter pilot radioed the flight had to be canceled due to the severe conditions. The winds were too extreme for a helicopter rescue mission. The lifeguard suggested it would be more appropriate to activate the Coast Guard which had a vessel within a few miles equipped with a powerful search light to scan the surface. The vessel was dispatched immediately and the windsurfer was successfully rescued.

The vigilant lifeguard who noticed that a Hobie Catamaran Sailboat with three persons aboard had left the beach several hours earlier without returning. As the wintertime late afternoon sun sank lower in the west, the lifeguard realized time was critical in locating the missing boat and its crew. Enlisting the entire beach patrol, all of the lifeguards on duty scanned the eastern horizon for almost 15 minutes before the boat now almost 4 miles offshore was spotted. Mysteriously appearing between sets of large swells in the gulf stream, the capsized boat would rise up for a second or two between waves reflecting the afternoon sunlight and disappear. The Coast Guard sent a Flacon Jet from Miami which arrived in the area within minutes. Using a radio patch, the lifeguard assisted the Coast Guard Jet in locating the capsized boat. The Coast Guard had also dispatched a helicopter but it had not yet arrived. The crew on the jet reported observing only one person on the Hobie Cat. As the arriving helicopter lifted her to safety, two other persons were still missing. She told them that as the boat capsized her father and girlfriend had been swept overboard in separate waves. Lifeguards quickly dispatched all terrain vehicles to search along the shoreline and within a few miles located one and then both victims. Both the father and girlfriend had swam separately almost three miles to shore, not aware of one another's location. They reported being frightened by spinner sharks. Fortunately both were wearing personal flotation devices.

The unusual behavior and panic you are exhibiting has been observed by the trained eye of a nearby lifeguard and he has activated other lifeguards in an emergency action plan. They will arrive and assess these emergency scene for safety, requesting Advanced Life Support from their EMS Provider. The lifeguard will pull out a square box with a few buttons and wires, carefully attach electrodes to your chest and within seconds will apply 200, 300 and finally 360 joules of current across your heart attempting to restore it to a normal rhythm. CPR will not be effective until the heart muscle has been shocked out of the uncoordinated movement of ventricular fibrillation. Even before Advanced Life Support Paramedics arrive you may already be conscious, breathing and very confused about what has just transpired. Within minutes you will be assessed by the paramedics, administered lifesaving drugs and prepared to be transported to the Emergency Room. Your life has been rescued from oblivion. With proper

medical care and by the grace of the Almighty you will have many more years of life to enjoy.

What are ocean lifeguards paid? These public safety professionals are generally paid less than \$20,000 annually to start and top out at only a few dollars more.

Is this enough? Not in comparison to other jobs with similar training, certification and responsibilities.

Are they really required to be involved in these extraordinary situations? In most cases Fire, Police, Coast Guard and Marine Enforcement Agencies request and welcome the assistance and expertise of ocean lifeguards in ocean rescue and recovery operation.

Do they work all year and on holidays like Easter, Thanksgiving and Christmas? Yes, 365 days a year.

Who trains them? They receive training within the EMS system as Emergency Medical Technicians, the American Red Cross and In-Service Training per the standards of the United States Lifesaving Association.

Who funds them? Historically, funding has been through Parks and Recreation Departments. With their recent inclusion into the EMS System and the related increase in training and certification of the profession many advanced agencies in the United States are beginning to be funded through the Fire Department, Department of Public Safety or Local Law Enforcement Agencies.

Does it matter who funds them? Yes, it is a critical factor. In governmental budgeting Parks and Recreation is a lower priority or secondary to Public Safety Services like Police and Fire. Parks and Recreation Departments usually have the responsibility of maintaining the Beach Parks that the Ocean Lifeguard supervises, so they have been responsible for funding lifeguards.

Do Parks and Recreation Administrators have public safety expertise or medical training associated with life and death emergencies? In most cases, it is highly unlikely. In recent years in the EMS System has conducted studies and made recommendations to lawmakers concerning the level of medical training and certification lifeguards are required to maintain. Unfortunately, the Florida Recreation and Parks Association fought to have these qualifications remain at a minimum level which reduces the level of prehospital care provided to the people they serve. Budget concerns are the justification for this negative approach, but how much is your life worth? It confuses most ocean lifeguards that a professional association like the FRPA opposes improving the training and certification of their lifeguards under their supervision.

Do lifeguards have a professional association? Yes, the United States Lifesaving Association which also provides standards for certification of Open Water Lifesaving Agencies, promotes public education and organizes regional and national lifeguard competition. The Florida Beach Patrol Chiefs Association also provides a forum for lifeguard supervisors to exchange ideas and information.

What do lifeguards really do beside sit on their thrones like bronzed Gods in the Sun and Fun? The fact is they are the most appropriate resource for ocean rescue operation. They are ready to respond to any and all emergencies at the beach in most

communities. It is tragic that they have often been ignored as a critical resource in "after hours" rescue operations by Fire Rescue and Law Enforcement Incident Commanders. It is frustrating to them that in deference to their efforts to increase their abilities they have often been opposed by their administrators.

Are they trained adequately to handle these emergencies? By Florida Law they are defined as 1st Responders. Advanced Open Water Lifeguard Agencies require lifeguards to be Emergency Medical Technicians able to deliver basic life support in addition to being physically proficient in the aquatic environment. Training is continuous through out the year. On average about 10 hours per 40 are devoted to medical and ocean rescue training.

Aren't you over dramatizing things a little? I have been personally involved in all the scenarios previously mentioned. They have occurred in my career between 1975 and 1995.

You guys are checking out bikinis more than anything else, who are you trying to kid? I would never deny that as a work environment, the beach is the most enjoyable I have experienced. More importantly, the tremendous responsibility the professional ocean lifeguard has been entrusted with minimizes these distractions. The average beach visitor has come to relax, enjoy, have fun and forget all of his worries. The professional ocean lifeguard is at the beach to prevent and when necessary intervene in a variety of emergencies. His mental acuity, physical preparedness, skill and understanding of the marine environment are paramount in saving lives and averting tragedy. Additionally, ocean lifeguards perform numerous public relations functions: code enforcement, tour guide, advisor, counselor, role model, and so forth.

Are these men and women paid a fair wage for their function in the community? In explaining the requirements for the job to young lifeguard applicants I am disgusted knowing the tree trimmers and meter readers in our municipality are paid at the same rate. A Firefighter EMT which the Ocean Lifeguard emulates in his duties starts at a significantly higher salary usually in the mid twenties annually.

It is too late to do something when you or your loved ones are unconscious in the sand?

DO YOURSELF AND THE COMMUNITY A FAVOR.

- Question your Governmental Officials about their policies concerning ocean rescue operations and budget planning?
- Get to know your lifeguards, know who they are, and what they do!
- Check out the programs they are offering, programs that are designed to increase your

understanding and safe enjoyment of the marine environment.

• Familiarize yourself with special events hosted at your beach or within the Region of the United States Lifesaving Association where you live.

You have chosen a beach community to live in, or vacation at, because you appreciate the enrichment of life the beach provides. Use it, Enjoy it, love it and support the men and women that have chosen this profession for your safety and protection.

Written by Richard Connell who began his career as a Deerfield Beach Ocean Lifeguard in 1972 moving to Delray Beach in 1975. He was promoted to Lifeguard Captain in 1981 and Beach Supervisor in 1987. He is the President of the Florida Beach Patrol Chiefs Association and also serves as President of the Southeast Region of the United States Lifesaving Association.

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1994 Lifeguard of the Year

PHIL MIRKIN

Each year, Florida's Ocean Lifeguard agencies nominate candidates for the Florida Beach Patrol Chiefs Association "Lifeguard of The Year" award. Nominees for this prestigious honor are chosen from the hundreds of surf/ocean lifeguards that professionally safeguard Florida's coastal aquatic environment. Those individuals selected are typically outstanding in their commitment to the general public, water safety and in the high degree of professionalism that they demonstrate both on and off duty. Other achievements recognized are each individual's contributions to the profession, public relation endeavors, distinguished performance and awards received.

The lifeguard selected as "Lifeguard of The Year" for 1994 was Phil Markin, a Lieutenant on the Metro Dade County Beach and Marine Safety Patrol.

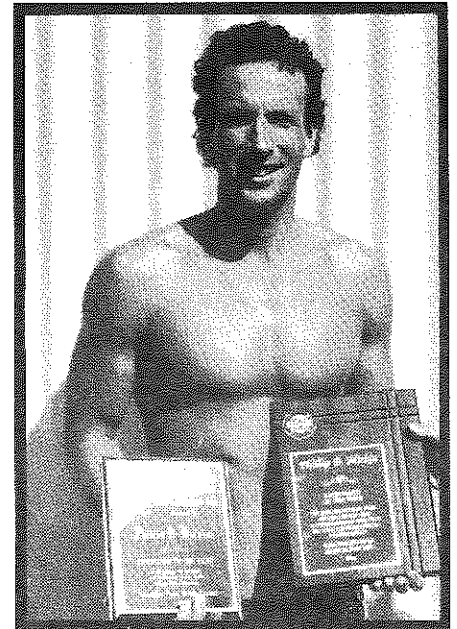
The choice was well deserved as Phil had been nominated as one of the top finalists for the last four years. In years past, winners were sometimes selected on the merits of a single spectacular lifesaving rescue, or on the basis of a project that was of great importance and benefit to the ocean lifeguarding community. Phil's selection was based on a wide range of contributions and achievements. His involvement with Dade County's national award winning Junior Lifeguard and Ocean Awareness programs, his leadership in developing and implementing Metro Dade's equipment, first aid supply and inventory maintenance programs, the training of lifeguards through the year and other accomplishments all help to make Phil a logical choice for this esteemed honor.

As the coordinator and lead instructor of the "Career Days" program Phil has found a perfect avenue for teaching important safety skills to an eager audience. More than a dozen times a year, mostly in the Winter and Spring, he is invited to give educational instruction, lasting from one to four hours each, to hundreds of elementary, junior high and high school students. They are verbally instructed, shown a slide presentation and lifesaving equipment that demonstrates Beach Operations, rules of aquatic safety, rescue techniques, marine ecology, respect for the aquatic environment and general information concerning lifeguarding as a profession and how it relates to members of the community and its impact on tourism.

Phil is the coordinator and lead instructor for the training of all lifeguards in every aspect of ocean lifeguarding at Crandon Park. He is in charge of equipment maintenance, first aid supplies and inventory management. He is also responsible for direct supervision of over 40 lifeguards and office personnel. His certificates include: Emergency Medical Technician, Lifeguard Training, Advanced Lifesaving, First Responder, Advanced S.C.U.B.A./P.A.D.I. and C.P.R.

Lieutenant Mirkin has brought enthusiasm and concern to the daily activities of public safety at the beach. He is a highly motivated, dedicated lifesaving career oriented individual who is knowledgeable in all aspects of ocean lifeguarding. Phil has always made a favorable public relations impression as he continues to promote his profession and to educate the public in water safety and environment protection.

From opening up the beach each morning, to supervising special events throughout the year, to making emergency life and death decisions concerning his job, Phil brings an extraordinary level of commitment to the meaning of the word, "lifeguard".



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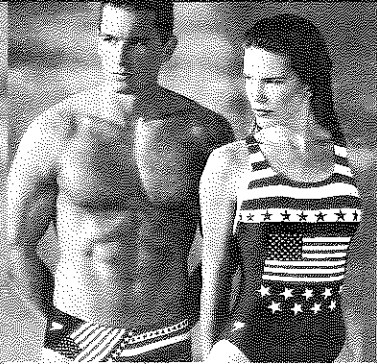
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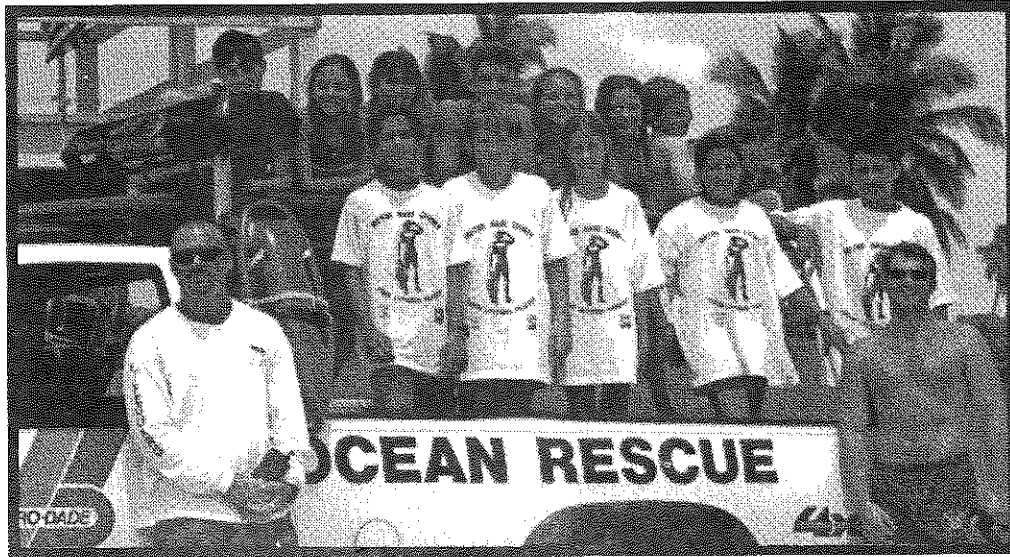


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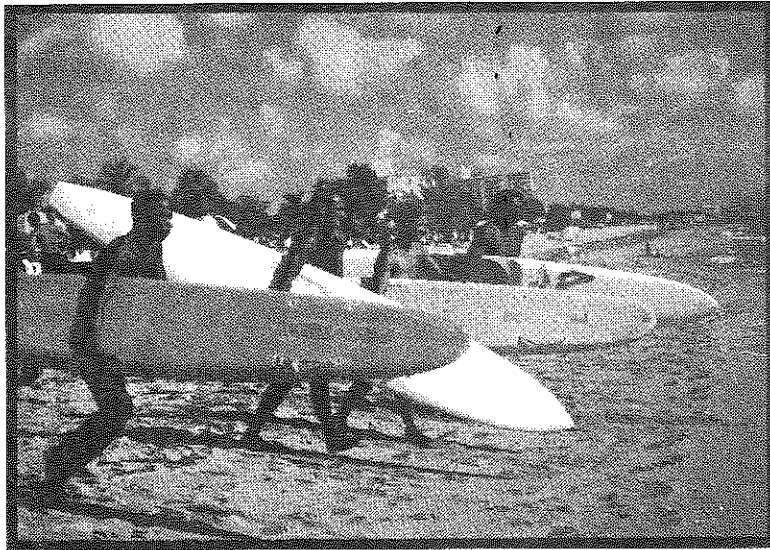
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JUNIOR LIFEGUARDS



Future Lifeguards by Rob Caldwell



Each summer many Marine Safety and Beach Patrol agencies in Florida hold their annual Junior Lifeguard Programs. These programs are designed for young people ages 10-17 interested in learning the responsibilities of Ocean Lifeguards.

Trained personnel from Ocean Rescue Departments around the state provide the men and women of their community a sound aquatic background and acquaint them with the hazards of ocean swimming while exposing them to an environment that will teach them courtesy, respect, discipline, sound morals and good sportsmanship.

Videos, lectures and practical training educate the participants in various aspects of Ocean Lifeguard responsibilities and techniques, beach, boating and Marine Safety, first aid, CPR, marine life study and physical training.

Much attention during these programs is focused on physical training that is essential for Ocean Lifeguards. The training staff assists participants on developing their running, swimming, surf-rescue board paddling, and various water rescue skills.

Junior lifeguard Programs require tryouts in which applicants must show a basic swimming ability and pass a prerequisite exam which usually consists of swimming, treading water, and swimming under water.

After completion of the program most agencies hold a tournament so participants can utilize skills learned in friendly, professional competition. Usually at the end of the tournament an awards ceremony is held so ribbons and/or trophies and certificates of participation can be awarded. This is usually a good opportunity for local dignitaries, parents, families, friends, businesses, and the local news media to show support for the kids and the program.

Also annually, kids participating in local programs have the opportunity to represent their communities in the Southeast Regional Junior Lifeguard Tournament. The 1995 Regional Tournament was held in Boca Raton at Spanish River Park with three divisions ages 10-12, 13-14, and 15-17. Events included Surf Swim, Paddle Board, 1 Mile Beach Run, Surf Rescue, Paddle Board relays, Run-Swim-Run, Kayak race, Ironman/Ironwoman, Run Relays, and Beach Flags. The event was followed by an awards ceremony and BBQ.

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Many benefits come from Florida Junior Lifeguard Programs. The interaction and mutual respect between trainers and students. The support and involvement of parents, families, friends, businesses and local governments. The participants learn new skills, meet new friends both local and state wide and have the ability to enjoy a year-round marine environment unsurpassed anywhere in the continental United States. And also, there's potential that some may, in the future, return for a career as an Ocean Rescue Professional.

The 1996 Florida Junior Lifeguard Competition is July 28th in Boca Raton



FIRST RESPONDER

TRAINING FOR LIFEGUARD AGENCIES

Lifeguards employed by U.S.L.A. certified agencies are required to have First Responder Medical training as a minimum standard. The following information is for teaching the Emergency Medical Services First Responder Training Course as part of their agencies in-service training program.

Current rules allow Lifeguard Agencies to conduct their own First Responder Training Course through the State Department of Health and Rehabilitative Services Office of Emergency Medical Services. These rules are under review by the State Legislature as of this writing and may be changed in the future. It is therefore imperative that those agencies wishing to do so, take advantage of this potential window of opportunity before it is no longer available.

All information pertaining to conducting a First responder Training Course is available through the State by contacting Phillip G. Benson, Senior Human Services Program Specialist, Program Coordination and Development at 1317 Winewood Blvd. (HSTM), Tallahassee, FL 32399-0700, Tel. (904) 922-6890.

Following is a brief summary of some of the basic requirements for conducting your own First Responder Training Course.

1. Lifeguard Agencies may seek sponsorship from the Florida Office of Emergency Services. Sponsorship of the course requires that a Certificate of Completion be given and a course roster be maintained containing specifics of the course.
2. The course content must meet or exceed the 1979 U.S. DOT Course Guide and include a CPR component that meets or exceeds the AHA Healthcare Professional Level (or its Red Cross equivalent).

The course is a minimum 40 hours of instruction.

3. Lead instructors must be a 2 year EMT or Paramedic and BLS Instructor with the AHA or Red Cross. They must also have a degree in education or 6 college semester hours (9 quarter hours) from a post-secondary institution in teaching methodology courses or an equivalent combination of EMS related instructor course.

NOTE: Registered Nurses, Medical Doctors and qualified First Responders are also able to be lead instructors. Adjunct instructors are allowed to assist in the training without meeting the requirements of lead instructors.

5. All Documentation must be kept on file for the Florida Office of EMS to review. It is not necessary to send all the materials to the state.

6. The Text book, student workbook, instructors manual, computerized test manager and slides can be purchased through Brady Publishing. Contact Frieda Kaye at 1-800-638-0220 for the Brady First Responder Update, 3rd Edition text book and other materials.

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BEACH PATROL OF THE YEAR - "HOLLYWOOD"

by Andrea Grossman

Hollywood beach lifeguards haven't had to perform an exceptional number of rescues in the past 20 years. That's not because the lifeguards have figured out a better way of saving lives.

"Instead of bragging about how many rescues we've performed, we realize that taking preventative actions to avoid rescues is the key," said Hollywood Beach Superintendent James Shoemaker.

In part because of a drowning-free record since 1978, the city's Beach Patrol has been awarded the Beach Patrol of the Year Award for 1994 by the Florida Beach Patrol Chief's Association.

"Though most of their merit for winning was because of their beach safety record, they won the award because of their high standards and their training program," said Rich Connell, president of the Florida Beach Patrol Chief's Association.

Hollywood's 55-member staff of full and part-time lifeguards from ages 20-55, keeps more

than 5 million tourists and residents safe each year. In 1994, the staff rescued 115 swimmers.

All 24 full-time lifeguards who keep watch along the 4 1/2 mile long beach, Broward County's largest, are state-certified emergency medical technicians.

Permanent lifeguards also must have two years of ocean lifesaving experience, cardiopulmonary resuscitation training and knowledge of rescue procedures. Part-timers must know CPR and rescue procedures.

Only one out of 10 applying for the job have got what Shoemaker looks for in a lifeguard.

"They run a real tight ship," said Marcus Breece, Beach Safety Manager for Haulover Beach Park in North Dade County. "They know that prevention leads to fewer rescues."

Cathy Laucella, 28, a Beach lifeguard for eight years, takes the message of prevention to Broward County schools where she lectures about beach safety.

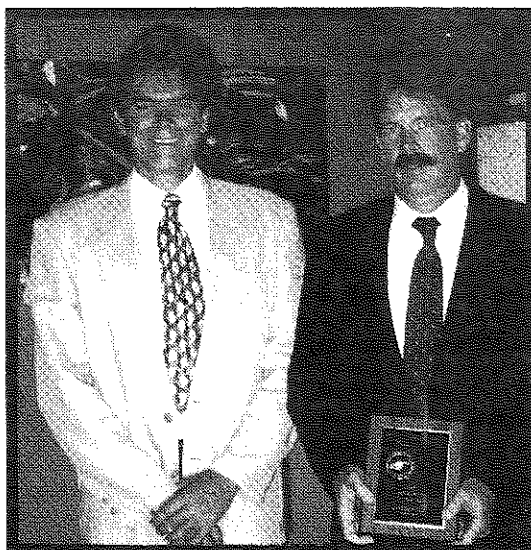
Jim Kehl, Supervisor of Pompano Beach Patrol for eight years, says that the "focus and attention" is the

main reason why the Hollywood Beach Patrol can prevent problems before rescues become necessary. "With a staff and a beach that large, they must always know what's happening in the water. They are professionals," Kehl said.

Although Hollywood's lifeguard staff prides itself on taking preventative steps, that won't save someone who is in danger of drowning.

Speed is imperative for a successful rescue. Hollywood's newest lifeguard, Wayne Snellgrove, 23, works part-time between training for the 1996 Olympics at Ft. Lauderdale's International Swimming Hall of Fame. He sometimes leads the lifeguards in 40-minute, 500 yard run and swim training sessions.

"All of our lifeguards are competitive by nature," Shoemaker said. But as far as the Beach Patrol Award, Laucella was confident they would win. "It's not a big surprise, I thought we deserved it all along," Laucella said.



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Left: F.B.P.C.A. President Rich O'Connell presents Beach Patrol of the Year award to Hollywood Superintendent James Shoemaker



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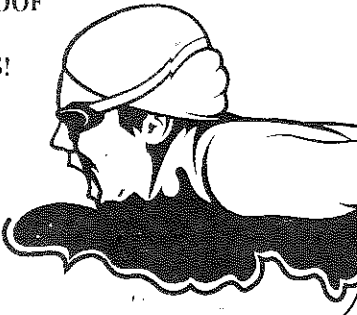
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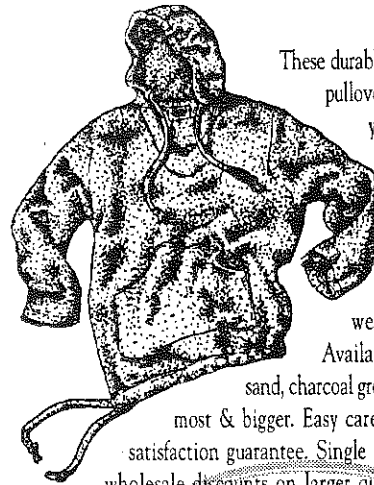
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LIGHTNING PROTECTION

Southern Skywatch

By Marian Perkowski

Behind the sounds of the relentless surf the rumbles of thunder are heard in the distance. As quickly as the winds blow the sky is suddenly overtaken by blackened, churning clouds. A crack and a blinding flash is seen as a notorious Florida thunderstorm unleashes its wrath.

Among the many perks that come along with living in 'paradise' where beachgoing is year round, come the consequences of Florida's tropical thunderstorms. Florida has certainly earned its reputation as the lightning capitol of the United States, where lightning related deaths and injuries are the highest in the nation. Violent storms are a fact of life in these parts and learning to live and play safely on the beach is a matter of life and death. During the peak storm season beach patrols are on constant vigil.

A basic understanding of the mechanics of lightning is important in knowing how to keep safe during a storm. According to the statistics from the Lightning Protection Institute in Arlington Heights, Illinois, most deaths and injuries occur early on as a storm approaches or as it nears its ending. Remaining alert to changing weather conditions is paramount in keeping the public, as well as beach personnel safe.

If anyone understands the power of a lightning bolt it is Rich Connell, Beach Supervisor for the City of Delray Beach. Connell's daily run-ins with nature's might have lead his organization to preparing for the worst. After almost 25 years of patrolling the beaches of Florida, Connell has seen his fair share of coastal lightning strikes and near-misses. He now advocates the installation of lightning protection

systems on guard towers and urges other cities both in-state and out, to consider using these state-of-the-art systems for beach protection.

The unfortunate death of a 19-year-old woman during a lightning storm in '92 lead the City of Delray to explore additional protection of its beaches. In 1993 Connell was instrumental in the installation of certified lightning protection systems on its eight lifeguard towers. The installation of these systems proved lifesaving as Connell himself soon witnessed one of the systems in action.

During a typical afternoon thunderstorm, Connell gasped as a bolt of lightning jumped out of storm clouds above and 'devoured' a watchtower harboring a fellow guard a few yards down the beach. As Connell describes, "In what seemed like milliseconds, lightning poured out of the sky enveloping the tower which eerily disappeared behind an intense white glow of light." Seconds later, Connell radioed the guard inside the tower to discover he was shaken but unharmed. Witnessing the working of lightning protection in action has made Connell a true believer and advocate of lightning protection systems. He recommends the installation of these systems on all guard towers and beach pavilions.

A bit about the bolts . . .

Thunderstorms result form the powerful clash between cool and warm weather air masses. As varying charges of positive and negative energy build up during a storm, the result is a discharge of negative energy sent rushing toward earth. As this downward force nears, positive charges rise up to meet it. When two opposing forces connect, they create a closed circuit. This completed ionized path to the ground creates the lightning flash. Although the bolt is actually traveling upward, your eye is fooled into seeing it as

a downward strike. The visible bright flash is air being heated to about 30,000 degrees Celsius, that's about five times the temperature of the sun's surface. A fiery bolt of lightning may carry up to 100 million volts of electricity and can produce several hundred megawatts of energy, similar to that of a small nuclear power plant.

Ironically, although lightning is one of the greatest forces of nature, unlike hurricanes or tornadoes, its energy can be controlled. A lightning protection system is designed to control or force an electrical discharge onto a specified path, harmlessly dissipating the current into the earth. The installation of a lightning protection system on a guard stand or beach pavilion offers protection for those within the structure. A lightning protection system is typically composed of several elements including air terminals (aka lightning rods), conductors, bonding plates, connectors and ground devices. Contrary to what many believe, air terminal neither attract nor repel a lightning strike, but intercept, guide and direct the current to the ground. As a lightning flashes first stroke or negative "stepped leader stroke" is thrust to the ground, positive charges rise up to meet it. With a lightning protection system in place, a ground streamer rises from the tip of the air terminal strategically placed on the tower to complete the ionized path with the negatively charged downstream. The current is safely led along the low resistance metal conductors. Traveling downward, the current will then be harmlessly dissipated.

In the case of Delray Beach, their storm safety program includes a series of technical devices and measures working

in conjunction to insure public safety. Along with early warning detection and certified lightning protection systems on towers and pavilions, guards are trained to monitor severe weather and continually track approaching storms. According to Connell, "Keeping aware of the severity and speed of an approaching storm, as well as monitoring beach population helps insure sufficient time for evacuation." Unfortunately, living in an area where severe storms are quite common brings a certain amount of complacency.

Complacency however was not an issue for Mike Perry, a 27-year-old guard working the beaches of Ocean City, Maryland. Knowing full well the dangers and in an effort to clear the beach during an unusually violent storm in the summer of 1993, Mike only remembers heading south along the shore on his quad (ATV). Five days later he awoke in the Shock Trauma/Ic unit of a local hospital and learned he had been struck by lightning. He's been told he received emergency CPR for 30 minutes and 5 fibrillations to bring him back. In what has been an intense road to recovery, Mike has gone from a quadriplegic state to walking once again. The marks of a lightning strike - 16 holes in his left leg and 5 in the right - were just the physical signs that something had drastically altered his life. His brush with death has certainly changed him both emotionally and physically and he hopes for full recovery within the next two years. Mike's message to others is short and sweet, "If there's even a threat of lightning get off the beach - don't just get out of the water . . . **get off the beach!**" Needless to say, Mike considers himself 'a lucky guy'. Ironically, Mike was aware of the severity of lightning, although in order to do his job to the best of his ability, he was placed in a precarious situation. Guards must be provided with safe areas as they perform their duties and evacuate beaches.

System Certification . . .

Lightning protection systems on guard towers provide a safe haven for beach personnel and offer shelter during a lightning storm. Andrew Larsen,

Executive Director of the Lightning Protection Institute sends a message of caution for those considering a lightning protection system and selecting a designer and installer for beach systems. According to Larsen, "Lightning protection is a specialty discipline and the expertise required for design and installation is not available through all electrical contractors. Contacting an LPI certified professional will guarantee the system incorporates specific NFPA (National Fire Protection Association) safety codes in its design and installation and UL approved."

The Lightning Protection Institute, a non-profit organization, nationally certifies contractors, professional engineers and properly installed systems. For further information on keeping your beaches safe and a listing of LPI certified contractors in your area please write: The Lightning Protection Institute, 3365 N. Arlington Hts. IL 60004 or call 800-488-6864

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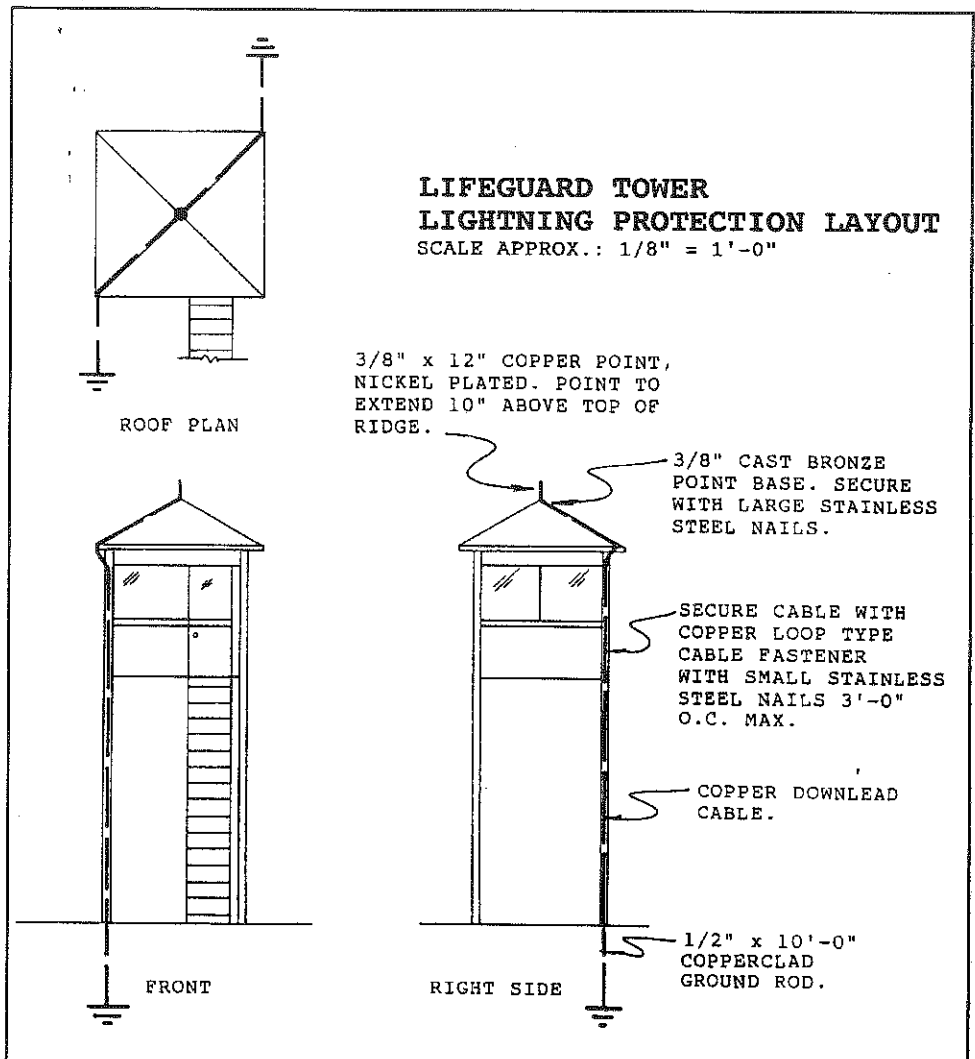
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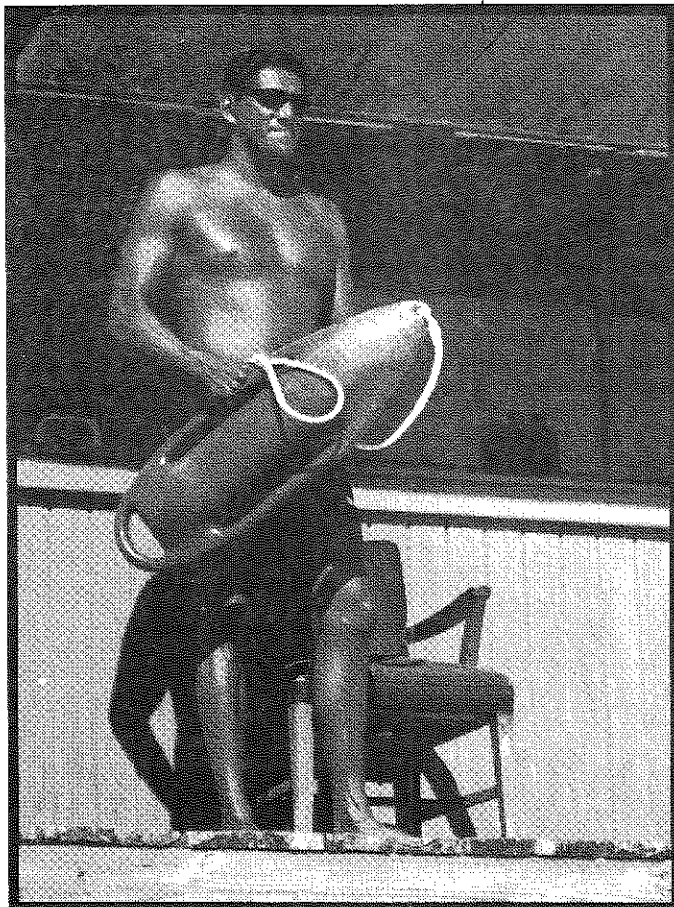
Buoy Rescue Techniques for Ocean Lifeguards

by Shawn O'Rourke

The following recommendations should be viewed as just that—recommendations! It is universally accepted in the Ocean Lifesaving Community that conditions and circumstances vary from rescue to rescue and that any one technique cannot possibly meet every need. With that in mind I would like to present the basic techniques I teach in the City of Hollywood for making single man ocean rescues utilizing a standard rescue buoy or "can."

First of all I will be discussing the mechanics of the rescue itself. Recognition, communication and other aspects of the rescue will not be the focus of this article. Having said that, I will briefly address the factors that determine which techniques we employ in a given scenario.

We employ two basic techniques for effecting a single man ocean rescue utilizing a standard rescue buoy. The technique used is determined by the condition of the victim. The determining factor is whether the victim is unconscious—a floater, or conscious (see fig. 1). The level of consciousness of a conscious victim may ultimately change the techniques employed by the rescuer but in general, conscious victims do not want to be put in a cross chest position. For the most part, conscious victims want to have something to physically support them on top of the water, not be placed on their



backs with someone constricting their movements. They also want to be able to see the shore, not looking at the sky or open ocean. For these reasons we do not usually place conscious victims in a cross chest position.

As we approach the conscious victim the first thing we do is stop 6 to 10 feet from them, verbally communicate to them (identify yourself as a lifeguard) and prepare yourself for making contact by placing the buoy between you and the victim. You should remove the strap or harness from around your neck at this point but not completely off of your person. Continuing with instructions to the victim we move closer and present the buoy broadside to the victim. Once the victim is secured on the buoy by grasping it with both hands, we begin returning to shore using backstroke or sidestroke while maintaining eye contact with the victim. It is also more efficient to use the lead or free hand in a sculling motion as opposed to a reach and pull method.

The primary focus and concentration of the rescuer should be on the victim and their condition. Verbal reassurance and explanation of the proceedings should help keep the victim calm. I believe the rescuer should remain in contact with victim to be able to deal with waves and varying circumstances.

Upon reaching the shore I recommend escorting the victim completely out of the water by grasping them on the arm just above the elbow. It is usually not necessary to place the victims arm over your shoulder and grab them around the waist, but it is imperative to support them until they are entirely out of the water and on dry sand. You are going to need to get pertinent information to document the rescue and staying with them all the way onto the beach will facilitate this.

With an un-conscious victim there are some differences. I do not recommend stopping any distance before reaching the victim. You should swim all the way to a person who is face down, immediately grab them by the wrist and pull their arm towards you while turning them over onto their back. This is a standard Red Cross technique. At this point I recommend placing them in a cross chest carry and positioning the buoy on their chest with both arms crossed over the buoy. I do not believe that placing the buoy under their back is the most efficient technique. You must snug the buoy up tight on the victim and have a very secure hold of the handle. This will provide support for their head and assist in keeping water from their face. The same kicking and sculling techniques used in a conscious victim rescue are employed here.

NOTE: Ventilating a victim in the water brings up legal, ethical, and moral considerations. I personally feel that it is virtually impossible to make an adequate seal and deliver successful ventilations in the ocean, especially if there is any wave action at all. I also think it ultimately delays advanced life support measures, thus reducing the chances of survival. Also, with current OSHA standards, our personnel are required to use an effective barrier device when performing mouth to mouth resuscitation, thereby making it infea-

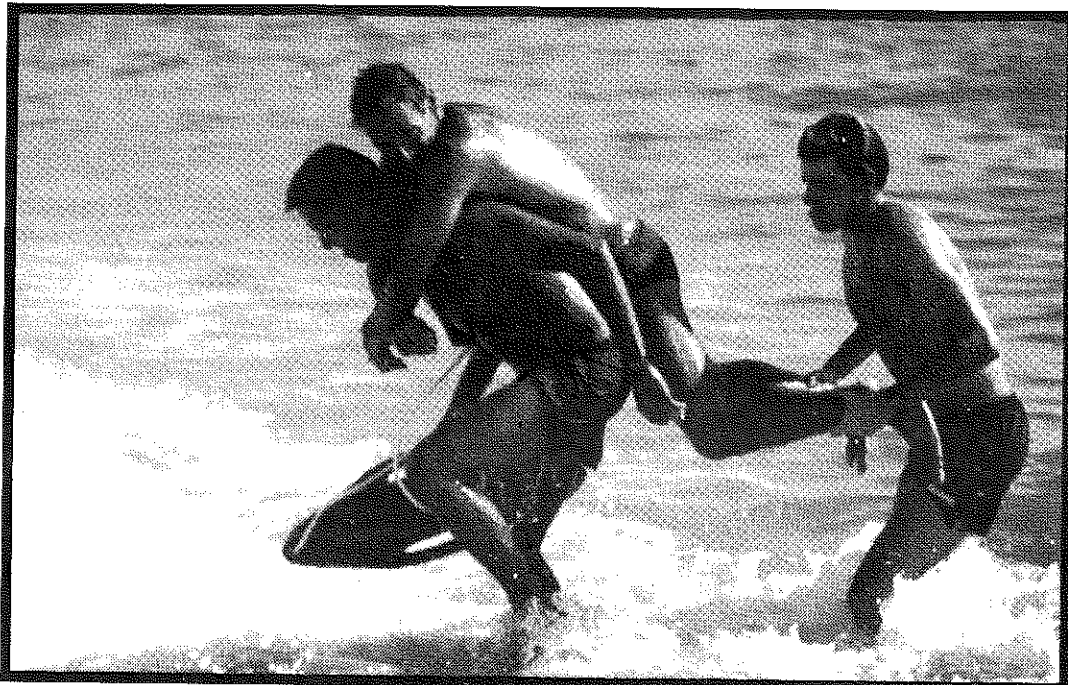
sible in this case. Finally, the underlying principle of emergency response is for the responder to protect themselves first so that they may deliver the care that is needed. In conclusion I feel it is most appropriate for the rescuer to effect the rescue itself in the most expedient manner and get the victim to the shore where advanced life support measures can be implemented.

Upon approaching the shoreline you must be careful not to come all the way to the beach if you are going to attempt to carry the victim ashore by yourself. We employ a pack strap carry and to properly position the victim on your back you should initiate the maneuver in approximately waist deep water. If it is shallower you will basically be doing a dead lift. If it is deeper you will have no solid footing to

make forward progress. It is best not to drag your buoy so that you do not trip over it or the rope. This means you must either carry it or ditch it prior to loading the victim on your back.

When carrying the victim up the beach, be sure to go far enough up from the water to allow for rescue personnel and their equipment to be utilized without them getting wet from waves washing ashore.

Remember that lifesaving in the 90's and beyond is based on prevention! Hopefully, you won't be employing these techniques on a regular basis, but when you do, realize that we must possess the special knowledge, skills and expertise necessary to execute the unique requirements of our profession.



Wayne Snellgrove, Bruce Wilkie and John Fishetti demonstrate rescue techniques.

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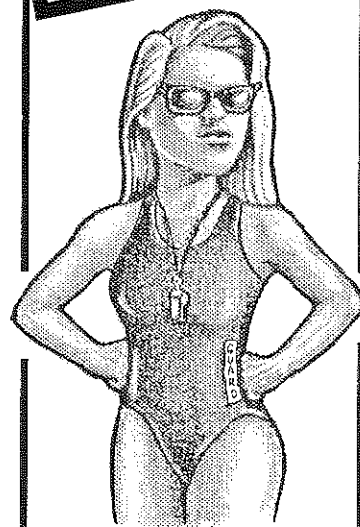
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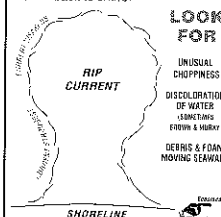
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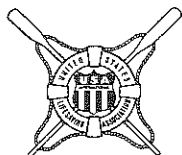


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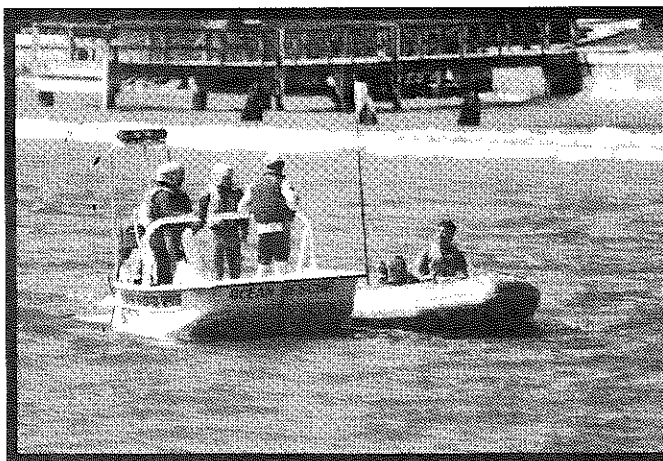
LIFEGUARDS FOR LIFE

Since 1979, the United States Lifesaving Association (formerly the National Surf Lifesaving Association, est. 1964), has been working to reduce deaths from the third leading cause of accidental death in the United States - drowning. Our mission is to establish and maintain standards and certification of openwater and surf lifeguards, along with educating the public in beach and water safety. This has led the U.S.L.A. to develop a variety of programs which assist thousands of water safety professionals and millions of people each year.

Let's take a look at some of these programs.

ORGANIZATION AND PURPOSE

The National Surf Lifesaving Association was organized in 1964 by lifeguard agencies along the California coast. In 1979 the governing body of the N.S.L.A. changed its name to the United Lifesaving Association (U.S.L.A.) for the purpose of increasing participation in the association by lifeguard agencies throughout the country. These agencies saw the need for cooperation in the advancement of lifesaving techniques and public education. The U.S.L.A. is now a professional organization whose membership is comprised of lifeguard and water rescue services throughout the United States. The primary purpose the association is to promote and develop the finest methods of lifesaving and familiarize the general public with the functions and services of the lifeguard organizations. Concurrent with this purpose, the Association acquaints the public through educational means in the area of beach safety.



ADMINISTRATION

The U.S.L.A. is divided into eight regions, delegates from each region make up the U.S.L.A. Board of Directors. An Executive Committee meets periodically to conduct business and to make recommendations to the full board. This committee includes the Executive Board and one representative from each region, appointed by the region. The term of office for U.S.L.A. officers is two years.

Each of the eight regions is divided into chapters. The chapters represent members of existing lifeguard agencies. The number of delegates to the National Board from any region is determined by the number of members in the region that is being represented.

MEMBERSHIP ELIGIBILITY

Individuals seeking membership must be a member of a beach lifeguard service and must have worked a minimum of eight hours for their respective service in any one calendar year.

AFFILIATIONS

The U.S.L.A. affiliates internationally with International Life Saving (ILS) which is comprised of lifesaving organizations from all over the world.

TAX STATUS

The U.S.L.A. is a non-profit organization and has an exemption with the Internal Revenue Service as an educational organization under section 501 c 3. All monies donated to the U.S.L.A. are tax deductible.

PUBLIC EDUCATION

Central to the work of the U.S.L.A. is our public education program. Through the coordination effort of the national office and local regions and chapters, information on the beach and water safety posters, coloring books and lists of water safety hints are being continuously developed by the U.S.L.A. These materials are used by members extensively in school visits and water safety demonstrations. The U.S.L.A. also enjoys an excellent working relationship with local media and

has developed public service announcements which are widely used.

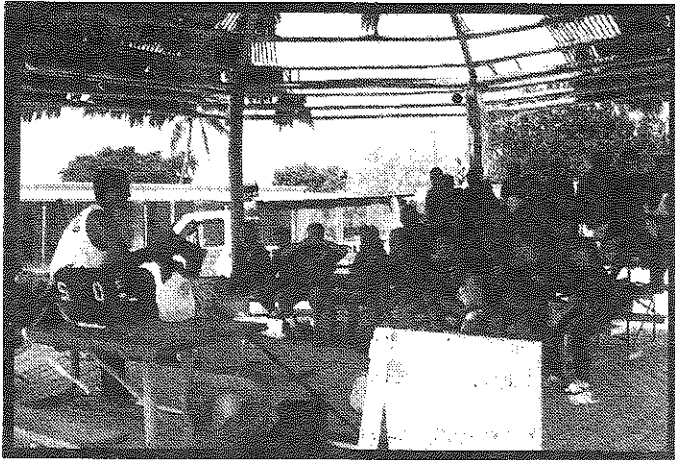
Perhaps the most successful public education program is National Water Safety Week, held each summer. The resulting nationwide participation of U.S.L.A. members, media and lawmakers has been very effective in reaching the public with important information on water safety including the swimmers code.

National Water Safety Week will be May 20 thru May 27 for 1996.

EDUCATIONAL PROGRAMS

The U.S.L.A. educational programs are organized toward the pursuance of its goals. These programs include:

1. Printing and Circulating beach safety publications.
2. Creating Emergency Services Directories of agencies represented.
3. Establishment of qualifications for various beach and lifeguard classifications and certifications
4. Certification of qualified instructors for domestic and foreign training.
5. International exchanges and educational programs with foreign countries.
6. Attending international lifesaving meetings.



TRAINING AND CERTIFICATION

Recognized as the preeminent American authority in open water lifesaving and beach management, the U.S.L.A. maintains the only certification program for beach lifeguard agencies. The program's goal is to ensure that adequate, consistent levels of beach safety are maintained at beaches throughout the United States. Under this program, the U.S.L.A. has developed and published minimum recommended training and employment standards for beach lifeguards. Beach lifeguard agencies which conform to these minimum recommended standards may apply to the U.S.L.A. for certification of the compliance. Once certified by the U.S.L.A., beach lifeguard agencies may certify lifeguards they train as having successfully completed a U.S.L.A. certified course. Appropriate U.S.L.A. certificates are also available. A booklet entitled Guidelines for Open Water Lifeguard Training and Standards details the entire process. It is available at cost of copies in the same mailing. To order the booklet send check or money order to:

U.S.L.A. Lifeguard Agency Certification Program
P.O. Box 9009 • San Diego, CA 92169-0009

COMPETITION

Lifeguard competitions have always been important and exciting programs of the U.S.L.A.. More than a sport and a challenge, competitions help demonstrate to the public the physical demands placed on open-water lifeguards. Competition also provides important motivation for lifeguards to maintain top physical conditioning, thereby insuring quality protection for the public.

U.S.L.A. sanctioned competitions take place across the country each year. In addition, through qualifications at a regional Championship, many lifeguards compete annually at the U.S.L.A. National Lifeguard Championships.

COOPERATION

The U.S.L.A. Realizes that it is not alone in promoting and supporting water safety in the United States. In fact, The U.S.L.A. maintains a liaison with 34 other organizations in all areas of aquatics.

On the international level, the U.S.L.A. is a member organization of International Life Saving, a world wide federation of lifeguards and water safety experts representing 23 countries. U.S.L.A. members actively participate in many international events, including lifeguard competitions, educational trips, exchanges, and technical symposiums.

RESEARCH AND DEVELOPMENT

The U.S.L.A. has helped develop a computerized study of beach incident statistics, generating information on causes and contributing factors of drowning and near-drownings. Members continually evaluate new equipment and procedures for prevention at educational seminars in an attempt to keep abreast of modern products and procedures in lifesaving.

AMERICAN LIFEGUARD MAGAZINE

The official publication of the U.S.L.A., *AMERICAN LIFEGUARD* magazine, contains news about our growth and development, reviews of lifeguarding equipment, and features on beach management and protection.

JUNIOR LIFEGUARD

An increasingly popular part of our public education effort, Junior Lifeguard and Lifeguard in Training (LIT) programs, have been established by many U.S.L.A. chapters, concentrating on personal water safety, swimming skill development, lifesaving training, Junior Lifeguard and LIT programs are helping to develop water safety-conscious citizens and future lifeguards.

As a non-profit organization, the U.S.L.A. depends on the support of individuals, agencies and corporations in meeting the financial needs of it's projects. This support is usually generated through MEMBERSHIP AND SPONSORSHIP.

MEMBERSHIP

Membership in the U.S.L.A. exists on many levels, from the recurrent lifeguard in the tower to agency and professional memberships. Membership fees and contributions are tax-deductible and entitles the member to continuing information and involvement through subscription to *AMERICAN LIFEGUARD* magazine and other benefits.

ASSOCIATE MEMBERSHIP

A lifeguard working a pool environment, who has never acquired open-water training or certification, is eligible to join the U.S.L.A. as an Associate Member. This means that ALL American Lifeguards may become part of the preeminent American lifesaving organization, receiving almost all membership benefits. Lifeguard alumni, supporters, and friends of the U.S.L.A. are also welcome to become Associate Members.

Membership in the South East Region of the U.S.L.A. is \$25.00 which includes membership kit, card and magazine subscription. For more info write to: U.S.L.A. 2 Ocean Blvd. • Delray Beach, FL 33483



Team Florida COMPETES IN HAWAII



Early in September, Team Florida participated in the International Ocean Lifeguard Challenge in Hawaii. Team Florida is composed of six competitors including, Frank Ganley and Phil Wotton presently of Boca Raton, Wayne Snellgrove of Hollywood, George Kabris of Ventura Beach, California (formerly of Delray Beach) Houston Park and Scott Mundell of Delray Beach. Team Florida Captain, Houston Park, in addition to his lifeguard position with Delray Ocean Rescue is a Paramedic for Palm Beach County Fire/Rescue. Houston an avid surf skier earned a silver medal at the 1995 USLA Southeast Regionals. This is the fourth year that Team Florida has participated in field of eight teams: Australia, California, New Zealand, Hawaii, World Team, Florida, Japan and Canada. Watch for this exciting event on the ESPN cable channel. Dr. Andre Fladell, Bandana Cabana, Funboards, and Sting-Aid all Helped sponsor this trip.

Newest Team Florida member, Scott Mundell, left Boca Beach Patrol last June to join the Delray Ocean Rescue Staff. Originally from Willington Delaware, Scott was a New Jersey Lifeguard before moving to Florida. Scott graduated from Florida State University where he served as Captain of the Swim Team. During his college career he was selected twice as an All American Swimmer ranking the top 16 of United States college swimmers. During the USLA Nationals at Santa Cruz, California, Scott earned a silver medal in the land line event and a bronze in the open swim event.

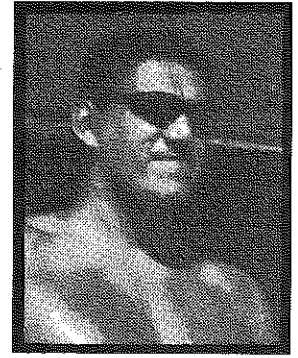
At the international Ocean Lifeguard Challenge Scott placed 6th in the world in the 500 meter swim, 8th in the surf Rescue and placed 3rd in the Medley Relay at Waikiki Beach. Houston Park placed 13th out of 50 in the 2.5 mile surf ski race at Waimea Bay and 12th with George Kabris at 13th in the 5.5 mile surf ski race off Makapu Beach. In the Outrigger Canoe race Team Florida placed 3rd surprising the teams from the Pacific Region where they train in these canoes throughout the year. George Kabris placed 10th, Frank Ganley placed 11th and Phil Wotton 14th in the 3.5 mile paddleboard race. Wayne Snellgrove placed 3rd in the 500 meter swim at Waimea Bay and 3rd in the 200 meter run/swim/run/swim/run event, a particularly grueling race. Phil Wotton placed 4th in the Beach Flags event. Team Florida placed 6th in the paddleboard relay race and in the medley relay Florida Teams "A" & "B" took 6th and 7th place respectively.

by Rich Connell

COMPETITOR PROFILE:

Lifeguard Wayne Snellgrove

By Scott Webb



The potential exists for this young man to be in a league of his own. With a history of accomplishments trailing in his wake, Wayne Snellgrove continues to forge into new waters. Hailing from Canada, he has made swimming an enormous part of his life since age eight. Dating back to the days with the Jersey Wahoos Club Team until his current status of USA National Team member, this lifeguard is no stranger to success.

Coming to Hollywood, FL. from Atlantic City Ocean Rescue after four years of service with 300-400 rescues annually, many of those multiple victim rescues, this young man fit right in. Hollywood Beach Patrol holds the longest running (19 years) Lifesaving Tournament in the state of Florida, 5th place finish overall in the 1990 USLA Championship, a legacy is created that is suited for someone of Wayne Snellgrove's stature.

Lifeguarding through the past 4 decades superintendent James Shoemaker has created a competitive aquatic atmosphere. Superintendent Shoemaker supervised some of three best

overall competitors including 2-time Silver Medalist Olympian Tim McKee, Rhode Scholar and Princeton Swim Captain Mike McCarty, and Rowin Champion from 1978 - 1982 James Ronan Avalon. Superintendent Shoemaker feels that Wayne already fares favorable with the aforementioned elite and certainly has the potential to join these ranks.

Wayne himself has already started making a name for himself in the swimming circles by being crowned the 1995 National Champion of the 5K Open Water Swim, 2nd place finisher in the National 10K, and 3rd place finisher in the National Open Water 25K Swim. It only seems appropriate that this National High School Champion in the 400 Medley would occupy the busiest tower on the beach and request that position due to the fact that he desires to be in the hot spots where the action is.

Wayne moved to Fort Lauderdale, FL to swim at the International Swimming Hall of Fame. He has been able to combine his swimming ability and his lifeguarding skills to enhance personal skills and the Hollywood Beach Patrol. Coach Nobutaka Tan of the Ft. Lauderdale Swim Team says that Wayne is the type of swimmer that coaches love. Wayne remains

consistent in attendance and excitement while upbeat about training. Although Wayne does not plan on making a career of lifeguarding, it does create a medium for him to hone his lifeguarding abilities and continue on the path of swimming faster. In doing this it creates an atmosphere of a win-win situation for all parties involved.

At the 1995 National Lifeguarding Championships in Hawaii Wayne left his mark on the record books as the top American as he went on to place 2nd in the Run-Swim-Run competition. Future goals and aspirations for this young man include swimming faster, getting into coaching at the interscholastic level, and continuing on his path to success.

PUBLIC EDUCATION

By William McNeely Jr.

One of the most significant things a lifeguard can do is educate the public in water safety. It is important that we communicate water safety information to all age groups to continue our never ending effort to reduce drownings and injuries. Aquatic personnel now have excellent material available to help educate the public to swim safely.

In St. Lucie County Florida, I continually display posters on bulletin boards and restroom doors at our beaches and swimming pools. Laminated posters last from 4 to 8 weeks and then need to be replaced.

The "Rip Current" poster and "Don't Break Your Neck" posters are very popular with children and adults. I often see one child reading information aloud to another from one of these posters.

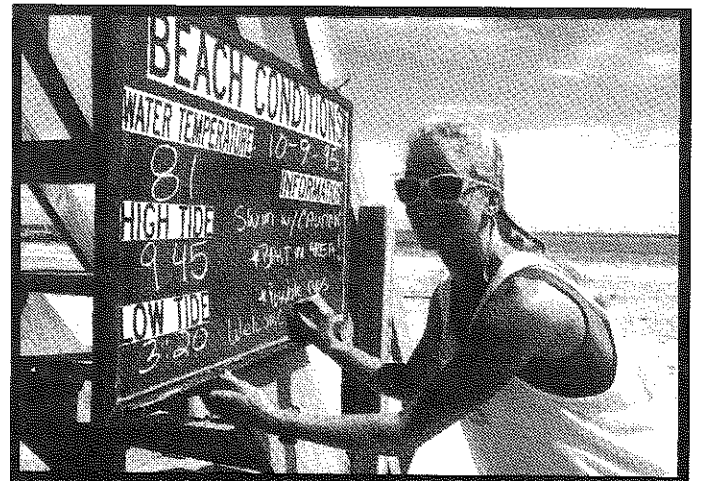
The posters are available from the United States Lifesaving Association (U.S.L.A.) and are free. I also use the "Have Fun - But . . ." poster which has water safety tips for kids. This poster is from the American Red Cross but needs to be laminated before displaying

When picking up posters, remember to take a good supply so you can replace them when necessary.

Lifeguards are always welcome to give lectures and talks to schools and organizations like fishing clubs or boy and girl scout troops.

Videos make these talks easier and more interesting. "The Silver Dolphin Club" and "Water Safety for Swimming Pools" are video productions that work very well with water safety presentations.

"The Silver Dolphin Club" teaches beach safety and demonstrates the importance of swimming near a lifeguard when visiting the beach; the \$30.00. "Water Safety for Swimming Pools" is loaded with safe rescue techniques for children and adults; the cost is 19.95. Accident prevention tips and the correct way to use basic and improvised rescue equipment are some of the other topics. Swimming pool drownings are the number one killer of young children in Florida, which is very sad because these deaths are preventable through education.



Lifeguard Bindi Wiernicki updates a beach information board.

Continued page 22

These videos along with other excellent lifeguard training videos are available from Water Safety Products at 1-800-987-7238 and Marine Rescue Products at 1-800-341-9500.

Another way to educate the public in water safety is by using the news media. The U.S.L.A. has moved "National Beach Safety Week" to the last week in May, which is just before the Memorial Day weekend.

This is a good time to go before your local City Council or County Commission and make a proclamation. Doing this opens the door for newspaper, television, and radio coverage. You then can provide them with all sorts of safety information. During "National Beach Safety Week" I set up a water safety booth at our mall and pass out swimming and CPR class schedules. This is an opportunity to display rescue equipment, posters, show videos, and give CPR demonstrations.



Lifeguard Shane Hayes explains beach safety tips.

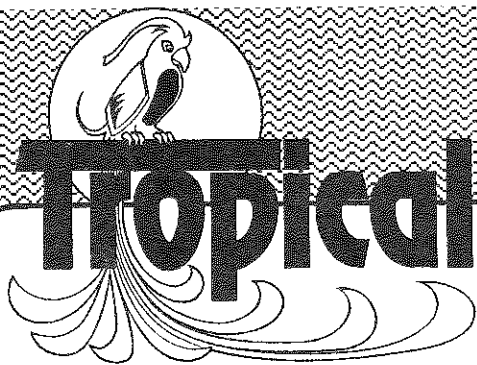
We now have a broadcast quality, 30 second, Public Service Announcement available, entitled "Swim Near a Lifeguard." This P.S.A. gives beach safety tips in a 30 second time period. Television stations, cable companies, and even large networks will show it if you provide it to them. Television companies want P.S.A.'s to be no longer than 30 seconds so they can play it with commercial advertising. The Discovery Channel has aired the P.S.A. several times. It is available from the Florida Beach Patrol Chiefs Association (F.B.C.A) and the United States Lifesaving Association (U.S.L.A.) at the cost of \$25.00 or \$40.00, depending on format.

Prentice Hall-Brady has published a new textbook of lifeguards entitled "The United States Lifesaving Association Manual of Open Water Lifesaving." This book, edited Chris Brewster from the San Diego Lifeguard Service, features authors and lifesaving techniques from each region in the United States. It provides so much information that even the most experienced lifeguards can benefit from reading it. To order call 1-800-374-1200; the cost is \$16.00

Communicating directly with people on the beach or at the pool is also a good way to teach water safety every day. Being creative with an information chalk board can deliver a safety message and make someone smile at the same time.

The F.B.C.A. has been reprinting the popular "Swim Near a Lifeguard bumper sticker, which is available free. The bumper sticker is nice to distribute to friends and supporters.

We have made great advances in lifesaving over the years and are continually improving. Keeping our beaches safe by preventing accidents and making ocean rescues is a big job and we do it well. By using these materials we can reach out to the community and save many lives through public education.



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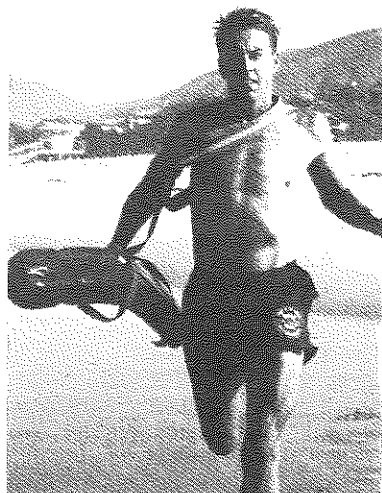
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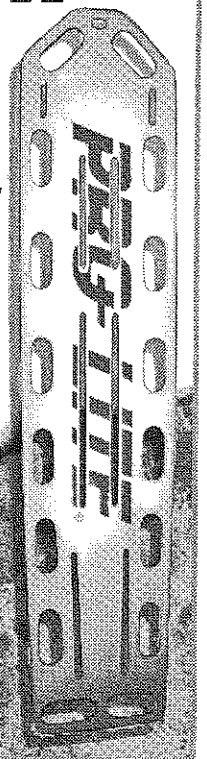
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Pediatric Drowning Resuscitation

By: Ed Fry, III EMT - Paramedic

There has been a long history of mixed views on submersion resuscitation throughout Australia, Canada, Europe, and The United States. Different modalities of treatment, proper treatment sequences, and mixed opinions among Medical Institutions have changed protocols dramatically with a common goal to provide the best treatment available, increasing the chances of survival of the people lifeguards encounter as a result of submersion accidents.

Inclusive of the many leaders identifying the modalities of submersion treatment are Dr. Henry Heimlich (The Heimlich Institute) and Dr. Edward Patrick (The Patrick Institute). Their respective Institutions have continuously identified the need for more aggressive treatment in submersion resuscitation. Dr. Heimlich, as we know, was the founder of the Heimlich Maneuver which has saved millions of lives for "Cafe Coronary" a result from Foreign Body Airway Obstruction (FBAO). Dr. Heimlich and Dr. Patrick recommend that the same procedure be used as first line treatment in the resuscitation of submersion victims. Dr. Patrick was instrumental in identifying three different classifications of drowning which in turn may change the treatment of resuscitation.

Lifeguard agencies throughout the United States have adopted resuscitation guidelines developed by the American Heart Association (A.H.A.). The A.H.A. has a long standing record of research and has developed the highest standards in Basic Life Support (BLS), Advanced Cardiac Life Support (ACLS), Pediatric Advanced Life Support (PALS), and other pre-hospital life support algorithms. The American Heart Association's educational programs are focused toward the Health Care Professionals such as Doctors, Nurses, Paramedics, EMT's, First Responders, Lifeguards, and Peace Officers.

Drowning has plagued our society for centuries with fatalities on beachfronts, lakes, rivers, streams, pools (home and community), bathtubs, and even mop buckets. It is the 3rd leading cause of accidental death in the United States; it ranks number 1 in the State of Florida claiming lives of children between ages of 1 and 4. A majority of these drownings could have been prevented if the proper safety precautions were taken. i.e.; locking pool gates, swimming near trained lifeguards, never leaving children unattended. Simple actions like these could prevent the needless loss of precious life.

Children are curious and have relatively little or no fear. Their curiosity will take them to the edge of a pool or dock where they may fall into the water. The unattended child that does fall into the water, begins to swallow whatever enters their mouth. The child is usually so frightened they are unable to cry out for help. Once the child inevitably attempts to gasp for air, the larynx senses water and abruptly slams the vocal cords shut (mammalian gag reflex) from the laryngospasms that have been induced. This renders the child unable to speak or move any air through the lung passages. By this time, the child that was violently thrashing becomes a somber lifeless body that may float on top or slip beneath the surface of the water to find a final resting place on the bottom. The heart is still beating frantically to keep vital organs (heart and brain) alive. As the survival window begins to deteriorate, the heart now starved for oxygen begins to brady (slow) and the blood pressure falls below critical perfusion pressures. Failure to rescue the child at this point will almost certainly result in a high degree of irreversible brain damage or death.

As time progresses, the child's body gives up from fatigue and the lack of oxygen. The vocal cords relax allowing water to flood the empty lumen (opening) of the trachea (windpipe) which in turn blocks a majority of the air passages vital for post-submersion resuscitation. The child's heart unable to continue ceases to beat and spasmodically contracts (ventricular fibrillation); it eventually ceases all electrical and mechanical function (asystole) which carries a high mortality with little chance of a successful resuscitation.

Adhering to A.H.A. guidelines, prompt and proper sequence in post-rescue resuscitation (sequela within 4-6 minutes) can promote a good survival outcome, implying that the person will walk out of the hospital with little or no neurological deficits. The A.H.A. teaches that pediatric population needs little or no drug therapy following a submersion accident (respiratory arrest precedes cardiac

arrest). In fact, the number 1 drug of choice for any pediatric resuscitation is high flow oxygen. This can be delivered via a non-rebreather mask (provided the child has adequate respiratory effort) or a Bag Valve Mask (BVM) with an oxygen reservoir. Inclusive to the BVM an oropharyngeal or nasopharyngeal airway should be used based on the patient's tolerance. The pediatric BVM should not have a pop-off valve. The rationale behind this included research that found the child's peak airway pressures may exceed the pop-off valve which in turn does not allow oxygen to go where it needs to go in your patient's lungs. Ultimate airway control may be achieved by endotracheal intubation.

Airway management is the first crucial key to a successful resuscitation. After opening the airway, if the first initial breath does not go in, re-position the head and try again. If you are unsuccessful the second time, consider that the passages are blocked with water; change your treatment to the FBAO decision tree. Deliver 5 abdominal thrusts (Thrusts are to be used on children 1 - 8 years' old, infants 0 - 1 y.o. deliver 5 chest thrusts with 2 fingers placed just below the nipple line followed by 5 back blows, then reassess the airway). "You can't get the air in until you get the water out!" according to Dr. Heimlich and Dr. Patrick. Remember though that delivering abdominal thrusts may produce results we would rather not deal with, such as vomitus. Be prepared to turn the patient to the side and remove any visible contents out of the mouth. **Always** protect yourself with barrier devices and personal protective equipment. Your life is just as important! There are no heroes when it comes to blood-borne pathogens.

Repeat the sequence Attempt to ventilate, look for the chest to rise, if the chest rises, check for a pulse no pulse, start CPR. Hopefully, there are enough people around to send one to activate the EMS 9-1-1 or you have already accessed it through your communication center. If you are treating an adult and have been trained as an EMT or Paramedic, you want to consider the application of an Automatic External Defibrillator and the use of a Combi-tube or E.O.A. as an airway adjunct to secure the airway.

Note: Repetition breeds efficiency and will reduce your stress at the scene. If you are overwhelmed, allow a co-worker to take your position. Seek a stress debriefing, if you don't it may impact your career.

In retrospect, if your patient has bradycardia after pulling them from the water, the course of treatment is high flow oxygen, stimulation and positioning the patient on their side to reduce aspiration into the lungs. Stomach contents contain caustic acids that can damage the delicate lining in the trachea and lungs. Moreover, if they survive the drowning, aspiration pneumonia can cause severe respiratory compromise which can be a fatal infection in itself.

For advanced Bradycardia resuscitation:

- Do chest compressions if oxygen and ventilatory support fail to increase the heart rate after 30 seconds. Ranges include:
Heart rate <80 beats per min. in an infant.
Heart rate <60 beats per min. in a child.

The ultimate sign of a successful resuscitation is the return of spontaneous respirations and a bounding pulse before our patient is loaded into the back of an ambulance. The most rewarding is when your patient regains consciousness and squeezes your hand before they leave the scene. You then know you did your job the way you were trained. Tomorrow is another day sitting the wood.

About the Author: Ed Fry is the South District Training Officer for Palm Beach County Beach Patrol and a 13 year veteran in Ocean Lifeguarding. He has worked for Johns Hopkins Hospital Cardiac Surgical Intensive Care Unit and the Department of Anesthesia Critical Care Medicine. Ed is a State Certified Florida Paramedic and holds instructor Certificates in: American Red Cross Lifeguard Training, First Aid and CPR for the professional rescuer, American Heart Association CPR for the Health Care Provider, Pediatric Advanced Life Support, Pediatric Trauma Life Support, and Advanced Cardiac Life Support.

References: A.H.A. Pediatric Advanced Life Support, EMS Field Guide: ninth edition, Dr. Henry Heimlich; The Heimlich Institute, Dr. Edward Patrick; The Patrick Institute.

HURRICANE . . .

There is nothing like it in the atmosphere. Even seen by sensors on satellites thousands of miles above the earth, the uniqueness of these powerful, tightly coiled storms is clear. They are not the largest storm systems in our atmosphere, or the most violent; but they combine those qualities as no other phenomenon does--as if they were designed to be engines of death and destruction. These hurricanes are products of the tropical ocean and atmosphere, powered by heat from the sea, steered by the easterly trades and temperate westerlies, and their own fierce energy. Around their core, winds blow with lethal velocity. As the storm moves over the ocean, a massive dome of water--known as the storm surge--forms in the eye. The storm surge can be 10 to 20 feet above normal sea level, and is the most dangerous part of the hurricane. Waters will rise rapidly as the storm approaches, cutting off evacuation. Storm surges destroy even massive structures, or cause erosion under major buildings that causes them to collapse. The storm surge is responsible for nine of every 10 deaths in a hurricane.

Hurricane Andrew

Hurricane Andrew slammed into heavily populated South Florida as the most destructive storm in the United States history. With sustained winds of 145 mph and gusts over 175 mph, Andrew destroyed homes and businesses along a 30 mile swath through south Dade. When it was over, more than 60,000 homes were destroyed and 200,000 people were left homeless.

Fifteen people died in Florida as a direct result of Andrew's fury. Another 26 lives were lost as a result of indirect effects of the hurricane within the next three weeks. The relatively low loss of life, compared to previous hurricanes, stands as a testimony to the success and importance of hurricane awareness campaigns, preparedness planning and actions by the joint efforts of Federal, State, County, and City emergency forces.

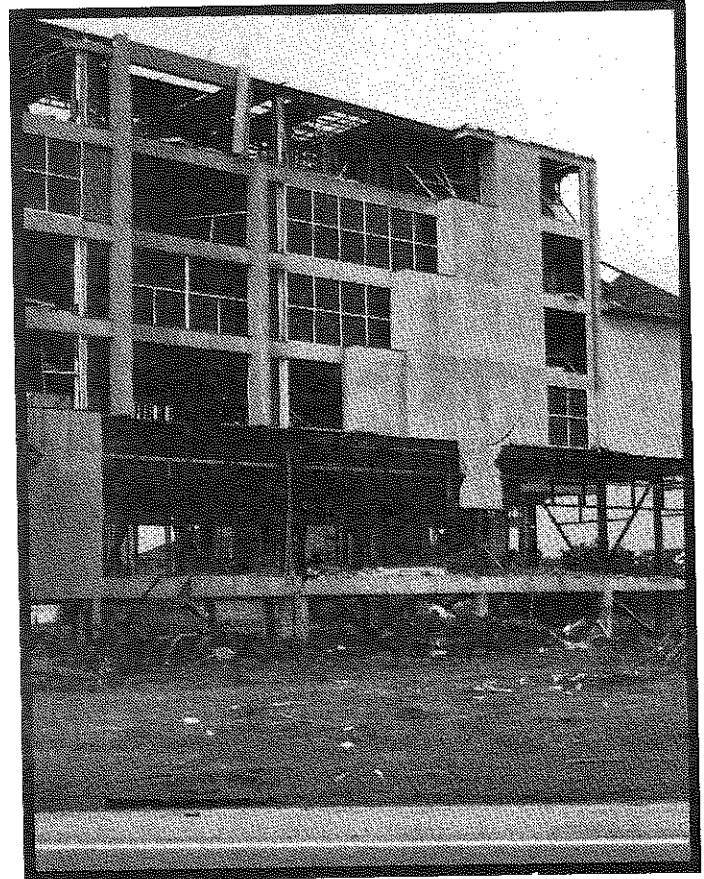
Historically, such powerful hurricanes have caused great loss of life from the storm surge. As Andrew came ashore first in the northwest Bahamas, storm surge reached an incredible 23 feet. In Florida, a 17 foot storm tide, which headed inland from Biscayne Bay, is a record for the southeast Florida peninsula.

Evacuation from threatened coastal areas is the only defense from the storm surge's potential for death and destruction. After the National Hurricane Center issued hurricane watches and warnings, massive evacuations were ordered in Florida and Louisiana by emergency management officials. It is estimated that more than 2 million people evacuated to safety in Florida and Louisiana as Andrew approached.

HURRICANE CATEGORIES

All hurricanes are dangerous, but some are more so than others. The way storm surge, wind, and other factors combine determines the hurricane's destructive power. To make comparisons easier--and to make the predicted hazards of approaching hurricanes clearer to emergency forces--National Oceanic and Atmospheric Administration's hurricane forecasters use a disaster-potential scale that assigns storms to five categories.

CATEGORY ONE - Winds 74-95 mph. Damage primarily to unanchored mobile homes, shrubbery, and trees. Also, some coastal road flooding and minor pier damage.



CATEGORY TWO - Winds 96-110 mph. Some roofing material, door, and window damage to buildings. Considerable damage to vegetation, mobile homes, and piers. Coastal and low-lying escape routes flood 2-4 hours before arrival of center. Small craft in unprotected anchorages break moorings.

CATEGORY THREE - Winds 111-130 mph. Some structural damage to small residences and utility buildings with a minor amount of wall failures. Mobile homes are destroyed. Flooding near the coast destroys smaller structures with larger structures damaged by floating debris. Terrain continuously lower than 5 feet above sea level may be flooded 8 miles or more inland.

CATEGORY FOUR - Winds 131-155 mph. More extensive wall failures with some complete roof structure failure on small residences. Major erosion of beach areas.

Major damage to lower floors of structures near the shore. Terrain continuously lower than 10 feet above sea level may be flooded requiring massive evacuation as far as six miles inland.

CATEGORY FIVE - Winds greater than 155 mph. Complete roof failure on many residences and industrial building failures with small utility buildings blown over and away. Major damage to lower floors of all structures located less than 15 feet above sea level and within 500 yards of shoreline. Massive evacuation of areas on low ground within 5 to 10 miles inland.

ON

THE GREATEST STORM

THE KILLER STORM SURGE

The hurricane's worst killer comes from the sea, in the form of storm surge, which claims nine of ten victims in a hurricane.

As the storm crosses the continental shelf and moves close to the coast, mean water level may increase 15 feet or more. The advancing storm surge combines with the normal astronomical tide to create the hurricane storm tide. This buildup of water level can cause severe flooding in coastal areas, particularly when the storm surge coincides with normal high tides. Because much of the United States' densely populated coastline along the Atlantic and Gulf coast lies less than 10 feet above mean sea level, the danger from storm surge is great.

Wave and current action associated with the surge also causes extensive damage. Water weighs some 1,700 pounds per cubic yard; extended pounding by frequent waves can demolish any structures not specifically designed to withstand such forces.

Currents set up along the coast by the gradient in storm surge heights and wind combine with waves to severely erode beaches and coastal highways.

EVACUATION PLAN

Plan A. THE SAFEST...Relocate outside the threatened area as far ahead of time as possible.

Plan B. REASONABLY SECURE...Stay at home if your home is not in an evacuation zone and is not a mobile home.

Plan C. IF IN DOUBT...Stay with friends or relatives located in an area safe from flooding.

Plan D. LAST RESORT...Go to a Red Cross Shelter.

MAKE A PLAN

The hurricane season officially begins June 1 and ends November 30. However, hurricanes can occur in any month. Plan to be as self sufficient and independent as possible. You may have to survive for weeks on your own resources without water, electricity or access to stores. Do not wait until the hurricane season starts to prepare your home!

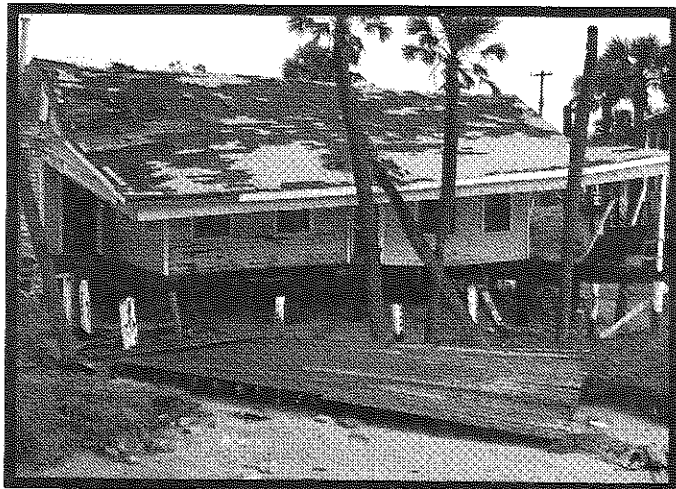


MUTUAL AID

Mutual Aid is an essential component to the effective response and recovery from a disaster situation. Without a comprehensive understanding of how to provide and utilize mutual aid, communities may suffer a secondary impact as resources come into the community which cannot be effectively utilized. A statewide mutual aid compact for catastrophic events is in the process of being executed statewide. This agreement provides a mechanism for appropriate response and assistance to an impacted area, as well as a mechanism for cost reimbursements, and is an important component in the arsenal of preparedness tools.

1995 HURRICANES

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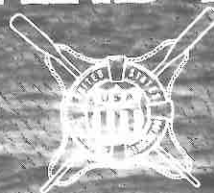


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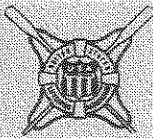
1-800-8-KAYAKS



OCEAN KAYAK INC.

FLORIDA BEACH PATROL CHIEFS ASSOCIATION ANNUAL STATISTICAL SURVEY - 1994

MARINE LIFEGUARD AGENCY	BEACH ATTENDANCE	BATHERS RESCUED	BATHERS ASSISTED	RIP CURRENT RESCUES	BOAT PASSENGERS RESCUED	BOATS ASSISTED	EMER. MEDICAL CASES	FIRST AID CASES	PREVENT ACTIONS	DROWNINGS GUARDED AREA	DROWNINGS UNGUARDED AREA	OTHER FATALITIES (GUARDED AREA)	LOST & FOUND PERSONS	WATER SAFETY PRESENT.	ATTND. AT SAFETY PRESENT
BOCA RATON	572,904	93	188	74	0	0	38	5,284	8,251	0	0	0	6	6	300
BOYTON BEACH	253,858	6	0	6	0	4	15	504	2,856	0	0	0	4	2	47
BREVARD COUNTY	800,000	14	N/A	6	2	N/A	15	4,378	31,845	0	0	1	106	50	6,368
DADE COUNTY	2,000,000	260	57	175	20	5	76	6,117	27,982	0	1	0	145	12	600
DANIA	227,120	39	15	26	0	2	12	364	N/A	0	0	0	26	12	360
DEERFIELD BEACH	970,000	11	20	0	1	1	25	345	N/A	0	0	0	4	2	60
DELRAY BEACH	1,120,230	51	N/A	39	5	N/A	38	48	31,710	0	0	0	26	6	150
FT. LAUDERDALE	2,600,000	111	N/A	92	2	4	6	N/A	4,672	0	0	0	34	N/A	N/A
HALLANDALE	385,355	28	4	26	0	0	14	1,356	1,720	0	1	0	7	3	60
HOLLYWOOD	5,000,000	103	411	90	12	30	40	6,634	37,981	0	0	N/A	109	6	200
JACKSONVILLE	200,000	33	103	18	0	0	5	190	4,284	0	0	0	10	35	10,600
LAKE WORTH	1,000,000	175	90	154	4	2	80	300	400	0	2	0	40	6	70
LANTANA	139,863	18	12	18	5	46	43	685	4,165	0	0	0	12	7	365
MANATEE COUNTY	3,200,000	102	2,608	N/A	N/A	N/A	399	2,526	47,114	0	4	0	87	15	2,500
MARTIN COUNTY	1,391,340	77	86	N/A	1	1	24	2,722	21,772	0	0	0	35	6	260
MIAMI BEACH	6,900,116	425	N/A	N/A	N/A	N/A	31	16,778	43,438	0	N/A	N/A	169	N/A	N/A
PALM BEACH COUNTY	3,292,315	109	305	97	33	68	83	18,912	58,223	0	1	1	12	85	4,300
POMPAHO BEACH	1,137,310	111	N/A	55	19	8	30	2,900	8,541	0	0	0	26	25	1,116
RIVIERA BEACH	300,000	25	20	12	0	0	12	130	450	0	0	2	20	20	700
ST. JOHNS COUNTY	391,665	155	7	79	13	11	104	484	5,791	0	1	0	33	10	497
ST. LUCIE COUNTY	880,183	48	21	15	0	8	16	541	2,782	0	1	0	47	5	420
SARASOTA COUNTY	4,968,446	42	430	N/A	97	52	150	2,803	33,237	0	3	0	50	15	300
TOWN OF PALM BEACH	108,356	12	N/A	4	8	3	46	650	2,025	0	1	0	N/A	15	750
VERO BEACH / INDIAN RIVER	873,417	40	42	N/A	0	1	32	565	47,817	0	0	0	1	12	1,500
VOLUSIA COUNTY	3,000,000	3,137	695	1,243	N/A	88	372	19,322	93,437	2	0	1	369	50	3,500
TOTALS	46,512,480	5,221	5,001	2,229	228	321	1,686	94,246	520,493	2	14	5	1,938	416	34,403



Back-up Your Partner:
Join the



United States Lifesaving Association

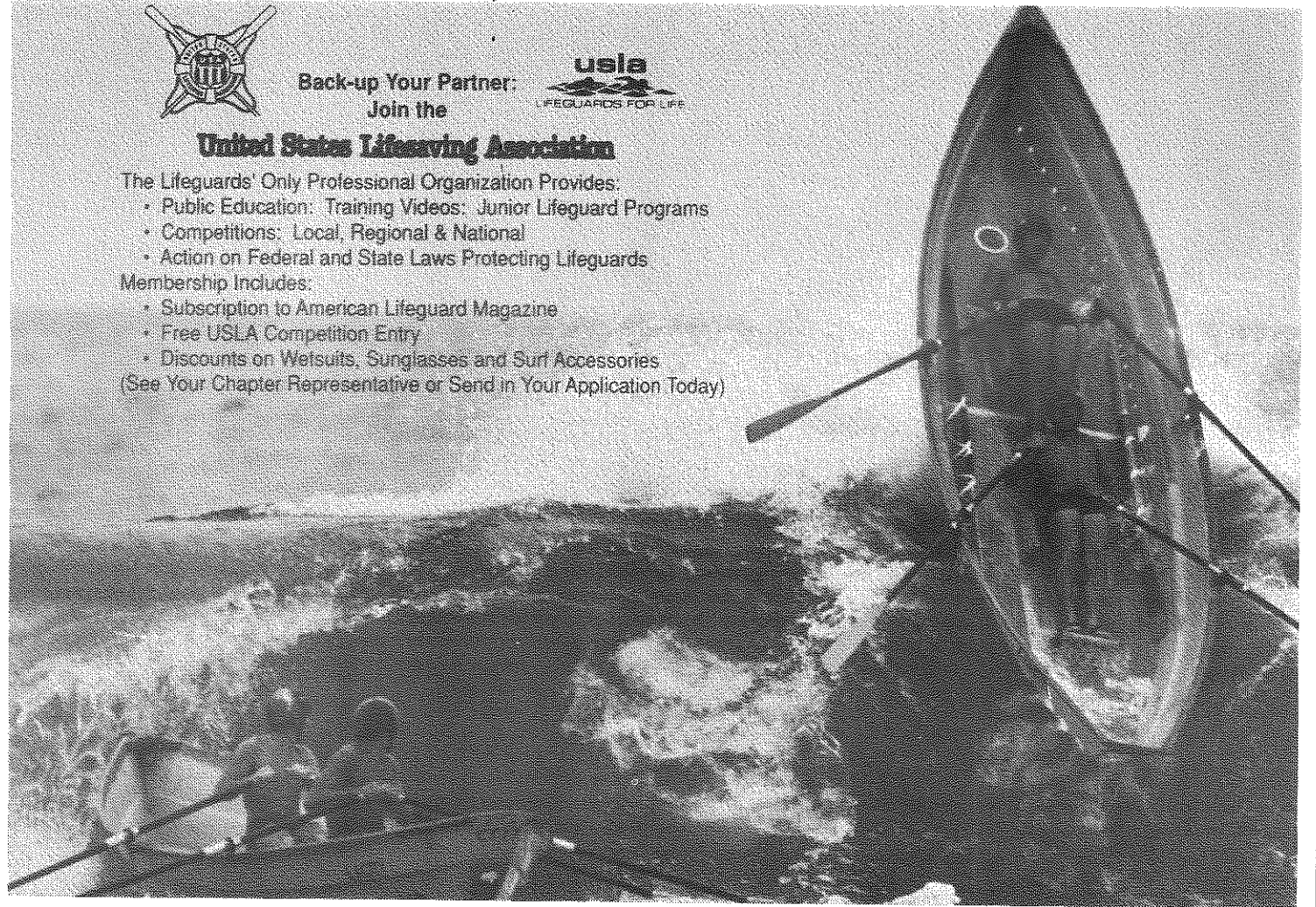
The Lifeguards' Only Professional Organization Provides:

- Public Education: Training Videos: Junior Lifeguard Programs
- Competitions: Local, Regional & National
- Action on Federal and State Laws Protecting Lifeguards

Membership Includes:

- Subscription to American Lifeguard Magazine
- Free USLA Competition Entry
- Discounts on Wetsuits, Sunglasses and Surf Accessories

(See Your Chapter Representative or Send in Your Application Today)



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LIFEGUARD TRUNKS

Look who's wearing
our stuff...

- State of California Lifeguards
- Laguna Beach, CA Lifeguards
- San Diego, CA Lifeguards
- Hollywood, FL Lifeguards
- City/County of Honolulu, HI Lifeguards
- Boca Raton, FL Lifeguards
- Oceanside, CA Lifeguards
- Township of Long Beach, NJ Lifeguards
- Sarasota, FL Beach Patrol
- Dania Marine Rescue
- Coronado, CA Lifeguards
- Solana Beach, CA Lifeguards
- Riviera, FL Beach Patrol
- Willamalane, OR Lifeguards
- Dade County, FL Lifeguards
- Lake Mission Viejo, CA Lifeguards
- State of California Jr. Lifeguards
- Lavallette, NJ Lifeguards
- City of Bloomfield, CO Lifeguards
- Deerfield Beach, FL Lifeguards
- Del Mar, CA Lifeguards
- Lake Tahoe State Park
- Delray Beach, FL Lifeguards
- Encinitas, CA Lifeguards
- Grandview, MO Lifeguards
- Hampton, VA Lifeguards
- Henderson, NV Lifeguards
- H2O Outfitters, ME
- Plano, TX Lifeguards
- Milwaukee, WI Lifeguards
- Dundee, IL Parks & Recreation
- Delaware State Park Lifeguards
- Emerald Bay, CA Lifeguards
- Atlantic City, NJ Beach Patrol
- City of Tempe, AZ Lifeguards
- Florida Atlantic Univ.
- Vero Beach, FL Lifeguards
- City of Vandalia, OH Lifeguards
- Lack's Beach Service, Myrtle Beach, SC
- Lee Co., FL Parks & Recreation
- Martin Co., FL Beach Patrol
- Monmouth, NJ Lifeguards
- O.A.R.S. Rafting Co.
- Oasis Water Resort, CA
- Ocean Outfitters, NY
- City of Las Vegas, NV Lifeguards
- Putnam County, WV Parks & Recreation
- Gaithersburg, MD Lifeguards
- Sarasota County, FL Beach Patrol
- Shipwreck Island, FL Lifeguards
- Silver Strand, CA Jr. Lifeguards
- St. Lucie Co., FL Marine Safety
- Surfside Beach Services Myrtle Beach, SC
- City of Pasadena, TX Lifeguards
- Skokie Park, IL
- Bocawest Club, Inc.
- U.S. Ocean Safety, CA Lifeguards
- City of Idaho Falls, ID Lifeguards
- Ventura Jr. Lifeguards
- Washoe County, NV Lifeguards
- City of Shaker Heights, OH Lifeguards
- Boise, ID Lifeguards
- Sea Life Park, HI Lifeguards
- Tucson, AZ Lifeguards
- So, what's your story....



THOUSAND MILE

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