


# LIFEGUARDING AND THE MODEL AQUATIC HEALTH CODE

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# VISION

- **An up-to-date, knowledge-based Model Aquatic Health Code (MAHC) that supports healthy and safe aquatic experiences for everyone and is used by pool programs across the U.S.**
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# MISSION

- **Collecting, assessing, and relaying national input on needed MAHC revisions back to CDC for final consideration for acceptance**
  - **Advocating for improved health and safety at aquatic facilities**
  - **Providing assistance to health departments, boards of health, legislatures, and other partners on MAHC uses, benefits, and implementation**
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## MISSION CONT.

- **Providing assistance to the aquatics industry on uses, interpretation, and benefits of the MAHC**
  - **Soliciting, coordinating, and prioritizing MAHC research needs**
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# LIFEGUARDS AND LIFEGUARD SUPERVISION

# AQUATIC FACILITIES REQUIRING QUALIFIED LIFEGUARDS (QLG)

## FOR NEW CONSTRUCTION

- Deeper than 5' at any point
- Allow unsupervised children under 14
- While being used by youth groups / teams/programs
- Configurations in which any point of the pool surface exceeds 30'




# AQUATIC FACILITIES REQUIRING QUALIFIED LIFEGUARDS (QLG)

- **With an induced wave or current**
- **With a waterslide landing pool**
- **Where bathers enter the water from a height**
  - **Diving boards**
  - **Drop slides**
  - **Starting platforms**
  - **Climbing walls**



# QUALIFIED LIFEGUARD (QLG)

- **Have lifeguard training which includes:**
    - Hazard identification
    - Emergency Response
    - AED use
    - CPR/First Aid
    - Legal Issues
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# QUALIFIED LIFEGUARD (QLG)

- **Current certification**
  - **Met all pre-service requirements**
  - **Participate in continuing in-service training requirements of the AQUATIC FACILITY**
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# LENGTH OF A VALID CERTIFICATE


- 2 years for Lifeguarding
- 1 year for CPR - after extensive review of research skill retention in CPR




# QUALIFIED LIFEGUARD SKILLS PROFICIENCIES

- **QLGs should be assessed in the Pre-service**
  - **Copies of certifications**
  - **Documentation of in-service**
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# QUALIFIED LIFEGUARD SKILLS PROFICIENCIES

- **Demonstrate knowledge and skill proficiencies**
  - **Reach the bottom of the maximum depth**
  - **Recognize a victim in an assigned zone**
  - **Reach the farthest area of the zone in 20 seconds**
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# QUALIFIED LIFEGUARD SKILLS PROFICIENCIES

- **Water rescue skills**
  - **CPR/First Aid**
  - **Execute Emergency Action Plan**
  - **Emergency closure issues**
  - **Fecal/vomit/blood contamination protocol**
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# PRE-SERVICE REQUIREMENTS

**Certificates shall be maintained at the facility**

- **Policies and procedures training specific to the venue**
  - **Demonstrations of Safety Team Skills**
  - **Documentation of Training**
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# QUALITY CONTROL

- Training agencies shall have a quality control system in place for evaluating life guard instructor's (LGIs) ability to conduct courses
- Agencies must have procedures allowing for correction, remediation and if necessary, revocation of credentials



# SAFETY PLAN AND SAFETY TEAM

1. Identifying and communicating health and SAFETY hazards
2. Mitigating health and SAFETY hazards and closing the facility if needed
3. Enforcing the AQUATIC FACILITY rules and regulations;
4. Responding to reported emergencies;





# SAFETY PLAN AND SAFETY TEAM

5. **Supervising the SAFETY TEAM;**
  6. **Conducting pre-service evaluations; and**
  7. **Conducting in-service training**
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# ELEMENTS OF THE SAFETY PLAN

- **Staffing plan**
  - Identify positions that address specific risks
- EAPs (written and rehearsed)
- Biohazard action plan
- Pre-service training plan
- In-service training plan



# ZONE OF PATRON SURVEILLANCE

- Staffing plan shall include diagrammed zones
- Can view the entire zone
- Reach the furthest extent of the zone in 20 seconds



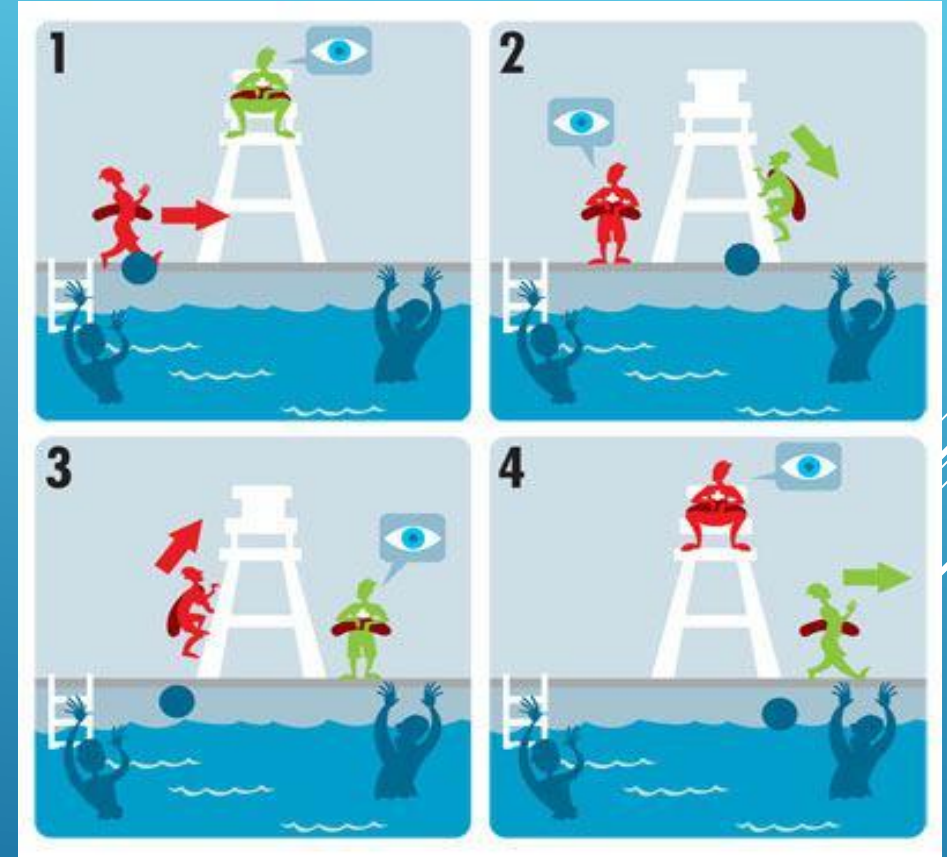
# ROTATION PROCEDURES

- Addresses the ability to maintain vigilance for the task
- Research suggests that detrimental effects on vigilance can occur after only 20 minutes



# ROTATION PROCEDURES

- Safety plan shall specify how safety breaks or changes of duties will be instituted into the rotation plan without reducing patron surveillance



# MINIMUM NUMBER OF LIFEGUARDS

## Per provisions of the Safety Plan


- All zones are staffed with QLGs
- Rotations can be conducted while all zones are staffed
- Supervisors are present
- Additional person(s) to rapidly report to help initial rescuer



## 6.3.3.4.5

- **When QUALIFIED LIFEGUARDS are used, they shall be able to demonstrate proficiency in the skills as outlined by MAHC Section 6.2.1 and have the ability to perform the following water rescue skills consecutively so as to demonstrate the ability to respond to victim and complete the rescue:**

## 6.3.3.4.5

- 1. Reach the furthest edge of zones of BATHER surveillance within 20 seconds;**
  - 2. Recover a simulated victim, including extrication to a position of SAFETY consistent with MAHC Section 6.2.1.1.2; and**
  - 3. Perform resuscitation skills consistent with MAHC Section 6.2.1.1.3.**
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THANK YOU FOR YOUR TIME!

**Make a Rescue**



**Make a Report**

[www.water-rescue.uncc.edu](http://www.water-rescue.uncc.edu)