



Management of a distressed or drowning victim

September 2022

National Lifeguard

Item 11a

Pool option

Learning outcome

The candidate demonstrates effective individual skills in the management of a distressed or drowning victim in deep water.

Must see

Quick recognition and immediate response

Safe and appropriate entry with and without an aid

Approach such that victim is unlikely to grasp rescuer

Efficient victim pickup and support of victim's head above surface (victim's shoulders at or above surface) throughout

Safe and effective removal with assistance (if required)

Concern for personal safety throughout

Effective communication with other lifeguards, victim, patrons, bystanders

Effective use of barrier devices (such as pocket mask, gloves) where appropriate

ABC assessment and appropriate treatment of victim (see Appendix A for Must Sees)

Contact with EMS if required

Victim information gathered for incident report

Victim reassurance

Has the candidate succeed? (✓ ou F)

General remarks

Course information

Date: _____	Instructor : _____
Location : _____	Member # : _____
Affiliation: _____	Phone number : _____
Phone number : _____	

Remarks

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