



Management of a
submerged, non-breathing
victim

September 2022

National Lifeguard

Item 11b

Pool option

Learning outcome

The candidate demonstrates the skill and fitness required to recover a submerged, non-breathing victim, transfer them to a point of safety and perform 10 cycles of 2 ventilations : 30 compressions on a CPR manikin.

Must see

Quick recognition and immediate response

Safe and appropriate entry with and without an aid

Quick approach and descent

Rapid ascent with secure hold on victim

Quickest route to location where drowning resuscitation may be effectively initiated and complications managed

Safe and effective removal with assistance

Effective communication with other lifeguards, victim, patrons, bystanders

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

ABC assessment

EMS activated at earliest possible moment

Effective single-rescuer CPR (10 cycles) on manikin starting with rescue breaths (see Appendix A for Must Sees)

ABC reassessment and ability to deal with complications (such as airway obstruction, vomiting and gastric distension)

Has the candidate succeed? (✓ ou F)

General remarks

Course information

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

Remarks

1

2

3

4

5

6

7

8

9

10

11

12