

Emergency Action Plan

AVAC

Equipment Locations:

Phone: Inside the Office at the Admin Window

Walkie-Talkie: With each Lifeguard to help communicate any issues

First Aid Kit: Next to each Lifeguard Stand

AED: Outside the Office door, inside the white AED Cabinet

Backboard: Next to each Lifeguard stand

Water Rescue

1. Three (3) Short Whistle Blows to indicate a Lifeguard is entering the water
 - a. Additional Lifeguards should cover the zone
2. Clear the pool (if necessary)
3. Perform Appropriate Entry and Rescue
 - a. Additional Lifeguards and staff members are required to respond by summoning and waiting for EMS, bringing the backboard, bringing the AED and First Aid Kit as needed
 - b. Should other staff members not hear your initial whistle blows, keeping blowing three (3) short whistles blasts or indicate you need assistance by using your walkie talkie.
4. Assist victim to safety
5. Provide required care (First Aid, CPR, etc.)
6. Complete Incident Report
7. Notify AVAC Manager, if not present
8. Assess equipment used and replace needed items
9. Re-open facility if it is safe to do so

Spinal Rescue

1. Three (3) Short Whistle Blows to indicate a Lifeguard is entering the water
2. Clear the pool
 - a. Additional Lifeguards and staff members are required to clear the pool and participate in crowd control.
 - b. Both pools should be cleared and patrons moved to the grassy area between the pools
3. Perform Appropriate Entry and Rescue
4. Manager or Admin will summon and wait for EMS
5. Inform other Lifeguards or Swim Instructors (if available) that a Backboard is needed
 - a. If another Premier Lifeguard is available, secure victim on the Backboard properly and remove the victim from the water.
 - b. If no other Premier Lifeguards are available and the victim is still breathing, you must maintain in-line stabilization until EMS arrives.
 - c. If the victim is not breathing, extricate the victim from the water, perform a primary assessment, and provide necessary care.
6. Additional Staff must bring the First Aid Kit and AED and assist with giving care as needed.
7. Complete Incident Report
8. Notify AVAC Manager, if not present
9. Assess equipment used and replace needed items
10. Re-open facility if it is safe to do so

Submerged Victim

1. Three (3) Short Whistle Blows to indicate a Lifeguard is entering the water
2. Clear the pool
 - a. Additional Lifeguards and staff members are required to clear the pool and participate in crowd control.
 - b. Both pools should be cleared and patrons moved to the grassy area between the pools
3. Perform appropriate Entry and Rescue
4. Manager or Admin will summon and wait for EMS
5. Additional Staff must bring the First Aid Kit and AED and assist with giving care as needed.
6. Inform other Lifeguards or Swim Instructors (if available) that a Backboard is needed.
 - a. Extricate the victim using the Extrication at Pool Edge Technique from the American Red Cross
 - b. If no other Premier Lifeguard is available:
 - i. Use a single rescuer extraction to remove victim from the water, if you are able to and provide appropriate care.
 - ii. If you are unable to perform a single rescuer extraction and the victim is breathing, wait for EMS to arrive to remove the victim from the water.
 - iii. If victim is not breathing, give ventilations in water.
7. Complete an Incident Report
8. Notify AVAC Manager, if not present
9. Assess equipment used and replace needed items
10. Re-open facility if it is safe to do so

Land Emergency

(i.e. Cardiac Arrest, Breathing Emergencies, Stroke, Seizures, Diabetic Emergencies, etc.)

1. Three (3) Short Whistle Blows to indicate an Emergency
2. Clear the pool and the area
 - a. Additional Lifeguards and staff members are required to clear the pool and participate in crowd control.
 - b. Both pools should be cleared and patrons moved to the grassy area between the pools
3. Manager or Admin will summon and wait for EMS, if necessary
4. Additional Staff must bring the First Aid Kit and AED and assist with giving care as needed.
5. Provide appropriate care (i.e. CPR, Rescue Breathing, etc.) until EMS arrives
6. Complete an Incident Report
7. Notify AVAC Manager, if not present
8. Assess equipment used and replace needed items
9. Re-open facility if it is safe to do so

******If at any time you have a victim that is not breathing and no available bystanders, provide about two (2) minutes of care before summoning EMS.******

Evacuations

(i.e. Fire, Severe Chemical Spill, etc.)

1. Three (3) Short Whistle Blows to indicate an Emergency
2. Clear the pool and locker rooms
3. Inform all patrons that they need to move to the evacuation point
 - a. The evacuation point is the last row of parking from the building in the parking lot
4. Bring First Aid Kit and Incident Reports with you
5. Take a count of patrons and contact information. Do not let anyone leave until you account for them.

Inclement Weather

1. Thunder or Lightning
 - a. At the first sound of thunder or the first sighting of lightning, clear everyone from the water for 30 minutes. The time restarts with each sound of thunder or sighting of lightning.
2. Rain
 - a. Always assume the pool is open unless you hear otherwise from your manager or the Premier Office Staff.
 - b. If the rain is heavy enough to impair visibility of the bottom of the pool, contact your manager for authorization to close.