



**BSA Lifeguard Revision**

The BSA Lifeguard requirements have been revised to reflect the 2012 changes to American Red Cross Lifeguarding and the evolving standard-of-care for professional lifeguards. These new requirements will be effective with the release of the revised *BSA Lifeguard Instructor Manual* scheduled for April 2013.

The most notable change will be the reduction in the valid period of the training certificate from 3 years to 2 years. Industry studies have shown the need for more frequent training to review lifeguarding skills and knowledge. The BSA is committed to ensuring its trained lifeguards maintain a high level of competence for Scouting related activities as well as the community as a whole.

The requirements closely align with those of the American Red Cross Lifeguarding course and recognize the long-standing partnership between the Boy Scouts of America and the American Red Cross. Both organizations are committed to aquatics safety and training. By leveraging existing materials with the permission of the American Red Cross, the Boy Scouts of America is able to deliver professional lifeguard training designed to meet the specific needs of Scouting.

The new requirements and completion options can be found at the end of this newsletter.



**Lifeguard Personal Protection Equipment**

As you prepare for fun and safe aquatics activities at camp this summer have you thought about what rescue and personal protective equipment your lifeguards will need? Now is a good time to check to ensure you're providing your Lifeguards with rescue and personal protective equipment (PPE) required by state codes and OSHA regulations.

The OSHA Occupational Exposure to Bloodborne Pathogens Standard (29 CFR 1910.1030) **requires employers to provide employees** having occupational exposure, such as lifeguards, **with PPE at no cost to them.** Each lifeguard must have immediate access to a one-way valve resuscitation mask and non-latex one-use disposal gloves. Typically, each lifeguard carries individual PPE in a hip pack worn whenever the lifeguard is in the area.

In addition to PPE, each lifeguard must have immediate access to communication devices to activate emergency action plans and appropriate rescue equipment in proper working order. Communication devices vary by facility and may include a whistle, megaphone, radio, flag or other signaling device.

A rescue tube is the primary piece of equipment used to perform water rescue. Each lifeguard on surveillance duty must have immediate access to a rescue tube or other approved flotation device. That is, if there are four lifeguards providing surveillance, your facility will need at least four rescue tubes in good working order in addition to any that may be used concurrently for training. Typically, each lifeguard will hold the tube with the strap across the shoulder.

In addition to the PPE, rescue tube, and signal device carried by each lifeguard, aquatic facilities must also provide a backboard and first aid kit that can be promptly brought to the scene of an emergency while a rescue is underway. A backboard is used for extracting unresponsive subjects from the water at the edge of a pool or pier



# National Aquatics Task Force

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and is also used to manage spinal injuries. For the later purpose, a head restraint and at least three straps are required. State regulators may mandate minimum contents of your first aid kit.



Some facilities, such as beaches with zero-depth entries, may use specific or specialty equipment to meet the needs of their particular environments. Such items may include rescue buoys, rescue boards, and watercraft. Camp management should review overall equipment needs with the council aquatics committee and the camp aquatics director.

## Local Contacts Update

In an effort to continue providing the most recent information on developments in BSA Aquatics would you please help us update our database?

Send the **name**, **position** and **email address** of all those in your council that would like to be added to the list.

Also, let us know any that, for whatever reason, we should delete.

Send info to:

[terrells@indy.rr.com](mailto:terrells@indy.rr.com)



## Stand-Up Paddleboarding Award

It's been approved! The Stand-Up Paddleboarding Award will be rolling out within the next few weeks. This award is along the same lines as Kayaking BSA, Mile Swim BSA, and Boardsailing BSA.

This award has been developed in response to the increase in popularity of stand-up paddleboarding in recent years. This sport has grown dramatically, not only on the coasts but on inland recreational waterways as well.

Stand-Up Paddleboarding will be a feature aquatics event at the 2013 National Jamboree in July.



As soon as the brochure listing the requirements and instructor guidelines is complete we will send it out to the councils. Watch for it.

## National Aquatics Task Force

The Aquatics Task Force meets at least twice a year and has multiple on-going projects aimed at helping you in support of your local aquatics programs.

This eNewsletter is one effort to keep you informed of what's going on in BSA aquatics.



## **BSA Lifeguard Requirements (2013 Revision)**

To be trained as a BSA Lifeguard, you must successfully complete the course as outlined in the BSA Lifeguard Instructor Manual and demonstrate the ability to perform each item in the following requirements:

### **Prerequisites**

**Before doing requirements 6 through 25, complete the following:**

1. Submit proof of age. You must be at least 15 years old to participate.
2. Submit written evidence of fitness for swimming activities (signed health history).
3. Swim continuously for 550 yards, including at least 100 yards each of the following strokes in good form: front crawl, breaststroke, elementary backstroke, and sidestroke.
4. Immediately following the above swim, tread water for two minutes with the legs only and the hands under the armpits.
5. Starting in the water, swim 20 yards using a front crawl or breaststroke, surface dive 7 to 10 feet, retrieve a 10-pound object, surface, swim with the object 20 yards back to the starting point with both hands holding the object, and exit the water, all within 1 minute, 40 seconds.

### **Requirements**

**Complete the following requirements within a 120-day period:**

6. Show evidence of current certification in American Red Cross First Aid and American Red Cross CPR/AED for the Professional Rescuer or equivalent (includes any training for a camp health officer recognized by BSA national camp standards).
7. Demonstrate reaching assists from the deck using an arm, a rescue tube, and a pole.
8. Demonstrate throwing assists using a throw bag and a ring buoy with a line attached. Throw each device such that the line lands within reach of a conscious subject 30 feet from shore.
9. Demonstrate:
  - a) Rescue of a conscious subject in deep water using a rescue board, kayak, rowboat, canoe, or other rescue craft that would be available at your local facility.
  - b) Repeat for an unconscious subject.
10. Demonstrate an entry and front approach with a rescue tube to a conscious subject in deep water 30 feet away from shore. Position the rescue tube to support the subject and then assist the subject to safety, providing direction and reassurance throughout.
11. Demonstrate an entry and rear approach with a rescue tube to a conscious subject in deep water 30 feet away from shore. Secure and support the subject from behind and then move the subject to safety, providing direction and reassurance throughout.
12. Demonstrate use of a rescue tube to assist two subjects grasping each other. Secure, support and reassure both subjects. With the assistance of a second guard, calm and separate the subjects and move them to safety.
13. Demonstrate both front and rear head-hold escapes from a subject's grasp
14. Demonstrate a feet-first entry in deep water with a rescue tube and swim an approach stroke 25 yards within 25 seconds while trailing the tube.
15. Demonstrate an entry and front approach with a rescue tube to a face-down passive subject 30 feet away at or near the surface in deep water. Use a wrist roll to position the subject face-up on the rescue tube, tow to safety, and remove them from the water with assistance within two



- minutes. Immediately perform a primary assessment and demonstrate one-person CPR for 3 minutes.
16. Demonstrate an entry and rear approach with a rescue tube to a face-down unconscious subject 30 feet away at or near the surface in deep water. Position the subject face-up, tow to safety, and remove them from the water with assistance within two minutes. Immediately perform a primary assessment and demonstrate two-person CPR for 3 minutes.
  17. Demonstrate in-water ventilation of an unconscious subject when prompt removal from the water is not possible. Open the airway, position the mask, and simulate ventilations.
  18. Demonstrate an entry and approach with a rescue tube for use when an unconscious subject is submerged face-down at or near the bottom in 6 to 8 feet of water. Bring the subject to the surface and tow to the nearest point of safety.
  19. Remove a subject from the water using each of the following techniques in the appropriate circumstances with the aid of a second rescuer:
    - a) Vertical lift at the edge of a pool or pier using a backboard
    - b) Walking assist
    - c) Beach drag
  20. Participate in multiple-rescuer search techniques appropriate for a missing subject in murky water:
    - a) Line search in shallow water
    - b) Underwater line search in deep water without equipment
    - c) Underwater line search in deep water with mask and fins
  21. Demonstrate in-line stabilization for a face-down subject with suspected spinal injury in very shallow water (18 inches or less).
  22. Demonstrate in-line stabilization for a suspected spinal injury in shallow water (waist to chest deep):
    - a) For a face-up subject
    - b) For a face-down subject.
  23. Demonstrate in-line stabilization for a suspected spinal injury in deep water, swim the subject to shallow water, confirm vital signs, and with the assistance of three others, remove the subject from the water using a backboard with straps and a head immobilization device.
  24. Demonstrate care for a spinal injury on land in the following situations
    - a) Non-standing subject
    - b) Standing subject including securing to a backboard and lowering to the ground.
  25. Correctly answer 80 percent of the questions on the BSA Lifeguard knowledge test covering the course material. Review any incomplete or incorrect answers.
  26. Serve as a lifeguard, under supervision, for at least two separate BSA swimming activities for a combined time of two hours. Afterward, discuss the experience with the lifeguarding instructor.



### **BSA Lifeguard Completion Options**

Course completion cards are valid only when signed by either a current BSA Aquatics Instructor or BSA Lifeguard Instructor approved by the local council. Training is valid for two years, provided First Aid and CPR/AED for the Professional Rescuer training are kept current during that period.

There are five ways to obtain a course completion card:

1. **Course Completion**—Complete all requirements in the instructor manual during a scheduled course of instruction. The participant must attend all course sessions. Makeup sessions are allowed at the instructor's discretion. If an individual is unable to complete all requirements during the scheduled course, the instructor may elect to continue training until the participant is able to complete all the requirements provided the total elapsed time from start to finish does not exceed the 120-day period.
2. **Renewal Challenge**—Anyone with a BSA Lifeguard completion card that is current or has expired within six months may renew or extend the training by performing requirements 2 through 25 without attending the standard course sessions. Prior to the testing, the instructor may provide a renewal training session to review and update skills and information. Summer camp aquatics directors should renew training for aquatics staff members during precamp training while emphasizing local camp facilities, procedures, and emergency action plans.
3. **Crossover Challenge**—Anyone who holds current training in American Red Cross Lifeguarding, American Red Cross Waterfront Lifeguarding, or other lifeguard training programs may obtain a BSA Lifeguard completion card by performing requirements 1 through 26 without attending the standard course sessions. The lifeguard training program that issued the training certificate must be recognized by the local or state regulatory agency that sets standards for lifeguards at youth camps. The instructor may provide a crossover training session to review and update skills and information prior to the testing. The applicant may receive credit for requirement 26 if within the past 18 months he or she has served as a lifeguard, under supervision, or has supervised lifeguards, for at least two separate BSA swimming activities for a combined time of two hours. Otherwise, due to BSA procedures not implemented at other lifeguarding venues, the applicant must accomplish requirement 26.
4. Completion of BSA Aquatics Instructor – Anyone who completes BSA Aquatics Instructor training at National Camping School.
5. Co-instructors (BSA Aquatics Instructor or BSA Lifeguard Instructor) may each sign a completion card for the other at the conclusion of a BSA Lifeguard course if they satisfy requirements 2 through 24.