

EMERGENCY ACTION PLAN (EAP) FOR WATER RESCUES

Emergency Action Plan (EAP) template for water rescues, formatted and editable to meet general standards from the American Red Cross (ARC), Jeff Ellis & Associates (E&A), and StarGuard Elite (SGE). You should customize it for your facility, but this version includes the key components required by all three organizations.



INITIAL RECOGNITION AND ACTIVATION

Lifeguard Responsibilities:



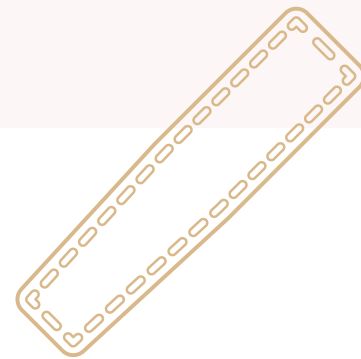
RESCUE AND CARE

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Perform appropriate water rescue (e.g., front drive, rear hug, passive rescue).

RESCUE



Move victim to safe exit point.

REMOVE



Assess responsiveness, airway, breathing, and circulation (ABCs).

C-A-B



Begin CPR or rescue breathing if needed.

CPR



Apply AED as soon as available if unresponsive and pulseless.

AED

EMERGENCY RESPONSE TEAM ROLES

WHILE THE PRIMARY LIFEGUARD IS MAKING THE RESCUE AND PERFORMS INITIAL CARE THE TEAM IS:

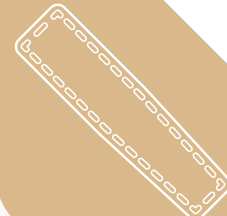
Zone Coverage

Cover rescuer's zone. Monitor swimming zones during incident



Back-up Rescuer

- Assist in removing victim from the water.



EMS Contact

Dial 9-1-1 or activate internal emergency system.



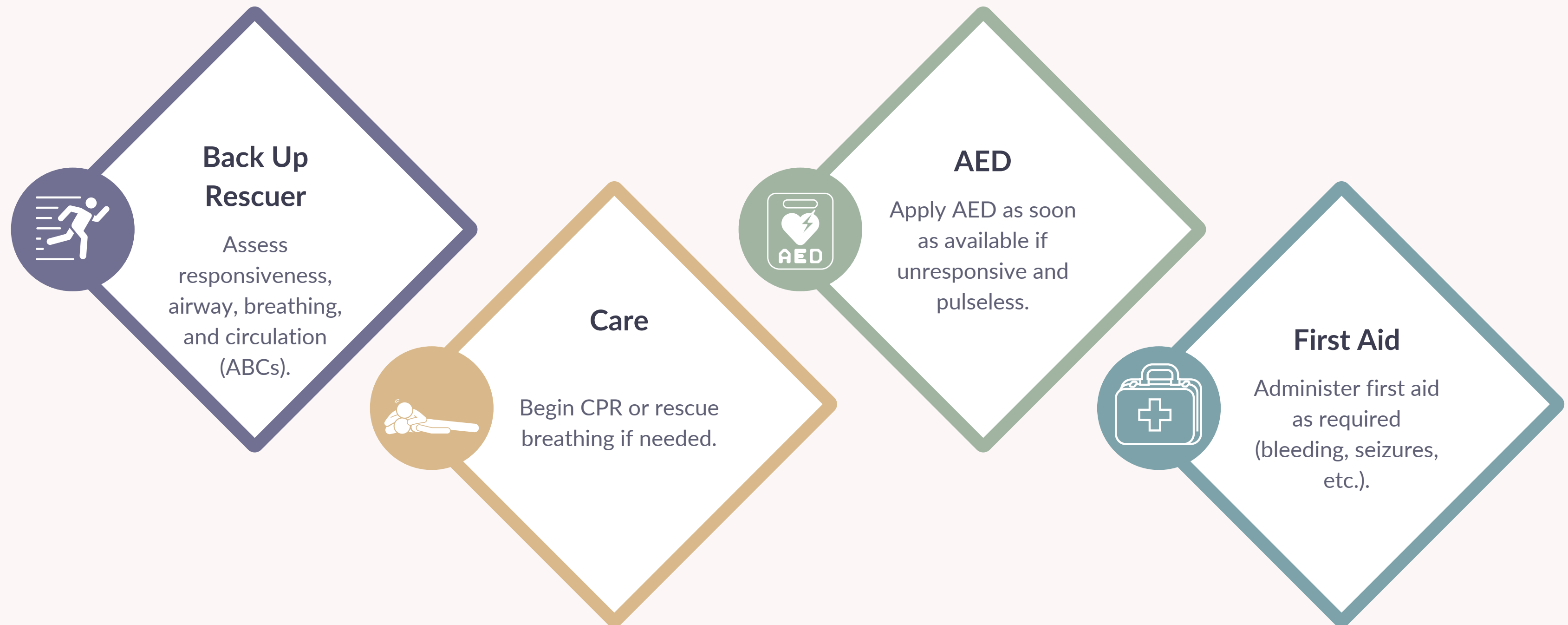
Crowd Control

Clear the area, keep patrons calm and informed



FIRST AID / PRIMARY RESPONDER :

(once victim is out)



RESCUE AND CARE

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STEP 1

Rescuing Lifeguard:

Perform appropriate water rescue (e.g., front drive, rear hug, passive rescue).
Move victim to safe exit point



STEP 2

Back-up Lifeguards:

Cover rescuer's zone.
Assist with equipment (backboard, AED, etc.).
Assist in removing victim from the water.



STEP 3

Primary Responder

Assess responsiveness, airway, breathing, and circulation (ABCs).
Begin CPR or rescue breathing if needed.



STEP 4

First Aid

Apply AED as soon as available if unresponsive and pulseless.



STEP 5

Call EMS:

Dial 9-1-1 or activate internal emergency system.



STEP 6

Crowd Control

Clear the area, keep patrons calm and informed

POST-INCIDENT PROCEDURES



Document

01

Document incident on official report form.



Evaluate

02

Evaluate EAP performance and revise if needed.



Debrief

03

Debrief with team (hot wash).



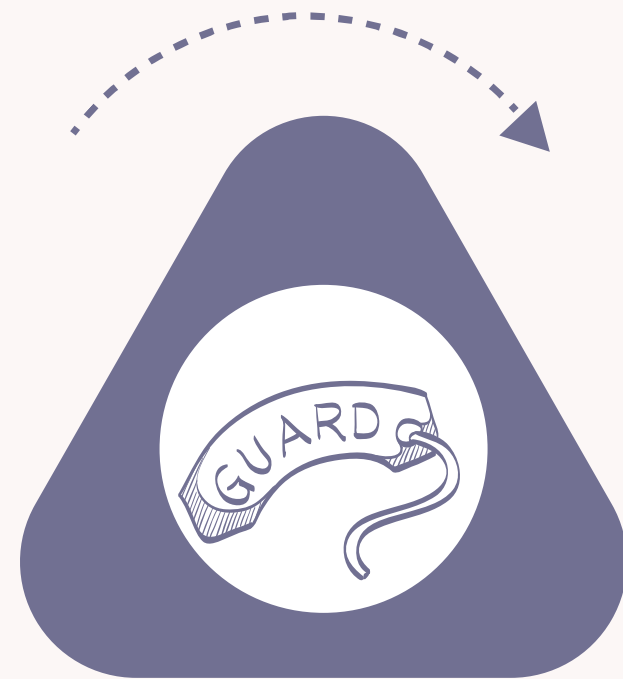
Chain of Command

04

Notify appropriate supervisors and health department (if required).

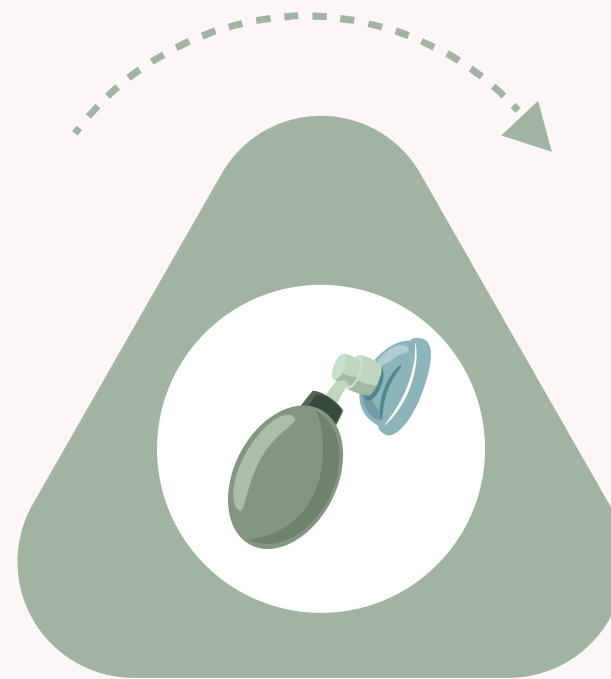
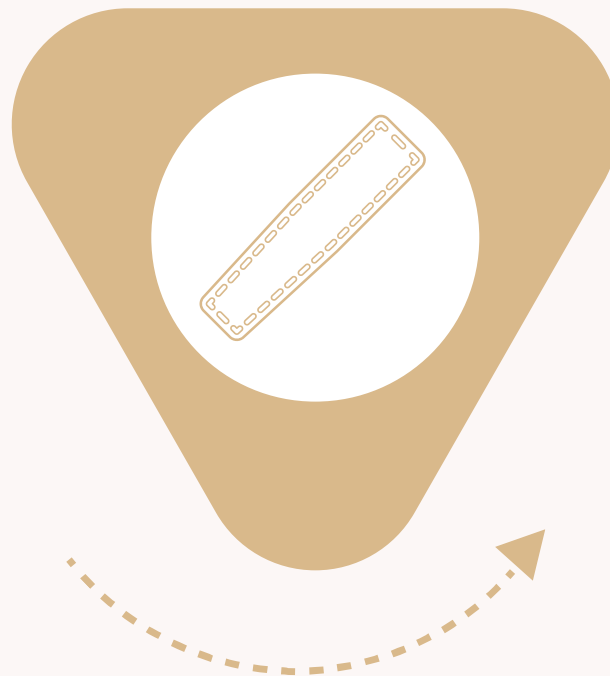
EQUIPMENT CHECKLIST

Ensure the following equipment is available and functional:



Rescue tubes /
cans

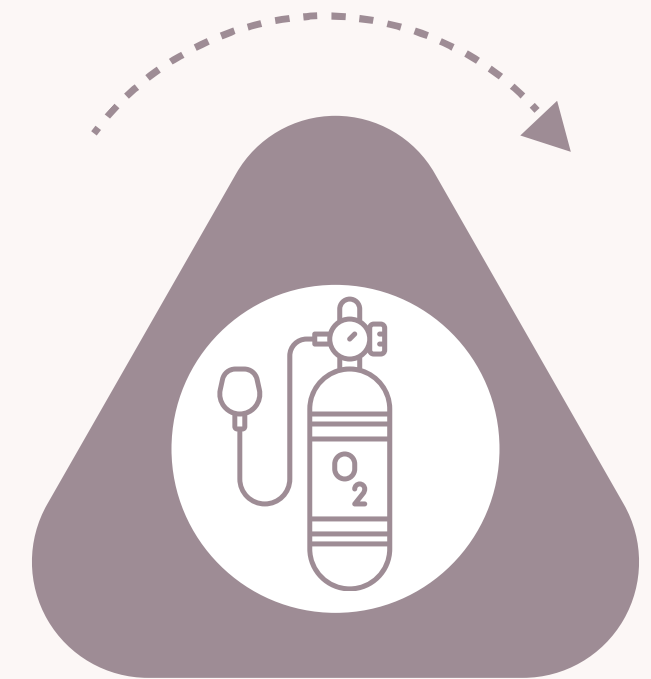
Spine board
with head
immobilizer



Bag-valve
mask (BVM)
First aid kit



AED (with
pediatric and
adult pads)



Emergency
oxygen (if
applicable)