**🌊 H2O HQ – Silhouette & White-Cap Drills Manual**

*Aquatic Vigilance Testing for Lifeguard Staff*

**📝 Cover Page**

**Program Title:** Silhouette & White-Cap Drill Manual  
**Facility Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Prepared By:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Effective Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Review Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**📖 Table of Contents**

1. Program Overview
2. Purpose & Objectives
3. Drill Components (Silhouettes & White-Caps)
4. Roles & Responsibilities
5. Drill Setup & Execution
6. Evaluation Criteria & Grading
7. Documentation & Debriefing
8. Sample Drill Schedule
9. Appendix – Observer Sheets & Templates

**1️⃣ Program Overview**

This program tests lifeguard vigilance by simulating submerged and passive victims using:

* **Silhouettes** (black cutouts/mannequins on the pool bottom)
* **White-Cap Swimmers** (live swimmers in white caps acting as passive victims)

The goal is to ensure lifeguards maintain effective scanning patterns and can recognize submerged or passive victims promptly.

**2️⃣ Purpose & Objectives**

**A. Purpose**

To evaluate and enhance lifeguard scanning skills and readiness for submerged victim scenarios.

**B. Objectives**

✅ Lifeguards recognize silhouettes/white-cap swimmers within **10 seconds** (industry standard).  
✅ Immediate EAP activation upon recognition.  
✅ Documentation of response times and procedural adherence for training records.

**3️⃣ Drill Components**

**A. Silhouette Drill**

* Weighted cutouts or mannequins placed discreetly on pool bottom.
* Positioned in various zones (shallow, mid, and deep areas).
* Tests visual scanning and zone overlap coverage.

**B. White-Cap Drill**

* Live swimmers wearing plain white swim caps.
* Float face-down or simulate passive behavior.
* Rotated through zones to test recognition under active conditions.

**4️⃣ Roles & Responsibilities**

| **Role** | **Responsibility** |
| --- | --- |
| Drill Coordinator | Plans and executes drills, monitors lifeguard performance. |
| Observer/Evaluator | Times recognition, records response actions, grades. |
| White-Cap Swimmer | Simulates passive victim behavior as instructed. |
| Lifeguard on Duty | Maintain scanning patterns, recognize victims, activate EAP. |

**5️⃣ Drill Setup & Execution**

**A. Setup Guidelines**

1. Place silhouette at random zone location without alerting lifeguards.
2. Assign observer(s) with evaluation sheets and stopwatches.
3. For white-cap drills:
   * Brief live swimmer on safety protocols.
   * Position them in zone without alerting guards.

**B. Execution**

1. Start timing when silhouette or white-cap swimmer is in place.
2. Observe lifeguards for:
   * Head movement/scanning patterns.
   * Recognition cues (verbal, whistle blast, radio call).
3. Record time from placement to lifeguard recognition.

**6️⃣ Evaluation Criteria & Grading**

| **Metric** | **Excellent** | **Satisfactory** | **Needs Improvement** |
| --- | --- | --- | --- |
| Recognition Time | ≤10 sec | 11-20 sec | >20 sec |
| Scanning Pattern | Consistent | Occasional gaps | Poor coverage |
| EAP Activation | Immediate | Delayed | Missed entirely |
| Team Communication | Clear | Moderate | Disorganized |

**7️⃣ Documentation & Debriefing**

**A. Post-Drill Debrief**

✅ Review recognition times and actions taken.  
✅ Discuss improvements and reinforce scanning techniques.  
✅ Document findings and schedule follow-up drill if needed.

**B. Documentation Template**

| **Drill Date** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| --- | --- |
| Lifeguard Tested | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Scenario Type | Silhouette / White-Cap |
| Recognition Time | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Response Actions | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Outcome | Pass / Needs Improvement |
| Observer Notes | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**8️⃣ Sample Drill Schedule**

| **Month** | **Drill Type** | **Zone Tested** |
| --- | --- | --- |
| January | Silhouette | Deep End |
| February | White-Cap Swimmer | Mid Pool |
| March | Silhouette | Shallow End |
| April | White-Cap Swimmer | Diving Well |

**9️⃣ Appendix – Observer Sheet (Sample)**

| **Observation Point** | **Notes** |
| --- | --- |
| Lifeguard Position | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Scanning Consistency | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Recognition Time | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| EAP Activation Steps | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Equipment Retrieval | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |