

Lifeguard Escape: Challenge Bank

Use The CPR ESCAPE ROOM CHALLENGE GUIDE- replace challenges with these.

Objective: These challenges are designed to test lifeguards' problem-solving skills, teamwork, and rescue techniques in a water-based escape room-style scenario. Each challenge can be adjusted for difficulty and time.

1. Rescue Tube Relay

Participants must pass a rescue tube from one end of the pool to the other without touching the water.

Adjustments: Add time penalties for drops, increase the distance, or require specific rescue techniques during the relay.

2. Underwater Puzzle

Important: This challenge must be done under supervision, and lifeguards must be present.

There are inherent dangers in prolonged breath-holding and underwater activity.

Teams must dive underwater to retrieve puzzle pieces and assemble them correctly on the pool deck.

Adjustments: Increase the number of pieces, use weighted pieces, or require completion while holding their breath.

3. Submerged Object Retrieval

Important: This challenge must be done under supervision, and lifeguards must be present.

There are inherent dangers in prolonged breath-holding and underwater activity.

Participants must find and retrieve specific objects from the bottom of the pool.

Adjustments: Make the objects smaller, hide them more strategically, or add a time limit.

4. Water Escape Knot Challenge

Important: This challenge must be done under supervision, and lifeguards must be present.

There are inherent dangers in prolonged breath-holding and underwater activity.

Teams must untie a complex knot tied around a rescue tube or rope while underwater.

Adjustments: Use more intricate knots or require the task to be completed in one breath.

5. Floating Scenario Cards

Scenario cards are floating on the water, and participants must retrieve the correct one based on a clue provided.

Adjustments: Increase the number of false cards, or require participants to swim a distance before retrieving the card.

6. Victim Drag

Participants must drag a weighted dummy across the pool to safety using proper rescue techniques.

Adjustments: Increase the weight of the dummy or add obstacles to navigate around.

7. Timed CPR on Deck

Participants must perform CPR on a manikin on the pool deck within a set time, with interruptions simulating distractions.

Adjustments: Add additional tasks during CPR, like answering questions or performing secondary assessments.

8. Simulated Drowning Victim

A teammate acts as a drowning victim, and participants must perform a water rescue.

Adjustments: Use a more unresponsive victim role-play or simulate panic in the victim.

9. Equipment Assembly Under Pressure

Participants must correctly assemble rescue equipment (e.g., mask, fins, or BVM) before initiating a rescue.

Adjustments: Reduce time limits or introduce deliberate equipment malfunctions.

10. Aquatic First Aid

Participants must provide first aid (e.g., bandaging a wound) while floating in the water.

Adjustments: Use more complex injuries or require the task to be completed with one hand.

11. Blindfolded Rescue

One participant is blindfolded and must rescue a "victim" with the guidance of teammates.

Adjustments: Increase the complexity of the rescue scenario or add time constraints.

12. Treading Water While Solving a Riddle

Participants must tread water while solving a riddle or puzzle given by the instructor.

Adjustments: Increase the complexity of the riddle or extend the treading time.

13. Underwater Object Exchange

Important: This challenge must be done under supervision, and lifeguards must be present.

There are inherent dangers in prolonged breath-holding and underwater activity.

Two participants must exchange objects underwater without surfacing.

Adjustments: Increase the number of objects or make the objects difficult to grasp.

14. Simulated Wave Pool Rescue

Create waves in the pool using participants or equipment, and perform a rescue.

Adjustments: Increase the wave intensity or require multiple victims to be rescued.

15. Cold Water Endurance

Participants must stay in cold water for a set period before performing a rescue task.

Adjustments: Lower the water temperature or increase the duration.

16. Obstacle Course Rescue

Participants must navigate a floating obstacle course to reach a victim and perform a rescue.

Adjustments: Add more obstacles or increase the length of the course.

17. Two-Rescuer Scenario

Teams of two must coordinate to rescue multiple victims simultaneously.

Adjustments: Increase the number of victims or introduce complicating factors like panicked bystanders.

18. Deep Water Retrieval

Important: This challenge must be done under supervision, and lifeguards must be present.

There are inherent dangers in prolonged breath-holding and underwater activity.

Participants must retrieve a weighted object from the deep end of the pool.

Adjustments: Increase the weight of the object or reduce available diving equipment.

19. Rescue Tube Toss

Participants must throw a rescue tube accurately to a victim floating in the water.

Adjustments: Increase the distance or require a moving target.

20. Multiple Victim Scenario

Participants must perform a rescue in a scenario with multiple victims needing different types of care.

Adjustments: Increase the number of victims or add complicating factors like debris in the water.

Safety Disclaimer for Underwater Challenges

Important: All underwater challenges must be conducted under strict supervision, with lifeguards present at all times. These activities involve inherent risks such as prolonged breath-holding, potential entanglement, and other underwater hazards. Participants should be aware of these risks and should not attempt these challenges without proper safety measures in place. Ensure that emergency protocols are established and that safety equipment is readily accessible.