Lifeguard/ CPR Simon Says

Objective: Lifeguard Simon Says is an interactive and fast-paced in-service game designed to test lifeguards' quick thinking, knowledge, and reaction to various emergency scenarios. The game combines the classic "Simon Says" rules with lifeguard-specific challenges to simulate real-life rescue situations. Participants must respond correctly to commands while also managing unexpected complications during rescues.

Game Structure

1. Simon Says Commands
The instructor (playing "Simon") gives commands related to lifeguarding skills and rescue techniques. Participants must only follow commands that begin with "Simon says."
Example Commands:
Simon says perform a head splint
Simon says throw the rescue tube
Perform CPR on the manikin (This is a trick command; participants should not respond if "Simon says" is not included.)

2. Rescue Complications
Alongside the standard Simon Says commands, the instructor will introduce complications that can occur during a rescue scenario. Participants must respond correctly to these complications, or they will be "out."
Complication Examples:
The victim starts panicking—Simon says calm them down
Simon says the victim vomits—turn them to the side to clear the airway
You notice a spinal injury—Simon says stabilize the head and neck

3. Getting Out
Participants are eliminated from the game if they:
Respond to a command that doesn't begin with "Simon says."
Provide an incorrect or unsafe solution to a rescue complication
Fail to respond quickly enough to a valid command

4. Winning the Game
The last participant remaining, who successfully follows all "Simon says" commands and correctly addresses all complications, is declared the winner.

Lifeguard Simon Says: Complication Bank

1. Simon says "The victim vomits"
Participant rolls the victim to their side to clear the airway
    2. Simon says "The breath didn't go through"
Participant re-tilts the head and tries the breath again

       3. Simon says "It's been 2 minutes"
Participant rechecks the victim's pulse and breathing
       4. Simon says "The second breath didn't go through"
Participant performs abdominal thrusts for an obstructed airway
       5. Simon says "The victim has an arterial bleeder"
Participant applies direct pressure and elevates the limb
       6. Simon says "There are no gloves available"
Participant uses an improvised barrier or proceeds with caution
       7. Simon says "A fire just started nearby"
Participant assesses the situation and moves the victim to safety
       8. Simon says "Bystanders are crowding the scene"
Participant instructs bystanders to step back and clear the area
       9. Simon says "The AED arrives midway through CPR"
Participant immediately applies the AED and follows its prompts
       10. Simon says "The victim becomes responsive"
Participant stops CPR and monitors the victim's condition
       11. Simon says "The victim's pulse returns but they are not breathing"
Participant continues rescue breathing
       12. Simon says "There are multiple victims on the scene"
Participant triages and attends to the most critical first
       13. Simon says "A bystander interferes"
Participant calmly but firmly instructs the bystander to step back
       14. Simon says "The victim's family member is distraught"
Participant provides reassurance while continuing care
       15. Simon says "A sudden noise distracts you"
Participant stays focused on the victim and continues care
       16. Simon says "The victim has no breathing, but a weak pulse"
Participant provides rescue breaths without compressions
       17. Simon says "The victim shows signs of shock"
Participant covers the victim with a blanket and elevates their legs
       18. Simon says "The scene becomes unsafe"
Participant moves themselves and the victim to a safer location
       19. Simon says "The victim's condition worsens suddenly"
Participant re-assesses and adjusts care as needed
       20. Simon says "The AED advises no shock"
Participant continues CPR until help arrives or the victim recovers

Game Guidelines

1. Game Setup
The game can be played in a pool area or on dry land, depending on the complexity of the scenarios. All necessary rescue equipment (e.g., rescue tubes, CPR manikins, AED trainers) should be readily available.

2. Participant Briefing

Before starting, participants should be briefed on the rules of the game, emphasizing the importance of only responding to "Simon says" commands and the correct approach to addressing complications.

3. Instructor's Role

The instructor must be clear and deliberate in issuing commands and complications, ensuring that participants have a fair chance to respond. The instructor should also monitor for any unsafe actions and provide corrective feedback as necessary.

4. Safety Considerations

Ensure that all activities are conducted safely, especially in scenarios where water-based rescues are simulated. Adequate supervision must be maintained at all times.

5. Debriefing

After the game, hold a debriefing session where participants can discuss their actions, learn from mistakes, and reinforce key lifeguarding principles.

Lifeguard Simon Says combines fun with essential training, keeping participants engaged while reinforcing critical lifesaving skills. This exercise helps lifeguards think on their feet, respond to unexpected challenges, and improve their overall readiness for real-life emergencies.