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## Reducing Risk for YMCAs

### Emergency Action Plan for Aquatics — Why a Team of Three (at Least) Is Needed

Rescuing a swimmer in trouble involves teamwork. The focus may be on the lifeguard, but the support staff is equally as important. Each person has a vital role that must be practiced to be perfect — save a life.

#### Rescue Lifeguard

- The rescue lifeguard's sole purpose is to rescue the victim and begin rescue breathing in the water, if necessary.

#### Lifeguard No. 2 or Support Staff

- Is certified in CPR/AED, first aid and emergency O2 administration
- Sets up first-aid station adjacent to the victim
- Brings the resuscitation bag (crash kit) with AED, O2, bag valve masks and manual suction
- Gets all the equipment out of the bag
- Prepares the AED for a child or adult
- Provides the rescue lifeguard the correct-sized bag valve mask
- Prepares emergency O2 for use, provides suction if needed
- Assists with two-person CPR as needed

#### Lifeguard No. 3 or Support Staff

- Calls 911; designates someone to wait for and direct EMS to victim
- Clears the pool and deck, sends everyone to the dressing rooms
- Coordinates other staff members offering assistance

**Timing is everything in saving a life. You have two golden minutes.**

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An aquatics rescue is complicated and requires great skill. The whole team needs to practice their roles frequently so they can be effective — and save a life.

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