

Are you prepared for foam?

From ribs breaking to agonal breathing, there are things you might not expect the first time you do CPR. A foamy fluid at the mouth when performing CPR on a drowning victim is something lifeguards need to prepare for.

Where does this foamy (surfactant) fluid come from?

Surfactant is a mucus-like fluid that coats the alveoli, lubricating the lungs so they don't stick together.

Why does the mouth foam?

Chest compressions agitate the existing mucus in the lungs with aspirated water creating foam.

Is foam the same thing as vomit?

Lifeguards need to recognize the difference between foam and vomit. Foam comes from the lungs and respiratory tract, not the stomach. Vomit can block the airway and needs to be cleared for effective CPR to continue. Foam doesn't need clearing from the airway – just use a proper barrier device and maintain the normal rate of 2 breaths to 30 compressions.

TRY THIS – SIMULATE FOAM

1. Grab a kitchen dish soap bottle with a tiny bit of soap left.
2. Swirl to coat the inside of the bottle – this is the lungs with surfactant.
3. Add 5–15 ml of water – this is the water aspirating into the lungs during a drowning.
4. With the lid closed, give it a little shake – this is the compressions during CPR. You've now created suds and bubbles – similar to the foamy liquid.
5. Opening the cap, slowly compress the bottle a few centimetres at the rate of CPR compressions. The bubbles will overflow out of the bottle opening.
6. Blow on the bubbles. Your breath will force its way through, just like it will during CPR.

How can lifeguards train to recognize foam?

Practice with simulation foam:

1. A mock victim can chew a Kryolan foam capsule that, when mixed with saliva, will create white foam. The foam is safe to swallow after use.
2. Mix a bicarbonate tablet with an acid, such as a gulp of soda. Let the foam organically expel from the mouth during the training exercise – swallowing it may upset the stomach.
3. If using a manikin, attach a small bag with a couple of tablespoons of baking soda behind the opening of the mouth. When it's time, mix in some vinegar to create the foam.

Email experts@lifeguarding.com with your comments, questions and suggestions for future articles.

REMEMBER

Don't delay CPR when you see foamy fluid after a drowning. Continue with normal breaths-to-compressions ratio.



A new wave of technology

As AI booms and technology grows across industries, why should aquatics be any different? Discover the latest technologies that are changing the way aquatic facilities operate and are supervised at our upcoming symposium.

2023 Canadian Symposium on the Use of Emerging Technology in Aquatic Safety Supervision

October 18 | 9:00 a.m. – 4:00 p.m. ET

Join technology experts online or in-person to learn about:

- Water-Human-Computer Interaction
- Computer vision systems for detecting drowning in swimming pools
- Legalities of using surveillance systems in aquatic facilities
- Using technology to design safer facilities
- Smart Beach Technology – weather and water condition analysis systems
- Tech Panel discussion about artificial intelligence, lifeguard smart watches, pool alarms, recovery devices and more!

Download the [agenda](#) to learn more and [register now](#).

In-person location: Agincourt Community Centre, 31 Glen Watford Drive, Toronto



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LifeguardDepot.com is the online store of the Lifesaving Society. All proceeds from LifeguardDepot.com support drowning prevention and the development of young leaders through lifesaving sport.



Athletes pose during the opening ceremonies of the Canadian Lifeguard Challenge at Martinique Beach, Nova Scotia.

The best of the best head to the beach

This summer, Canada's top surf lifesaving athletes came together in Nova Scotia to take on the Canadian Lifeguard Challenge. Vying for over \$15,000 in cash prizes, athletes competed in three rounds of the Oceanman/Oceanwoman event to be crowned champion. See the event in action in the [CTV News story](#).

Congratulations to this year's winners Sandrine Myers and Jason Cross.

WHAT IS THE OCEANMAN/OCEANWOMAN EVENT?

The Oceanman/Oceanwoman is a surf lifesaving event approximately 1.4 km in length consisting of:

- 300 m Swim
- 400 m Board
- 600 m Surf Ski
- 80 m Soft-sand run to end each leg

At the Canadian Lifeguard Challenge, athletes completed three Oceanman or Oceanwoman races within two hours – including the challenging M course configuration, requiring athletes to navigate the surf zone twice on each leg. Points were awarded to athletes at the end of each round based on their finishing position. An athlete's total points score across all three rounds determined their final ranking.

Giving deck-level staff room to grow

The most successful Society affiliates have growth plans in place for their staff. Developing deck-level staff improves aquatic facility operations threefold:

1. Advanced training helps staff grow in their aquatic career and leads to better staff retention over time.
2. Well-trained deck-level supervisors provide support and guidance to lifeguards, instructors and other staff.
3. Safety supervision increases, customer service improves and day-to-day operations run more smoothly.

How to find and develop deck-level supervisors:

1. **Choose your team members**
Seek out those who are interested, engaged with others on the team and with your customers.
2. **Certify them**
Set them up for success by certifying them with Lifesaving Society's Aquatic Supervisor.
3. **Complete onsite training**
Train them on the roles, responsibilities and operations specific to the location they will be working.
4. **Provide ongoing development**
Invest in your deck-level supervisors. Encourage them to continue to learn and grow.

Learn how you can implement [Aquatic Management](#) into your facility.

Parents learn to be Water Smart®



In 96% of drowning deaths in children under five, supervision was absent or distracted. Now, more than ever, parents need to be Water Smart®. The Society's Water Smart Parents campaign aims to empower parents and others responsible for children to have fun and make memories while being safe around water.

What can you do?

As lifeguards and instructors, it's our job to share water safety information with the public. Here's how you can get involved:

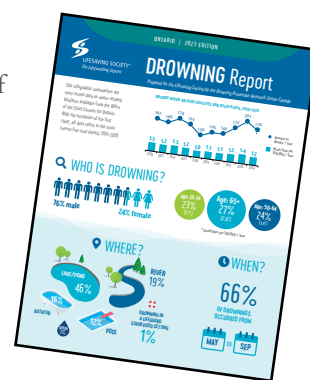
- Encourage parents at your pool to visit watersmartparents.ca to test their water smarts and learn how to be safe as a family.
- Download our [toolkit](#) to share images, info and more.
- Follow and use #WaterSmartParents on social media.

The latest Ontario Drowning Report – now available

By understanding the risk factors, locations and activities most commonly associated with drowning deaths, we can work to educate the public and drive change where it counts. The *2023 Ontario Drowning Report* dives into the who, what, where and why of drowning.

Key findings from the 2023 report include:

- Drowning most frequently occurred in lakes and ponds, followed by rivers.
- The most common activities associated with drowning deaths were aquatic activities (such as swimming or wading), followed by boating.
- Most people who drowned while boating were not wearing a lifejacket.
- Older adults and males were at increased risk of drowning.
- For children under 5 years of age, 96% of drowning deaths occurred when adult supervision was absent or distracted.
- Less than 1% of drownings occurred in lifeguard-supervised settings.



Read and share the full [report](#).



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