

Lifeguard Competition Injuries and Treatments

Lifesaving Society Ontario has instituted the use of a score sheet generator for the First Aid and Water Rescue events of the Ontario Lifeguard Championships. The points allocated to each victim in a situation, as well as the distribution of those points, are chosen by the situation designer and kept hidden from the competitors. The generator will allow for a more flexible situation design. All sanctioned event organizers are encouraged to contact sport@lifeguarding.com for a copy. Below is a table of all possible injuries as well as their treatments.

Injury List	Treatment 1	Treatment 2	Treatment 3	Treatment 4	Treatment 5
Air Embolism	Assess responsiveness	Maintain/monitor airway throughout	Assess victim's breathing		
Airway Obstruction (Full Blockage)	Airway maintained throughout	Administer proper airway obstruction procedure	Airway obstruction procedure administered at earliest possible moment		
Airway Obstruction (Partial Blockage)	Encourage coughing	Assess airway			
Anaphylaxis	Maintain/monitor airway throughout	Help to self-administer medication or administer if victim cannot			
Angina	Position victim in a comfortable position	Assist with medication	Loosen tight clothing around neck and chest		
Angina (No Medication)	Position victim in a comfortable position	Loosen tight clothing around neck and chest	Monitor vital signs		
Aspiration	Encourage coughing	Maintain/monitor airway throughout	Advise to seek medical help immediately if breathing difficulty occurs within 72 hours		
Asthma	Assist with encourage pursed lip breathing	Position victim in a comfortable position	Assist with medication		
Bite (Human/Animal/ Insect)	Maintain/monitor airway throughout	Control bleeding			
Bite (Insect Allergic)	Maintain/monitor airway throughout	Control bleeding / remove stinger	Assist with medication		
Bruising	Ice injured area				

Burn - First Degree	Maintain/monitor airway throughout	Flush burn with cool clean water			
Burn - Second Degree	Maintain/monitor airway throughout	Flush burn with cool clean water	Apply dry sterile dressing		
Burn - Third Degree	Maintain/monitor airway throughout	Flush burn with cool clean water	Apply dry sterile dressing		
Cardiac Arrest	Initiate CPR				
Cardiac Arrest - Pregnant Victim	Initiate CPR	Place pillow/wedge under right side of victim's abdomen			
Cardiac Arrest with Gastric Distension	Initiate CPR	Reposition head/airway	Adjust the delivery of breath		
Cardiac Arrest with Vomit	Initiate CPR	Roll victim to side	Allow vomit to drain and finger sweep to clear mouth		
Chest Injury	Position victim in a comfortable position	Protect and support injured area	Monitor vital signs		
Chest Wound (Bleeding)	Position victim in a comfortable position	Protect and support injured area	Monitor vital signs	Apply non-adhering dressing	
Decompression Sickness	Assess responsiveness	Maintain/monitor airway throughout	Assess victim's breathing		
Dental Injury	Maintain/monitor airway throughout	Control bleeding			
Diabetes	Assist with medication or sugar	Encourage to seek medical attention	Position victim in a comfortable position		
Dislocation	Rest injured part	Immobilize injured part in position found	Support injured part in comfortable position		
Distress Non-Swimmer	Quick recognition and immediate response	Approach such that the victim is unlikely to grasp rescuer	Victim's head is supported above surface	Maintain/monitor airway throughout	Advise how to prevent incident / facility rules
Drowning	Assess responsiveness	Maintain/monitor airway throughout	Assess victim's breathing	Advise to seek medical attention / risk of later symptoms of respiratory distress	

External Bleeding - Life Threatening External Limb	Position victim in a comfortable position	Apply firm direct pressure with clean material	Apply tourniquet	Check distal circulation	
External Bleeding - Severe	Position victim in a comfortable position	Apply firm direct pressure with clean material	Check distal circulation		
Eye Injury	Treat the injury appropriately	Bandage	Encourage victim to keep their eyes still		
Eye Injury - Chemical	Flush eye with water continuously	Bandage	Encourage victim to keep their eyes still		
Eye Injury - Foreign Object	Flush eye with water	Bandage	Encourage victim to keep their eyes still		
Fainting	Protect from further injury	Identify and control cause of fainting	Encourage to seek medical attention		
Foreign object in Nose	Assess location of object	Treat the injury appropriately	Advise to seek medical help immediately		
Foreign object in Nose (Easily Seen)	Remove object gently	Treat the injury appropriately			
Fracture - Closed	Rest injured part	Immobilize injured part in comfortable position	Apply cold	Elevate if appropriate	Distal circulation/sensation check
Fracture - Open	Rest injured part	Immobilize injured part in position found	Clean bandage over exposed bone	Apply cold	
Frostbite	Remove from cold environment	Reheat affected area with body heat or warm water			
Head Injury	Movement minimized	Treat injury for bleeding, bruising or swelling (bandage/cold)	Monitor vital signs		
Heart Attack	Position victim in a comfortable position	Assist with medication	Loosen tight clothing around neck and chest		
Heat Cramps	Remove from hot environment	Provide cool water or sport drink	Stretch cramp	Advise to eat well to restore depleted body salt	

Heat Exhaustion	Remove from hot environment	If alert and not nauseous provide cool water or sport drink	Advise to eat well to restore depleted body salt		
Heatstroke	Maintain/monitor airway throughout	Remove from hot environment	Remove outer layer of clothing	Cool victim/ reduce core temperature	
Hyperventilation	Assist with encourage pursed lip breathing	Position victim in a comfortable position			
Hypothermia	Maintain/monitor airway throughout	Remove from cold environment	Warm victim/ increase core temperature		
Internal Abdominal Bleeding	Maintain/monitor airway throughout	Position victim in a comfortable position			
Muscle Cramps	Stretch muscle	Gently massage along length of muscle	Apply mild heat		
Nosebleed	Pinch nose where soft nostril meets cartilage	Tilt head slightly forward			
Poisoning	Assess responsiveness	Maintain/monitor airway throughout	Assess victim's breathing	Follow product label/WHMIS data sheet first aid instructions	Secure poison and its container
Respiratory Distress	Maintain/monitor airway throughout	Assist with encourage pursed lip breathing	Position victim in a comfortable position		
Seizures	Protect from further injury	Monitor vital signs			
Seizures – Tonic-clonic (Grand Mal) – Dryland	Clear objects from surrounding area to prevent further injury	Maintain/monitor airway throughout			
Seizures – Tonic-clonic (Grand Mal) – In Water	Clear objects from surrounding area to prevent further injury	Maintain/monitor airway throughout	Keep victim's head above water	Effective removal from water	
Shock	Maintain body temperature	Monitor vital signs	Rest and reassure	Treat the cause	Position victim in most appropriate recovery position
Spinal (Breathing)	Immobilization/restrict further movement	Ask victim to remain still	Monitor vital signs		
Spinal (Non-Breathing)	Smooth rollover/immobilization throughout	Immobilization/restrict further movement	Initiate CPR		

Sprains / Strains	Rest injured part	Immobilize injured part in comfortable position	Apply cold	Elevate	
Stroke	Maintain/monitor airway throughout	Position victim in a comfortable position	Loosen tight clothing around neck and chest		
Transient Ischemic Attack (TIA)	Maintain/monitor airway throughout	Position victim in a comfortable position	Loosen tight clothing around neck and chest	Encourage to seek medical attention	
Unconsciousness (Breathing)	Identify and control cause of unconsciousness	Maintain/monitor airway throughout			
Unconsciousness with ineffective breathing	Identify and control cause of unconsciousness	Maintain/monitor airway throughout	Assist with modified timing of ventilations		
Wound - Abrasions	Clean affected area with clean water	Apply antibiotic ointment	Apply sterile dressing		
Wound - Avulsion	Clean affected area with clean water	Apply sterile dressing	Check distal circulation		
Wound - Complete Amputation	Apply direct pressure	Apply sterile dressing	Apply tourniquet	Recover amputated part(s) and secure appropriately	
Wound - Contusion	Clean affected area with clean water	Apply cold to injured area	Apply sterile dressing		
Wound - Embedded Object	Apply pressure around the object	Stabilize the object	Position victim in a comfortable position		
Wound - Incision	Clean affected area with clean water	Apply sterile dressing	Check distal circulation		
Wound - Laceration	Clean affected area with clean water	Apply sterile dressing	Apply direct pressure	Check distal circulation	Monitor vital signs
Wound - Partial Amputation	Apply direct pressure	Apply sterile dressing	Apply tourniquet	Reposition part to normal position & immobilize	
Wound - Puncture	Clean affected area with clean water	Apply sterile dressing	Apply direct pressure	Monitor vital signs	