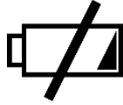


Diagram key:

- ○ = casualty □ = item ---- = hazard tape
- Casualties:
 - A - Unconscious non-breathing adult (lifeguard who went on a break)
 - B – Volunteer Lifesaver - will take direction easily and can do first aid on land (can't swim, refuses to get in water)
 - C - Unconscious non-breathing BOB
 - D - Panicking swimmer (friend of casualty C)
 - E - Locked swimmer 1 (cramp, panicking)
 - F - Locked swimmer 2 (non-panicking)
 - G - Asthmatic
 - H – Non-panicking swimmer
 - I - Non-panicking swimmer suffering from heart attack
- Objects/items:
 - 1 – First aid kit (full, provided by team) and phones – landline phone on a surface/chair and mobile phone on floor by lifeguard
 - 2 – Torpedo buoy, carried by casualty B
 - 3 – Inflatable crocodile, towel, long umbrella, bag with sweets and a 500ml bottle of water.
 - 4 – Perry buoy
 - 5 – Bag containing 1x500ml bottle of water, an asthma inhaler and an out of battery mobile phone (out of battery symbol clearly on screen  and the words "NO BATTERY").
- There will be no barriers on the bulk head, so will be acting as a walkway between 2 sections of the lake
- Access in/out all sides of pool, any steps are also in bounds

Equipment List:

- 1x 'landline' wired phone (will not be plugged in, but cable trailing into OOB area) - *Sophie*
- 2x mobile phones – one with empty battery symbol on screen – *Bristol/Sophie*
- 1x Torpedo buoy - *Bristol*
- 1x Perry buoy - *Sophie*
- 1x Inflatable crocodile - *Sophie*
- 1x Towel - *Sophie*
- 1x Orange manikin - *Bristol*
- 2x adult CPR manikins – *Bristol*
- Manikin wipes - *Bristol*
- 2x drawstring/tote bags - *Sophie*
- Bag of sweets – *Sophie/Bristol*
- 1x Long umbrella - *Bristol*
- 2 x 500ml bottles of water – *Sophie/Bristol*
- 1x Green 'Volunteer' t-shirt - *Sophie*
- 2x Yellow 'Lifeguard' t-shirts - *Sophie*
- 1x t-shirt for orange manikin - *Sophie*
- Asthma inhaler (prop) - *Sophie*
- Hazard tape, 2 or 3 rolls – *Sophie/Bristol*
- Bin bags (to block windows and fence for lifeguard hut) – *Sophie/Bristol*
- Bold sign "Lifeguard Hut" - *Sophie*
- Sellotape – *Sophie/Bristol*

SERC Brief for judges/bodies:

The SERC is set at Clevedon Marine Lake in Somerset on a warm sunny day, just after midday. The team are a group of voluntary lifesavers who have been called in to help provide safety cover, as there is currently only 1 lifeguard and 1 volunteer lifesaver on duty and the lake is busy today. The lifeguard and volunteer lifesaver are aware that back up safety cover will be arriving to help them. The team will enter through the outside door to find the scenario set. There is a porch between the outside and the pool which the team will change and be briefed in. When the SERC has finished, the team will be asked to quickly collect their belongings from here so that the next team can come in and be briefed. The team will be aware that there is a lifeguard and a first-aider on site already.

Communications will be simulated.

Casualty A: Unconscious non-breathing adult

Steven/Stephanie: You are the lifeguard on duty and needed to take a break after feeling light-headed. The volunteer first-aider (Casualty B, Dave/Debbie) agreed to watch the water while you took a break in the Lifeguard Hut.

You are unconscious, lying on your front, are not breathing and will not regain consciousness at any time during the SERC. When the lifesaver is checking for breathing, please hold your breath for 10seconds after which point an adult CPR manikin will be placed next to you to be used for CPR.

The manikin will only be placed next to you if the lifesaver checks breathing for no more than 10 seconds after rolling you onto your back. The lifesaver will be notified that the casualty is not breathing after checking for no more than 10 seconds by the judge, who will place the CPR manikin on the floor in your place. You can move behind the hazard tape when the CPR manikin is placed on the ground, please do this as quickly as possible.

Your location is in the lifeguard hut (small alcove on poolside). (The lifeguard hut will be in the small alcove 2 small steps up from poolside, with hazard tape around the edges to mark off other storage containers/equipment stored there. The fence will have bin-bags taped to it to 'solidify' it, making the hut as realistic as possible and also concealing the casualty from view as the team enters. There will be a bold 'Lifeguard Hut' sign on the fence to signify the location of the hut.)

You have no equipment or items on your person.

Casualty B: Volunteer Lifesaver

David/Debbie: You are the volunteer lifesaver (you hold an up-to-date Life Support 3 qualification) on duty today. You offered to watch the water while the lifeguard on duty (Casualty A: Steven/Stephanie) went for a break in the lifeguard hut because they were feeling light headed. You last saw them 15 minutes ago. You are aware that there are people in trouble in the water but don't know how to save them and you cannot swim.

In your qualification, you have covered:

- Awareness of own safety
- Turning a casualty onto their back
- Checking responsiveness
- Sequence and application of CPR for infant, child, adult, and drowned casualties
- Managing regurgitation
- Recovery position
- Use of a pocket mask
- Diagnosis and treatment of choking
- Diagnosis and treatment of bleeding
- Diagnosis and treatment of shock

You can tell the team that you have an up to date Life Support 3 qualification, and ask them if there's anything you can do to help. You will easily* take direction and do what is asked of the team, however you cannot swim, so will refuse to get in the water if asked. Refuse to perform any water rescues as you don't know how to perform these. You know that there is a phone and a first aid kit in the lifeguard hut.

**If asked to treat or assess a casualty who is on land which you covered in your syllabus, you are able to do so and treat them fully. e.g. You can fully assess an unconscious casualty and perform CPR. Essentially you become a 5th member of the team if you are utilised, but only feedback what you are doing if you are asked by the captain/ another team member. If asked to treat another land-based casualty, you will need to be directed on how to do so by the team.*

Your starting location will be in the middle of the bulk head between the lanes and teaching pool. You will be holding a torpedo buoy. You are expecting the team (your safety cover back up) to be arriving at the location, so wave at them when they enter the SERC.

Casualty C: Unconscious non-breathing BOB

Bobby: Orange submersible manikin wearing t-shirt, unconscious non-breathing casualty. Can be swapped with adult CPR manikin should casualty be landed and breathing checked for up to 10 seconds.

Located approx. 3-4m from short side of teaching pool, facing up, head pointing to opposite short side of pool.

Casualty D: Panicking swimmer

Peter/Polly: You are the friend of Bobby (casualty C, unconscious non-breathing, body on bottom). You are worried and panicking because Bobby has been underwater and hasn't resurfaced for 10 minutes. You will start the SERC in the teaching pool near casualty C.

You will only calm down and listen to a team member if they tell you that they are a trained lifesaver and are able to help to find your friend, casualty C. You are able to swim to the side and climb out unassisted if directed to do so but will also take any rescue aid (throwing/reach rescue if calmed, accompanied rescue, tow with an aid rescue).

You do not have a phone or first aid kit but know that there is a lifeguard hut somewhere that might have these things.

Casualty E: Locked swimmer 1 (Cramp) panicking

Andrew/Andrea: You were swimming in the lake when you got cramp in your left leg (calf). Your husband/wife, Martin/Martha (casualty F, locked swimmer 2) came over to try and give you assistance, however neither of you are strong swimmers and have become locked, both struggling to stay on the surface. You are both in the middle of the main pool at the start of the SERC. You will accept the torpedo or perry buoys as rescue aids easily and will accept the inflatable crocodile. Do not accept any aid that is not a buoyant aid.

Once rescued (accompanied rescue/tow with an aid rescue, calmed and accompanied to side of pool), climb out of the pool slowly (eg take 8 seconds to climb out via steps) if/when directed. Your cramp resolves by the time you reach the side of the pool. You remain slightly breathless/tired (from the shock response) but recover slowly over 30 seconds (you can use clocks on the pool walls to time this yourself, start when you first reach the side of the pool). Follow instructions/direction from the team readily.

You and your husband/wife are a couple which enjoy chatting to locals when you are out and about, and like making conversation with staff when you are at the shops or in cafes. Due to your extroverted natures, you are quite chatty with the other casualties and the team after you have recovered from the shock response once rescued. When rescued, insist that you must stay with your husband/wife because you do everything together. You are very thankful towards the team, and attempt to make meaningless conversation (with no useful information). Please keep conversations and questions the same for all teams, asking open questions – please remember what you are talking about and repeat for the following teams. Some questions you can ask to start conversations:

- “How are you enjoying the weather today?”
- “How are you?”
- “Have you come for a day out with your friends or family?”
- “We’re thinking of getting a dog, have you got any pets?”
- “Thank you for helping us, are you a lifeguard?”
- “Thank you for helping us, have you rescued many people before?”
- “What’s your favourite colour? Mine is yellow because it makes me happy.”
- “Can you recommend any nice cafes to visit?”
- “What is your favourite restaurant? We’d like somewhere new to go to”
- “Where might I find a toilet near here?”

You do not have a phone or a first aid kit, you thought that the person/people (team members – lifesavers) who rescued you would have one. If asked, say “I thought you would have one, you’re the lifeguard!”

Casualty F: Locked swimmer 2 non-panicking

Martin/Martha: You were swimming in the lake with your husband/wife, Andrew/Andrea (casualty E, locked swimmer 1) when they got cramp and started to struggle. You went over to try and help him, however neither of you are strong swimmers and have become locked, both struggling to stay on the surface.

You are both in the middle of the main pool at the start of the SERC. You will accept the torpedo or perry buoys as rescue aids easily and will accept the inflatable crocodile. Take a non-buoyant aid if offered, however then start panicking/worrying about your husband/wife as they cannot be rescued with a non-buoyant aid. You can calm down if the lifesaver reassures you that they are trained and are able to help your partner. Continue to worry (ask questions to the team such as “where is Andrew/Andrea?”, “Are you going to rescue my husband/wife?”, “Is Andrew/Andrea OK?”) until they are rescued and you are reunited. When rescued, insist that you must stay with your husband/wife because you do everything together.

Once rescued, climb out of the pool tentatively (eg take 8 seconds to climb out via steps) if/when directed. You remain slightly breathless/tired (due to shock response) but recover slowly over for 30 seconds (count this yourself using clocks on walls, starting from when you first reach the pool side). You follow direction from the team readily and are very thankful towards them for helping you and your husband/wife.

You and your husband/wife are a couple which enjoy chatting to locals when you are out and about, and like making conversation with staff when you are at the shops or in cafes. Due to your extroverted natures, you are quite chatty with the other casualties and the team after you have recovered from the shock response one rescued. You are very thankful towards the team, and attempt to make meaningless conversation (with no useful information). Please keep conversations and questions the same for all teams, asking open questions – please remember what you are talking about and repeat for the following teams. Some questions you can ask to start conversations:

- “How are you enjoying the weather today?”
- “How are you?”
- “Have you come for a day out with your friends or family?”
- “We’re thinking of getting a dog, have you got any pets?”
- “Thank you for helping us, are you a lifeguard?”
- “Thank you for helping us, have you rescued many people before?”
- “What’s your favourite colour? Mine is blue because I like the sky.”
- “Can you recommend any nice cafes to visit?”
- “What is your favourite restaurant? We’d like somewhere new to go to”
- “Where might I find a toilet near here?”

You do not have a phone or a first aid kit, you thought that the person/people (team members – lifesavers) who rescued you would have one. If asked, say “shouldn’t you already have one? You’re the lifeguard!”

Casualty G: Asthmatic

Julian/Julia: You came down to the marine lake for a swim by yourself. You do not know anyone else in the lake. You started suffering from an asthma attack during your swim and managed to make it to the side of the lake, but are too out of breath to reach your inhaler. At the start of the SERC, you are holding on to the side of the pool (changing room side) approx. 10m from the bulk head. You are visibly struggling to breathe – one hand on upper chest near throat, simulate deep difficult inhalations and exhalations. Your inhaler is in your bag (item E) which is located approx. 2m past the bulk head by the wall. If asked if you have any medical conditions/where your inhaler is, point to the direction of your bag and talk quietly in single words/ broken (one or two words at a time with breaths in between) – remember you are struggling to breathe and possibly feeling light headed!

You will not get out of the pool until after you have received your inhaler and administered it to yourself and not until you are asked to get out. If two team members attempt to lift you out of the pool before treatment of the asthma, allow this to happen but remain to have difficulty breathing. If only one team member tries to assist you out of the pool before treatment, shake your head and point towards your bag. Follow any direction given to you by the team after your asthma attack is back under control.

You do not have a first aid kit, but know where the lifeguard hut is and can point in that direction (point vaguely and weakly if still having attack). You have a mobile phone in your bag if asked (this will be out of battery so therefore useless to the team), the phone will have an out of battery symbol on the screen, you do not know that it has run out of battery.

Casualty H: Non-panicking swimmer

Harry/Harriet: You are the son/daughter of Adrian/Allison (Casualty I) and have come to the marine lake for a day out. You are a tired, weak swimmer, swimming very slowly and with lots of splash. At the start of the SERC you are located approx. 3m from each side in the bottom corner of the pool by the outside door. Until you are rescued, swim in a rough small circle with lots of splash. You will accept verbal help, physical help and any rescue aid. If asked a variation of “are you alright?”, you can reply that you are a bit tired, but you are OK. You can be rescued via any method (shout+signal, throwing, reach rescue, accompanied, tow with aid). If asked/signalled to swim to the side (shout and signal rescue), you will do so but swim to the side slowly because you are tired and not a strong swimmer.

When you are rescued/out of the water, follow any direction given by the team but ask for your dad/mum – ask if they know where your dad/mum is and get upset if they don't know.

You do not know where a phone or a first aid kit is. You are not aware that there is a lifeguard hut.

Casualty I: Non-panicking swimmer suffering from heart attack

Adrian/Allison: You are the father/mother of Harry/Harriet (Casualty H) and have come to the marine lake for a day out. You cannot swim so have stayed near the side of the lake while your son/daughter is swimming. You started feeling a pain in your chest and cannot swim. At the start of the SERC you are located approx. 1.5m from the side of the pool near the lifeguard hut, you will be clutching your chest and lying on your back to stay afloat.

You will accept help from anyone and accept any aid (buoyant or not), in order to reach the side of the pool/dry land – you cannot get back to the side by yourself/unaccompanied. You can be rescued with a reach rescue or a tow with an aid rescue. You cannot exit the pool by yourself, you must be assisted (eg, foot stirrup/knee provided by lifesaver to act as a step), can be lifted out by two lifesavers or be directed over to the steps which you can climb yourself albeit slowly (take 8 seconds to climb steps).

When on land, continue to clutch your chest for the entirety of the SERC. You are very worried that you don't know where your son/daughter is, and will be persistent with trying to locate them, asking everyone (team and other casualties), until reunited. You are able to have conversations and speak in broken sentences, delayed (2-3 words spoken at a time, pause for breath) as you will have a shortness in breath due to the chest pains. Questions you can ask until reunited with son/daughter: "have you seen my son/daughter?" "do you know where my son/daughter is?" "my son/daughter's name is harry/harriet, have you seen them?" – please remember the types of questions you are asking and keep them consistent for all teams. You do not have any other possessions nearby and do not know where a phone or first aid kit is if asked. You have not suffered from chest pains before, and have no other medical conditions.

Team Brief:

You are a team of Lifesavers who have been called in to Clevedon Marine Lake in Somerset. It is a warm, sunny day and the lake is busier than expected, so you are providing back up to the Lifeguard and Volunteer Lifesaver who are the only two people already on duty.

The Lifeguard and Lifesaver are aware that you are on your way to help.

