

EAST HAMPTON TOWN LIFEGUARD

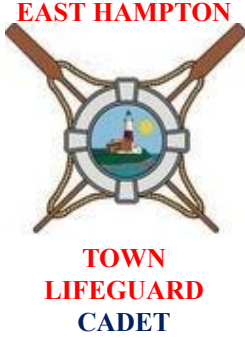


CADET TRAINING SYLLABUS

<https://sites.google.com/view/ehbeaches/home>

2025 Revision

**John Ryan Jr.,
Chief Lifeguard**

	<p><u>PROGRAM GOALS:</u></p> <ul style="list-style-type: none"> - PROMOTE beach safety and awareness of local area beaches. - EDUCATE young men and women in the role the ocean lifeguard, physical fitness, team building, CPR and First Aid. - ENCOURAGE both young men and women who complete this course to one day pursue a lifeguard certification and return as open water lifeguards.
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DO YOU HAVE WHAT IT TAKES?

This program bridges the training gap between the Junior Lifeguard Program and certification as a Suffolk County Lifeguard. As an East Hampton Town Lifeguard Cadet you will develop...

- The teamwork, communication, and leadership skills essential to the profession.
- A conditioning level necessary to become a competent waterman/waterwoman.
- Competencies in swimming, body surfing, paddle boarding, & stand-up paddle boarding.
- A familiarity with water and weather conditions and their impact on the coastal environment.
- Proficiency in water rescue techniques and competitive lifeguard events.
- Proficiency in basic first aid and emergency life support techniques.
- An understanding of lifeguard supervision techniques and procedures, through the shadowing of ocean lifeguards in the performance of their everyday duties.

Prerequisites:

- 15-Years old by July 1 of program year
- 2 years of experience in a Junior Lifeguarding Program
- A working knowledge of the ocean environment.
- Recommended Suffolk County Stillwater or American Red Cross Lifeguard certification.



Program Locations & Times:

- Saturdays & Sundays, 9 AM - 12 PM, Indian Wells (Amagansett) & Ditch Plains (Montauk)
- Wednesdays, 3 - 4:30 PM, Atlantic Avenue (Amagansett)

LIFEGUARD CADET: _____ **SEASON: 20** _____

<u>COMMUNITY SERVICE</u>	Date	Supervisor
Served as Junior Lifeguard Team Leader		
Assisted at (_____) a Lifeguard Event		

<u>WATER SUPERVISION:</u> 10, 30-minute Tower Shifts (Co-Supervised)								Met	Not Met
1	2	3	4	5	6	7	8	9	10
Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Supervisor	Supervisor	Supervisor	Supervisor	Supervisor	Supervisor	Supervisor	Supervisor	Supervisor	Supervisor

**The Lifeguard Cadet may only Co-Supervise the shift in uniform*

<u>BEACH OPERATION</u>	Date Observed	Supervisor
Beach Set-Up and Bather Preparation		
Completion of Daily Operation Beach Report (Actual or Exemplar)		
Completion of Injury/First Aid Report (Actual or Exemplar)		
Radio Communications		

<u>SKILL COMPETENCIES</u>	Date Observed	Supervisor
Surf Entry & Body Surfing		
Cross-Chest Carry		
Flat-Tow (Rescue Can Proficiency)		
Yolk Rescue (Rescue Can, Line, and Beach Control Proficiencies)		
Paddleboard		
Identifying Sudden Illness, Diabetic, Heat, and Cold Related Emergencies		
Blood-Borne Pathogens Protection & Bleeding Control		
Fracture Immobilization		
Spinal Management		
Stroke & Heart Attack, CPR & AED		
Jet-Ski Review		
CAPSTONE OPEN WATER EXAMINATION		

Introduction

The East Hampton Town Lifeguards are the division of the East Hampton Town Recreation Department tasked with the seasonal supervision of the town's 7 ocean and 3 bay beaches in the hamlets of Amagansett and Montauk.

From its headquarters in the historic Amagansett Lifesaving Station and 13 towers around the south fork of Long Island, this staff of approximately 140 lifeguards is dispatched to respond to waterborne emergencies all along the district's coastline using trucks, ATV's, and PWC's.

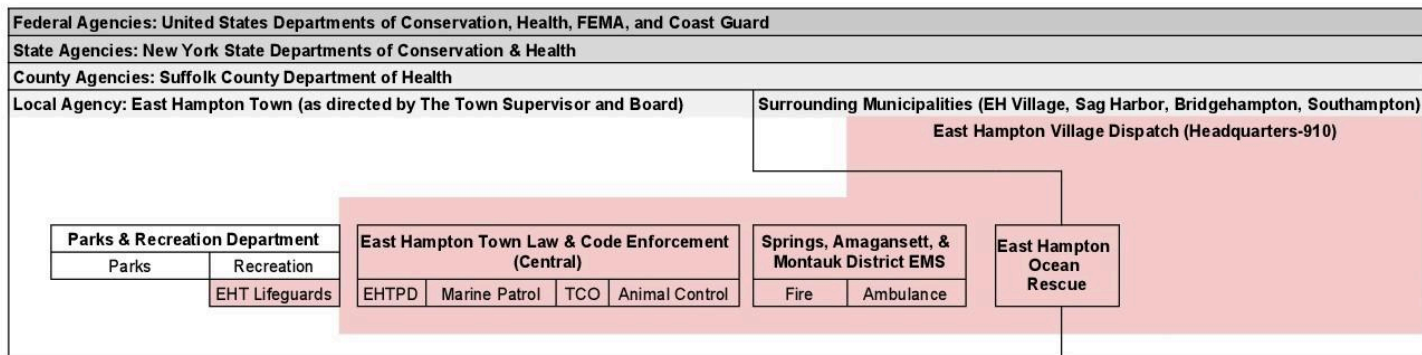
As a Cadet, you are taking your first steps in learning what it takes to become a professional lifeguard in our agency. Cadets who graduate this program bypass the probationary period in their first year of employment in East Hampton Town. Cadets hired by East Hampton Town start as Advanced Lifeguards.

This manual serves as an overview and reference guide outlining the standard practices, operating procedures, and agency-specific information employed by lifeguards working for East Hampton Town.



ORGANIZATIONAL STRUCTURE & CHAIN OF COMMAND

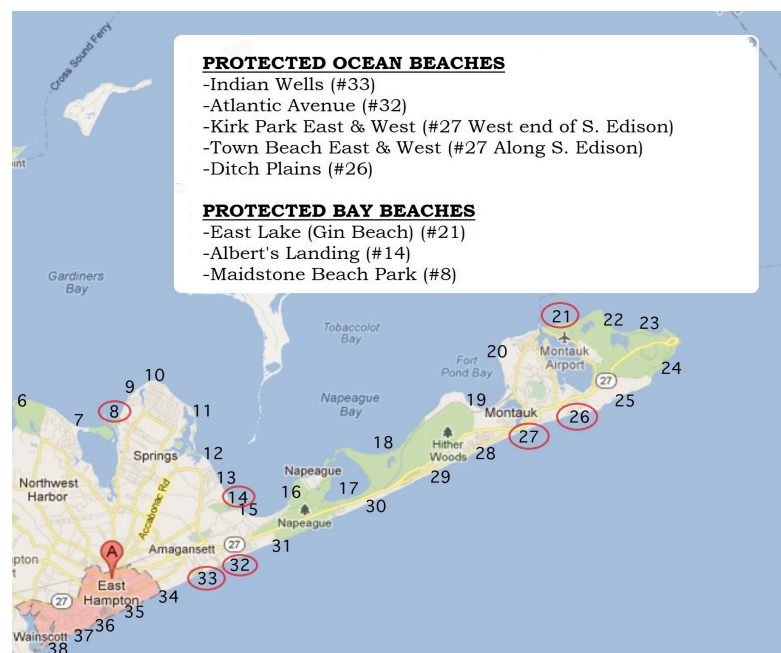
Jurisdictional Structure



Beach Locations, Designators, & Callsigns

Static Call Signs

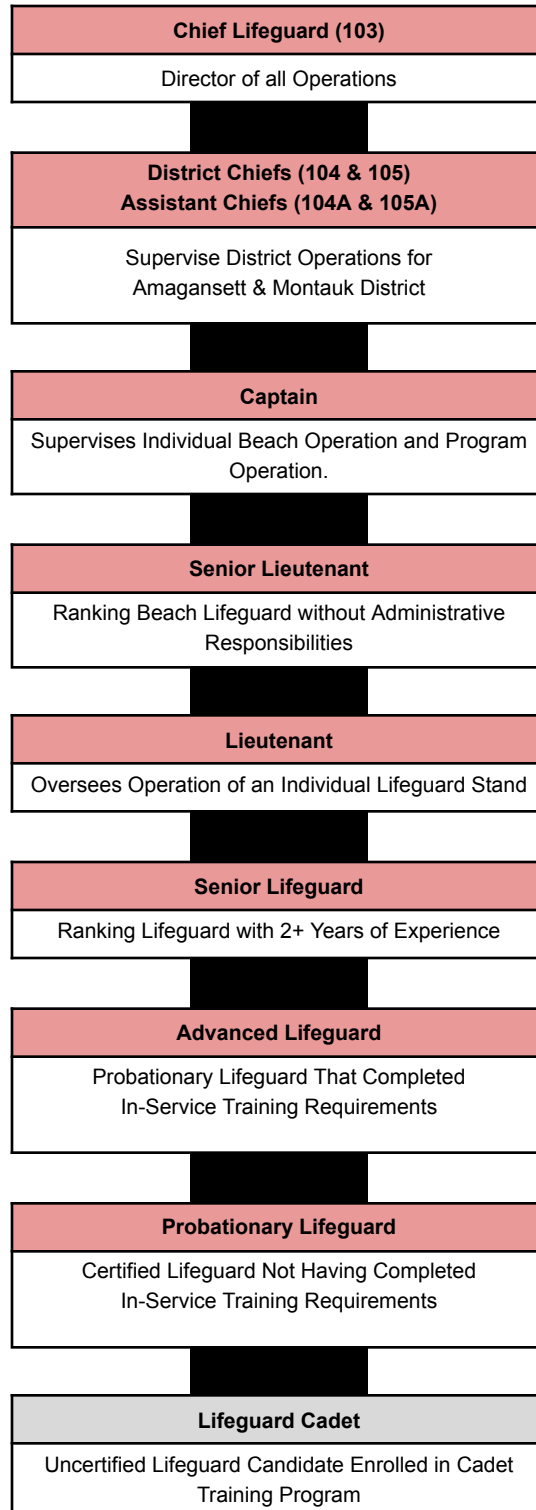
EMS 910 or Headquarters
EHPD Central
Chief Lifeguard 103
District Chief (Amg. District) 104
Asst. Chief (Amg. District) 104A
District Chief (Mtk. District) 105
Asst. Chief (Mtk. District) 105A
Indian Wells
 107A - Indian Wells Captain
 106 - West Stand
 107 - Main Stand
Atlantic Avenue
 108A - Atlantic Avenue Captain
 108 - Main Stand
 109 - Center Stand
 110 - East Stand
Kirk Park
 111A - Kirk Park Captain
 111 - Kirk Park Main Stand
 112 - Blue Beach Stand
Town Beach
 114A - Town Beach Captain
 113 - Town Beach East Stand
 114 - Town Beach Main Stand
Ditch Plains
 115A - Ditch Plains Captain
 115 - Ditch Plains Main Stand
 116 - Ditch Plains East Stand
Gin Beach 117
Albert's Landing 118
Maidstone Park 119



Mobile Unit Designators

Amagansett Ski Truck "103 Rig" (Jet Ski is "103 Ski")
Amagansett Rescue Truck "104 Rig"
Atlantic Avenue Jet Ski "Amagansett Ski"
Atlantic Avenue ATV "Amagansett Ranger"
Montauk Ski Truck "105 Rig" (Jet Ski is "105 Ski")
Town Beach Jet Ski "Montauk Ski"
Kirk Park ATV "Montauk Ranger"

Lifeguard Uniform Chain of Command



PREREQUISITES & LIFEGUARD CERTIFICATION REQUIREMENTS

PREREQUISITES

As a prerequisite, all lifeguard candidates are expected to have basic swimming competency. Candidates are expected to be able to swim a continuous 200 yards demonstrating the crawl stroke with a lateral body position (head in the water with legs at the surface). Additionally, they should be able to tread water for a continuous 5 minutes.

CERTIFICATION REQUIREMENTS

Lifeguards are required to maintain concurrent certifications in water rescue and first responder CPR to be compliant with Suffolk County Health Code requirements and as a condition of employment within the agency.

CPR CERTIFICATIONS

There are a number of organizations offering courses that meet the CPR requirement. Any course taken to meet this requirement must be a First Responder level course that includes skill proficiencies in:

- Recognizing Emergencies and Activating Emergency Response
- Conscious Choking
- Unconscious Choking
- Other Respiratory Emergencies
- Infant CPR
- Child CPR
- Adult CPR
- 2-Responder CPR
- AED Deployment (Adult, Child, & Infant)
- Bag Valve Mask Operation

While many course certificates expire after 2 years, Suffolk County requires all CPR certifications for First Responders to be recertified annually. Certifications older than a year are considered invalid.

Water Safety Tips

With summer now in full swing, East Hampton Town Lifeguard Cadets wish to welcome you to having a safe summer by offering you some water safety tips

1. Rule #1: Learn to Swim.
2. Know Where You Are: Beach Access Signs
3. In any suspected emergency, always call 911 immediately. Do not allow anyone to attempt a swimming rescue without taking a floatation device. The easiest part of a swimming rescue is getting to the victim – the hardest part is keeping them afloat.
4. Swim near a Lifeguard.
5. Never swim alone, even in your own pool.
6. Never underestimate the surf
7. Know the Flag Colors (Green, Yellow, Red, & No Flag)
 - a. Green Flag: Safe conditions
 - b. Yellow Flag: Cautious Conditions with larger surf and moderate rip currents
 - c. Red Flag: Dangerous Conditions, restricted swimming due to dangerous and strong rip current advisory
8. A non-swimmer should not rely on flotation devices, such as boogie boards, surf boards, tubes and rafts; You may lose them in the water – Leashes Break.
9. If you are in trouble, Shout & Wave (One arm up with a closed fist) for help.
10. If caught in a Rip Current, stay calm and swim across the current, parallel to shore, until you escape it. Then you can make your way back to shore. If you cannot cross the current, let it carry you out. Eventually it will lose force and then you can swim away from it and back towards shore using a non-tiring stroke. If you get tired, wave with a closed fist & call for help.
11. Never dive into unknown waters or into shallow breaking waves. Dive with hands down and head up to avoid head & neck injuries.

Most importantly, have a safe and enjoyable summer

SUFFOLK COUNTY STILLWATER & SURF LEVEL I CERTIFICATIONS

The agency requires all lifeguards to be certified with either the Suffolk County Stillwater or Suffolk County Surf Level I Lifeguard Certifications.

Initial Suffolk County Stillwater and Surf Level I certifications expire after 2 years. Lifeguards are required to recertify the practical examination within that 2 year period. Recertification is good for 3 years and must be recertified by practical examination within that time period to remain valid.

Suffolk County Stillwater Certification (Bay & Pool)

The Suffolk County Stillwater Course is a 24-hour course in stillwater lifeguarding that includes a practical and written examination. The practical examination is a water skills-based assessment. Candidates must complete all elements of the practical examination. Should a candidate fail to demonstrate the standard (receive a 4) in more than one testing element, they will fail the exam. Candidates must pass a written examination with a minimum score of 80%. Lifeguards already possessing equivalent stillwater certifications from another recognized agency may challenge the Suffolk County Stillwater Examination. Suffolk County Stillwater Certification qualifies a lifeguard to work at pools, natural freshwater facilities, and non-surf saltwater beaches (lakes, bays, and the sound) in Suffolk County.

Certification candidates must demonstrate the following skills to their training standards:

- **50 yard swim from a diving start**

Training Standard:

- Unbroken crawl stroke technique
- Submerged Head Position
- Completion in under 40 seconds

- **Diving Brick Retrieval (Deep End)**

- **Front Underwater Approach**

Training Standard:

- 25 yard approach swim to victim
- Underwater approach
- Level off victim (chin pull or armpit)
- Cross chest carry 50 yards (alternate)
- Scissor kick or breast stroke kick

- **Endurance Swim**

Training Standard:

- 200 yard paced swim without delays on the endwalls
- Maintained command of pacing a stroke mechanics

- **Escapes**

Front Escape Training Standard:

- Candidate turns head then submerges while pushing up on subject's elbows
- Candidate swims away from subject underwater on their back
- Candidate surfaces a minimum distance of 1 body length from subject

Rear Escape Training Standard:

- Candidate turns head then submerges while pushing up on subject's elbows
- Candidate orients & swims away from subject underwater on their back
- Candidate surfaces a minimum distance of 1 body length from subject

Grab Escape Training Standard:

- Candidate Positions their shoulders perpendicular to the subject
- Candidate extends their freed arm behind them and slaps the surface of the water above their restrained arm.
- Candidate grabs their restrained hand, bends their restrained elbow, and prys their restrained arm free through the break point in the subject's grab.
- Candidate orients themselves on the surface on their back, kicking their feet up and splashing the subject.
- Candidate escapes on the surface to a minimum distance of a body length away

- **Front Surface Approach**

Training Standard:

- Candidate swims a 25 yard approach to victim
- Candidate Reverses position
- Candidate takes victim's opposite wrist, lifts and twists.
- Candidate Levels off victim using armpit level off
- Candidate Cross chest carries victim 50 yards
- Candidate uses a effective scissor kicks

- **Carries**

Packstrap Training Standard:

- Candidate "C's" Subject's wrist
- Candidate extends subject's arm laterally, perpendicular to the subject's body
- Candidate submerges under subject's extended arm
- Candidate steps in front of subject, collects their other arm
- Candidate surfaces with the subject's armpits over their shoulders.

Double Arm Drag Training Standard:

- Candidate hooks their swimming arm under the subject's cross-chested armpit
- Candidate releases the cross chest, now with arms under both of the subject's armpits.

- **Submerged Victim**

Training Standard:

- Candidate surface dives, wrist reverses subject. & bring them to the surface
- Candidate carries victim to the side in a cross chest.
- Candidate removes subject from the water without losing contact.

- **Backboard Training**

Training Standard:

- Candidate enters the wanted in a controlled manner
- Candidate demonstrates stabilization of the head and spinal region of the conscious patient
- Candidate demonstrates stabilization of the head and spinal region of the unconscious patient in a face up position and face down position
- Candidate demonstrates team approach to backboard the patient and remove the patient from the pool in a controlled manner

- **Peterson Belt Rescue**

Training Standard:

- Candidate dons the peterson belt
- Candidate enters the water and swims 100 yards to the victim
- Candidate communicates & secures victim with belt
- Candidate switches harness & returns to beach
- Candidate exits the water in control of victim

- **500 Yard Run**

Training Standard:

- Candidate demonstrates proper running skills
- Candidate paces run & finishes strong

- **Distance Swim - 250 yards**

Training Standard:

- Candidate Demonstrates proper entering & exiting of the water
- Candidate demonstrates correct open water swimming form
- Candidate uses proper sighting form throughout the swim

- **Board Rescue**

Training Standard:

- Candidate carries board, enters water, and paddles to victim
- Candidate approaches victim and makes assessment - Responsive/Unresponsiveness
- Candidate properly places victim on the board
- Candidate paddles victim to beach
- Candidate exit the water in a control of victim

Suffolk County Surf I (Ocean)

There is no recognized equivalent to the Suffolk County Surf Level I Certification and Stillwater Certification is a prerequisite to Surf Level I Certification. The Suffolk County Surf Level I Course is a 24-hour course in ocean lifeguarding that includes a practical and written examination. The practical examination is a water skills-based assessments. Candidates must complete all elements of the practical examination. Should a candidate fail to demonstrate the standard (receive a 4) in more than one testing element, they will fail the exam. Candidates must pass a written examination with a minimum score of 80%. The Suffolk County Surf I Certification qualifies a lifeguard to work at any pool or natural facility in Suffolk County.

Certification candidates must demonstrate the following skills to their training standards:

- **Individual Rescue**

Training Standard:

- Candidate enters through breaker line (run and porpoise)
- Candidate swims to victim at least 100 yards beyond breakers
- Candidate approaches subject with a front surface approach
- Candidate returns to shallow water with subject in a cross chest carry
- Candidate pack straps subject to designated area

- **Tired Swimmer Rescue**

Training Standard:

- Candidate swims rescue can at least 100 yards to victim
- Candidate reverses buoy harness
- Candidate Flat-tows subject to beach using crawl stroke only
- Candidate assists subject from water to designated area using double arm drag

- **Double Yolk**

Torpedo Swimmer Training Standard:

- Candidate swims to subject at least 100 yards from shore

Line Swimmer Training Standard:

- Candidate puts on harness and runs to rescue location
- Candidate sets bucket
- Candidate swims out line
- Candidate gives signal

Beach Control Training Standard:

- Candidate feeds line
- Candidate maintains visual and audible control of operation
- Candidate pulls in rescue team
- Candidate assists team from water from the upsweep side

- **Endurance Swim**

Training Standard:

- Candidate runs 50 yards and enters the water.
- Candidate swims at least 300 yards

ELECTIVE ATVOC & RESCUE PWC CERTIFICATIONS

Certified lifeguards may choose to pursue additional certifications within the agency. Both courses require that the participant be at least 18 years of age. These courses include a skills assessment and written examination. These certifications do not expire.

The 6-hour All-Terrain Vehicle Operator Course (ATVOC) instructs lifeguards in the agency's Standard Operating Procedures (SOP's) for its fleet of ATV's.

The 24-hour Rescue Personal Watercraft (PWC) Course instructs lifeguards in the agency's Standard Operating Procedures (SOP's) for its fleet of PWC's. This course includes New York State Safe Boating Licensing and is recognized by New York State.

NOTE: Certification vs Competency

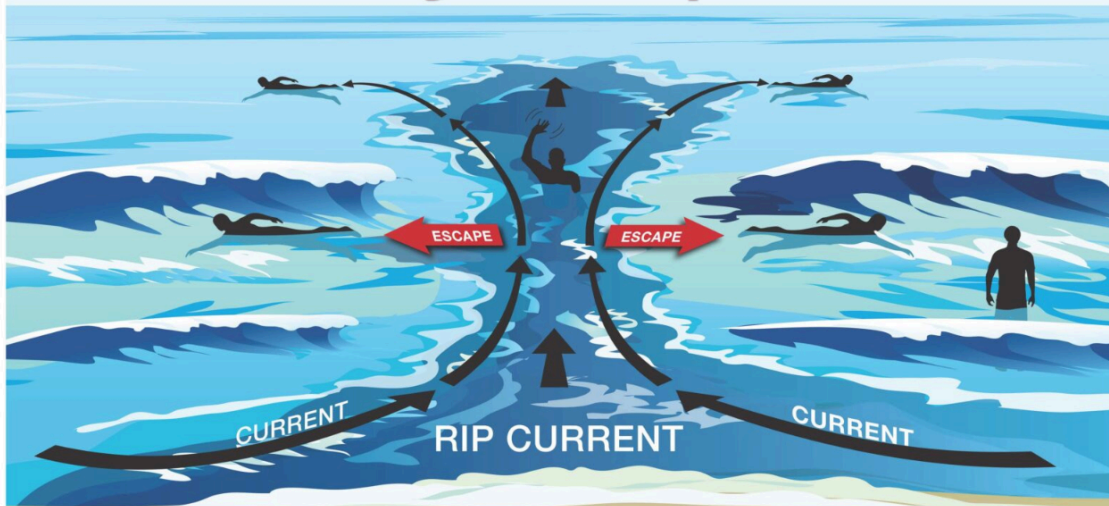
Certification is only the demonstration of a minimum skill standard, it does not equate to skill mastery or competency. Competency can only be obtained and maintained through frequent reinforcement of these skills through practice.

THE TEN COMMANDMENTS OF A LIFEGUARD

1. A Lifeguard is vigilant.
 - He/She will not look for glory in credit for rescues made.
 - He/She will protect all patrons from the hazards in his area.
2. A Lifeguard will prevent accidents.
 - He/She will protect individuals from their own weaknesses and inabilities.
3. A Lifeguard will conduct themselves so as to bring credit to his organization.
 - He/She will never abuse any invested authority.
 - He/She will reflect dignity associated with saving lives.
4. A Lifeguard will be a good subordinate employee.
 - He/She will work as a member of the team and welcome supervision.
5. A Lifeguard's appearance will be a credit to him/herself and representative of the organization.
 - He/She will keep his or her quarters, gear, and skills, in excellent condition.
 - He/She will always appear alert while on the job.
6. A Lifeguard will keep cool and exercise good judgment in emergencies.
 - He/She will always take equipment or a flotation device on a rescue attempt.
7. A Lifeguard is trustworthy.
 - He/She is prompt in reporting to duty station.
 - He/She maintains constant surveillance.
 - He/She never leaves duty stations when hazards exist.
8. A Lifeguard is ALWAYS ready.
 - Condition of "readiness" will be in evidence by constant physical training, practice, or skills and use of equipment.
9. A Lifeguard will feel the responsibility of his/her mission.
 - He or she will do everything in his or her powers to accomplish the mission
10. A Lifeguard will be progressive.
 - He/She will constantly seek new and better ways to improve his/her skills, equipment, and profession.

RIP CURRENTS

Know your options



Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer away from shore. If at all possible, swim near a lifeguard.

IF CAUGHT IN A RIP CURRENT

- ◆ Relax, rip currents don't pull you under.
- ◆ Don't swim against the current.
- ◆ Swim out of the current, then to shore.
- ◆ If you can't escape, float or tread water.
- ◆ If you need help, yell or wave for assistance.

SAFETY

- ◆ Know how to swim.
- ◆ Never swim alone.
- ◆ If in doubt, don't go out.
- ◆ Swim near a lifeguard.

More information about rip currents can be found at the following websites:

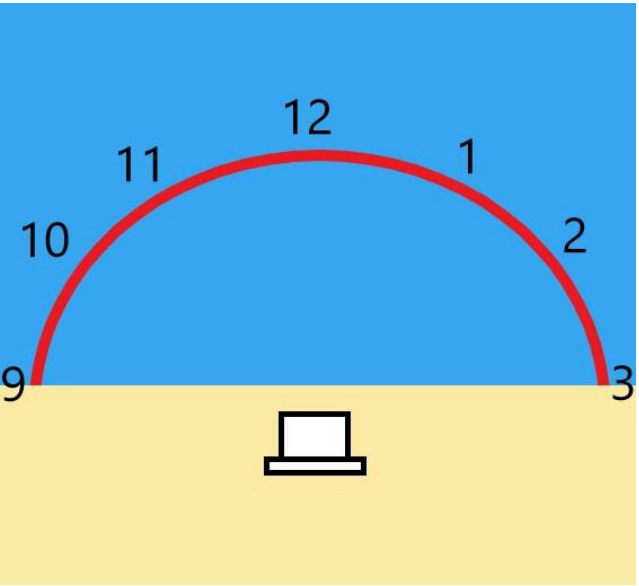
weather.gov/safety/ripcurrent/
usla.org



Surveillance

Proper supervision of the protected zone and surrounding areas is essential in identifying potentially hazardous water conditions and/or distressed swimmers. Lifeguards sitting on the stand should maintain undistracted supervision of the water at all times. Patron questions should be addressed by other lifeguards.

<u>Be Aware of Environmental Conditions:</u> <ul style="list-style-type: none">• Surf Conditions• Tide & Bottom Conditions• Rip Currents• Surrounding Marine Life• Changing Weather Conditions	<u>Be on the Lookout for Signs of Distress:</u> <ul style="list-style-type: none">• Waving & Screams for Help• Bathers Facing Away from the Surf• Vertical Body Positioning• Labored Swimming with No Progression• Children Near the Waterline without Supervision
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 <p>Stand Coverage With Clock Position Reference Markers</p>	Protected Bathing Zone <ul style="list-style-type: none">• Each lifeguard stand surveys a 50 yard wide protected bathing zone.• Additional wing stands can extend the bathing area by 50 yards per wing stand.• Protected area boundaries are designated by blue perimeter flags 25 yards from the nearest lifeguard stand• Clock Position Referencing is used to identify locations in the water (ex. "Heads Up, 1 o'clock, 50 yards out...").• Lifeguards keep their heads moving, scanning from 9-3 o'clock, including areas beyond the protected zones.
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